

NEWSLETTER

OCTOBER 2018



Cross Country racing is FUN

Just look at the faces of these Roadrunners at the Thames Valley Triathletes fixture of the Thames Valley Cross Country league. Mark Apsey won the race but if the width of the smiles are anything to go by the ladies seem to have the most fun. What's not to like? If you haven't tried XC now is as good a time as any to start. Pics Simon Light



TVXC - Reading Roadrunners Fixture - 28 Oct 2018

Sev Konieczny - Race Director

Starts 11am prompt - Ashenbury Park, Woodley, RG5 4RS

Don't forget the clocks go back an hour Saturday night/Sunday morning!

Thank you to everyone who has come forward to help out.

We will also greatly appreciate some food donation (crisps, breadsticks, cakes, biscuits, sandwiches, dried fruit....)

Please remember to bring your mug if you want a drink afterwards. Below is the schedule of events for helpers (runners & non runners) :

Saturday 27/10

10.30 van loading 2pm : course marking

Sunday 28/10

8.00 van arriving at Ashenbury Park 8am portaloos being delivered 8am Waingels car park open

8.30 set-up HQ & camp

9.00 car park signs up catering tent set up flag up runners tent pitched

9.00 course set-up volunteer meet up. Report to Sam Whalley

9.00 car park marshals. Report to Alan Macdonald

9.15 Greeters by the path

9.15 HQ operational so clubs can collect their list

9.15 RR money collector to hang around the tent (not HQ or marshals points)

9.15 set out finishing funnel table with water (bottle or water tank with tap near the finish)

10.15 Marshal meet up . Report to Vroni Royle: briefing , collect instructions + bib

10.15 Finish line team briefing

10.30 course check

10.45 marshals must be in place , last call

10.50 course check - report back

11.00 start

11.35 first finisher expected

1pm tail runner back

1pm marshals back (with equipment) & bin bag

1pm check the course for flags / signs.

2pm pack up

2.30pm leave Ashenbury Park

3pm Unload van at Palmer Park

Chairman Chat

Carl Woffington



Our own Mortimer 10k took place and went well on 30th September. The weather was kind and we had a good turnout of runners. Thanks to Race Director Bob and all the volunteer helpers that turned out.

The Club Championship held the penultimate race on 7th October. That was the Clarendon ½ and the last race is the Gutbuster.

The XC season is with us. The first TVXC race took place on 7th October, hosted by Metros. The first Hampshire league race took place 13th October at Bournemouth. By the time you read this the TVXC race hosted by TVT on 21st October and the SEAA XC Relays on 20th October will also have taken place. Please look up the race dates in both the TVXC and Hampshire leagues. Support your club by pulling on the green vest with pride and representing us.

The last Track Friday on 21st September was well attended both by runners and volunteer helpers. The next one is on Friday 23rd November, please put the date in your diary and support if you are able.

Our Social events continued with the Brewery Trip on 4th October. I've been on a couple at other breweries over a few years and the presentation given here was the best so far. Excellent tour, fish and chips and beer. The Gin Tour and Theatre trip follow soon and both are sold out. Also look out for our Christmas Party.

By the time you read this we will have held the presentation on Lifestyle, Recovery and Nutrition - Monday 22nd October.

We are to hold our home TVXC fixture on Sunday 28th October at Ashenbury Park, Woodley. You have already received an email from Race Director Sev asking for volunteer helpers. Please try to help if you can and respond to her email (it was sent via RR Comms on 10th October to help you search for it). We also need food donations as usual to feed the runners at the social after the race.

An early shout has gone out for volunteer helpers at Bramley 20/10, 17th February 2019. You will have received an email already. Alan tears his hair out every year trying to get enough volunteers but he still has more hair than me. Seriously though, please try to reduce the stress levels in the poor chap and volunteer early if you can. Just drop him an email at rocket-al@hotmail.com to pledge your support. He'll be very grateful.

We will be putting on a second 1st Aid course soon. I'm currently organising this but full details are not yet available.

Last but not least, congratulations to RR Jane Davies on gaining her England vest. More details are given in an article on our RR website.

Ladies' Captain's Report

Sam Whalley



You could be forgiven for thinking that it was still summer, with our first two XC fixtures having taken place in mild temperatures and sunshine. Then again, if you ran a race on Sunday 14th, you might well have felt you'd have been better off trying to swim....

By now, members will have run their last track races of the year, with PBs achieved in the Track Friday mile by **Amy Brunsdon** (8:20) and Chloe Lloyd (7:23), the latter also PBing in the 5000m (25:22), along with **Sev Konieczny** (28:18). Kudos must also go to new second-claim member **Ula Howlett**, who, having forgotten her running shoes, ran in a pair with what can only be described as Converse-style soles. Ouch. In the Veterans AC club championship 10000m race (that's 25 laps of the track!), **Helen Pool** was thinking about taking it easy as the category win wasn't really to be contested, and then someone pointed out that she could go for first female instead. She did, and she was.

The southern Road Relays officially mark the start of the autumn road and winter XC seasons. We took four female teams to Crystal Palace this year; it was nice to have so many women willing to get involved. Injury and unforeseen work commitments near to the date, however, meant that last minute changes were needed. The seniors A team was made up of **Gemma Buley**, **Jane Copland Pavlovich**, **Pip White** and **Sophie Hoskins**. Their total running time was 1:22:52, and, had there not been a chip malfunction, they would have finished in 33rd place. The vets A team of **Helen Pool**, **Katherine Sargeant**, **Loretta Briggs** and **Carrie Hoskins** ran a strong race, finishing as 7th vet team, in 1:19:23. The vets B team was made up of **Susan Knight**, **Claire Seymour**, **Angela Burley** and **Julie Rainbow**. They finished 13th vet team, in 1:30:01. There weren't enough seniors for a B team, so **Sally Carpenter** headed a team of vets, including me, and then Susan and Claire, who were each running their second leg of the day. This is allowed, as one leg was for the vets' race, and one was for the seniors. The team finished in 1:35:51, in 45th place. The camaraderie and support on the day was fantastic.



Elsewhere on the roads, you have entered races in abundance. **Marion Loiseau** was first female in the O2O 10k, and **Loretta Briggs** was second (first FV40). **Chantal Percival** was second female in the Greenham Trust 10k, with a fantastic PB of 39:53 – wow! **Bithja Jones** was third in the Windsor Women's 10k, with **Claire Marks** first FV50, while **Sarah Bate** achieved a PB, with 50:40 – that sub 50 is not that far off, Sarah! Both Bithja and Claire beat **Jo Pavey**, who started the race, and then joined in. Claire was also first FV45 at Swallowfield, with **Angela Burley** achieving a sub 50 minute time, and **Rita Dykes** dipping in under the hour. **Lesley Whiley** was first FV50 at Pangbourne, and **Helen Pool** was third FV40 at the Great Scottish Run.

Sometimes I think that Helen needs to have her own section in the newsletter. She was also first female at the Meon Valley Half Marathon, and third FV40 in the Perkins Great Eastern Run in Peterborough. Is there no stopping her?! **Liz Jones** was first FV50 at the Forest of Dean Half, and **Gemma Buley** and **Erica Key** achieved sub 1 hour 30 minute PBs in Salisbury and Bournemouth, respectively, which are VMLM championship qualifying times. Also, in Salisbury, **Katherine Foley** achieved her second half marathon PB in the space of a month – 1:41:57. In Oxford, **Laura Peatey** was the first RR home, in 1:32:19. I had to check that this was the same Laura Peatey who, only a couple of years ago, was finishing behind me at Woodley parkrun. Yes, it is – wow, what an improvement!

The Clarendon Half Marathon was the last in that distance in the club championships. **Liz Ganpatsingh** was the only woman still standing in the championships, who was brave enough to enter this undulating off-roader, so 50 points were duly hers. This puts Liz in joint third in the 35-44 age category, with **Sarah Alsford**; will there be a showdown at the Gutbuster 10 miler in December?

Ten-mile races are few and far between, and a few of you entered the undulating Tadley 10; **Kerry Eastwood** achieved another PB for her collection – good work!

You have continued to enter marathons in your droves. **Christina Calderon** and **Caroline Jackson** have both now completed absolutely loads – around 60 for Christina, while Caroline is nearing 100. It's been a good time for the

Lizzes, with **Liz Atkinson** achieving a huge 17 minute PB at Berlin, while **Liz Johnson** made an incredible sub 4 hour debut (3:58:46) in Chicago, having only started running last year. Second claim member **Mary Wilson** added both Berlin and Chicago to her marathon majors tally for the year, and also ran in Munich. In Chester, **Claire Seymour** achieved a PB of 3:53:07, while **Jane Davies** came really close to her own PB, finishing as second FV55 and wearing her England vest. You can read the full story of Jane's race on the club website. **Katherine Sargeant** was first FV45 in Lisbon. Well done, all of you!

