

NEWSLETTER

SEPTEMBER 2018



Roadrunners are photobombing specialists

Maidenhead Half Marathon 2018

Here's a picture of me and Jenny (she's holding Wim, who's sporting the RR multi-function headwear) before Maidenhead Half Marathon. The other two are Darren and Emily, Jenny's long-standing buddies who'd agreed to run the race with us (and were totally wonderful all day). It was taken by Jenny's friend Claire, who has allowed me to share it with you.

Is this the first instance of a pre-race photo containing just ONE Reading Roadrunner? At an event with the best part of 50 RR taking part?!

Well, almost...

You see, when someone gets their camera out, anywhere in the world, Reading Roadrunners are somehow drawn to it. It's as if our blue stripes contain some kind of camera-homing-beacon, ready at the drop of a hat to have our pre-race nerves captured forever in pixel form.

The four of us got into position, a task which took no more than 5 seconds, and, seemingly from nowhere, Roadrunners began to appear. At first there were one or two, then more. One of them even asked me who owned the camera. Unperturbed with the answer, 'Not a Roadrunner,' they continued to prepare for



the group shot. In less than 10 seconds, 19 Roadrunners descended on our photo, were snapped and then disappeared again into the half marathon throng.

The result? A very bemused Claire and a photo containing 19 people she'd never met before.

I hope you enjoy it!

Katie Gumbrell.



Thames Valley Cross Country (TVXC) League Fixtures 2018/19



7 October - Metros
 21 October - TVT
 28 October - Reading Roadrunners
 11 November - Datchet Dashers
 25 November - Sandhurst Joggers
 2 December - Handy Cross Runners
 20 January - Tadley Runners
 3 February - Bracknell Forest Runners

All events start at 11:00am. £3 members/£4 Guests

EVERYONE WELCOME

For more information please contact Phil or Sam:
teamcaptains@readingroadrunners.org

Hampshire Cross County League (HCCL) Fixtures 2018/19



13 October - Kings Park, Bournemouth
 10 November - Wellesley Woodlands, Aldershot
 1 December - Popham Airfield, Basingstoke
 12 January - Prospect Park, Reading
 9 February - TBC

Women race 6K at 13:35

Men race 10K at 14:30

RR pays to be a member of this league, no cost to runners
 For more information please contact Phil or Sam: teamcaptains@readingroadrunners.org

Chairman Chat

Carl Woffington



The summer series of Pub Runs has now finished. We ran out of daylight to hold them. They were extremely popular and I don't recall seeing so many RR's turn out in previous years. In the last month we had the Black Boy on 19th July, the Wheelwrights Arms on 2nd August and the 3 Horseshoes on 16th August. Thanks to all the run organisers throughout the summer and series coordinator Tina Woffington who put it all together.

The RR Club Championship races continued. In the last month we had the Wycombe 10k on 15th July, the Burnham Beeches ½ on 12th August and the Englefield 10k on 26th August. Coming next month is the Clarendon ½ on 7th October.

RR provided a volunteer marshal team at the Great City Race on 17th July. There was a race route change this year and so our marshal positions were new. The evening went well and our volunteers were happy to have taken part.

RR provided a First Aid course aimed specifically at running related injuries. The course was held on 16th July and 14 RR delegates attended the training course. All passed. Feedback from those that attended was good. We have 14 newly qualified RR first aiders to add to the existing pool.

Our Social events continued. We had Dragon Boat Racing on 19th August and Ian Giggs organised Rock and Roll Bingo on 8th September. We have the Brewery Trip on 4th October. I understand that the Gin Tour and the Theatre Trip for later in the year are both sold out.

We had a team running in the Thames River Relay on 9th September.

Mortimer 10k is on 30th September. It's our RR organised race and we need volunteers to help and marshal. Requests for help have already been made and I'm sure there will be more in the coming weeks. Please help if you can. We also need runners to make the race a success.

The Cross Country season is rapidly approaching. We held the RR Cross Country Taster Session on 16th September. This was aimed at newcomers to XC or maybe those that haven't taken part since their schooldays. It went well with a number of runners new to XC as well as some old hands attending. The XC fixture list is published on the RR website and was sent to you all by email, so I'll not repeat it here. However, I will mention the first two league races. They are TVXC at Metros on 7th October and Hampshire League at Bournemouth on 13th October.

The next in our Friday night timed track nights takes place on 21st September. There will be a timed mile, timed 5km and a relay event. Full details are on the RR website. These are popular. Please support by running. We also need volunteer helpers on the night.

We are to hold a presentation on the evening 22nd October, full details to follow. It will be given by one of UKA's leading coaches and also an expert on nutrition. Titled "Lifestyle, Recovery and Nutrition". Please put the date in your diary if you are interested and watch out for further details.

Many congratulations to Rob Corney who added another of the Club all time records to his running achievements by finishing the Berlin Marathon with a fantastic time of 2:27:27. Sportingly, Keith Russell whose record of 2:27:48 was set in 2013 was first to congratulate Rob on his success.

I informed the RR Committee at our last meeting that I will not stand for re-election as RR Chairman in March 2019. I took on the role in the early part of November 2013. By the next AGM in March I will have completed just over 5 years and feel it is time to let someone else continue the work. I have found it to be a demanding but interesting and rewarding role. I have made this announcement now so that the club has time to find a suitable successor.

Editor's notes

Peter Reilly

Thank you to everyone (48 of you) who went online and completed the Newsletter Survey.

It would appear from the feedback that the deadwood newsletter still has a role to play even in this high tech smartphone enabled world. In summary the newsletter is generally well received, a bit of coordination with the website might not go amiss, more runner profiles and where possible shorter articles are good. Member stories are very much appreciated by readers and I would encourage you to keep sending them in to me at newsletter@readingroadrunners.org. The questions and responses are below (similar answers have not been repeated).

The survey asked seven questions.

- 1) How do you read your newsletter? 33% of respondents read it in hard copy, 31% read it online and 35% read it in both mediums.
- 2) Where would you prefer to read member stories? 29% of respondents said hard copy newsletter, 15% said via newsletter on the website, 10% want to see them on the website news pages but 40% would like to see them on both mediums. 6% didn't have a view.
- 3) What do you like to read in the newsletter? Member stories claimed top spot with 79% followed closely by race reports (75%), then the Ladies and Mens Captain's reports (73% and 71% respectively). All the other reports were in the 50-69% range.
- 4) What would you like to read in the newsletter that isn't already included? A number of respondents want to see runner profiles. Other requests included recipes (Suzanne Bate's gluten free chocolate cake got a specific mention), recommended races and upcoming events, gossip column, what events people are training for, factual and reputable content about nutrition, archive material, bargains on foreign races, a regular way of providing feedback to the committee.
- 5) Do you think a newsletter is necessary with Facebook, Twitter and the website? 83% said yes, 10% said no with another 6% saying they don't care either way.
- 6) If you said yes to question 6, please state why?
 - I still buy a newspaper AND check the web AND watch TV. It's just another media form and there is place for all, however may need to be targeted in accordance with the media type
 - Facebook is too difficult to find anything for some people! (ie me!). eMail too bulky for a whole newsletter
 - Memories to look back on .. results.. a collection of everything all together in one place
 - There are some members not on facebook, twitter, email etc.
 - I enjoy browsing through the hard copy in my own time and where it suits me.
 - Firstly, I'm not on Twitter, facebook is more for current updates, not longer articles and reports. I use the website for reference purposes; checking dates of races, club championships. It is good to have a regular newsletter to see what other members are doing. Some of the stories are amazing and inspirational.
 - Prefer to read a paper copy than on screen
 - It's a convenient way to read all recent news in one place.
 - Dislike reading on computer
 - Social media should be best used highlighting what's important and redirecting the person to another resource or place for more detail
 - If you read the newsletter you have all info to hand even if you don't make it to the track often

- To keep members in touch with what is happening and how races were run etc.
- FB offers a snapshot of event, in the moment information, a quick fix to keep up with what is going on now and in the future. I like it when all that info is collated into a really good read (with photos)
- Can read at leisure and show hard copy to friends and family. And read at leisure on way to work on laptop.
- It's nice to have the info all in one place that's easy to read.
- Love to read the Hardcopy Newsletter
- The newsletter gives a good summary of what has happened in the month. I am interested in the race times, committee meeting and other stories without the FB feedback that could hamper positive articles written for the good of the club
- I can sit and relax with a cuppa and a copy of my newsletter and I enjoy reading it
- Single point to obtain comprehensive information
- It's a nice way to keep everyone up to date on everything going on
- I'm more likely to read stuff in the newsletter
- It's an excellent read and I actually totally switch off when I read it. I learn lots about members I've yet to speak to. Keep up the good work!
- I like to see pictures of members at races. I like to see who has won what and I like to read a hard copy as I do books and not on a screen as I sit in front of a screen all day at work
- Gives all the info from the last few months in one place
- Compared to social media the newsletter is an oasis of interesting calm!
- Keeps me informed on a wide range of events etc
- It feels like a good way to keep in touch with the club. I don't usually re-read reports that have been on the website though.
- Pulls info together in one place plus may not read all emails
- Promotes club spirit/sense of community

7) Do you have any additional comments?

- My main point would be to keep the articles short. Not a hard and fast rule- a good story is a good story irrespective of length. But as a general rule, 300-400 words plus pics?
- Looks like lots of time and some money is spent publishing and printing such a large newsletter. I prefer reading shorter articles published more frequently online.
- Too many race reports, making the newsletter extremely bloated. I'd like to see more balance between other parts of the newsletter rather than reading a lot of race reports in the newsletter. If we want to publish race reports, then we should put them on the Roadrunners website, with a link to the article from the Newsletter. Thinner is better.
- Just an idea: could we profile our runners who no longer run, who are still part of our club who are committee members- past and present. Also the 'old farts' the guys who raised thousands for charity. The behind the scene guys who in their glory days were good runners. It will give new and existing members an insight of what they achieved e.g Anne on the desk
- Both newsletter reports and website doing a great job of keeping us informed.
- Enjoyed reading the various contributions, all produced to a high standard. I very much appreciate the monthly read

Ladies' Captain's Report

Sam Whalley



As I settle into my place on the injury bench, it is wonderful to see so many of you doing so much. No really, I'm very pleased for you. Honestly. Keep them coming.

