

NEWSLETTER

NOVEMBER 2018



Roadrunners charity funds put to good use by Cycle-Smart

We have received this lovely update from our nominated charity for last year: Cycle-Smart.



This year has been fantastic because of Reading Roadrunners' contribution of funds and because it was our 20th Anniversary!

With the money raised by all of you at Reading Roadrunners, we are delighted to tell you that we have updated all our cycle safety leaflets that we give out to the schools. These include a Fun Book for the children which is particularly popular with them.

We have also been able to supply 400 - 500 bicycle helmets plus elbow and knee pads and puncture kits to some of the most deprived schools in Reading.

Without the money you raised, we would not be in a position to do any of this and we are very grateful to Reading Roadrunners and Ellen Togher for all your time and efforts.

Gun start

- Aimed at runners of all abilities
- Open to running clubs
- Track fee £1.50
- Min age - 13 yrs

Handicap 5km (7:00pm)

- Estimate your time
- Handicap start based on est. times
- 1st runner 'home' - WINS!!

Timed event

- Volunteers needed - incl roles for children (supervised)
- Contact: fergal.dannelly@getronics.com

Mile (6:40pm)



- Iconic mile distance
- Race or use as warm-up for the 5km

(fun) relay (7:40pm)



- 3 x 200m fun relay
- Teams evenly selected by officials
- Baton exchange!

Friday night - must be track nite

- Post race refreshments available from the clubhouse
- Donations to club charity - No.5 Counselling

Top Volunteers

- Estimate 5k time in 1 min. ranges, eg 29-30 mins
- Handicap start @ 1 min intervals, eg 35, 34...18, 17
- 1st runner across the finish line wins
- 1 min time penalty added for each min outside of est. range

Race themed music

- Supporters welcome, so please bring family & friends

Track Friday - 23rd November 2018

**** Registration between 6:15 - 6:35 pm ****

Reading Roadrunners Christmas Party 2018

Date: Saturday 8th December

Cost: Adults £12 children £6

Time: 7-11:30pm

Photo Booth The photo booth concept is sweeping the nation!

DJ playing lots of music to dance the night away

Optional Rock and Roll Bingo Christmas Special

Bring your own food- pick your selection when you purchase your ticket.

Address: Radstock Social Club, Radstock Lane, Earley, Reading RG6 5UZ

Tickets available from Hannah McPhee at track on Wednesdays. For more information, email socialsec@readingroadrunners.org



BRAMLEY 2010 NEEDS YOU 17th February 2019

Whilst most of us haven't even started our Christmas shopping yet, the Bramley Committee have been hard at work planning for next years race in February!

As many of you will know it's the biggest race we organise as a club & because of this it means we need over 50 Marshals on the day, with plenty of tasks before the race starts & also on the Saturday, so there is something everyone can help with even if you want to run. It's always a big ask because of how many people we need & we know it's a popular race for those training for a spring marathon but please think about if you can spare the time to volunteer.

Marshaling is clearly fun based on the lovely Simon Denton's photo and mainly involves cheering & directing runners whilst encouraging road users to be considerate, making sure we tidy up any mess & being able to contact Race HQ in the event of an emergency, but we do give full instructions on the day.

If you can help or would like to know more please contact

Alan Makepeace at rocket-al@hotmail.com

Chairman Chat

Carl Woffington



The cross country season is now in full swing.

Hampshire League - Since the last newsletter we had the Aldershot race on the 10th Nov. The next race is at Popham on 1st Dec.

TVXC - In this league we had the TVT race on 21st Oct, the RR race on 28th Oct and the Datchet race on 11th Nov. Coming up are the Sandhurst race on 25th Nov and the Handy Cross race on 2nd Dec. Our own RR home fixture at Ashenbury Park went well. Thank you and well done to Race Director Sev and all the volunteers that helped.

Regional Races - The SEAA XC Relays were held on 20th Oct. Coming up are BB&O XC at Newbury on 18th Nov, SEAA Masters XC on 8th Dec and Berkshire XC at Pangbourne on 16th Dec.

The **2018 Club Championship** is just about over. The final race in the series is the Gutbuster.

The **London Marathon** rejection slips came out and there are many disappointed RR's. Both the Marshals draw and Club draw took place during the last few weeks and the results can be found separately in this issue.