The prize for the longest race this month goes to **Gemma Buley**, for the 50 mile Chiltern Wonderland, which she completed 1 hour 30 minutes faster than she did last year!

As I write this, we are approaching the second fixture in the Thames Valley XC League, hosted by Thames Valley Triathletes, but results from the first fixture at Metros are yet to be published. I do know that our scoring women were **Sarah Alsford**, **Susan Knight**, **Christina Calderon** and **Donna Saunders**. Also running were **Liz Fletcher**, **Kerry Eastwood**, and **Cecilia Csemiczky**. Please do support the club by running in these fixtures - the more, the merrier. You may not feel that you are the fastest, but you may well be faster than runners from another club, and that's what counts. Full details of each one are detailed on our Events page on Facebook, and on the TVXC website, a couple of weeks before the race. Further information is on our own website. Dates for your diary, though, are our own fixture on Sunday 28th October, in Ashenbury Park, Woodley (if you're not running, why aren't you helping?), the Datchet Dashers' event in Eton, on Sunday 11th November, and Sandhurst Joggers' on Sunday 25th November.

We had a fantastic turnout for the debut fixture in the Hampshire XC League, in Bournemouth, with nine women (nine - I know!) making the trip to run the 6k race, including debutantes **Chantal Percival**, **Gemma Buley**, **Bithja Jones** and **Katie Rennie**. A full report on this race is on the club website, so I won't be repeating it here, but suffice to say, the women were eighth overall, and sixth vet team - a great start to the season. The next fixture will be on Saturday 10th November, at 1.35, in Aldershot, and it would be fantastic to have another good turnout there.



If you enjoy XC, keep your eyes peeled for announcements about the Berkshire XC champs, the Berkshire, Buckinghamshire & Oxfordshire champs, and, if you are 40 or over, the Masters XC champs.

In the meantime, fuel/train/rest and race well.

Do these pics from Athletics Weekly suggest our runners (men and women) need a session on starting positions?



Mens Captain's Report

Phil Reay



There are 328 Men in this team. Everyone has a story, a reason for joining, whether it be to complement a healthy lifestyle, to race competitively, to make new friends or indeed a combination. We're fortunate to be part of a club of sufficient size and scope to provide for all these needs in a fun, supportive environment. Regardless of age category or position we all have our goals and once again there have been some outstanding performances across the team this month. I'll report on some of the highlights I'm aware of, but if you've a story you would like to share that doesn't appear please do email me at teamcaptains@readingroadrunners.org.

It seems appropriate to start with the Road Relays. You may think that a club of 31 years would have participated in every road event possible, yet the truth is we'd never qualified for the prestigious National Road Relay Championships, until now! Congratulations to **Mark Worringham** and the team on a fantastic achievement. When I was elected to this role as Mark stood down, he asked if he could keep the captaincy for this event and I was more than happy for him to do so. There's a full report available on the club website on how we qualified via the South of England Championships on 23 September, however I'd like to thank and call out the members of one of our largest ever travelling squads. Well done to **Mark Apsey, Seb Briggs, Chris Buley, Rob Corney, Colin Cottell, Ian Giggs, Jack Gregory, James Lockhart, Chris Lucas, David McCoy, Lance Nortcliff, Steve Ridley, Jamie Smith, Ben Whalley** and **Mark Worringham**. I made the journey to the Nationals event in Birmingham to support the team and was inspired by not just how fiercely competitive the event was, but by watching each and every runner give all they had for their teams. Our men did themselves, each other and the club proud. I see no reason why qualifying for the National Road Relay Championships can't be an annual occurrence as we work to ensure the club continues to elevate its presence.



Our National Road Relay Team, from left to right; Seb Briggs, Chris Lucas, Ben Whalley, Jamie Smith, Ian Giggs, Jack Gregory.

Away from the relays but staying with road events, the club has once again spent the month gathering podium finishes across the different age categories. **Clive Alderson** was 24th overall and 2nd M50 at the Pangbourne 10K, **Nigel Hoults** ran to 1st M60 places in our Reading Roadrunners managed Mortimer 10K, **Brian Kirsopp** and **Colin Cottell** were 1st and 3rd respectively on a warm day at Bournemouth Half Marathon. At the penultimate event in our Club Championships, the Clarendon Half Marathon, **Alan Freer** didn't have it all his own way for a change and had to fight hard for his 1st M60 place, overtaking his competitor with just a couple of miles to go and holding him off despite a few weeks off from running – if you're new to or have an interest in long distance trail running I'd highly recommend you have a conversation with Alan for his tips and wisdom. I was very happy to see **Mark Dibben** earn his

first ever 1st M40 place, at the O2O 10K race – it came as no surprise to me, I've been noticing his consistent improvement all year both from his results and out training when he's flown past me a few times on the Thames Path – well done Mark. In the Vets AC 10,000m Championships **Ben Paviour** was 1st M45 in a blistering time of 33:37 – a regular on the podium, Ben's performance was even more impressive considering he was also 2nd overall.

The TVXC season kicked off at Hillingdon on a day that felt very uncross country like as many runners were wearing sunglasses – isn't it supposed to be all about mud and rain? At the time of writing final results are not available however we fielded a credible team of 26 runners on what was one of the busiest weekends of running I can remember. Huge shout out to both **Ian Giggs** and **Ben Whalley**, who less than 24hrs earlier had both run incredibly hard for the club at the National Road Relays in Birmingham – their commitment, dedication and passion for running is evident to see. By the time this newsletter goes to print the next TVXC fixture will be our own at Ashenbury Park, Woodley on 28 October at 11am – everyone is welcome so please do come along.

I recovered in time from TVXC to put my energy into supporting our runners at Chicago Marathon via the tracker. If you've never followed anyone on the tracker, trust me, it's highly addictive, although when it takes a few extra seconds to refresh and the runner you're following 'still' hasn't gone through the next checkpoint it can also be a little stressful, but fun. In the penultimate marathon major of the year we had six men running on the streets of the loudly supported windy city. For our first runner home at London, **Matt Richards**, Chicago Marathon was always his goal race for 2018 and he delivered. Part of the winning Ridgeway and Runnymede relay teams, I was delighted to see Matt run a PB of 2:31:20 – that's within 4 minutes of the club record which will surely come under threat in the next couple of years. Such competition is healthy and another runner performing at his peak is **David McCoy**. If like me you enjoy spending time looking at event results, take a look at on the marathon results page and you'll be as impressed as I was with his consistent split times. David ran a new PB of 2:44:32. When your PB is 3:09, who goes and runs 2:55 and a monster 14min PB? The answer to that question is **Brooke Johnson** – congratulations to him and to the official marathon store for all the merchandise they sold to him. Elsewhere in the field Comrades back-to-back medalists **Chris Kelly** and **Simon Davis** completed another marathon major, and Paul Monaghan shows no sign of slowing down since joining the 100 Marathon Club.



David McCoy finishes the Chicago Marathon (looks like he won!) and the medal earned by all our runners.

There are of course more marathons than just the majors. At Bournemouth, which has its fair share of undulation in the first half, there were PBs for **David Legg** and **Wayne Farrugia** while there was a superb sub 3hrs for **Alex Warner**. **Mark Smith** and **Martin Bush** also enjoyed running on a sunny day at the coast. The Bournemouth running festival also includes a Half Marathon where **John Bailey** pulled off an amazing performance to run a 9 minute PB and finish in 2:02:40 – sub 2 at Reading John?

Fresh from his heroic runs as part of our Road Relay team, **Jack Gregory** was in action at the Yorkshire Marathon. He'd humbly shared that he was targeting 2:40 as a first target, then 2:38, so when I learned he'd ran 2:35:35 and finished 7th I was really pleased for him. Another runner who has no limits to improvement is **Tony Streams**, continued extra training with his personal trainer is obviously paying off as he ran yet another PB at Lisbon Marathon in a time of 3:25:35. Well done to **David McCoy (senior)** too on a fabulous performance. On a tough course at Barnstaple Marathon, **Alan Williamson** ran a new PB of 3:54:03.

I'd mentioned **James Rennie** in last month's report and he continues to impress. Anyone who has ever done the Windsor Half Marathon will know that it has a number of undulations and is certainly not a fast course. Step up James, who ran a superb PB of 1:21:57 beating dad **Peter Rennie** who also ran a PB in 1:40:12. **Richard Usher**,

Stuart Jones, Anthony Young, Darrell Robins and **Derek Cheng** completed our all male club representation at this event. Well done Gents. Another undulating half marathon, Salisbury, was the place **Chris Buley** put in a PB run of 1:27:20. Chris has worked hard and also earned his place in the Road Relay squad - no pressure, but his running journey is only just beginning.