The summer race series are a distant memory. The fourth race in the Dinton series saw **Nicki Aitken** take the win in the 5k, and **Jill Dibben** take the 1st FV70 place, while **Cecilia Csemiczky** took 1st FV70 place in the 10k. In the latter, **Tracey Hicks** also picked up the prize for 1st FV40, her first ever running prize, while **Liz Johnson** achieved a PB, no mean feat on that course. In the series overall, second (or third) claim member Nicki collected a trophy for 1st senior female, and **Sally Carpenter** was third. Sally attributed this success to the fact that some faster women had gone on holiday – don't be so modest, Sally, excellent times clearly had something to do with it. **Kathy Vickers** was 3rd FV40 overall, and **Catherine Leather** and **Adele Graham** were 2nd and 3rd FV50, respectively. **Tracey Hicks** quickly found herself in receipt of her second ever prize when she won the trophy for 1st FV40 for the series overall. Well done all of you.

You have travelled far and wide this summer, in search of the 5k PB. **Nicole Rickett** found hers in Chicago, and then bettered it a further twice in Battersea Park, most recently with 22.54. **Helen Pool** finally reached her sub 20 goal in the York Millenium Bridge 5k, with 19.48, as well as making the parkrun sub 20 women list, with a time of 19.51 in York. Helen was also 1st FV40 at the Battersea Park 5k. **Kerry Eastwood** was 2nd female in the Marlow Twilight 5k.

There are so many 10k races to choose from throughout the year, there really is something for everyone. The Burford Bolt 10k was a fantastic race, like a summer XC, and I enjoyed being able to run down dry woodland hills at full pelt, without fear of slipping over. 'This is great!' I said over my shoulder to some bloke; he didn't hear me, he was wearing headphones. How am I supposed to talk to people during races if they have their ears covered? I managed to pick up the prize for 1st FV45, which was a bottle of wine. Fortunately not the same bottle of wine that



smashed onto the ground at the petrol station, when my daughter opened the boot to get money for a Calippo. That was a spot prize, so less dear to my heart. **Linda Wright** was 2nd FV55, and **Heather Bowley** was 2nd FV65. **Bithja Jones** was 2nd female in the Mapledurham summer 10k, and **Sylvia Rozemeijer** must have been delighted to just duck under the hour. **Helen Pool** was 2nd FV40 at Wetherby.

I'm not a fan of the Down Tow Up Flow half marathon, but a good number of you gave this a go, and **Sarah Alsford** was 1st FV40. Despite a fall which slowed her down a bit, the ever-improving **Sarah Bate** was 3rd FV50. In the Isle of Wight half marathon, **Sarah McDade** was 2nd female. More locally, Maidenhead half marathon was a veritable PB fest, with **Gemma Buley**, **Tracey Hicks**, **Liz Johnson**, **Alice Carpenter**, **Carmen Fuentes-Vilchez** and **Nicola Gillard** all recording new fastest times. **Jane Davies**, at the peak of her training to represent England in the Chester marathon in October, was 1st FV50. The Great North Run is not known for its PB

potential, but well done to those of you who ran it last weekend, especially **Susan Knight**, who timed her run to perfection, and emerged from the Tyne bridge just as the Red Arrows flew over. The Salisbury 54321 event has a range of race distances from half marathon to ultra, over a challenging course. In the half marathon, **Helen Pool** was 1st FV40, and **Julie Wing** was 1st FV65. **Vroni Royle** and **Sarah Richmond De'voy** chose the 33k, and achieved PBs. I think this might be the only race where a 33k PB is possible, so they will need to keep coming back if they want to continue to improve over that distance.

I haven't heard about any marathon PBs this season; this could be due to the heat, or the type of marathon being entered. I don't know about Barfleur, but Thames Meander, Kent Coastal and Farnham Pilgrim reek of difficulty. **Mary Janssen** must have



been delighted to come in under 4 hours in the latter.

Of course, a marathon isn't far enough for some of you. **Jo Sollesse, Kathy Tytler** and **Caroline Jackson** all completed the Round Reading Ultra Marathon 50k, while **Jennifer Holmes** took on the Thames Path Challenge 100k. Impressive stuff!

There were two races in the club championship in August. There were no senior women in the Burnham Beeches half marathon, with the race filling up early, and **Gemma Buley** clocking her first DNS due to illness. **Sarah Dooley** and **Fleur Denton** picked up 50 and 49 points, respectively, in the 35-44 category, but with Sarah not having completed all distances, Fleur currently sits at the top of the table. **Sarah Bate, Linda Wright** and **Cecilia Csemiczky** each collected 50 points in their age groups. The 45-54 category was hotly contested. No surprise that **Katherine Sargeant** scooped the top points (and was 1st FV40 as well), followed by **Tracey Hicks, Catherine Leather, Paloma Crayford** and me. The Englefield 10k took place in torrential rain, but was rather enjoyable, I thought, as an undulating multi-terrain race should be. The top senior points went to **Gemma Buley** (2nd female), **Chloe Lloyd** and **Helen Dixon**, the 35-44 points went to **Sarah Alsford** and **Fleur Denton**, and, in the 45-54 age group, to **Katherine Sargeant** (3rd female), **Catherine Leather** and me. **Lesley Whiley** was the only 55-59, and picked up 50 points. **Tina Woffington, Linda Wright** and **Heather Bowley** took top points in the 60-64 age group, and **Liz Atkinson** in the 65-69s. Katherine, Lesley and Tina were also 1st FV40, 50 and 60, respectively. The last chance to complete a half marathon will be on 7th October, at Clarendon, with the final race, the Gutbuster 10 mile, on 30th December.

I am always intrigued by the races with unusual names. Race the Train, in Wales, is definitely on my list of races to do, and is popular among our members. This year, we had runners in the Dolgoch 5.5 mile Challenge, the 10k Quarry Challenge, and the 14 mile Rotary Challenge, in which **Tina Woffington** won the prize for 2nd FV60.

I cannot find any information online about the Masters of the Universe 16.4 miles, in which **Trisha Arnold** participated, so any details would be appreciated. **Bithja Jones** ran in the Lowther Castle Fell Run, which, the internet says, is 'a fully marked 13 mile route with about 1400ft of ascent.' The description also includes things like 'rough pasture', 'stiff climb', and 'ford', so sounds like perfect preparation for the imminent XC season.

Speaking of which, elsewhere in this newsletter you will find details of the Thames Valley Cross Country League, and the Hampshire League. You should also have received a huge email from me, listing all of the upcoming XC races. Note: if you haven't, please check your junk folder. Details of the county, regional and national races will be circulated as they become available.



In the meantime, dust off those trail shoes, strengthen those quads and glutes, and let's bring on the mud!

Photos by Barnes Fitness, Nigel Houlton and Peter Cook.

Mens Captain's Report

Phil Reay



16 September 2018 proved to be a memorable day for running as Kipchoge smashed the World Marathon record in a time of 2:01:39. That's the equivalent of running a 17.4 second 100meters, 420 times in a row, without a pause - simply incredible and I for one was in awe.

It's not the only performance from that day which left me feeling inspired, as there were some amazing performances from Reading Roadrunners in what was a 'Super Sunday' for the club. **Rob Corney** travelled to Berlin for the Marathon having already broken the club records at 5miles, 10K and Half Marathon this year. Reasonable conditions and a target of sub 2:30 seemed tough but achievable. What unfolded as many of the club members followed Rob on the tracker was a stunning performance to better anything he's already achieved. Finishing in a time of 2:27:27 Rob broke the 5 year old club record previously held by **Keith Russell**. It therefore seemed fitting that Keith was the one to break the news via the clubs Facebook page. A sporting gesture but unsurprising as Keith had selflessly been encouraging Rob to break the record. A closer look at the statistics shows Rob finished 3rd Brit in his age category and was 69th place from 28,444 finishers. Of those finishers there were big PBs for **Brendan Morris** and **Sam Hammond**, while **Gary Tuttle**, **Mark Andrew**, **Anthony Eastaway**, **Andy Atkinson**, **Aaron Chai**, **James Meston** and **Colin Byers** all earned a marathon majors medal.



Elsewhere on 'Super Sunday', **Mark Apsey** ran to victory at the Swallowfield 10K breaking the 34minute barrier for the first time to a new PB of 33:59. This came just weeks after he finished 2nd at Englefield 10K which at the time was also a PB of 34:12. Mark's dedication and hard work has earned him a well deserved call up to our A team for the competitive SEAA Road Relays on 23 September.

At the same time **Matt Richards** was busy seeing off some tough competition to win the Run Reigate 10K. After lots of heat and hill training over the summer Matt is hitting form at the right time ahead of the Chicago Marathon on 7 October. This will be another event that will have me glued to the tracker!

Congratulations to **James Talbot** and **Nick Fifield** who completed their first marathons at Richmond Runfest, while up in the North West, **Paddy Hayes** ran a new 10K PB at the Bury 10K

Off road on the beautiful Dorset trails marathon addicts **Paul Monaghan**, **Pete Morris** and **Martin Bush** completed the Purbeck Marathon. Watch this space as Martin closes in on marathon number 1,000 (One thousand)!

It's been one of the hottest summers since records began and despite the lure of a beer garden or a BBQ, it's obvious there has been serious hard work and tough training sessions put in. It never ceases to amaze me the breadth of talent across the age categories we have. The youngest member of the Men's team, **James Rennie** displayed his exceptional talent with a 3rd place finish at the Woodland 5 in a time of 33:40 while at the other end of the age group categories, V80

athlete **Tom Harrison** beat all those in a younger age category to finish first in the V70 category at the Pride 10K running a time of 1:02:30.