The next **Track Friday** is on 23rd Nov. There will be the timed mile and 5km races. Please support this by running one or both. The entry fee is £1.50, the same as a normal track training fee. We will also need some volunteers to help on the night. There will be a social gathering afterwards.

Our **Social Events** continue with the Gin Tour on 17th Nov and the Theatre Trip to see 42nd Street on 29th Nov. Both of these were very popular and sold out some time back. Our Christmas Party is on 8th Dec and tickets are now on sale. Our Annual Dinner Dance takes place on 2nd Feb. Please put the date in your diary and look out for more details later.

We held the presentation "Lifestyle, Recovery and Nutrition" on 22nd Oct. Our guest speakers were Nick Anderson and Alex Cook. It was well attended and there were favourable comments afterwards. We've not held this type of presentations until this year and it's something we could think about continuing in the future.

I advertised a first aid course in the early months of this year and had a good response. There was both a maximum and a minimum number of delegates allowed on the course. The number of RR volunteers for a course meant that we had to hold two courses. Both have now been held. The first course was held in July and the second in November. We now have 22 newly qualified first aiders in the club. We already had first aiders who had taken courses themselves or at work. There are also a few professional health care workers amongst the RR membership. This has increased the chance of a first aider being on hand at our out runs, pub runs etc. Most races provide first aid cover as part of their organisation. I take this opportunity to remind you that Palmer Park staff are first aid trained. Any incidents at our track session should be reported to the Reception Desk promptly. They hold a first aid kit and defibrillator.

Last but not least, our **Bramley 20/10** race organisation is ramping up. An early shout has gone out for volunteer helpers at Bramley 20/10, 17th February 2019. You will have received an email already from Alan some time back. Please volunteer to help if you can. Just look up the email and reply in the normal way - your reply will be directed to Alan (it was sent via RR Comms on 15th October to help your search for it).

Ladies' Captain's Report

Sam Whalley



This month I've tried taking a few steps away from the injury bench, and am making a slow return to running, remembering the words of **Katie Gumbrell**, that 'nobody ever came back from injury too slowly'. During my time out of action, I've continued to come down to the track, often just to interrupt Tom during his announcements, but also to socialise, and keep in touch. I needed to, with the Wednesday track sessions being such an important part of my weekly routine. Some questions from the stands, though: 1. Why do people hobble around the track when they are injured? 2. Why don't people practise good track etiquette? And 3. Why is Simon's group so big?

My last report, as I've no doubt you'll remember, left off just before the Abingdon Marathon took place. When I ran Abingdon last year, I was fortunate enough to have my very own sub-4 pacer, **David Caswell**, but even so, I recognised that parts of the course could be lonely. So, bike in the boot of the car, I became a roving supporter around the course, at 5 and 15 miles, and then back at the finish. Abingdon is well known as a fast course, and it tends to attract serious runners. No fancy dress here, oh nooooo. There were fantastic PB times recorded by **Erica Key** (3:15:41), **Gemma Buley** (3:15:46), **Sarah Dooley** (3:24:47), **Sophie Hoskins** (3:49:53), and more good times by **Lucy Hale** (didn't see you so suspect you weren't in green - not that it's a requirement but you're less likely to get a cheer!), **Liz Jones** (who was 1st FV55), **Belinda Tull**, and **Julie Rainbow**. Well done to you all!

There was another PB by the ever-improving **Tracey Hicks**, in the Dublin Marathon, with 3:45:55, and a great time also by **Charlie Macklin**. **Caroline Jackson** ran marathon number 99, her 'flake', in a very rainy Porto, and this weekend, she was in Larnaca, Cyprus, running her 100th. What an achievement! We will hopefully read all about it next month.

In Las Vegas, **Katherine Sargeant** ran up and down the strip, and apparently around a few dark car parks, in a Rock 'n' Roll Marathon that started at 4.30pm. Nevertheless Katherine managed to find her way to be 3rd female across the finish line, and 2nd female on chip time, with 3:12:25 - wow!

The New York City Marathon was the one to track this month, though, with so many club members earning places through the ballot. I don't think I've ever refreshed a tracker so frequently, willing PBs and sub 4s to happen. Apparently the second half of the marathon is harder than the first, not just because it is the second half of a marathon, but because of the many bridges, and seemingly never ending roads. **Fleur Denton** achieved a fabulous time of 3:55:45, while **Vroni Royle** managed what I understand was a huge PB of 4:26:31; I can't confirm the extent of the PB as Vroni's power of 10 profile has not picked up any of her marathon times. Well done to everyone who ran - it's definitely one for the bucket list.