He invests huge amounts of his time volunteering at parkrun and editing this newsletter every month. He also is obviously spending an equal amount of time training hard. After his Half Marathon PB last month, **Peter Reilly** has only gone and ran PBs at 10K and 10Miles at Mortimer and Tadley respectively. Peter was also fortunate enough to gain a place in the London Marathon ballot.

I'm a big fan of supporting local races here in Berkshire, specifically around the Reading area. On a day when the conditions weren't great I was pleased to see we had 7 men representing the Green Vests at Emmer Green 10K with **Pete Aked, Brian Kirsopp** and **Mike Grinsted** all finishing inside the top 10. Congratulations also to **David Fiddes, Mo Fassihinia, Brian Fennelly** and **Pete Morris**. There was a huge turnout at Mortimer 10K with Reading Roadrunners claiming 5 out of the top 10 places. Well done to **Tony Page** and **David Walkley** who ran PBs. A massive well done and thank you to all our volunteers who generously give their time - without them these events simply would not happen and I encourage everyone to do some volunteering at some point during the season.

The Hampshire Cross Country League season has also begun with our Vet Men out to regain their title. In the first fixture of five at Bournemouth our Senior Men finished 7th (we're in division 1 of 3) - well done **Mark Apsey, Chris Buley, Stuart Jones** and **Andy Mutton**. Our Vets got off to a dream start with victory ahead of 29 other teams in a very competitive league - great running from **Colin Cottell, Pete Jewell, Lance Nortcliff, Andrew Smith** and **Mark Worringham**.



And finally....



Who thought I was going to go a whole report without specifically calling out **Rob Corney**? Congratulations to Rob for winning the Mortimer 10K. This month Rob also traveled to Sweden to compete in the Varberg Half Marathon, which he duly won and added a rather usual trophy to his collection. There's a free drink at the track bar for the first person (excluding Rob!) who emails in and guesses what it is!

Next month we'll report on the continuation of the Road Marathon season as our members head to Bilbao, Amsterdam, New York and Porto. We'll catch up on all the news from the XC season as well as all the PBs that are yet to be run. 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

Caption competition - what are these two legends from Reading Roadrunners and Reading Joggers thinking about having just completed the Mortimer 10K?



Bits and Bobs

60 years of happiness

Congratulations to John & Jill Cullingham who recently celebrated their Diamond Wedding Anniversary (60th) with a party for family and friends. They also received a letter of congratulations from the Queen.



Katie's dollops of deliciousness

Are you into Fitness Achieving Definite Successes? Or Being Really Excellent At Kicking Fitness And Stamina Training?

Why not try these sugar-free*, fat-free*, high-protein*, low-GI* dollops of deliciousness?

5 tablespoons of porridge oats

2 tablespoons of fat-free yoghurt

one egg (out of its shell)

Blitz the ingredients together in a food processor or whisk together thoroughly. This will form a thick and lumpy batter.

Spoon the mixture into a hot, non-stick pan and dry-fry for a minute or so on each side.

Serve with something delicious (tried and tested options: a little butter; a drizzle of honey; fresh fruit).

*depending on your choice of accompaniment

Bramley 20/10 - Call for volunteers

Alan Makepeace needs your help.

He is the volunteer coordinator for our Bramley 20/10 race in February and he always needs loads of volunteers. If you haven't volunteered before this is a race to put your name against. If you have thank you and please sign up again.

Hi Vis and training will be given. Lobster costumes optional.

EMAIL AL: rocket-al@hotmail.com



Cross Country - More dates for your diary

It's not all about TVXC and the Hampshire League, not by a (cross) country mile! We've got the Berks, Bucks and Oxon XC Championships, SEEA (Southern) Masters XC Championships, Berkshire XC Championships, SEEA (Southern) XC Championships, National XC Championships and the Inter Counties XC Championship. All bar the Inter Counties are open to all to enter. The Inter Counties is by selection. Sam Whalley knows all about these events and more information will be made available as it comes available via the usual club channels in due course, however better get them noted in your diaries before they fill up.

Date	Event	Location	Distance
18 Nov 2018	Bucks, Berks & Oxon XC champs	Newbury	Women 6k, Men 9.5k
8 Dec 2018	SEEA (Southern) Masters XC champs	Oxford	Women 6k, Men 10k
16 Dec 2018	Berkshire XC champs	Pangbourne	Women 8k, Men 12k
26 Jan 2019	SEEA (Southern) XC champs	Parliament Hill	tbc
26 Feb 2019	National XC champs	Leeds	Women 8k, Men 12k
9 March 2019	Inter Counties XC champs	Loughborough	10k

Charity update

Charities Coordinator Kerry Eastwood is very grateful for your continuing support for the Club Charity - No5 Counselling. The updated total raised is £5840.40.

A big thank you to Bob Thomas and his team for their hard work raising £1800 from the Mortimer 10K and children's races.

Christmas Party - Date for your diaries

Social Secretary Hannah McPhee has finalised the details of the Xmas Party. If you haven't attended one of the Club Social events before this would be a great introduction.

Date: Saturday 8th December

Venue: Radstock Social Club, Earley

Time: 7:30pm-midnight

Cost: £12 Adults £6 Children

Entertainment: There will be a DJ and a photo booth!

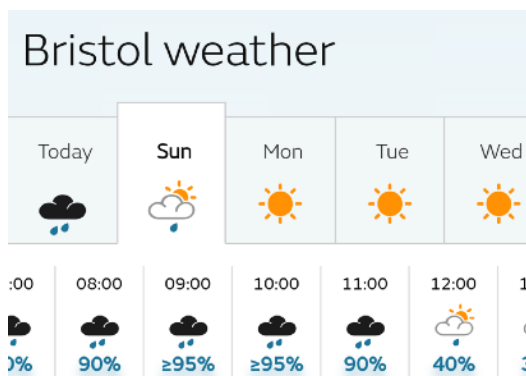
Tickets: On sale from Wed 31 October

Bristol Half Marathon - Race Report

Chris Cutting and Katie Gumbrell

Do you remember looking at the weather forecast for Reading Half Marathon earlier this year: lovely sunshine (if bitterly cold) for Saturday and Monday and snow-ageddon on the Sunday of the race?

The weather forecast for Bristol Half Marathon in September 2018 wasn't too different, but, conveniently, the worst of the weather for the Sunday was going to be confined to the duration of the race:



We had both run the race in 2013 and had absolute stinkers for one reason and another, so decided that it was probably about time to try again. We even booked an actual hotel, so we could make the most of the weekend and see various Bristol-based friends in the process.

On Saturday, in torrential rain, we went for a look around the M-Shed with a friend and her children. There are some excellent social history exhibits in the Shed, particularly about the legacy of the slave trade in the city. Just outside the building, there are still some of the old harbour-workings, including a steam train, and it's just along the harbour-side from the SS Great Britain: a great visit if you're ever in Bristol. After a pit-stop in the café (walking around is tiring work when you're only 5), we headed back out

into the storm to find our restaurant for dinner.

What a find! A lovely, independent Italian restaurant fed us our traditional pre-race pasta (La Grotta, Union Street, for reference). The place was full and turning people away, with a couple of large birthday parties to boot. We had a lovely meal and, while plenty of great pubs were only a stones-throw away, we knew they would have to wait until Sunday afternoon. A short stroll back to the hotel and an early night was exactly what was needed.

By the end of the race, the worst of the weather was over and it was finally time to head to the pub.

But first, we had to go to Rough Trade records. For those who don't know, Chris is a vinyl-Lionel and can't resist a record shop. Fortunately, the shop was near to our first pub stop, the excellent Bank Tavern.

The pub is tucked away down one of Bristol's tiny medieval streets and wasn't far from our next meeting point. We were due to meet some different friends and their one-year-old at the Waterstone's café, and had handily left ourselves with time for a pint. Although tiny, the place was heaving with Sunday-lunchers, so we sat outside for a celebratory ale and a bag of crisps (who doesn't love crisps after a race?!). Bliss!

After a round of raspberry-blowing, tea and cake in the bookshop (and a spot of history: Bank Tavern is opposite the finest medieval burial-ground in the city), we headed off to the White Lion. This pub has part of the old city wall incorporated into it and a spiral staircase from the old jail. Again, it's a teeny-tiny pub on the inside, but they provide blankets so that you can sit outdoors (if you don't mind the buses going by). Another decent pint in there and finally the post-race munchies had set-in.

A restaurant had caught Chris' eye during the run and a quick check of Trip Advisor confirmed that it wouldn't be terrible, so we headed to Beirut Mezze. Neither of us have visited that part of the Mediterranean, so have no idea how authentic our meal was, but it certainly hit the spot! The restaurant's in a basement in Small Street, which seems to have been at the heart of the financial district in years gone-by. Anyway, it was an interesting place, with delicious food and a fine Lebanese Pilsner; what's not to like?!