In the age categories between James and Tom there were yet more fantastic performances from our men. **Jim Kiddie** running to second place V70 at the Down Tow Up Flow Half Marathon. **Ed Dodwell** added to his 2018 collection of V60 wins at the Burford Bolt 10K. Elsewhere in the V60 category **Nigel Hoult** showed his consistently good form with 2nd place in the Headington 5. Winner of last years V50 club championship, **Brian Kirsopp** stormed to V50 victory at the Englefield 10K. In the Dinton 10K summer series, **Richard Hallam-Baker** secured 1st place for the series in the V40 competition. V50 king of the trails, **Gavin Rennie** won his category at the challenging Farnham Pilgrims Marathon in 3:46:16 and followed it up with another win at the Swallowfield 10K. At the popular Salisbury 54321 **Fergal Donnelly** and **Stuart Kinton** both claimed 2nd place in their respective age categories. Closer to home and it was the second year of the Round Reading Ultra which is fast earning a good reputation as a well organized challenging event. **David McCoy** (V40), **Alan Thomas**, **Paul Monaghan** and **Pete Morris** all completed the 50K distance, while for **Donald Scott-Collett** double that distance was what it took for an adrenaline rush as he completed the 100K distance in a little over 14hrs.



pics: l-r. Gavin wins v50 events, Brooke and Sam run big PBs, David and Liang - Ironmen

Mark Worringham and **Duncan Mollison** swapped their club colours for the GB kit for the World Masters Athletics Championships in Malaga earlier this month. Duncan ran a new 800m PB powering to sub 2mins (1:59) for the first time and in doing so also becoming the first Reading Roadrunner to go under that time barrier. In the 5,000m against some strong competition from a large Kenyan contingent Mark did himself and his club proud finishing 11th in the final. It's been a fine summer for Mark, breaking his own club 5K record and dominating the Yateley 10K in August to win by over 2mins. On 23 September Mark will lead the Men's team at the SEAA Road Relay Championships where we have a team capable of competing for a place in the National Finals in October....no pressure though lads!

We're at the start of an exciting and hectic Autumn season of running yet there have already been significant PBs, primarily at the Half Marathon Distance. **Brooke Johnson**, **David Legg** and **Peter Cave** all ran a PB in hot conditions at Maidenhead. Despite all the roundabouts, **David Walkley** ran a new PB at the Swindon Half Marathon. On probably the toughest Half Marathon course in the county our very own Newsletter Editor **Peter Reilly** pulled a PB out the bag with a 1:46:26.

And finally....

Imagine swimming for 2.4miles, cycling for 112 miles and then running a sub-4hr marathon. Take a bow, **Liang Guo** and **David Clay** who both completed the Tenby Ironman. Machines!

Next month we'll report on the SEAA Road Relays, the Chicago Marathon, the penultimate Club Championship race and the start of the Cross-Country (XC) season. I encourage you to take a look at the XC fixture list which appears elsewhere in this Newsletter - ALL welcome. We also have our own Mortimer 10K event on 30 September, if you're able to volunteer please get in touch. Have a good month and if you've any questions or are running an event you'd like mentioned please email me at teamcaptains@readingroadrunners.org

Liz Johnson - Phil Reay's Featured Reading Roadrunner

There are plenty of inspirational stories at our club. This month I caught up with former Marathon Widow Liz Johnson who is nearing the end of her journey to her very own first Marathon. This is a person who CAN!

1) When I met you, it was September last year in Berlin and you were working out where you could see your husband Brooke on the marathon course to cheer him on, you were a supporter not a runner. When did that change and why?

My first introduction to running was when Brooke caught the bug 5 or 6 years ago. I very soon became a bit of a running widow and most of our little mini-breaks/holidays featured Brooke doing a half or full marathon. I didn't mind it as such but think I was a little jealous that he had found something he was so passionate about! About 2 years ago, a few months before he was due to run the Amsterdam Marathon, he told me that he had a 'surprise' for me. That surprise turned out to be him entering me in the 8k 'fun' run that takes place during the marathon. Through gritted teeth I accepted and did minimal training to get round. I was surprised that I didn't hate it and discovered that I very much like getting medals! I kept up the running in a very low key manner with 5k becoming my absolute maximum. That soon became a little dull and I found it hard to motivate myself to get out and run. Realising I needed a goal, I entered the Royal Berks 10k. My training did not set the world alight and I managed to get round it in under an hour which I was pretty pleased with.

After that, my running career took something of a summer break and I was pretty sure that was me done. However, living with a runner makes it a little difficult to avoid. Watching Brooke improve, smashing his PB's, and constantly setting himself new goals and challenges was a little bit contagious. I secretly entered the Reading Half for 2018 giving myself 8 months' notice to train. It was far enough away that I wasn't worried about it yet because training could always start 'tomorrow'. So, come September I was once again on a running mini break in Berlin to cheer on Brooke and the other Roadrunners in the Berlin Marathon. That was probably the turning point. I was just so in awe and inspired by all the runners and the community feel having tasted a tiny bit of it. We randomly chummed around with a lovely Swede called Johan who Simon met checking into his hotel and met some northern chap who was apparently the club captain. It was just after this trip that I decided I needed to take the half marathon seriously and I signed up to become a Reading Roadrunner.



Pics: Liz enjoying Endure24 and with husband Brooke.

2) Shortly afterwards it was suggested you could run a marathon and the response was a very adamant 'no way' yet here we are a month away from your first marathon. Where is it? How are you feeling about it and what keeps you motivated?

Having known and socialised with a lot of Roadrunners through Brooke, when I turned up at track I was met by a lot of "wow, didn't expect to see you here" and "you'll be running marathons before you know it". My answer to the marathon question was very much a firm "no, I'm not stupid". Fast forward a few months and after a possible wine at lunchtime I found myself on the Chicago Marathon website (Brooke got in as GFA and he certainly wasn't going on that trip without me). I knew how difficult it was to get into the majors through the ballots so on a whim I filled in my details with a what "will be will be" attitude. It was only after I hit 'submit' that I found out Chicago was probably the easiest major to get a ballot place in with around 50% of applications being successful..... In mid-December the email arrived with the outcome, which I ignored for a good few hours. I finally plucked up the courage to open it and was equal parts happy and sad to find out I was successful!

I'm feeling pretty excited about the whole experience and have been saving £2 coins in a pot for my 'Chicago Merch Fund'. One of my big motivators was to make my run count for something. I decided to set up a Just Giving page and try to raise as much as I could for CALM who work to prevent male suicide. The statistics are shocking – suicide is the single biggest killer of men under the age of 45, and 84 men a week take their own life. If the money I raise can help save even just one life then I would be immensely proud. It really motivates me to get out there and train hard so that I can complete this marathon and do my sponsors proud.

<https://www.justgiving.com/fundraising/elizabeth-johnson26>

3) You've had some pretty epic moments along your journey, what have been the highlights?

There have been so many highlights along the way. Getting sub 2hrs on my first ever half in Derby in June was pretty cool and then beating that in Maidenhead by 4 minutes was awesome. Running round Beale Park attached to 3 helium balloons on my birthday was also pretty special. Sharing and celebrating others successes has been the main thing though – road trips to Newport, Brighton & Weymouth to cheer on Roadrunners has been brilliant and made me feel really grateful for all the support and camaraderie on show.



4) It's not all highs and good times, what have been some of the challenging moments and how have you overcome them?

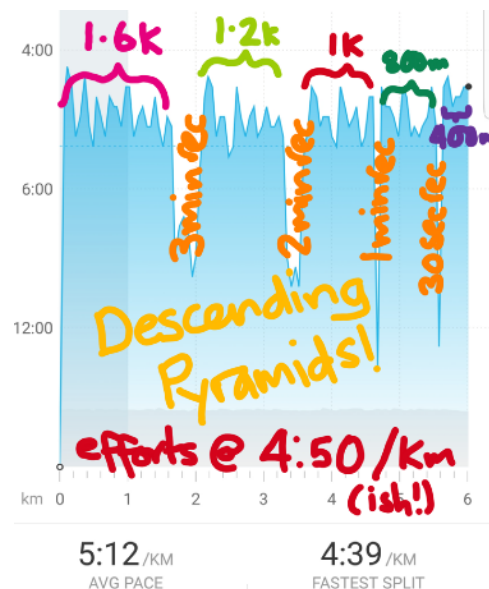
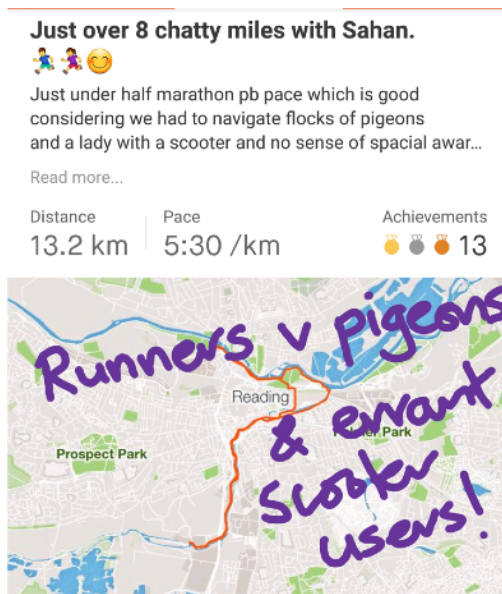
The biggest challenge to overcome was myself. At the beginning I didn't see myself as a 'runner' – I wasn't fast, I didn't look like how I thought runners should look, and I compared myself too much to others. Joining the club helped as it showed me that anyone can be a runner regardless of speed, size, shape, it just took me time to realise it!

Marathon training has been a tough challenge too. I knew it would be physically exhausting but I hadn't quite appreciated the mental aspect. I am following a training plan kindly provided by Coach Simon but it was a bit of a struggle going for runs because my plan told me to, not because I necessarily wanted to. Some runs also don't quite go to plan which can be a bit demoralising but that is just life and you learn from them and know what to change next time.

5) You seem like you're enjoying being part of the club, what other benefits have there been to your new found love of running?

Shedding 21 excess lbs of weight has been a real perk! Apart from that, I have made some truly great friends. Not just running buddies but proper "even if we didn't run I would still like to hang out with you" friends. I've also discovered a new found love for doodling on pics and posting them to social media. I have a separate 'running' instagram account (@run_lizy_run) that I find really useful for motivation, accountability and tracking my progress

and I've made a few 'insta-friends' out of it. I've found runners to be, in general, a massively supportive and friendly bunch who are always on hand to give encouragement and support.



Pics: Liz is a social media expert and has documented her progress in a fun way on Instagram.

6) What would you say to anyone out there who like you is thinking 'oh I won't run a marathon, I can't do that'?