On the half marathon front, you've been running in the Henley Half, and along the River Thames, in both the River Thames Half, and Thames Meander Half. **Chantal Percival** was an amazing 1st female in Henley, with a PB of 1:26:56, and then 3rd female in the River Thames race a week later, with another PB (1:24:15). In the undulating Marlow half another week later, Chantal was once again on the podium, as 2nd female. Well done, Chantal; this seems to be becoming something of a habit.

I've always liked the idea of the Marlow 7, not least because it would be a great, and possibly the only, opportunity to get a 7 mile PB each year. I have yet to be free/fit enough to run it. **Gemma Buley** was 1st female, **Sophie Hoskins** was 3rd, with a PB of 51:44. **Lesley Whiley** was 1st FV50, **Julie Rainbow** was 3rd FV50, and **Rita Dykes** was 2nd FV70. It is definitely worth getting older. **Kerry Eastwood** and **Hannah McPhee** both achieved PBs, with 1:15:43 and 1:21:55, respectively. Hannah's was a massive 15 minute improvement!

The Great South Run is another race on my bucket list, having run the Great North a couple of times. I know some people don't like mass participation events, but I am a big fan. There are also not that many 10-milers out there. There were PBs by **Bithja Jones** (1:12:32), **Vroni Royle** (1:27:20), and **Sarah Richmond-De'voy** (1:32:35) – well done, ladies! The 10k distance is much easier to come by, and **Liz Johnson** took advantage of her post-marathon fitness to obtain a PB of 50:06 at Rivermead, and then a second PB of 47:49 at the Adidas City Run in Fulham two weeks later – wow! **Gemma Buley** qualified to run for Berkshire in the Brighton 10k, and despite being unwell the previous week, managed to smash out a huge PB, beat **Mr Buley**, and dip under 40 minutes for the first time, with 39:05 – double wow!

As we all know really, XC is where it's at for the next few months. The second fixture of the Hampshire League took place in a very rainy Aldershot last weekend. I cannot thank the nine women enough for making the journey in that weather. My full report is on the club website. I would love to have even more at the next match, in Popham, on Saturday 1st December. The distance is 6k, and the race will be at 1.35. It's only about 40 minutes to Popham as well. What have you got to lose?

We are halfway through the TVXC League, and have already had fixtures in Hillingdon (Metros), Hurst (TVT), Woodley (our own fixture – many thanks if you volunteered for this one), and Eton (Datchet Dashers). Keep your eyes peeled for details of the upcoming races in Hook (Sandhurst Joggers) on Sunday 25th November, and High Wycombe (Handy Cross Runners) on Sunday 2nd December.



This weekend has seen the Berkshire, Buckinghamshire and Oxfordshire XC Championships at Newbury Showground, where there were individual medals for **Chantal Percival** (3rd overall and 2nd senior) and **Bithja Jones** (2nd vet), and a team prize for the vets (1st) – amazing!

I am now looking for women to take part in the Masters XC Championship race at Horspath, Oxford, on Saturday 8th December, at 11.45am. The distance

will be 6k. If you are 40+, 50+, or 60+, I would love to hear from you, so catch me on the track (not literally, I'm not very fast), or via the Team Captains email address: teamcaptains@readingroadrunners.org. Note that I am only looking for people to make up the teams; there is not a requirement to be quick, but please also apply if you are!

I am also looking for women to run in the Berkshire XC Championships on Sunday 16th December, in Pangbourne, at 11.50am (time TBC). The distance for this race will be 8k. Again I am looking for people to make up senior (under 35) and veteran (35+) teams, so again you do not need to be superfast in your own right. Even I won a team medal last year. You must either have been born in Berkshire, or have lived in Berkshire for nine months preceding the race date, to be eligible for this race.

Keep the great performances coming; I love to hear about them. Signing out.

Mens Captain's Report

Phil Reay



The Cross Country fixtures dominate the results pages this month, and what a month it has been for the club. There was a standout performance from ALL those who volunteered to deliver a flawless TVXC fixture at Ashenbury Park. Thanks to Sev and the team whose hard work in the weeks and months leading up to the event made it possible, and all those who invested their time over the weekend to support the club and grassroots running. If you're yet to volunteer for a club event, I can assure you it's highly rewarding with a wide variety of roles to choose from including marshaling, course set-up, report writing, and the important job of serving the tea - **Chris Smith** and

team kept the hoards watered at Ashenbury, with Chris commenting how hard and

efficiently the team had worked.