A sneaky trip to the Seven Stars on the way back to our hotel and a nice, Monday morning lie in had been well-earned.

On the Monday, in glorious, glorious sunshine, we had a stroll around the harbour before heading home.

Bristol, this time, you were wonderful!

Our Lisbon Marathon Experience

Katherine Sargeant

There were three of us from the Club who pitched up at the start line of the Lisbon Marathon on 14 October. Myself, Tony Streams and David McCoy. Whatever our original goals for signing up, as with many races, they tend to change by the time you pin the number on your vest.



Lisbon had been listed as an Abbott Age Graded championship event and I was interested in having a go, but the race was "dropped" from the championship schedule relatively recently.

This was probably a blessing for me, as a hamstring issue was getting worse, not better. And I was not in a position to race and push hard.

Tony, on the other hand, was going from strength to strength - and I so wish that someone had asked me to place a bet on his time as I'd have been pretty much spot on predicting his new PB!

Anyway, we both set out last Sunday simply to enjoy one of the most scenic marathons in the world - a coastal route with waves crashing on the shore, the beauty of those waves in large part courtesy of the hurricane that had just missed Lisbon the previous night, leaving challenging winds which we battled throughout the undulating course.

The first 6k was along the coast and in the opposite direction from Lisbon, to a turning point at which we retraced our steps. This gave us a chance to marvel at the leading pack of Ethiopian and Kenyan runners, cruising with ease as we bobbed along in their wake.

With around a quarter or so of the race completed, we were running back through the starting location, the pretty seaside resort of Caiscais.

Approaching the mid-point of the race, an English accent arrived on my left shoulder and asked me where I was from. "Near Reading" I spluttered, and so I ended up running with Charlie from Maidenhead for a fair bit, who had also run all the World Majors, plus 50 marathons in 50 US states - now THAT is something! He had lived in NYC for years and wanted my take on all the local Berkshire Halves. He'd been to school at Caldicot, the start/finish of the recently-run Burnham Half. So we whiled away a few ks with running chat until he suggested that I push on.

A little later I was asked by another runner "Are you Paula Radcliffe?" I think that the blonde hair is the only similarity between me and that particular idol - but it did encourage me to keep the legs turning!

Towards the end of the race I played cat and mouse with a young girl running in pink socks. I'd been catching her up for ages. To be fair, I was still only plodding along and still mindful of the hacked-off hamstring, but was pleased to finish a few seconds ahead of her in the end.

We had heard that David McCoy was also running, and it was great for us all to meet up after the finish, doing RRs proud with a 3:09, a 3:14 and a 3:25 between us.

After the obligatory post-race Club photo, we disappeared to a nearby bar to congratulate each other on a tough race run in decent times. More importantly, we chatted about jobs and commitments, the challenges of making it to the track, good times/tough times and keeping running.

So, although I did actually achieve the 1st in Age Category malarkey last Sunday, it didn't actually count towards anything! But running in a beautiful place, with amazing support ("Katerina, Katerina!!"), I was grateful for finishing in the company of dedicated and friendly runners and for one of the best marathon race experiences I have had.

Track Friday - 21 Sept 2018 - Race Report

Fergal Donnelly

"...I think I've done 12 laps - I'll do one more just in case!"



It's not as easy as you think. Counting laps, that is. With the 5km race drawing to a close one of the officials called out to the final runner "how many laps to go?" to which the reply came "I'm not sure...I'll do one more just in case". Admit it (track-runners), when hasn't the thought crossed your mind?

Reading Roadrunners 12th **Track** Friday event kicked off in the usual manner with the Mile race the first up. Often referred to as the 'warm-up' Mile it was anything but for those at the top end of the field - Ryan Faulkner (Uni) was first past the line in 4:57mins, closely followed by our own David McCoy in 5:01mins with fellow Roadrunner Michael Grusted further back in 3rd place in 5:30mins. A sizeable field of 33 runners competed, ALL of whom went on to run the 5km race, with finishing times ranging between 5 - 10 mins approximately.

The blue-riband 5km race was next up with a grand total of 51 runners taking part. Again, it was the University to the fore with Joshua Talib in 1st place in a time of 16:57mins, closely followed by Rob Corney in 17:00mins and fellow Roadrunner James Rennie in 3rd place in 17:22mins. With good running conditions, PB's were anticipated, and delivered - Sev Konieczny, to name but one, race photographer turned competitor notably achieving hers in a time of 28:21mins. Finishing times, overall, ranged between 17 - 35 mins, approximately.

The (fun) 3 x 200m relay was the final race of the evening with six teams taking part. An increasingly popular event, the teams were hand-picked by track connoisseurs Helen Pool & Ashley Middlewick with no (obvious) favouritism on display. Competitors were allowed choose their running order which made for some interesting viewing.



Soon we were treated to an exciting race and a thrilling finish. With the leading runner David Walkeley commanding an almost unassailable 30-40metre lead down the home strait, Mark Holmes (son of Jenny) came around the bend like a man possessed, bearing down on David (pictured above), before ultimately falling short by a matter of inches. Congratulations to David and his team mates Alan Williamson & Jon Kew (Maidenhead).

Congratulations also to Clinton Montagu, Robbie Kaiser & Kathy Tytler (pictured) – deserving winners of the Relay 'team pose' event.



Post race refreshments and social in the clubhouse afterwards was just reward for everybody's hard work; hostesses Nicola Gillard and Tina Woffington working their magic to help raise £55.60 for club charity *No. 5 Counselling* for which Co-ordinator, Kerry Eastwood, was very grateful.

Judging by peoples' feed-back, the event was well received. "First time and loved it", said Chloe Lloyd, with Vince Williams adding "First time also and really enjoyed it". Kathy Tytler thanked all for "a great evening" with Pete Morris too busy to hang about afterwards "Couldn't stay for snacks as went and ran another 5k!"

Thanks to all our Volunteers for their great efforts, and entertainment, in hosting another **Track Friday**. A great team effort and much appreciated, by all.

Final appreciation to our final runner, Andy Pitts of Bracknell Forest Runners, the afore mentioned (above). You may have been unsure about that final lap, Andy, but you were damn right. If only we could all say the same!

Next **Track Friday event - 23rd November 2018. Including Handicap 5K**

Race results, pictures and race video available on club website, <http://readingroadrunners.org/track-friday/>

Chicago Marathon

Caroline Jackson and Paul Monaghan

UK, Europe, North Africa, even New York we have run them all, but now was time to return Stateside and with both of us having qualified as Good For Age we took the opportunity to have a crack at the Chicago Marathon.

Elizabeth Johnson, Caroline Jackson, Brooke Johnson, David McCoy & Paul Monaghan just before the start.



We weren't the only Roadrunners on this trip; **Brooke and Elizabeth Johnson, David McCoy, and Simon Davies**. We also met some of our other friends from the 100 Marathon Club.

It's as much about the city & culture as the race so we decided we'd spend a week visiting and believe me it was a week well spent. We can't recommend this city enough as it can be described with most superlatives we can think of.

For the first few days we were fortunate enough to stay with one of Caroline's friends Sandi who she had last seen 18 years ago. We stayed with her and her family on the outskirts of Chicago and then spent the remaining time Downtown. We therefore were able to experience the city from a local as well as a tourist's perspective

Sandi had a very nice meal prepared when we arrived and it was great for them both to catch up, they were just as interested in our culture as us in theirs so we spent most of the evening comparing different American & English versions of words over a home cooked dinner followed by cookies.

The next day it was down to business so we headed to the expo which appeared to be similar to the expo in London. We walked there with **David McCoy** and his girlfriend **Christina**. It was our lucky day as we got to meet **Paula Radcliffe** who also signed our bibs for us. Caroline had previously met Paula at a running event sponsored by Nike back in 2014 but nothing beats being able to treasure her signature on our very own Chicago race numbers.

Riddled with jet lag we headed back to Caroline's friends for an early night and some traditional Deep Pan Chicago Pizza (a very thick crust and what appears to look like a great pie rather than a Pizza), but it was delicious if rather calorific. Just the tonic for a marathon the next morning (Hope no nutrition experts are reading this)

Paul & Caroline are joined by Paula Radcliffe



Next morning we had to rise before sunrise at 4.15am, it was dark and raining on our subway ride into downtown. We did love the trains in Chicago as it felt like we were on a movie set high above ground. The transit system is officially nicknamed the "L". It's an elevated subway with open air segments which dates from the earliest days of the elevated railroads.