I very much believe now that anyone can be a runner. You don't have to be fast, you don't have to look the part, you just have to put one foot in front of the other a bit quicker than you normally would! A marathon is a daunting distance and it does need to be respected but with a training plan and a great support network around you, I think most people could do it. You need to have a certain level of determined pig-headedness about you to keep going sometimes but if you want it enough, you'll do it. After all, as a certain Welshman once said, it's only 8 or so parkrun's back to back which doesn't sound that bad really!

Liz runs in the Chicago Marathon on 7 October. I, like many others at the club will be glued to the tracker cheering her on! Go Liz!



Bits and Bobs

Carl Woffington stepping down at the AGM

With typical modesty Carl mentions in his Chairman's notes his decision to step away from his Chairmanship at the next AGM. Having steered the Club through the last five years he certainly deserves a break and our grateful thanks. Sportingly he has let the Committee and the Club know of his intentions early enough to allow members to give some thought to who might replace him as Chairman. You will also note from the Minutes that our Treasurer, Nicole Rickett, has also signalled her intention to step down from the Committee at the same time.

Both of these roles are important to the smooth running of the Club and if you are interested in understanding more about what's involved in either please speak to Carl and Nicole.

Social Events

Hannah McPhee has excelled herself in recent months. The Dragon Boat Racing was a hugely enjoyable success for all who took part, as was the Rock 'n Roll Bingo night (Ian Giggs was instrumental in organising that one). Hannah has now sold out all the upcoming events: the Loddon Brewery Tour, the Bombay Sapphire Gin Distillery tour and the Theatre trip to see 42nd Street. Hannah is now working on her final event of the year, the Christmas Party, and will update us when details are finalised.

Englefield 10K

Unusually for this summer it was a very wet day for this Club Championship Race, however plenty Roadrunners still braved the unfamiliar elements. Both Rob Corney (1st) and Mark Apsey (2nd) beat the existing course record, Gemma Buley and Katherine Sargeant placed second and third lady respectively while Katherine Sargeant, Lesley Whiley and Tina Woffington each picked up first in their age category awards. Brian Kirsopp and Ed Dodwell brought a couple of age category awards home too. Spare a thought then for Tom Harrison who was incensed because not only was there not an over 80's award category but at registration there was a note against his age saying "this can't be right, check!"

Annoyingly the course appeared to be a couple of hundred metres short according to GPS watches however I suspect that poor signage and/or lack of a marshal at a crucial point on the course allowed runners to cut a corner of a field. It was still a tough old run so well done to everyone who competed.

Race the Train 2018

This event is a firm fixture in some members calendars. That might be something to do with the mystery of the ever changing direction of the wind and rain, or perhaps it's the hope that this year you might see the train never mind beat it. Or maybe it's the attraction of finding yourself waist deep in the bog of doom every single year. All that of course pales into insignificance when you find yourself traversing a narrow sheep track high up on a very steep hillside while trying not to fall down the hill (plenty do), or even the totally bonkers sight of runners crossing an equally steep field of rough grass from the bottom corner to the top corner with no discernible path to follow. It is reminiscent of a WW1 infantry charge; all over the place.

Having said all that it is 14 miles of lovely countryside, not that you dare lift your eyes from the ground to look at it! There are also two shorter races 5.5mile and 10K. The shorter of the two avoids the bog of doom which is just weird.

There is also an evening "do" to look forward to. Race organisers, The Rotary Club of Tywyn, lay on food and booze, and a prize giving ceremony followed by a disco for runners and volunteers. The food tends to run out ten minutes before the do starts and half the evening is spent queuing up at the local fish and chip shop. The prize giving is a forlorn affair as most of the winners have gone home. The disco is a big hit though with locals dressing up for a big night out. One group of runners always comes in costume (animals this year). Tina Woffington loves it - Carl, not so much.

If you like cross country, this is must do and even if you don't like cross country you should do it for the bragging rights. The next event takes place on 17 August 2019. I'll be signing up for it again - that bog of doom can be defeated - I'm sure of it.

Dinton Pastures parkrun launched

Congratulations to all involved in the successful launch of the latest parkrun in the area. Dinton Pastures parkrun held its first event on 10th July and is already attracting around 200 runners each week. A number of Reading Roadrunners are regularly volunteering including some as part of the core volunteer team.

Congratulations also to Reading parkrun on 9 years and 450 events.



Picture Credits: Josie MacKenzie (Dinton Pastures parkrun)

Charity Corner

Kerry Eastwood

Whilst the newsletter had a nice summer break, lots of little activities have taken place.

Our super **Sev Konieczny** completed the Ride London 100 raising a whopping £731.50 through online and offline sponsorship. I hear that she enjoyed it so much, an entry into next years ballot may have taken place. It was great to support you, **Nicola Gillard** and **Teresa Caswell** with our merry band of supporters.

Next up in the calendar was the **Whalley's** infamous Bingo Run. Teams of up to 3 runners would run a loop of south lake then randomly pick a bingo number from a bag- if it matched one of the bingo numbers on their race number, cross it off until you get all three. If not, keep on running.

Each year this event proves popular and a good laugh and the chance to win in "the best and worst items in a running goody bag ever" raffle for the clubs charity of the year. This year £114 was collected which no doubt will be put to good use at the charity.

Now onto a special event. Our shy and retiring **Ian Giggs** wanted an event that he had enjoyed on holiday. With a little help and a new found confidence, Giggsey held a Rock n Bingo evening at The Outlook which was a complete success. When we trialled the idea with the security at the Trooper Potts in Whitley as our guinea pigs, we knew it would be a hit.

60's through to 90's had everyone singing, **Kevin Bilsby** dancing to Snow White's Hi Ho and **Emma Caswell** getting all excited about tigger. A great venue, brilliant host in Ian and a raffle to top the evening raised £189 for No5 Young People, which will give many young adolescents a future of positivity.

The total so far is £3,418.66 with the Bingo Run and Rock n Roll Bingo total season to be added.

Dates for your Diary

Wednesday 24th September ***spare change Wednesday*** please dig out your unwanted pennies and 5p's!

Sunday 30th September ***Mortimer 10k*** our charity young ambassadors will be cheering you on.

Cross Country Season - leg strength

Katie Gumbrell

As the cross-country season approaches, now's the time to make sure that your leg strength is up to the hills, mud, adverse-cambers, hills, bogs, uneven-surfaces and hills.

These exercises (from the already-plugged and very excellent darebee.com) are a great starting point if you're new to strength work. Try to do them 2-3 times a week, not on consecutive days.

Set yourself up well before you start: your toes should be pointing forwards and your feet hip-width apart; try to keep your hips still and your pelvis in a neutral position as you move. Do each exercise slowly and well, rather than getting them done as quickly as possible. Breathe in to prepare, out as you lift your leg/heels and in again slowly as you lower your leg/heels. Your shoulders should be relaxed and you should stand as tall as you can. Try not to put too much pressure through the chair - it's there to help you balance, not for you to lean on!

Have fun!



Cross Country Season - Kit List

Sam Whalley

OK, so I may overpack, but XC is something I really want to be prepared for, as there can be a lot of waiting around, and who knows what the weather might do?

My kit list:

Racing kit - club vest/T-shirt and whatever bottoms you choose. You might need gloves/hat/buff/underlayer/arm sleeves, if it's chilly, or a visor/cap/shades, if it's sunny. If it's a hilly course, compression socks/sleeves for during or after could be a good idea. (I don't know what the science is, but I didn't wear them once and had wooden calves the next day.)

Racing shoes - trail shoes or spikes, depending on the course. If spikes, you might want to pack different lengths and decide once you've checked out the terrain. If it's a dry winter, you might get away with road shoes. Take them all, just in case.

Pre- and post-race clothes/shoes - you'll want to stay warm and dry until it's time for your race, so wear tights/over-trousers and a hoodie for as long as you can. If you're planning on hanging around to spectate/support/socialise, bring a warm/waterproof coat, hat and gloves; umbrella optional. Once you've cooled down from your race, you'll feel any cold weather even more. Make sure you have one pair of shoes you can travel home in. And dry socks!

Change of clothes - don't assume you'll be able to wear your running kit home again. It could be very muddy and wet. You might even need to put on dry underwear (I'm thinking Berkshire Champs 2018).



Fuel - water and whatever energy/recovery drink you might want. If it's a Hampshire League or Champs race, bring food and a hot drink, as facilities are often limited. If it's a TVXC fixture, there'll be food and drink provided, but [new for this year] no cups, so bring your own water bottle and thermos mug.

Money - for TVXC the cost is £3. Entries are paid for the other events. If you're at a Champs race, there is sometimes the opportunity to buy running supplies or race memorabilia (hoodies, etc, with that race on it - note, these get cheaper as the day goes on), and junk food.

Extras - towel if it's a wet day (not a white one), wipes if it's a muddy course (just to take the excess off your legs before they go back into the trousers), bags to put wet/muddy kit in and on.

Extra extra - when I walk the course with my daughters (for their race), we wear wellies, and I have definitely appreciated them when spectating certain races (Inter-Counties, Loughborough, earlier this year).

Cross Country Season - Volunteer Call for Home Fixture

Sev Konieczny

Our Thames Valley Cross Country League home fixture will be held at Ashenbury Park on 28 October 2018.

We need you to volunteer to make it a success, actually we need lots of you!

Please see the list of jobs below. Most of the pre and post event tasks can be done by a green vest keen to race on the day.

- van loading (Palmer Park Saturday) x6
- course set-up x6
- set-up base x5
- set-up catering tent x4
- car park x6 (we have the use of Waingels school's car park)
- time keepers x2
- greeters x2
- token givers x2
- funnel managers x2
- video x1
- photographer x1
- number checkers x2
- tail runner x1
- catering tent x5
- clear up (course, signs, rubbish, base camp and catering) x10
- van loading x6
- van unloading (in Palmer Park Sunday afternoon) x6
- and of course marshals x20

If you are available on the morning of Sunday 28th October'18, let us know by mail sevkonieczny@hotmail.co.uk, text message 07545261952 Facebook via the RR group or for marshal duties talk to Coach Vroni. We will soon be in touch with a detailed schedule

Thank you in advance for supporting this event!