Pic: The Van Loading Volunteers on Saturday ahead of our TVXC Ashenbury fixture. Thanks Gents

Out on the courses of TVXC we've demonstrated speed, teamwork, strength in depth and weight in numbers. These are the attributes that lead to strong results in this league. After four fixtures this season a Green Vest has been first across the line in three events in the mens race - well done to **Mark Apsey** and **Rob Corney**. From a possible 24 scorers, we've had 18 men score for the team with **Gavin Rennie** being the most prolific, scoring at three events. It's not only the scorers who contribute to the clubs position in the race - volume of runners is an advantage as our non-scorers push scorers from other clubs down the leaderboard. Congratulations to all 79 men who have ran in the TVXC league so far this season. After overall club wins in the last two fixtures we have the

momentum going into the second half of the season. The next fixture is hosted by Sandhurst Joggers on 25 November.



pics: A sea of Green Vests at two of this seasons TVXC fixtures.

The competitive Hampshire Cross Country League is proving increasingly popular with our members. 12 of you headed to Aldershot for the second fixture of five in the season. The vets team maintain their place at the top of their league with our seniors in eighth place in Division One. **Lance Nortcliff** led the Green Vests home as he finished fifth vet and remains in third place in the individual league table.

Many of the races this month were undulating at best, hence the less than usual number of PBs. One man to buck the trend is the leader of our Track Friday initiative, **Fergal Donnelly**. Under the mentorship of **Brian Shave**, Fergal has been putting in the speedwork and repetitive drills in pursuit of PBs and it's paid dividends. Congratulations to him on a Half Marathon PB of 1:23:36 at the River Thames Half Marathon. That performance was followed by second MV40 at Marlow 7 and a scoring run in the fourth TVXC fixture.

Fergal wasn't the only member to podium in the age grade competitions. Anybody in the M60 category who turns up to race must feel beaten on the start line when they see the Green Vest of **Ed Dodwell**. Ed added another first place to his collection with victory in the Marlow 7. We're currently looking for a MV60 relay competition so if you know of one please email in. We're very strong in the category as emphasized by another performance from **Joe Blair** who finished third MV60 in the Marlow Half Marathon.



Has anyone heard of the Runger Games Marathon? No me neither! But Endure24 expert **Brian Grieves** has, in fact he only went and won it! Congratulations Brian. Whilst on the topic of marathons, Reading Roadrunners were once again putting their passports to good use. **Brian Kirsopp** headed across the Irish Sea to run the loudly supported Dublin Marathon. On the French Riviera, **Martin Bush** celebrated running his tenth consecutive Nice-Cannes Marathon. He was joined by **Pete Morris**, **Andrew Butler** and **Ashley Middlewick**. Well done to Andrew who ran a PB in 3:57:30 and Ashley, who is more used to running Ultras on remote volcanic Spanish Islands, finished in a fantastic 2:59:16. Serial marathon runners **Paul Monaghan** (Porto) and **Tony Streams** (Las Vegas) were once again out running 26.2 miles. At the other end of the marathon experience, **Ian McGuinness** ran his first marathon in New York City. **Andy Atkinson**, **Anthony Eastaway** and myself were also fortunate enough to have ran the race. Check out Andy's race report for details. Back in England, **David Caswell** added a further two Marathon Medals to his collection with runs at Dorney River Run Marathon and the picturesque Beachy Head Marathon. Gavin Rennie, **Tim Grant**, **James Delves**, Pete Morris and Martin Bush also ran Beachy Head - if you're looking for an off road Autumn trail marathon then I can't recommend this well organized beautifully scenic race enough.

Next month we'll report on the continuation of the Cross Country season and build up to the final fixture in the club championships. Many of you have races already booked in for the spring and are beginning your training programs - wishing you well and if are running an event you'd like mentioned or have a story to tell please email me at teamcaptains@readingroadrunners.org

Virgin Money London Marathon Draw Results

Carl Woffington

There are two draws to gain our allocated guaranteed entries for 2019 VMLM.