We arrived at Grant Park (the location of both the start and the finish of the marathon) just before 6am and thankfully the rain stopped. As it became light we just had a few clouds covering the skyscrapers. The location of our bag drop was directly next to the Buckingham Fountain, this is a great Chicago landmark dating back to 1927 when it was announced as the largest fountain in the world. The fountain itself represents Lake Michigan, with four sets of sea horses (two per set) symbolising the four states that border the

lake: Illinois, Wisconsin, Michigan and Indiana. Obviously this became a good spot for photo opportunities and videos.

Both Paul and I had the same start corrals and our start time was just after 7.30am. With some good music and the announcement of **Mo Farah** on the start line (he won), there was a good buzz and a feeling of excitement as we eventually crossed the start line. Unless you've run a big city marathon the feeling of euphoria as you start is hard to explain, but I guess it's part of the addiction we have to marathon running.

We both found the marathon to be pretty similar to New York, although Chicago runs through 29 different neighbourhoods and New York runs through 5 boroughs.

As we ran through the different neighbourhoods we experienced different cultures, architecture, historic buildings and residences. Caroline enjoyed the neighbourhood of Pilsen, we got to see and hear Latin American music & dance, and the Mexican's were great spectators.

Paul liked Chinatown, festive and bright and full of character. We entered Chinatown through the Chinatown gate at mile 22. We were greeted by cheerleaders, Chinese music and dragon costumed dancers.

It did rain a little whilst we were running, it was quite a heavy downpour at one point but it did not dampen our spirits as the constant cheering crowds & music were a welcome distraction. Thankfully the rain stopped and we were able to cross the finish line in dry conditions. As 45,000 were running this event, the finish was slightly congested as to be expected, but the organisers coped with this well and didn't rush us along as they do in so many events.

Caroline finished in 3hr 47mins which was her **97th marathon** and **Paul finished in 3hr 54mins**, (we've lost count how many he has now done...). **David McCoy & Brooke Johnson both ran a sub 3 hr with a brilliant 2:44 & 2:55** respectively. **Elizabeth Johnson** also ran an excellent time for her **debut marathon** finishing in **3:58** whilst **Simon Davis** ran a **5:14**.

As usual we finished pretty close together, Caroline had enough time to take a few photos and have a little chat with fellow runners. We walked to collect our medals and grab our goody bags. There were also bananas, baby tomatoes and something more refreshing, a free can of the locally produced Goose Island IPA, this certainly went down well. The girls giving out the goodies were very cheerful and broke into song making us smile; I think they felt like celebrating with us.

After the race and when we had warmed up a little and got changed, we headed over to the post-race party which was held on Butler Field, about a 5 min walk across from the fountain and baggage area. We caught up with Simon, Liz and Brooke and also some of our other friends. We all agreed that it was a fantastic experience, more so for Liz who had just completed her first marathon.

Rather bizarrely the weather in Chicago throughout our stay went from one extreme to the other, heavy rain storms to hot and sunny at 29c and then down to 10c on the day we came home.

We relocated to a Downtown hotel on the Monday after the marathon and tried to visit as many of the local attractions as we could, our hotel was perfectly located just off the Magnificent Mile.

The Architect boat tour is one we'd definitely recommend as it gives an amazing insight into the history of the city whilst cruising the river to a backdrop of high rise buildings. This was followed with the excellent Chicago Riverwalk joining some pals from the 100 marathon club.

Another great trip was the Languitas brewery tour brought to us by a very entertaining and passionate guide. This commenced from a room that wouldn't have looked out of place in Charlie & the Chocolate factory. We half expected Willie Wonka to greet us on arrival.



We even visited Chicago theatre land to see the excellent Tootsie brought to life for a stage musical.

The Navy Pier is like a city within a city and also a must see. Best time to visit is in the evening with its many restaurants, boats and attractions plus great photo opportunities against the Chicago night time sky line. It's just buzzing with life and in a league of its own.

No trip would be complete without a trip to the Hancock Tower to visit the "Signature Room" bar & restaurant

on the 95th floor via an elevator that reaches it in 40 seconds (the fastest in the Western hemisphere so rumour has it). We enjoyed it so much we visited twice, the last time watching an unforgettable sunset across the city whilst sipping cocktails.

Being in Chicago for a week meant we visited many more attractions & restaurants. No trip to Chicago however would be complete without visiting its authentic Jazz & Piano bars. Paul was tempted to hop on stage with his guitar.

With its excellent well supported marathon and being one of the most vibrant cities in the world, we can only directly compare this race to New York and maybe London. If you're thinking of entering next year then just do it as you definitely won't regret it. We loved this place. **Carpe Diem!**

Roadrunners Race Results

David Dibben

LOADS of marathon results in this month's newsletter, stretching from the stellar efforts of our elites in Berlin, Chicago, Lisbon and York to the usual suspects of the Jackson-Monaghan-Bush-Morris roadshow pretty well everywhere.

Last weekend, despite some top performances in Amsterdam and Bilbao, the local marathon focus was at Abingdon, where our more experienced runners stole the spotlight.

Alex Harris led in Andrew Smith and Ben Whalley to give Roadrunners three sub-3hr vets, and they were quickly followed in by another, Kenny Heaton, with his first PB for four years.

Our ladies produced even more spectacular results to grab the team prize in personal best times, Erica Key (second PB in a month), Gemma Buley (an 18 minutes improvement) and Sarah Dooley taking the silverware.

Collating these results is not always easy, but it certainly helps if the people organising the events stream the races live on their websites, as they did from Bilbao. Consequently their big-city night races have a must-enter atmosphere for intrepid travellers.

Compare that to the Thames Valley Cross Country League, whose no budget website has had the builders in for some weeks now. We will bring you their results as soon as they are available.

August 26th

Arundel Castle 10k

Pos	Name	Chip
548	Sev Konieczny	1:11.07

September 3rd

Puffin Half Marathon (Canada)

Pos	Name	Chip
165	Rob Grice	2:05.05

September 9th

Flanders Fields Marathon

Pos	Name	Chip
627	Christina Calderon	4:24.44
649	Martin Bush	4:26.15
655	Dean Allaway	4:27.12
814	Phil Reay	4:57.38
845	Pete Morris	5:11.03

September 15th

Chiltern Wonderland (50 miles)

Pos	Name	Time
48	Gemma Buley	9hrs 38

September 16th

Berlin Marathon

Pos	Name	Chip
69	Rob Corney	2:27.27 PB
274	Brendan Morris	2:38.53 PB
2237	Gary Tuttle	3:07.29
5438	Aaron Chai	3:27.45
5568	Mark Andrew	3:28.18
6313	Sam Hammond	3:31.30 PB
20856	Andy Atkinson	4:38.19
23827	Colin Byers	4:58.54
10832*	Liz Atkinson	5:39.15 PB
11192*	Mary Wilson	5:48.07
27979	Anthony Eastaway	6:07.29

* Ladies positions

World Masters Half Marathon (Malaga)

Pos	Name	Chip
11	Mark Worringham	1:14.49

Swallowfield 10k

Pos	Name	Chip
1	Mark Apsey	33.59 PB
6	Chris Lucas	38.15
7	Gavin Rennie	39.16 1st M50
9	Richard Hallam-Baker	39.21
18	Stuart Jones	41.21
25	Chris Cutting	42.05
36	Alasdair Marnoch	43.48
47	Claire Marks	45.23 1st F45
61	Kevin Jones	47.06
72	Brian Fennelly	48.17
87	Angela Burley	49.53
105	Diane Hodder	52.01
119	Neil Carpenter	53.45
128	Katie Gumbrell	54.49
155	Donna Saunders	58.02
163	Rita Dykes	59.14
167	Kevin Strong	59.07
169	Bob Thomas	59.51
177	Andrea Marnoch	1:01.51
181	Helen Dixon	1:02.46
210	Hannah McPhee	1:08.59

Isle of Purbeck Marathon

Pos	Name	Chip
167	Paul Monaghan	6:06.13
168	Caroline Jackson	6:06.15
176	Pete Morris	6:22.01

195 Martin Bush 6:57.55

Bury 10k

Pos	Name	Chip
27	Paddy Hayes	38:07

Meon Valley Half Marathon

Pos	Name	Chip
3	Fergal Donnelly	1:27.10
16	Helen Pool	1:38.44 1st lady

Pangbourne 10k

Pos	Name	Chip
24	Clive Alderson	43.11 2nd M50
30	Chris Thomas	43.47
50	Lesley Whiley	47.44 1st F50
67	Nick Adley	49.08
115	George Nyamie	54.27
145	Laura Batten	56.36
217	Trisha Arnold	1:07.44