Exmoor Stagger and Stumble

Claire Seymour

Race date 26 October 2018

Come to Exmoor for the weekend and challenge yourself with **The Exmoor Stagger** - Exmoor's classic trail run is 20 this year! With around 16 miles of trail and an ascent of over 3600ft in the BEST scenery, - this is not one for the faint hearted. With the race starting in Minehead, it includes a trip to the highest point in Somerset, Dunkery Beacon!



Reading Roadrunners Peter Aked and Andy Breakspear have both raced the Exmoor Stagger/Stumble for many years along with more than a few others joining them along the way!

Some of us RR's have even managed to pick up one or two prizes (or several!) over the years!

If you have never been before - we invite you to join fellow Roadrunners to give this challenging race a try -

Entry can be found at http://www.mineheadrunningclub.co.uk/stagger_stumble.html

The courses are well marked and marshalled with lots of water stations. After your race you can enjoy hot showers, a lovely venue and legendary catering.

If your legs won't run to the Exmoor Stagger you should try the **Exmoor Stumble** - at approximately 10k it is just as challenging as the Stagger but just that bit shorter. Do not underestimate this race!!



Ascent is just over 1000 feet, and there are glorious views over Minehead... once you've completed the climbing! Open to runners of all abilities!

There are also plenty of lovely B&B's within the Minehead area, just a 10 minute drive away from the race headquarters.

Any questions, please feel free to message me, or catch either myself, Pete Aked or Andy Brakespear at the track on a Wednesday evening.

Good things happen to those who wait... and wait again...

Ben Sargeant

The **Burnham Beeches Half Marathon** was a long time coming. The path which took to me to the start line was not a straight one, and certainly not simple.

As a few Roadrunners were aware, I was looking forward to the Reading Half in March, it being my first race. What is more, this run was part of two events in aid of the children's charity, Dreams Come True, a cause I have raised money for previously.

Preparation for Reading had taken an unexpected turn for the worse when I sprained my ankle badly playing football at University back in January which left me with only a few weeks to resume any running. Yet, to my disappointment Reading was cancelled for all except the barmy minority who still braved the streets of Berkshire to run their own 13.1. So I set my sights on finding an alternative - The Gloucester Half Marathon. Roll on August but disappointment manifested itself again. The local council did not approve of changes to the course route and, as a result, Gloucester went the same way as Reading. I did begin to wonder if the running Gods were punishing for me for claiming a Reading finishers' medal and t-shirt despite the event not taking place!



Quickly I discovered that it was all meant to be. Burnham took place a week after Gloucester should have done. My final training run took place on the day that I would have been running Gloucester and the extra week of prep allowed me to reach thirteen kilometres - the furthest I had run in this training stint with the sprained ankle still not being 100% and the focus of much physio. Eventually, and I do not use that word lightly, it all paid off.

With donations still rolling in, I put pressure on myself to succeed at Burnham. My stance on my unfortunate "run" to the start line was, "it's been tough but these troubles are nothing compared to the battles which the children of Dreams Come True are fighting." My second source of motivation was a work colleague of mine, Alex. Alex was training for a one-week cycle ride from Land's End to John O'Groats, which would see him and two others complete approximately 150 miles a day. He advised me to watch an interview called "Driven" with an ex-Navy Seal called David Goggins, on the eve of the big day. I did, and Goggins did not disappoint. Goggins once completed an event called "The San Diego One-Day." In short, participants run around a one-mile track and see how many miles they can complete in 24 hours. Goggins, built for heavy lifting and not long distance running, set out for 100 miles. For the last

19 miles, he ran with compression tape on his ankles and feet in an attempt to limit the pain he felt from multiple stress fractures.

With the children on one shoulder and Goggins on the other, I knew I was going to eat the thirteen miles in front of me for breakfast.

Early mornings are not generally familiar to me. As a University student, a 9 o'clock seminar is my worst nightmare, let alone a thirteen-mile race. My Mum deserves a mention for her efforts in helping me, not least when she prepared my breakfast of honey sandwiches, as I adopted her pre-race nutrition. Well fed, we arrived at Coldicot school and I was rather excited for the imminent challenge.

For the first few kilometres I was trying to settle down into my own pace, with Mum's words of wisdom "run your own race" reverberating around my head. Another new phenomenon was the water pouches handed out to runners. My, are they hard work?! If anything, my inability to open the darn things made me chuckle as I pounded the woods of Buckinghamshire. At half way I felt strong and comfortable, confident that the second half of my race would be quicker than the first. After one more battle with the impossible pouches, the second half of the race seemed to fly by. I think it helped running a two-lap track as I could prepare mentally for the physical battle that was to come.

I desperately chased a time of sub 1:40 but missed out by twenty seconds, coming in at a time of 1:40:20. The sense of accomplishment upon crossing the line was one of my all-time sporting achievements.

I would not go as far to say that I have "caught the bug", but I will definitely be wearing Roadrunners' green (and blue shorts!) again in the future.



Roll on Reading 2019. I will be there to collect a medal that was truly earned this time round!

Medoc Marathon

Caroline Hargreaves

On the 1st March at 9am I was on the computer getting my entry sorted for the Medoc marathon. After missing out last year as it had already sold out by the time I was home from work I was determined that I was going to get in this year! This race attracts people from all over the world and I was lucky enough to get in alongside 4956 people from France, 1081 other brits, 305 Japanese, 25 Italians, 2 Mexicans, 6 from Iceland, 1 Kenyan, 17 from New Zealand, 87 Canadians and many more nationalities represented.

On Friday we flew out of Gatwick and landed at Bordeaux airport and jumped straight on the bus into Bordeaux centre to check into our hotel and then head to the expo. The expo is where the race starts, which is about an hour out of town on the train and then a 5-minute walk. There is an option to pick up your race number on the day, but the expo is absolutely the best expo I have ever been to and so well worth going to the day before. I have never been to an expo before where there is wine tasting along the road to the entrance and a lot of the other race stalls giving away wine, beer and cider along with the flyers, it was setting the tone for the next day.

Race day is an early start and so it was a 6:15 bus that we boarded to take us out for the start line.

There are 8,500 participants in total, pretty much all in fancy dress and with the theme being amusement parks there were some really big crazy carousel and fun fair style floats at the start line. With it being Caroline Jacksons 40th birthday, Paul ensured she was appropriately decorated with a 40th birthday sash and giant badge whilst we all wore smaller 40th badges. We lined up and the atmosphere was just crazy, with music playing and fighter jets flying above the crowds and helicopters filming everything, I have never experienced anything like it.



L-R: Caroline Hargreaves, Paul Monaghan, Caroline Jackson, Cathrin Westerwelle, Daniel Worthey

The race started and we ran into the town where there were loads of people cheering everyone along and filming everything. Within half a mile of the start you hit the first wine stop, which we decided to skip to give us a chance to split away from the chaos as in the first few miles you can bottleneck trying to get through the town. Once you get out of the town and into the first vineyard there is another wine stop and this one we didn't miss! We then started off again and came to the first chateaux where people in duck outfits were in the pool which was hilarious, Paul and Caroline managed to get themselves interviewed by some reporters. Over the next 20 or so miles it was pretty much all going through numerous vineyards and chateaux with more wine stops than I could possibly count. It was a really hot day and the fancy dress this did make the race even more challenging, but with so many opportunities to stop and get a drink and various snacks it made the heat more bearable. They did have water stops with every wine stop as well as a few extra water stops too! A lot of the chateaux also had various types of live music and it was good to have a dance on the way round. Around 16 miles one of the wine fields was full of balloons that was just an amazing sight and at mile 20 there was a field that was full with about 8 different wine tables that looked like a village fete.



L to R: Paul Monaghan, Caroline Jackson, Caroline Hargreaves

The last 3 miles is just one long stretch of road, that in the heat felt like it was twice as long as that but it had an Oyster stall about 1.5 miles from the finish and then an ice cream stop about half a mile from the end. I swear I have never appreciated an ice cream so much in my life.

At the end of the race we were given the best goodie bag ever, a bottle of red wine and a Medoc marathon designed cool bag. After the race was finished there was only an hour until our coach was taking us back into Bordeaux and the car park was about a 20-minute walk away. Unfortunately, they had the worse organised bag drop ever and so I only had the chance to finish and get my bag and then head straight to the bus and so no party tent for me this year! Next time I would look to get the train back and so I would have time to chill out before having to head straight back. Cut off for this race is usually 6 hours 30 minutes but this year this was ended to 7 hours due to the heat. This is a race where you would want to be out on the course as long as possible and make the most of all the wine stops, there was one rose stop and one white wine and the rest are all red wines, I drank more red wine on this race than I have ever drank in my whole life! This race definitely has to go on the to do list for anyone that enjoys wine and fancy dress!

The 55th ACROSS WALES WALK; 1st September 2018

Kathy Tytler

...walk, run or even crawl in places across a whole country in one day...

If you look at a map of Wales and find the thinnest part, east to west, that is our crossing; from Anchor Bridge on the Powys/ Shropshire border to Clarach Bay on the coast. The distance covered is 45 miles. The first part is a series of undulating hills and valleys, then there is the mountain; Plynlimon (or Big P as we affectionately call it).

We start at 5am on Saturday morning and have 18 hours to complete. The full package includes accommodation (on the floor in Clun memorial hall) on Friday night, until the wake-up call at 3.15am; tea and toast; coach travel to the border; checkpoint support (food and drink); baggage transfer, transport from the finish to Aberystwyth, overnight stay in the university hall of residence; a cooked breakfast; the presentation ceremony; then coach travel back to where we started at Clun. Not a bad weekend package for well under the price of a high profile 10 mile obstacle race!



Leaving Checkpoint 3 in the Hafren Forest

The five checkpoints must be visited, but you are free to choose your own route between them. Some navigational skill is required, although you will be given a narrative description of the recommended route. You will need to know how to point a compass in the right direction - and follow it - for the climb of Plynlimon (there is no path on the ground and you may be in thick mist) and being in a mountain environment you must be prepared for whatever the mountain weather throws at you.

This is a challenging event. It is not a race, but there are some amazing times recorded for the crossing. This year the first person back was Balázs Pintér from Aberystwyth in 8 hours 43 minutes. He then stripped to his boxers, went for a swim in the sea and refused transport back to Aber, instead preferring to walk home.