MARSHALS DRAW

This was held on Wednesday 24th October and 46 names went in the hat. The final place winners are:

- **Gill Manton**
- **Helen Grieves**
- **Paloma Crayford**
- **Daniel Rickett**
- **Kathy Vickers**
- **Glynne Jones**
- **Angela Burley**
- **Stuart Jones**

CLUB DRAW

This was held on Wednesday 14th November and 92 names went in the hat. The final place winners are:

- **Candy Cox**
- **Paul Monaghan**
- **Peter Rennie**
- **Martin Bush**



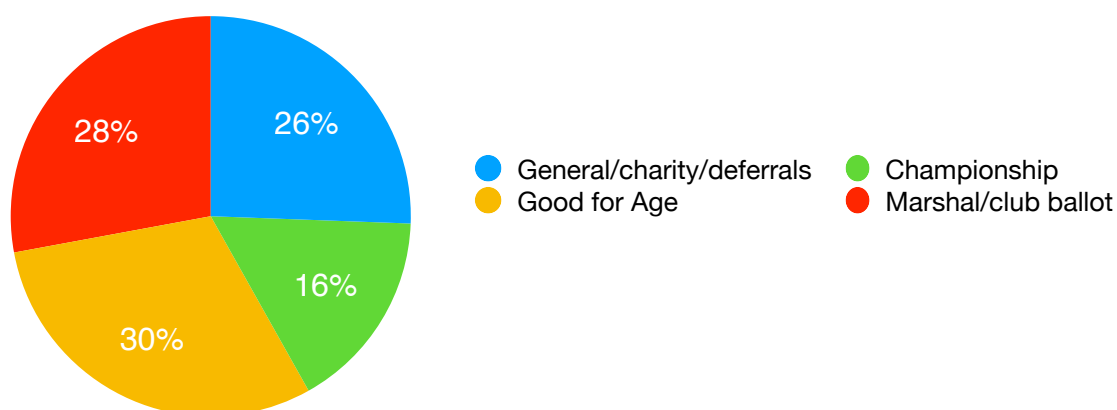
Good luck everyone, and don't hit the wall! Pic taken by Hywel Jones in Sorrento.

Virgin Money London Marathon 2019 - Who to follow

Peter Reilly

At least 43 Reading Roadrunners expect to be on the starting line of the London Marathon in April 2019 with even more club members volunteering at marshal stations on the route.

For those of us who can't achieve the lofty heights of Championship or Good for Age entry the graph below suggests that the club ballots are a significant source of places for those who lose out in the General Ballot.



Good for Age	Championship	Marshal/Club Ballot	General ballot/deferrals/charity
Loretta Briggs	Gemma Buley	Angela Burley	Laura Batten
Sarah Dooley	Carrie Hoskins	Candy Cox	Christina Calderon
Tracey Hicks	Katherine Sargeant	Paloma Crayford	Corinne Rees
Mary Janssen	Seb Briggs	Helen Grieves	Donna Saunders
Sian James	Lance Nortcliff	Gill Manton	Joanne Sollesse
David Dibben	Keith Russell	Kathy Vickers	Peter Cave
Alan Freer	Ben Whalley	Martin Bush	Dan Stockwell
Grant Hopkins		Glynne Jones	David Lennon
Brian Kirsopp		Stuart Jones	Paddy Hayes
Andy Mutton		Paul Monaghan	Peter Reilly
Gavin Rennie		Peter Rennie	Tony Streams
Andrew Smith		Daniel Rickett	
Gary Tuttle			

Lifestyle, Recovery and Nutrition

Katie Gumbrell

Following on from Nick Anderson's excellent sessions earlier in the year, the committee booked him and his colleague Alex Cook for another session.