Richmond Marathon

Pos	Name	Chip
242	Nick Fifield	3:50.42
359	James Talbot	4:03.36 PB

Run Reigate 10k

Pos	Name	Chip
1	Matt Richards	34.07

Butser Hill Challenge

Pos	Name	Chip
37	Colin Cottell	45.27
142	Tom Harrison	1:09.22

September 19th**Veterans AC 10,000metres Championship, 1st race**

Pos	Name	Time
2	Ben Paviour	33.37 1st M45

Veterans AC 10,000metres Championship, 2nd race

5	Helen Pool	43.12 1st lady
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September 21st**Track Friday Mile**

Pos	Name	Time
1	Ryan Faulkner (Reading AC)	4.57
2	David McCoy (Snr)	5.01
3	Michael Grinsted	5.30
4	Dan Haller (Guest)	5.36
5	Mark Dibben	5.37
6	Stuart Jones	5.43
7	Brian Kirsopp	5.50
8	Calum Irvine	5.50
9	Tony Page	5.53
10	Jon Kew (Maidenhead)	5.58
11	Paul Kerr	5.59
12	David Fiddes	6.03
13	Tim Grant	6.04

14	Clinton Montagu	6.06
15	Joshua Talib (University)	6.09
16	Mark Holmes (Guest)	6.10
17	David Walkley	6.15
18	Vince Williams	6.34
19	Dan Whittaker	6.36
20	Eddie McIndoe	6.36
21	Derek Chan (Guest)	6.42
22	Nick Adley	6.53
23	Sarah Harford	6.55
24	Martin Douglas	7.06
25	Catherine Leather	7.14
26	Chloe Lloyd	7.23 PB
27	Anas Bakhit	7.31
28	Ula Howlett (Bracknell)	7.44
29	Pete Morris	7.49
30	Simon Riviera (Joggers)	7.57
31	Amy Brunsdon	8.20 PB
32	Andy Lenaghan (Joggers)	8.40
33	Kathy Tytler	9.56

Track Friday 5k

Pos	Name	Time
1	Josh Talib (University)	16.57
2	Rob Corney	17.00
3	James Rennie	17.22
4	David McCoy (Snr)	18.27
5	Mike Grinsted	18.39
6	Mark Dibben	19.06
7	Stuart Jones	19.24
8	Brian Kirsopp	19.32
9	Jon Kew (Maidenhead)	19.37
10	Paul Kerr	19.52
11	Tim Grant	20.03
12	Erica Key	20.14
13	Dan Whittaker	20.32
14	Tony Page	21.05
15	Robbie Kaiser (Guest)	21.10
16	Calum Irvine	21.11
17	Clinton Montagu	21.20
18	Piotr Utke (Guest)	21.57
19	Agnie Walenkiewicz (SRC)	22.01
20	Ryan Faulkner (Reading AC)	22.01
21	Dan Haller (Guest)	22.13
22	Alan Williamson	22.14
23	Mark Holmes (Guest)	22.15
24	Vince Williams	22.21
25	David Fiddes	22.22
26	David Walkley	22.26
27	Eddie McIndoe	22.34
28	Sally Carpenter	23.09
29	Martin Douglas	23.15
30	Nick Adley	23.28
31	Anas Baskhit	23.35
32	Derek Chan (Guest)	23.50
33	Mo Fassihinia	23.51
34	Sarah Harford	23.53
35	Paloma Crayford	23.56

36	Catherine Leather	24.00
37	Katie Rennie	24.19
38	Pete Morris	24.46
39	Chloe Lloyd	25.22 PB
40	Ula Howlett (Bracknell)	26.11
41	Simon Riviere (Joggers)	26.32
42	Jenny Holmes	26.36
43	Angelique Haswell	27.12
44	Kim Stevens	27.20
45	Sev Konieczny	28.18 PB
46	Adele Graham	28.21
47	Andy Lenaghan (Joggers)	29.13
48	Linda Wright	29.25
49	Amy Brunsdon	29.32
50	Kathy Tytler	31.30
51	Andy Pitts (Bracknell)	34.52

September 23rd**Bristol Half Marathon**

Pos	Name	Time
493	Chris Cutting	1:31.11
3482	Katie Gumbrell	1:57.27

Winchester Half Marathon

Pos	Name	Time
243	Katherine Foley	1:42.42 PB
1149	Sev Konieczny	2:33.47

Emmer Green 10k

Pos	Name	Time
4	Pete Aked	40.50
5	Brian Kirsopp	41.02
6	Mike Grinsted	41.17
17	David Fiddes	45.02
41	Mo Fassihinia	51.56
71	Brian Fennelly	55.00
90	Pete Morris	57.21

Giants Causeway Half Marathon

Pos	Name	Time
29	Ian Giggs	1:47.48

SEAA Road Relays (Crystal Palace)**Senior Women A** (4 stages of 4,800m)

Pos	Name	Time
38	Gemma Buley	18.55
37	Jane Copland	19.54
N/A	Pip White	N/A
N/A	Sophie Hoskins	N/A

Final team position: 56th**Senior Women B**

60	Sally Carpenter	22.48
56	Sam Whalley	23.53
53	Susan Knight	23.31

46	Claire Seymour	25.38
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Final team position: 46th**Veteran Women A**

8	Helen Pool	20.03
8	Katherine Sargeant	19.17
8	Loretta Briggs	21.34
7	Carrie Hoskins	18.28

Final team position: 7th**Veteran Women B**

13	Susan Knight	22.10
13	Claire Seymour	23.28
13	Angela Burley	22.55
13	Julie Rainbow	21.26

Final team position: 13th**Senior Men A** (6 stages of 6,100m)

55	Mark Worringham	19.06
30	Jack Gregory	18.28
32	Mark Apsey	19.20
25	Rob Corney	18.32
24	Seb Briggs	19.40
25	Steve Ridley	19.36

Final team position: 25th**Senior Men B**

67	David McCoy	19.55
82	Jamie Smith	22.24
81	James Lockhart	22.41
78	Ben Whalley	21.43
72	Chris Buley	22.54
69	Chris Lucas	20.26

Final team position: 69th**Veteran Men**

14	Ben Whalley	20.50
8	Lance Nortcliff	20.11
14	Colin Cottell	23.55
12	Mark Worringham	20.38

Final team position: 12th**September 29th****Windsor Women's 10k**

Pos	Name	Time
3	Bithja Jones	42.29 PB
5	Claire Marks	44.49 1st F50
56	Sarah Bate	50.40 PB
183	Miriam Coleman	56.12
870	Candy Cox	1:10.26

British Masters Inter-Area XC (8k)

Pos	Name	Time
12	Lance Nortcliff	28.20

September 30th

Mortimer 10k

Pos	Name	Time
1	Rob Corney	33.57
2	Matt Green	34.01
3	Mark Apsey	34.08
8	Richard Hallam-Baker	38.25
10	Stuart Kinton	39.00
13	Darren Lewis	39.26
18	Tony Page	40.51 PB
19	Paul Kerr	41.00
24	Colin Cottell	41.18
25	Nigel Hoult	41.19 1st M60
35	Mark Andrew	42.37
37	Sam Hammond	43.17
49	Nick Fifield	44.26
58	Andrew Butler	45.47
61	David Walkley	46.04 PB
69	Lesley Whiley	47.04
74	Peter Reilly	47.28 PB
99	Mo Fassihinia	49.27
102	Tony Walker	49.59
113	Sarah Harford	50.32
139	Andy Atkinson	53.18
147	Joe Akem-Che	53.49
153	Moiria Allen	54.06
174	June Bilsby	55.34
180	Kevin Bilsby	55.47
190	Andrew Small	56.41
197	Thanga Satheeskumar	56.54
219	Charly Caswell	59.00 PB
220	David Caswell	58.59
238	Sev Konieczny	1:01.44
240	Kevin Strong	1:02.21
247	Tom Harrison	1:02.51
265	Katie Gash	1:07.18
267	Veronica Andrew	1:08.05
270	Holly Turner	1:08.09
287	Jill Dibben	1:21.03

Robin Hood Half Marathon

Pos	Name	Time
212	Ashley Middlewick (pacer)	1:30.06
992	Dean Allaway (pacer)	1:44.33
3146	Vroni Royle	2:16.10
3337	Sarah Richmond-De'voy	2:18.17
4170	Pete Morris (pacer)	2:28.05

Windsor Half Marathon

Pos	Name	Time
28	James Rennie	1:21.57 PB
109	Richard Usher	1:29.26
211	Stuart Jones	1:33.36
445	Peter Rennie	1:40.12 PB
651	Anthony Young	1:44.30
1563	Darrell Robins	1:58.06
2084	Derek Cheng	2:03.48