Once isn't enough for some people. Several complete a 'double' each year, and other multiple crossings have been achieved. This year Brian Layton (Ridgeway 86 Challenger) set out on Wednesday (three days after completing The Ridgeway) to attempt 5 crossings. He completed 3 and then helped out at the checkpoints on the main event.



Scree Path

The event takes place on the first Saturday in September. Entries are available from May. Look at the website www.acrosswaleswalk.co.uk for more information.

I wrote the following in 2011 after we had experienced several years of bad weather, especially over Plynlimon. The organiser took the extreme measure of asking me to write a poem to placate the mountain. We have had some good weather since - except 2016 when I wasn't able to do the event due to injury.

ODE TO PURLUMON

Clunton and Clunbury

Clungunford and Clun

Are the quietest places

Under the sun.

(A.E. Housman "A Shropshire Lad")

But under the stars in a clear night sky,

Two hundred feet are walking by.

Hushed, no noise must we make,

At four in the morning we must never awake

The slumbering, dreaming, good folk of Clun,

But now we're away it will once more become

The quietest place under the sun.

At Anchor Bridge the breeze awakens,

The leaves on hedgerows all are shaken,

And Stuart in his time honoured style

Sends us on our way with his wry little smile.

On Kerry Ridge the wind blows stronger

And walking feet stride faster, longer.

Clouds rush into a threatening sky

Promise rain today, by and by.

Running down the valley into Llanidam,

Remembering rainbows, how they once shone,

But it's Pumlumon's mood that defines the day

Will wind and rain be kept at bay?

Will the mountain shine, our jewel of mid-Wales

Or will we be lashed by storms and gales?

Walkers new to this crossing have heard tell,

Tales of the mountain whose bulk did swell

Clear above Hafren's forest green
 To the blue of the sky, not a cloud to be seen.
 And legend also tells the tale
 Of clothes discarded as its flanks were scaled,
 Sweating and burning in the late summer heat
 Wearing shorts and t-shirts for this climbing feat.
 And at your summit Fawr Pumlumon,
 Nant y Moch below sparkles in sun.
 The air is still, the view is clear
 With confidence we avoid your crags so sheer.

Today against the wind we struggle,
 Waterproofed and hooded in our own cold bubble,
 On compass bearing, blind, we climb
 Getting wetter all the time.
 Another figure is now in our midst,
 The "lady in blue" appears out of the mist,
 In wind with difficulty we did speak,
 She had been lost upon your peak,
 Held by you in your veil of mist,
 And by your stormy countenance kissed.
 You kept her firmly in your hold
 As she wandered lost, tired and cold,
 'Twas not 'til next day her tale was told
 And the spite of the mountain did unfold.
 We make our way to safer ground
 Beneath your crags that loom and frown,
 To Checkpoint 4 that is our plan
 Using vehicle track made by Dwr Cymru's van.

 Pumlumon: For many years you've been in a strop,
 Many have climbed up to your top,
 Some lost and cold and fit to drop.

Pumlumon! this mood just has to stop!

The mountain replies...

*Beneath my skin a giant slumbers,
 Untroubled by the feet of numbers
 Of walkers who usually keep
 North to the glamour of Snowdonia's peaks.
 Alone in mid-Wales, I'm watching, brooding,
 A five peaked massif, forever moody.
 I spend time in silence, by-passed, dismissed,
 Some folk don't even know I exist!
 Of five rivers, I alone am the source,
 I work with my weather, a water resource,
 Each river watched over by a naiad of the fountain,
 Sending water to the sea, from me, the great mountain.
 All year long we bring life force from the sky,
 Just my five water nymphs and I
 Filling the reservoir of Nant y Moch
 Water is life and that's what we've got!
 Just one day each year many people come
 Awakening the giant from my rocky tomb,
 In foul mood I'm disturbed in my sleep,
 Thinking only of my solitude to keep.
 I pull a veil of mist across my face
 Summon wind and rain to disrupt your race.
 Pumlumon we acknowledge that you
 Bring treasure more precious than silver and gold,
 Your hailstones worth more than diamonds too.
 Water, your riches, that life must behold.
 Providing this bounty we know is your task,
 Water is life, we need it for food,
 We come in peace... and all that we ask
 Is that you greet us in a sunnier mood.*

Roadrunners Race Results

David Dibben

PRIDE of place in this month's results has to go to the two Roadrunners who have done the club proud in the World Masters Track and Field Championships in Spain, Mark Worringham and Duncan Mollison.

Mark defied the heat in Malaga to finish 11th in the M40 5,000metres 'A' final in a time of 15minutes 51.9s4 seconds.

That was some way off his new PB of 15:25.22 set at Wimbledon last month, but it took a bunch of Kenyans to beat him, five of them finishing in the top six.

Already a Great Britain cross-country international, Mark completes the circle in all formats next month when he represents England in the masters age group marathon at Chester.

Our second-claim man Duncan, meanwhile, qualified through his preliminary heat in the M35 800 metres but was eliminated after finishing sixth in his semi-final in 2minutes 00.49.

Duncan, who holds every Roadrunners' track record between 100metres and a mile, had actually cracked the magic two-minute barrier three times in six weeks in the build-up to the championships, setting a new PB and club record of 1:59.00 at Kingston.

Back closer to home, apologies to anyone whose time may have been missed from the Englefield 10k results. Unfortunately the organisers did not stipulate club membership for any runners in their official list.

Not knowing every single Roadrunner personally, I tried to match the names to green vests in Peter Cook's Flickr album from the event.

However, not everyone was captured by the photographer and, despite it being a club championship fixture, not everyone was correctly attired.

Also, at least one Roadrunner was competing under a number assigned to another of our members, so I'm not really sure why I bother to try to authenticate any of this stuff in the first place.

But those problems paled into insignificance after the Maidenhead Half Marathon results fiasco.

What should be, with chip timing, pretty near to an exact science, evolved into something akin to herding cats.

Believe it or not, the organisers were actually emailing runners 24 hours after the event to ask them what times they had on their Garmins or how long they thought it took them to get through the start. Then they watched a video of the race to check what happened.

Later they issued a second list of finishing times, with over 100 additional names.

They also contacted athletes who didn't take part to congratulate them on their performance. I promise you I'm not making this up!

Nevertheless, I think we can take two positives from that race.

1 The Maidenhead medics made a good job of looking after our man who was taken poorly at the finish.

2 No Roadrunner is ever again likely to have to suffer such a chaotic results service.

July 18th

Woodland 5 (Race 3)

Pos	Name	Chip
3	James Rennie	33.40
6	Richard Hallam-Baker	34.54
17	Richard Usher	37.31
22	Stuart Jones	38.42
26	Colin Cottell	39.03
34	Simon Peralta	40.26
43	Ivan Harding	41.11
53	Peter Rennie	42.33
57	Nick Adley	43.47
58	Peter Reilly	44.01
65	Susan Knight	45.10
75	Sally Carpenter	46.36
83	Jim Kiddie	47.57

85	Claire Seymour	48.57
90	Ben Adams	51.04
92	Hilary Rennie	51.09
93	Katy Rennie	51.49
95	Kerry Eastwood	52.21
97	Sandy Sheppard	52.54
102	Bob Thomas	55.06
105	Tom Harrison	55.46
108	Alison Wrigley	56.46
111	Trisha Arnold	59.34
122	Cecilia Csemiczky	1:02.27

Burford Bolt 5k

Pos	Name	Chip
21	Nick Adley	28.15
38	Sally Bowness	31.20

Gobling King Marathon

Pos	Name	Chip
3	Eugene McSorley	3:47.00
13	Brian Grieves	4:47.51
19	Martin Bush	5:07.31

July 22nd

Down Tow Up Flow Half Marathon

Pos	Name	Chip
92	Sarah Alsford	1:47.46 1st F40
214	Jim Kiddie	2:02.18 2nd M70
235	Carmen Fuentes-Vilchez	2:04.08
239	Sarah Bate	2:04.37 3rd F50
445	Dave Wood	2:35.57
468	Liz Atkinson	2:41.57
469	Andy Atkinson	2:41.58

Burford Bolt 10k

Pos	Name	Chip
21	Ed Dodwell	46:58 1st M60
30	Ashley Middlewick	50.14
69	Sam Whalley	58.12 1st F45
78	Pete Morris	1:01.06
120	Heather Bowley	1:09.53 2nd F65
145	Linda Wright	1:28.00 2nd F55
147	Kathy Tytler	1:29.15

July 23rd

Self Transendence 5k (Battersea Park)

Pos	Name	Chip
4	Mark Worringham	16.01 SB 1st M40

July 24th

AAIC 5k (Chicago)

Pos	Name	Chip
15	Nicole Rickett	23.07 PB

July 28th

Marlow Twilight Run 5k

Pos	Name	Chip
9	Kerry Eastwood	28.45 2nd lady

Round Reading Ultra 100k

Pos	Name	Chip
17	Donald Scott-Collett	14:21.26

Round Reading Ultra 50k

Pos	Name	Chip
21	David McCoy (V40)	4:47.03
33	Alan Thomas	5:09.30
63	Jo Sollesse	5:56.20
79	Kathy Tytler	6:23.13
87	Caroline Jackson	6:38.48
88	Paul Monaghan	6:38.48
97	Pete Morris	7:01.35

389	Nick Adley	50.17
478	Diane Hodder	54.24
672	Kevin Strong	1:03.11
676	Helen Dixon	1:03.25
723	Lucy Bolton	1:07.01
743	Justin Watkins	1:08.31
747	Anthony Eastaway	1:09.12
748	Sarah Walters	1:09.19

August 4th

Enigma Show Me The Money Marathon (Race 1)

Pos	Name	Chip
32	Martin Bush	4:56.47

Mapledurham Summer 10k

Pos	Name	Chip
5	Calum Baugh	40.51
18	Bithja Jones	49.12 2nd lady
47	Sylvia Rozemeijer	59.58
92	Ray McGroarty	1:12.46
94	Trishia Arnold	1:13.40
97	Kathy Tytler	1:17.50
99	Linda Wright	1:18.40

Enigma Show Me The Money Marathon (Race 1)

Pos	Name	Chip
23	Martin Bush	5:07.55

August 1st

Yateley 10k (Race 3)

Pos	Name	Chip
1	Mark Worringham	32.50
9	David McCoy (Snr)	35.05
10	Brendan Morris	35.07
23	Chris Lucas	37.16
57	Gary Tuttle	39.41
68	Ellie Gosling	40.03
79	Ian Giggs	40.43
105	David Ferguson	42.05
229	Kevin Jones	47.39
235	Sally Carpenter	47.37
303	Martin Douglas	49.54

August 5th

Dovedale Dipper Marathon (Matlock)

Pos	Name	Gun
20	Ashley Middlewick	4:59.00
107	Pete Morris	8:42.00

August 6th

Self Transendence 5k (Battersea Park)

Pos	Name	Chip
6	Mark Worringham	15.45 SB 1st M40
23	Lance Nortcliff	17.02 PB 1st M45
75	Helen Pool	20.20 PB 1st F40

111 Nicole Rickett 23.05 PB

M50, 2nd: Gavin Rennie.