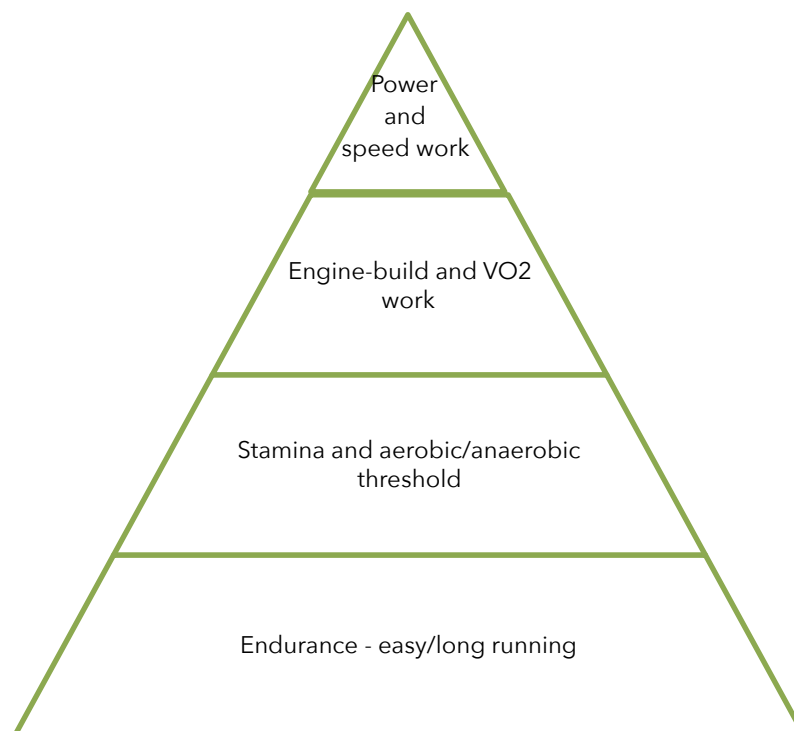
Before you read these notes, please remember:

1. I'm not a nutritionist. Alex gave lots of statistics and details about the amount of protein we should consume each meal and various other technical details; I don't have enough confidence in my note-making to quote those statistics, nor do I trust what the internet tells me
2. I wrote down what I thought was important/pertinent, not everything they said
3. These are my notes, not an analysed, fully-researched academic paper
4. Many of the RR volunteer coaches can write you a personalised training plan to get the "training" and "rest" parts of your performance right for you - please ask!

There are three factors which affect an athlete's performance:



These are dictated by an athlete's desire and capacity for improving performance.



Athletes need to train all of their energy systems, focussing specifically on the one which will be used in the target event. For endurance runners, most of the training will be done in the bottom two sections; the top two should not be neglected, however.

Recovery - the "secret ingredient" to improve performance

Factors which can reduce the quality of sleep:

- Going to bed with high cortisol levels
- Alcohol consumption
- Poor sleep hygiene (Katie's note: see <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/> for tips).

Regeneration runs (recovery runs) must be run slowly or the energy systems in the top part of the pyramid will be brought into play; athletes must be in the base section to recover.

Running to Wattage, rather than heartrate, could reduce muscle damage, as it is possible for the heartrate to remain low, even when the athlete's effort is relatively high.

To promote recovery, athletes should:

- Stretch every day
- Have a weekly sports' massage
- See a physio monthly for an MOT.

Look out for signs of fatigue/insufficient recovery:

- Days in the week when feeling tired
- Weeks/months with no improvement
- Sleep disrupted over a period of time.

Women who have periods should also look out for changes to their menstrual cycle and patterns in fatigue which mirror their cycle. Any concerns should be brought to a GP for a blood test.

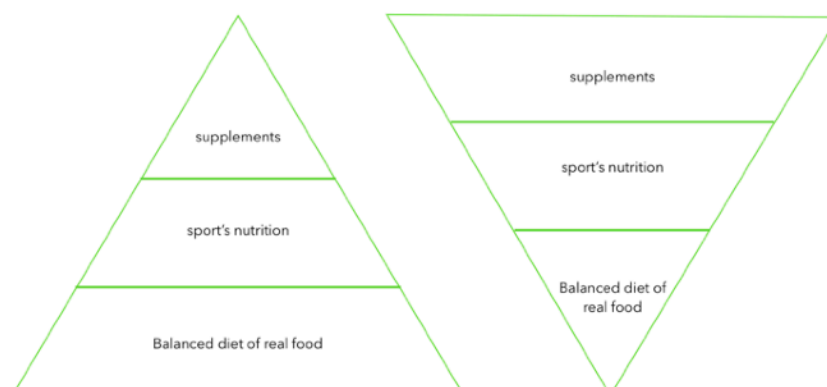
Nutrition - The body needs enough energy for everything, so athletes who are training need to consider:

- Fuel sources matter
- Timing matters if it's a training day
- Water intake needs to be increased
- Good nutrition requires planning.

The nutritional requirements on the body won't be significantly different for athletes who are just starting to train (i.e. new runners won't necessarily need to change their diets in the first instance).