Great Scottish Run 10k

Pos	Name	Time
250	Helen Pool	42.21 3rd F40

Great Scottish Run Half Marathon

Pos	Name	Time
575	Pete Jewell	1:31.30

Ealing Half Marathon

Pos	Name	Time
2307	Alex Bennell	2:00.42

Barnstaple Marathon

Pos	Name	Time
87	Alan Williamson	3:54.03 PB

Forest of Dean Half Marathon

Pos	Name	Time
20*	Liz Jones	1:44.04 1st F50

* Ladies' race position

October 6th**ERRA National Relay Final, Senior Men**

Leg pos	Name	Time
46	Jack Gregory	18.42
48	Seb Briggs	19.16
58	Chris Lucas	20.32
68	Jamie Smith	22.47
72	Ian Giggs	22.51
72	Ben Whalley	21.09

Final position: Roadrunners 71st in 2:05.17**October 7th****Chicago Marathon**

Pos	Name	Time
103	Matt Richards	2:31.20 PB
345	David McCoy (Snr)	2:44.32 PB
894	Brooke Johnson	2:55.59 PB
3156	Chris Kelly	3:16.25
10125	Caroline Jackson	3:47.16
12470	Paul Monaghan	3:54.43
13884	Elizabeth Johnson	3:58.46 PB
34077	Simon Davis	5:24.08
39457	Mary Wilson	5:48.39

Chester Marathon

Pos	Name	Time
553	Jane Davies	3:22.23 2nd F55
1287	Claire Seymour	3:53.07 PB

Bournemouth Marathon

Pos	Name	Time
56	Alex Warner	2:59.47
205	David Legg	3:26.02 PB
284	Wayne Farrugia	3:33.21 PB
994	Mark Smith	4:14.21
1460	Martin Bush	4:43.44

Bournemouth Half Marathon

Pos	Name	Time
114	Brian Kirsopp	1:27.26 1st M55
160	Colin Cottell	1:29.06 3rd M55
161	Erica Key	1:29.08 PB
1651	Nicola Gillard	1:56.49
1807	Paul Jenkins	1:58.30
2059	Sara Lopez	2:01.49
2111	John Bailey	2:02.40 PB
2675	Tom Harrison	2:11.25
2890	Miriam Coleman	2:15.01
3382	Anthony Eastaway	2:27.05
3490	Lorraine Bailey	2:30.43

Salisbury Half Marathon

Pos	Name	Time
48	Chris Buley	1:27.20 PB
60	Gemma Buley	1:28.51 PB 4th lady
230	Katherine Foley	1:41.57 PB

Cardiff Half Marathon

Pos	Name	Time
6247	Hannah Oatley	2:07.35

Clarendon Half Marathon

Pos	Name	Time
32	Alan Freer	1:45.24 1st M60
34	David Fiddes	1:46.03
35	David Caswell	1:46.38
114	Elizabeth Ganpatsingh	2:05.06
152	Andy Atkinson	2:10.00
191	Robin Bertrand	2:17.27
243	Charlie Macklin	2:28.11

Basingstoke Half Marathon

Pos	Name	Time
43	Fergal Donnelly	1:28.41
81	Chris Thomas	1:35.10
845	Sev Konieczny	2:26.31

Oxford Half Marathon

Pos	Name	Time
390	Steve Ridley (pacer)	1:29.23
620	Laura Peatey	1:32.19
705	Paul Billing	1:34.11
1075	Clinton Montague	1:37.01 PB
2629	Angela Burley	1:49.30
3242	Sarah Bate	1:55.57
3871	Martin Douglas	1:53.23
3938	Rob Bursell	1:58.14
5936	Zoe de la Pascua	2:10.41
7839	Gary Clarke	2:24.41

020 10k

Pos	Name	Time
5	Mark Dibben	39.02 1st M40
8	Stuart Jones	40.12

14	Marion Loiseau	44.00 1st lady
20	Loretta Briggs	44.53 2nd lady,
1st M40		
33	Sally Carpenter	46.55
56	Sarah Harford	50.01
60	Jo Sollesse	50.38
68	George Nyamie	51.16
219	Candy Cox	1:19.49

Frieth Hilly 10k

Pos	Name	Time
17	Paddy Hayes	42.48

Rock 'N' Roll 10k (San Jose)

Pos	Name	Time
227	Tracy Jenkins	56.34

October 10th**Storm The Fort Half Marathon (Canada)**

Pos	Name	Chip
11	Rob Grice	2:09.50

October 13th**Hampshire Cross-Country League (Match 1)****Senior, veteran and under 20 women**

Pos	Name	Chip
15	Chantal Percival	23.13
47	Gemma Buley	24.59
49	Bithja Jones	25.03
73	Sarah Dooley	26.31
137	Nicole Rickett	31.14
139	Katie Rennie	31.20
142	Claire Seymour	31.27
157	Nicky Chadwick	32.08
158	Alix Eyles	32.20

Roadrunners team positions: Seniors 6th, Vets 6th**Senior, veteran and under 20 women**

Pos	Name	Chip
20	Mark Apsey	32.36
29	Mark Worringham	33.10 1st V40
41	Lance Nortcliff	33.46 2nd V40
77	Andy Mutton	35.37
100	Andrew Smith	36.35
145	Pete Jewell	38.56
160	Chris Buley	39.52
190	Stuart Jones	41.57
191	Colin Cottell	41.57

Roadrunners team positions: Seniors 4th, Vets 1st**Varberg Half Marathon (Sweden)**

Pos	Name	Time
1	Rob Corney	1:15.02

October 14th**Lisbon Marathon**

Pos	Name	Time
172	Katherine Sergeant	3:09.14 1st W45

241	David McCoy (V40)	3:15.12
433	Tony Streams	3:25.35 PB

Yorkshire Marathon

Pos	Name	Time
7	Jack Gregory	2:35.35 PB

Royal Park Half Marathon

Pos	Name	Time
3017	Dan Rickett	1:47.47
13412	Liz Atkinson	2:30.19

Slough Half Marathon

Pos	Name	Time
125	Sarah Alsford	1:48.57
261	Laura Batten	2:07.04
402	Sev Konieczny	2:25.47

Great Eastern Run (Half Marathon)

Pos	Name	Time
202	Fergal Donnelly	1:26.24
450	Helen Pool	1:35.18 3rd F40
488	Ashley Middlewick	1:36.36

Tadley 10

Pos	Name	Time
49	Peter Reilly	1:20.27 PB
134	Kerry Eastwood	1:47.25 PB
136	Trisha Arnold	1:47.54
145	Linda Wright	1:53.12
150	Julie Wing	2:11.57
151	Stephen Wing	2:13.44

Munich Marathon

Pos	Name	Time
4469	Mary Wilson	5:44.20

Poznan Marathon

Pos	Name	Time
745*	Caroline Hargreaves	5:29.51
* Ladies' race		

Palma Marathon

Pos	Name	Time
690	Martin Bush	5:45.20

Palma Half Marathon

Pos	Name	Time
1911	Pete Morris	2:09.26
3517	Clive Bate	2:31.26

Greenham Trust 10k

Pos	Name	Time
7	Chantal Percival	39.53 PB
248	Kathy Tytler	1:10.09

Windsor Beer Half Marathon

Pos	Name	Time
15	Andrew Butler	1:44.54

Chalke Valley Challenge 10k

Pos	Name	Time
98	Holly Turner	1:23.28

Alder Hey 10k

Pos	Name	Time
454	Anthony Eastaway	1:07.57

Founders LDWA Marathon (27 miles)

Pos	Name	Time
5	Alan Freer	5:33.00

October 20th**Bilbao Night Marathon**

Pos	Name	Time
274	Mary Janssen	3:43.44

Bilbao Night Half Marathon

Pos	Name	Time
209	Fergal Donnelly	1:27.11
606	Helen Pool	1:36.54
1124	Nicole Rickett	1:43.58
1854	Dan Rickett	1:52.54
2612	Andy Atkinson	1:58.35
3806	John Bailey	2:15.41
3978	Sev Konieczny	2:19.58
4115	Liz Atkinson	2:30.42
4139	Lorraine Bailey	2:37.03
4173	Veronica Andrew	2:41.32

Bilbao Night 10k

Pos	Name	Time
1375	Fiona Ross	55.26

Windsor 5k Fun Run

Pos	Name	Time
13	Kerry Eastwood	28.35 3rd lady

October 21st**Abingdon Marathon**

Pos	Name	Time
62	Alex Harris	2:55.44 PB 2nd
M50		
71	Andrew Smith	2:56.26
125	Ben Whalley	2:59.56
224	Kenny Heaton	3:12.11 PB
244	Erica Key	3:15.41 PB
248	Gemma Buley	3:15.46 PB
324	Sarah Dooley	3:24.47
359	Brian Grieves	3:27.54
370	Aaron Chai	3:29.07
449	Richard Kelly	3:41.25
450	Lucy Hale	3:41.25