120 Claire Seymour 25.00 SB

F40, 2nd: Tracey Hicks**August 9th**

Dinton 5k (Race 4)

Dinton 10k (Race 4)

Pos	Name	Chip
1	Rob Corney	33.35
2	Keith Russell	36.05 1st M40
7	Mark Dibben	38.45 2nd M40
13	Richard Hallam-Baker	40.06
20	Gary Tuttle	40.47
21	Ian Giggs	41.01
22	Gavin Rennie	41.12 2nd M50
24	Ed Dodwell	41.31 1st M60
30	Stuart Jones	43.29
32	Robert Cannings	43.59
35	Tony Long	44.05
42	Richard Charley	44.43
48	Marion Loiseau	45.28
53	Paul Carter	45.52
62	Tracey Hicks	46.41 1st F40
73	David Caswell	47.45
116	Elizabeth Johnson	52.05 PB
117	Matthew Brown	52.05
138	Dave Wood	53.36
149	Christina Calderon	55.26
221	Vroni Royle	1:06.34
222	Kevin Strong	1:06.34
231	Cecilia Csemiczky	1:09.05 1st F70

10k series overall

Senior male, 2nd: Richard Hallam-Baker.**M40**, 1st: Richard Hallam-Baker.

Pos	Name	Chip
11	Andy Blenkinsop	19.34
12	Matthew Davies	19.39
17	Chris Barkus	21.59
29	Sally Carpenter	23.14
33	Nick Adley	23.24
45	Pete Morris	24.40 1st M60
47	Colin McCarlie	24.50
58	Catherine Leather	25.28
63	Sally Bowness	26.17
70	Alice Carpenter	26.29
100	Matthew Durman	28.35
103	Angelique Haswell	28.57
106	Sarah Richmond-De'voy	28.41
107	Adele Graham	29.08
121	Kathy Vickers	29.34
179	Suzanne Bate	34.38
207	Jill Dibben	38.46 1st F70
208	Hannah McPhee	39.24
209	Jenny Oakley	39.09
212	Gill Manton	39.38
229	Fiona Blennerhassett	47.13

5k series overall

M40, 3rd: Andy Blenkinsop.**M60**, 1st: Pete Morris.**Senior ladies**, 3rd: Sally Carpenter.**F40**, 3rd: Kathy Vickers.**F50**, 2nd: Catherine Leather. 3rd: Adele Graham.

August 11th

		179 Chris James	1:45.30
Thames Meander Half Marathon		186 Tracey Hicks	1:46.09
Pos	Name	Chip	
337	Caroline Hargreaves	2:27.14	
		190 Fleur Denton	1:46.22
		191 Peter Reilly	1:46.26 PB
		196 Simon Denton	1:46.43
Thames Meander Marathon		309 Catherine Leather	1:54.42
Pos	Name	Chip	
83	Caroline Jackson	4:22.01	
105	Martin Bush	4:47.56	
		309 Catherine Leather	1:54.42
		311 David Leake	1:54.40
		312 Colin McCarlie	1:54.54
		325 Sarah Bate	1:55.53
		387 Paloma Crayford	2:01.19
Pride 10k		429 Sam Whalley	2:05.10
Pos	Name	Chip	
107	Colin Cottell	41.52	
284	Lee Hinton	47.12	
725	Tom Harrison	1:02.30 1st M70	
787	Anthony Eastaway	1:07.37	
		576 Peter Warren	2:21.07
		606 Justin Watkins	2:26.02
		639 Peter Higgs	2:33.22
		666 Linda Wright	2:40.21
		672 Cecilia Csemiczky	2:45.66

Milton Keynes 5000m PB Special

Pos	Name	Time
12	Mark Worringham	15.31

August 12th

Burnham Beeches Half Marathon

Pos	Name	Chip
11	Ben Whalley	1:22.46
51	Brian Kirsopp	1:32.17
53	Katherine Sargeant	1:32.24 1st F40
75	Chris Buley	1:35.12
78	Tony Long	1:35.31
106	Tony Streams	1:38.40
110	Sarah Dooley	1:38.54
117	Ben Hart	1:40.20

Burnham Beeches 10k

Pos	Name	Chip
77	Nick Adley	50.41
173	Jo Rippingale	57.22
187	Rachel Helsby	58.13
220	Kathy Vickers	59.45

Salisbury 54321 42k

Pos	Name	Chip
121	Pete Morris	5:36.21
139	Martin Bush	6:09.35
172	Lorraine Bailey	8:19.34
173	Linda Booth	8:19.34
182	John Bailey	9:13.39

Salisbury 54321 33k

Pos	Name	Chip
4	David McCoy (Snr)	2:32.54
57	Stewart Wing	3:39.37
72	Charlie Macklin	3:57.02
73	Andy Atkinson	3:57.03
86	Vroni Royle	4:17.51 PB
87	Sarah Richmond-De'voy	4:17.51 PB

Salisbury 54321 21k

Pos	Name	Chip
4	Fergal Donnelly	1:33.19 2nd M40
5	Stuart Kinton	1:33.40 2nd M Open
31	Helen Pool	1:54.47 1st F40
152	Liz Atkinson	2:51.53
153	Sev Konieczny	2:51.56
202	Julie Wing	3:58.21 1st W65
203	Stephen Wing	3:58.22

Lowther Castle Fell Run

Pos	Name	Chip
52	Bithja Jones	2:01.54

Masters of the Universe 16.4 miles

Pos	Name	Chip
-	Trisha Arnold	3:56.23

Masters of the Universe 3.3 miles

Pos	Name	Chip
-	Brian Grieves	35.42

August 13th

Hasty Hare 5k (Battersea Park)

Pos	Name	Chip
183	Nicole Rickett	22:54 PB

August 14th

York Millennium Bridge 5k

Pos	Name	Chip
66	Helen Pool	19.48 PB

August 15th

Hercules Wimbledon 5k Festival

Race 4

Pos	Name	Chip
2	Ben Paviour	15.42 SB

Race 5

Pos	Name	Chip
10	Mark Worringham	15.25 PB

August 18th

Race The Train Rotary Challenge, 14 miles

Pos	Name	Chip
179	Ian Giggs	1:56.28
258	Mel Silvey	2:03.58
352	Peter Reilly	2:14.20
412	Tina Woffington	2:23.46 2nd F60

Race The Train Quarry Challenge, 10k

Pos	Name	Chip
289	Paul Young	1:10.13
309	Bob Thomas	1:12.20
364	Kathy Tytler	1:21.23

Race The Train Dolgoch Challenge, 5.5miles

Pos	Name	Chip
152	Janice Thomas	1:07.32
159	Jane Silvey	1:11.29

Southern Athletics League, Div 2 West

800m 'A' final

Pos	Name	Chip
2	Duncan Mollison	1.59.00 PB

5,000 metres final

Pos	Name	Chip
2	Matt Green	16.00.60 PB

August 19th

Isle of Wight Half Marathon

Pos	Name	Chip
19	Chris Lucas	1:27.49
38	Sarah McDade	1:34.19 2nd lady

Royal Parks Summer 10k

Pos	Name	Chip
25	David McCoy (V40)	40.54

August 23rd

Beeches 5k

Pos	Name	Chip
36	Nick Adley	24.32
118	Kerry Eastwood	35.29

August 26th

Englefield 10k

Pos	Name	Chip
1	Rob Corney	32.39
2	Mark Apsey	34.12 PB
5	David McCoy (Snr)	35.23
6	Chris Lucas	36.22

15	Brian Kirsopp	39.38 1st M50
18	Chris Buley	40.08
19	Ian Giggs	40.15
32	Colin Cottell	41.30
34	Gemma Buley	41.34 2nd lady
35	Katherine Sergeant	41.34 3rd lady, 1st F40
37	Clive Alderson	42.02
40	Tim Grant	42.20
41	Stuart Jones	42.39
46	Ed Dodwell	43.11 2nd M60
51	Simon Denton	44.11
55	Chris James	44.19
57	Tony Streams	44.23
76	Lesley Whiley	46.32 1st F50
77	Joe Blair	46.49
84	Sarah Alsford	47.23
85	Peter Reilly	47.28
88	Fleur Denton	47.52
91	David Caswell	48.27
92	Brian Fennelly	48.39
101	Nick Adley	49.29
110	Catherine Leather	50.41
112	Sam Whalley	51.11
113	Andy Atkinson	51.20
114	Kevin Jones	51.21
126	Jim Kiddie	52.37
132	Diane Hodder	53.07
137	Tina Woffington	53.39 1st F60
158	Jennifer Holmes	55.24
159	Chloe Lloyd	55.32
161	June Bilsby	55.34
172	Charlie Macklin	56.37