There is no optimal diet for running, as there are too many variables - by cynical about what is found in magazines and websites. Nutritional challenges will vary during the year.

The industry wants athletes to see the inverted pyramid on the left, whereas the pyramid on the right is a better starting point - use a **food first** approach.

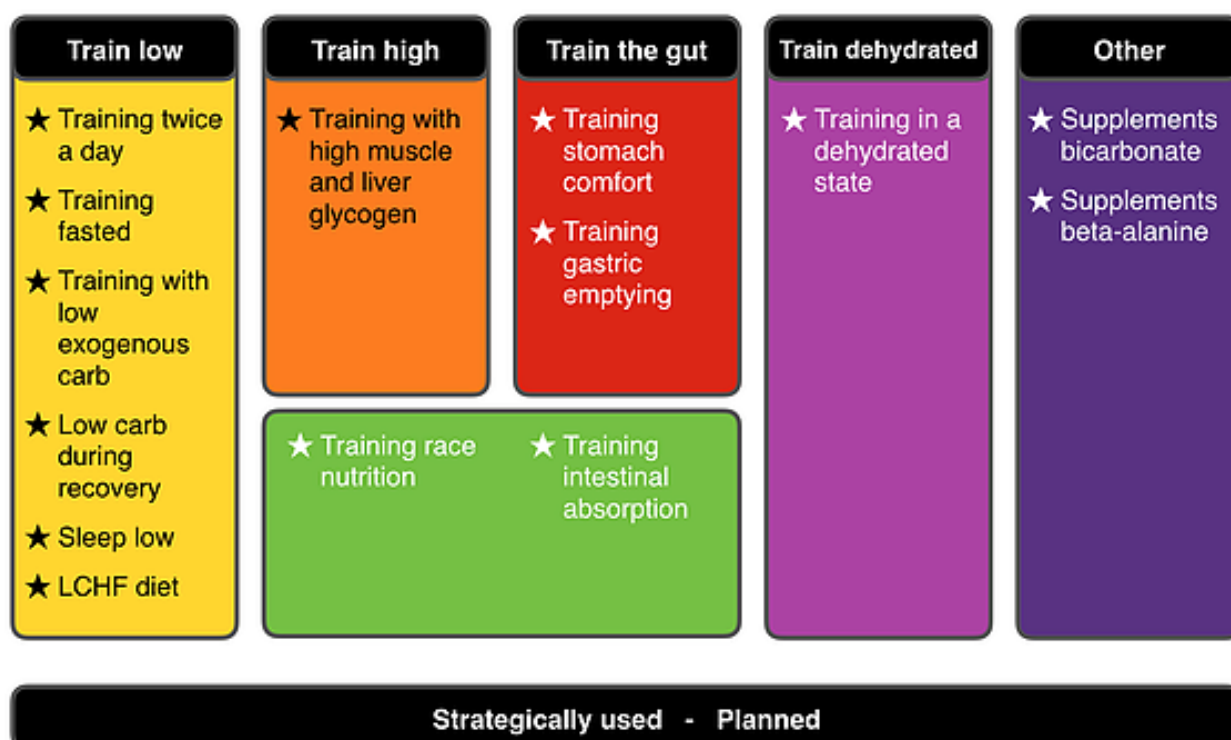


Much like training, nutrition needs to be periodised, depending on the overall goals; carbs and hydration should be at their highest during the peak training phase:

<http://www.mysportscience.com/single-post/2017/03/23/Periodized-nutrition-for-athletes>

Nutritional training methods

'Periodized nutrition' = the strategic combined use of exercise training and nutrition, or nutrition only, with the overall aim to obtain adaptations that support exercise performance.



Timing of eating can enhance recovery by promoting muscle protein synthesis – it can also improve mood after training (NB anyone who saw me after Marlow Half Marathon 2017 will be unsurprised to hear that I didn't eat properly that day!).

Protein

Humans need protein all day, as protein synthesis is a chronic (continuous) process – the body is constantly repairing. Pre-sleep meals, containing some protein, can promote muscle mass and strength.

Sources of protein are important, especially for vegans. Complete proteins are found in meat (some amino-acids can't be produced by the body, so need to be ingested); vegans need to ensure that they consume enough protein from a variety of plant-based sources and be careful that some substitute products (e.g. soya milk) do not have anywhere near the same nutritional value as their non-vegan counterparts.