478	Liz Jones	3:45.35 1st W55
520	Sophie Hoskins	3:49.53 PB
547	Julie Rainbow	3:53.08

Amsterdam Marathon

Pos	Name	Time
2396	Calum Baugh	3:23.46
6473	Matthew Brown	3:57.59
6945	Peter Cave	4:05.25
7312	Paul Carter	4:09.32
7807	Sahan Jinadasa	4:15.19
9033	Alice Carpenter	4:19.46
9201	Carmen Fuentes	4:25.27
10065	Sara Lopez	4:33.26

Chelmsford Marathon

Pos	Name	Time
417	Martin Bush	4:40.32
541	Pete Morris	5:34.10

Great South Run (Portsmouth)

Pos	Name	Time
121	Ashley Middlewick	1:01.22
213	Matthew Davies	1:03.51
233	Jeremy Laming	1:04.49
365	Stuart Jones	1:06.45
556	David Clay	1:08.22 PB
621	Andy Butler	1:10.23 PB
630	Bill Watson	1:10.08 PB
1042	Bithja Jones	1:12.32 PB
1561	Ian McGuinness	1:16.54
1849	Stewart Wing	1:18.09
2341	Daniel Coleman	1:20.19
3200	Katie Rennie	1:23.45
3705	Martin Douglas	1:25.34
4219	Vroni Royle	1:27.20 PB
4224	Lee Hinton	1:27.21
4557	Diane Hodder	1:28.26
5937	Sarah Richmond-De'voy	1:32.35 PB
6321	Jo Sollesse	1:34.18
8830	Elizabeth Detenon	1:42.02
8831	Miriam Coleman	1:42.02
9133	Angelique Haswell	1:43.03
9428	Jenny Boxwell	1:43.38
9437	Steve Simmons	1:43.58
10869	Linda Wright	1:49.22
11159	Judith Ritchie	1:50.24
11511	Kevin Strong	1:51.48 PB
11821	Anthony Eastaway	1:53.03
12106	Lin Morton	1:54.11
13892	Shirley Holmes	2:04.41
13902	Candis Holmes	2:04.46
14555	Helen Dixon	2:11.17
15019	Gill Manton	2:17.32
15675	Eva Simmons	2:37.57

Henley Half Marathon

Pos	Name	Time
5	Chris Lucas	1:19.46
12	Chantal Percival	1:26.56 PB 1st lady
108	Joe Blair	1:40.56
251	Sarah Harford	1:52.59
325	Joe Akem-Che	1:58.04
345	Jim Kiddie	1:59.29
479	Julie Wing	2:57.05

Water Of Life Half Marathon

Pos	Name	Time
9	Kevin Burree	1:29.28

Water Of Life 10k

Pos	Name	Time
5	Ed Dodwell	43:10 1st V60

Fleet 10k

Pos	Name	Time
84	Nigel Hoult	42.04
92	Sam Hammond	42.42
372	Alex Bennell	53.14 PB

Exmoor Stagger

Pos	Name	Time
24	Peter Aked	2:17.41
30	Lance Nortcliff	2:21.18

Exmoor Stumble

Pos	Name	Time
72	Claire Seymour	1:08.52
73	Andy Breakspear	1:08.53

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	31.30
10 miles:	Rob Corney	52.48
Half marathon:	Rob Corney	1:09.20
20 miles:	Seb Briggs	1:56.40
Marathon:	Rob Corney	2:27.27

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

Simon, Nicole, Hannah

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Shinfield 10K Publicity Officer. Kerri French is appointed as the Shinfield 10K Publicity Officer.

Shinfield 10K finances It was reported last month that the Committee had approved the transfer of £2K as an interim donation to the Shinfield Association. Whilst this remains true, the transfer is delayed until the Association provides assurance of having instituted robust financial procedures to deter fraud.

Chairman As reported last month, Carl will step down as Chairman at the AGM. Members wishing to enquire about standing for the position should contact Carl in the first instance.

CHAIRMAN'S REPORT

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

- 08 Sep Social: Rock & Roll bingo
- 09 Sep Thames River Relay team event
- 23 Sep SEAA Road Relays
- 30 Sep Mortimer 10K

Carl thanked Ian Giggs for organising the very successful Rock & Roll bingo social event and the numerous members who contributed to the Mortimer races.

He also congratulated our SEAA Road Relay team for gaining qualification to the finals: a first for the Club.

Notable forthcoming events include:

- 04 Oct Social: brewery trip
- 07 Oct Champs: Clarendon HM
- 07 Oct: TVXC: Metros
- 13 Oct: Hants XC: Basingstoke

- 20 Oct: SEAA XC Relays
- 21 Oct: TVXC: TVT
- 22 Oct: Lifestyle, Recovery & Nutrition seminar by Nick Anderson
- 28 Oct TVXC: Reading Roadrunners
- 03 Nov National XC Relays, Mansfield
- 10 Nov Hants XC: Aldershot
- 11 Nov: TVXC: Datchet Dashers
- 17 Nov Social: gin distillery trip
- 18 Nov BB&O XC Championships, Newbury

TREASURER'S REPORT

Nothing to report.

GENERAL SECRETARY'S REPORT

Election of Coaching Co-ordinator Following a discussion between Carl and Simon Davis, it was tentatively agreed that the role of Coaching Co-ordinator should be elected rather than simply roll forward year on year.

Following discussion, it was agreed that the best approach would be for the incoming Committee to call a coaches' meeting soon after the AGM to allow the coaches to elect their Co-ordinator.

MEMBERSHIP SECRETARY'S REPORT

Twelve new members joined since the last meeting.

SOCIAL SECRETARY'S REPORT

Hannah was unwell but supplied a report by email, as follows:

Brewery trip The trip will take place on 4 Oct18, with 25 members due to attend.

Forthcoming social events:

- 4 Oct Loddon Brewery Trip
- 17 Nov Bombay Sapphire Distillery Trip
- 29 Nov 42nd Street Theatre Trip
- Jan19 *Tentative* Comedy Club Trip

Stepping down Hannah has decided to step down as Social Secretary at the AGM.

COACHING REPORT

Nothing to report.

ANY OTHER BUSINESS

Marathon Championship Bob reported that he had received two emails from a member expressing dissatisfaction that a member appears on the Marathon Championship leaderboard who regularly does not wear a club vest at marathon races.

Bob explained that he was unwilling to take arbitrary action against one individual when he believed that many marathon runners do not compete in club vests, especially abroad, and put it to the Committee that either all 220+ marathon results recorded so far this year would need to be checked (not by him) or the rule requiring wearing a club vest needs to be waived.

After a lengthy discussion, and passed by a split vote, it was agreed that the rule requiring a club vest to be worn for the result to be counted in the Marathon Championship will be waived for this year and will be repealed for subsequent years.

For the avoidance of doubt, the similar rule requiring a club vest to be worn for a result to count in the main Championship, remains in place and will continue to do so, as does the need to wear a regulation club vest to score and/or qualify for team prizes in many external events.

Coaching course The Committee agreed that the Club should fund an EA coaching course for Tom.

Wokingham Half Marathon Roger reported that he has complimentary entries for next year's WHM for those members who marshalled this year's race.

Swearing on the track Roger is aware of an instance of swearing on the track that caused offence to some members. Members are asked to avoid offending others and to report such instances to a member of the Committee.

Club records Nigel Hoult submitted a detailed proposal addressing how Club records should be administered. The Committee agreed to Nigel's proposal.

The following AOB items were submitted by the Team Captains.

Mental Health Ambassador Sam asked if we intend to appoint a Mental Health Ambassador under the EA scheme.

In fact, we do have an Ambassador registered with EA, but she is no longer a member and, as of July, EA discontinued the scheme in favour of something else that they now term a "Mental Health Champion". To qualify for appointment to this role, which is in the gift of EA, not the club, the candidate needs to have personal experience of mental health issues or be closely associated with someone who does.

Whilst we are presently not actively recruiting for this role, if any member who thinks they would meet EA's entry criteria and who would like to consider the role, they should speak to Carl in the first instance.

SEAA National Road Relays final As the club has qualified to enter the finals, Phil asked if the club would cover the entry fees, which was agreed.

DOOR ROTA

03Oct	Anne & Fiona or Liz
10Oct	Anne & Shirley
17Oct	Anne & Janice
24Oct	Anne & Shirley
31Oct	Anne & Jane
07Nov	Anne & Fiona

DONM: 6 Nov18

Main Club contact points:

Chairman, Carl: chairman@readingroadrunners.org

Membership Secretary, Anne: membership@readingroadrunners.org

Secretary, Bob: gensec@readingroadrunners.org

Treasurer, Nicole: treasurer@readingroadrunners.org

Social Secretary, Hannah: socialsec@readingroadrunners.org

Coaching, Simon: coach@readingroadrunners.org

Team Captains, Sam & Phil: teamcaptains@readingroadrunners.org