173 Sandy Sheppard 57.08

183 Andrea Marnoch 58.05

188 Mark Smith 58.28

195 Rita Dykes 59.10

196 John Bailey 59.10

222 Bob Thomas 1:01.40

224 Kerry Eastwood 1:01.44 PB

227 Tom Harrison 1:01.56

238 Helen Dixon 1:03.09

263 Liz Atkinson 1:07.23

264 Anthony Eastaway 1:07.24

265 Trisha Arnold 1:07.24

269 Linda Wright 1:07.54

275 Lorraine Bailey 1:10.02

282 Janice Thomas 1:20.49

Barfleur Marathon

Pos Name Chip

143 Caroline Jackson 4:11.10

144 Paul Monaghan 4:11.10

217 Pete Morris 4:51.44

227 Caroline Hargreaves 4:59.34

229 Martin Bush 5:00.18

Headington 5

Pos Name Chip

89 Nigel Hoult 33.07 2nd M60

Severn Bridge Half Marathon

Pos Name Chip

154 Justin Simons 1:36.40

September 1st

Blackshaw Head Fell Race

Pos Name Chip

51 Colin Cottell 55.50

94 Tom Harrison 1:29.34

September 2nd

Maidenhead Half Marathon

Pos Name Chip

15 Brendan Morris 1:14.59

16 Jack Gregory 1:15.10

52 Andy Mutton 1:21.33

70 Brooke Johnson 1:23.00 PB

150 Alex Harris 1:28.09

166 Chris Buley 1:28.51

203 Ian Giggs 1:30.44

212 Calum Baugh 1:30.54

231 Gemma Buley 1:32.15 PB

241 Paul Morrissey 1:32.40

245 David Legg 1:32.46 PB

258 David Ferguson 1:34.01

311 Sarah Dooley 1:36.15

341 Jane Davies 1:37.44 1st F50

344 Sam Hammond 1:37.53

366 Grant Hopkins 1:38.24

409 Loretta Briggs 1:40.47

433 Tracey Hicks 1:41.52 PB

477 Lewis Walker 1:41.36 PB

534 Sahan Jinadasa 1:44.56

582 David Leake 1:47.00

625 Jane Copland 1:48.57

641 Peter Cave 1:48.57 PB

659	Nick Adley	1:49.20
669	Daniel Coleman	1:50.22
683	Nelesh Kotecha	1:50.50
739	Liz Johnson	1:53.04 PB
743	Alice Carpenter	1:53.12 PB
765	Carmen Fuentes-Vilchez	1:53.55 PB
769	Sara Lopez	1:54.06
792	Nicola Gillard	1:54.14 PB
800	Martin Douglas	1:55.21
813	Angela Burley	1:57.12
855	Sarah Bate	1:57.33
891	Ben Adams	1:59.16
913	Paloma Crayford	1:59.31
943	Andy Atkinson	2:02.51
953	Phil Davies	2:01.51
1050	Christina Calderon	2:06.14
1073	Kevin Bilsby	2:08.25
1116	Ashlee Jewell	2:10.15
1132	Sarah Richmond-De'voy	2:10.50
1216	June Bilsby	2:17.55
1345	Phil Reay	2:28.04
1372	Linda Wright	2:32.18
1401	Simon Hunt	2:35.09
1403	Dave Wood	2:35.48
1407	Anthony Eastaway	2:36.29
1421	Justin Watkins	2:39.31
1440	Liz Atkinson	2:42.42
1471	Katie Gumbrell	2:59.46

Kent Coastal Marathon

Pos	Name	Chip
82	Paul Monaghan	4:29.13

83	Caroline Jackson	4:29.13
92	Martin Bush	4:45.47
127	Pete Morris	5:26.49
Wetherby 10k		
Pos	Name	Chip
82	Helen Pool	43.45 2nd F40
Cardiff 10k		
Pos	Name	Chip
80	Lance Nortcliff	35.53
972	Claire Seymour	49.00

September 8th

Medoc Marathon

Pos	Name	Chip
5822	Caroline Jackson	6:28.43
5823	Paul Monaghan	6:28.41
6519	Cathrin Westerwelle	6:37.39
6883	Caroline Hargreaves	6:44.52

September 9th

Great North Run

Pos	Name	Chip
5100	Susan Knight	1:52.10
6158	Judith Ritchie	1:54.58
8499	Martin Douglas	2:00.23
11820	Paul Carter	2:07.18
20871	Lisa Kilby	2:22.44
22646	John Bailey	2:25.40
24182	Angelique Haswell	2:28.09
26102	Catherine Douglas	2:31.26

32135 Lorraine Bailey 2:42.59

Thames Path Challenge (100k)

Pos Name Chip

Swindon Half Marathon

14 Jennifer Holmes 17:59.21

Pos Name Chip

249 Gabriel Mudzi 1:40.43

Season's bests

431 David Walkley 1:47.53 PB

Ladies

458 David Ferguson 1:49.15

5k: Jane Copland 19.14

556 Joe Akem-Che 1:51.20

5 miles: Gemma Buley 32.07

10k: Caroline Hoskins 38.23

Farnham Pilgrim Marathon

10 miles: Caroline Hoskins 1:03.42

Pos Name Chip

Half marathon: Caroline Hoskins 1:24.17

15 Gavin Rennie 3:42.16 1st M50

20 miles: Caroline Hoskins 2:14.19

30 Mary Janssen 3:58.45

Marathon: Caroline Hoskins 3:10.28

Farnham Pilgrim Half Marathon

Men

Pos Name Chip

5k: Rob Corney 15.23

81 David Caswell 1:52.01

5 miles: Rob Corney 25.42

273 Claire Seymour 2:19.33

10k: Rob Corney 31.30

405 Linda Wright 3:20.49

10 miles: Rob Corney 52.48

415 Julie Wing 3:36.04

Half marathon: Rob Corney 1:09.20

416 Stephen Wing 3:37.13

20 miles: Seb Briggs 1:56.40

Marathon: Matt Richards 2:32.39

Wirral Half Marathon

Pos Name Chip

715 Anthony Eastaway 2:22.43

Gomera Paradise Trail (47k)

Pos Name Chip

20 Ashley Middlewick 7:06.15

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

Anne, Paul, Simon, Nicole

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Training development seminars. The intention is to provide a seminar on training and nutrition in the autumn. Carl & Nick Anderson, EA, are agreeing a date.

Chairman's report

John Goodall Carl and the Committee members present expressed their sadness at the death of John Goodall. John had a long association with the club and was an active and accomplished runner, though not for some years.

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

- 05Jul 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: Wheelwrights Arms
- 12 Aug Champs: Burnham Beeches HM
- 16 Aug Final pub run: Three Horse Shoes

- 19 Aug Social: Dragon Boat racing
- 26 Aug Champs: Englefield 10K

Notable forthcoming events include:

- 08 Sep Social: Rock & Roll Bingo
 - 09 Sep Thames River Relay
 - 30 Sep Mortimer 10K
 - 04 Oct Social: Brewery trip
 - 07 Oct Champs: Clarendon HM
- 07 Oct: TVXC: Metros

Treasurer's report

Nicole advised that she intends to step down as Treasurer at the 2019 AGM.

General Secretary's Report

Palmer Park management outsourcing. Bob will respond to Reading Sports & Leisure's invitation to advise what the club would like to see included in the forthcoming facilities management outsourcing contract. We are asking for:

- Continuation of our storage facilities
- Improvement to toilets, changing rooms and showers
- Better drainage for the track
- Shared use of a clubhouse
- More car parking space

The clubhouse may be possible if RSL goes ahead with its expressed intent to build a 25m pool attached to the stadium, though how they will resolve the additional impact on car parking is unclear.

Venue for 2019 Vets Track & Field League We have traditionally teamed with Reading Athletics to organise one of the Vets League matches, which has previously been staged at Bracknell. Nigel Hault, who organised our participation this year, has advised that RAC has proposed moving the venue to Palmer Park, and has requested that we give up a Wednesday evening to stage the event. Nigel asked the Committee to decide if we will comply.

The Committee is content for the venue to switch to Palmer Park, but we will not give up a Wednesday or Friday track session. As we understand that RAC will not give up any of its scheduled sessions, it probably means that the 2019 event will need to take place at a weekend.

Berks. Bucks & Oxon XC This year's BBO XC event will be staged by Newbury AC on 18Nov18 at the Newbury Showground.

Berks XC Championships This is scheduled to take place on 16Dec18 at St Andrew's School, Pangbourne.

Membership Secretary's Report

Nothing to report.

Social Secretary's Report

Hannah reported that the Dragon Boats event went well and that the forthcoming gin trip and theatre visit are both sold out. There were three places left on the brewery trip at the time of the meeting.

Hannah is looking for a suitable venue for this year's Christmas party.

COACHING REPORT

Nothing to report.

ANY OTHER BUSINESS

Shinfield 10K finances The club has traditionally provided half of the profits from the Shinfield 10K to the Shinfield Association, which supports initiatives around Shinfield. In view of delays to finalising this year's Shinfield 10K accounts, the Committee voted to make an interim payment of £2K to the Association.

Shinfield 10K Publicity Officer Tom advised that Sev Konieczny has stepped down as the Shinfield 10K Publicity Officer and that the role will need to be filled in time to plan promotion of the 2019 event.

Spare laptop Roger wished to minute that he is holding the laptop displaced from use by the Treasurer on behalf of the club and that it is available to support club activities.

Chairman Carl advised that he intends to stand down as Chairman at the next AGM and will be actively seeking a replacement in time to organise a sensible handover.

Door Rota

tbd

DONM: 2Oct18

Main Club contact points:

Chairman, Carl:

chairman@readingroadrunners.org

Membership Secretary, Anne:

membership@readingroadrunners.org

Secretary, Bob:

gensec@readingroadrunners.org

Treasurer, Nicole:

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Social Secretary, Hannah:

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Coaching, Simon:

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Team Captains, Sam & Phil:

teamcaptains@readingroadrunners.org



Dragon Boat Racing - Photo Credit: Chris Drew



Englefield 10+3k 2018

Englefield 10K - another water based activity

Photo Credit: Peter Cook



Track Friday- 2018

Mile, 5km & (fun) Relay







Entry	Schedule - 1830 hrs	Other
<ul style="list-style-type: none"> Runners of ALL abilities welcome Open to running clubs Track fee £1.50 only Minimum age - 13yrs 	<ul style="list-style-type: none"> Feb 23rd - Mile, 5k, (fun) Relay May 18th - Mile, Handicap 5k, Other Sep 21st - Mile, 5k, (fun) Relay Nov 23rd - Mile, Handicap 5k, Other 	<ul style="list-style-type: none"> Post race refreshments & social Donations to club charity See RR website for previous Track Friday race results, pics & videos







Photos courtesy of **Track Friday** photographers

If we had an award for smiliest runner in the club....

Photo Credit: Kathy Vickers