Carbohydrates

Energy is important to refuel and carbs need to be consumed strategically, depending on the levels of activity. Athletes need to take in enough carbohydrates to support energy levels and prevent "hitting the wall". There is no evidence that a zero-carb state is beneficial to performance. A chronic low-carb diet will not help performance.

Planning nutrition

1. Recovery

faster recovery = harder training; adaptation (to training) starts during the recovery phase

After training, athletes need to:

- Rehydrate (keep drinking throughout the day; replace lost weight and keep drinking)
- Refuel (aided by protein at every meal, including some carbs)
- Rebuild (this is an internal process, enhanced by rehydration and refuelling)

Rest days - athletes should come back to training feeling amazing; these are the days when the body is working hard to adapt to training, so needs to be fuelled well on these days, too.

2. Race preparation

Good carb portions at meal times, perhaps with sports drinks/bars as snacks will assist in optimising fuel stores.

24 hours pre-race:

- Don't overeat
- Have a main meal at lunchtime
- Have a lighter meal in the evening with some carbs
- Avoid spicy and high-fat foods
- Have a normal, pre-training breakfast
- If travelling, take usual breakfast
- Have a snack an hour before a race

Common race-day mistakes

- No plan
- Sticking to a plan at all costs
- Experimenting

Preventing gastro-intestinal problems (the gut can be trained!):

- Make training with carbs part of the routine
- Avoid high fat and high protein foods the day before the race (take longer to digest)
- Avoid mil
- Avoid fibre rich foods
- Train with race nutrition
- Avoid NSAIDs
- Avoid dehydration
- Avoid high-fructose foods

Charity update - No5 Counselling

Kerry Eastwood

With Halloween out the way and Guy Fawkes Night celebrated dare I say the C word? Yes, Christmas. The season of giving, eating more than our bellies can muster and the guarantee of a pair of socks for a gift without fail. Talking about giving, a lovely surprise arrived in the post from our Poet Reading Roadrunner **Kathy Tytler** in the form of a cheque for providing marshals on the Ridgeway for an event. Thank you to all who gave up their time.

Back to Christmas. Christmas Cards - Many of you will be donating to Charity instead of sending Christmas cards this year, if you have chosen to do this would you bear in mind the club Charity No5 for your donation? I am sure at Christmas time some of the young people who use No5 services find this time of year difficult or a time of remembering if they have lost a loved one or even separated from the life they once knew. If you wish to do so please put your donation in an envelope marked 'Charity Christmas Card donation' and pass onto either myself **Kerry, Fiona Ross, Peter Higgs** or at the front desk on any Wednesday at Track.

So far we have raised over £5800 which is truly fantastic as we have not held the boot fairs this year, but wait, we are going to adding to that! Why not buy a ticket for the Club's Christmas Party on 8th December, a chance to play a special Christmas edition of Rock n Roll Bingo, hosted by **Ian Giggs**. It will be £1 per person with 2 chances to win and there can be more than 1 winner! As always we will be having a Christmas Raffle and **Peter Higgs** will be making a Christmas Showstopper to be won too! Get your Tickets from our lovely **Hannah McPhee**, I'm sure there will a be spot prize for 'Best Christmas Jumper/Outfit' so dig out your best tinsel.

Last but not least, **Fergal Donnelly** and his merry band of assistants will be holding the last Track Friday of 2018 on Friday 23rd November. Pop on down, join in and participate in the mile, 5km or both all for £1.50 (Track fee). Afterwards there are refreshments and cakes for a donation, so bring your friends and family for a nice social evening for everyone.

Welcome to new members

Peter Reilly

Please extend a warm welcome to our new members who have joined in the last few months. From the list below I see a few names that have already appeared in the Newsletter. If you haven't done so already please search out the team captains and introduce yourselves. Also don't be shy about trying out different coaching groups to find the one(s) that suits your personality. Hannah McPhee our social secretary is also worth chatting to. Lastly, if you have a story to tell, drop me a line at newsletter@readingroadrunners.org

August

Henry Irvine, Jennie Whitehead, Andrew Butler, James Foster, Jas Mehat, Thomas Stevens, Darrien Bold, Jolanda Sarri, Alex Bennell, Natalie Hawthorne, Gabriel Mudzi and Oliver Watts.

September

Chris Burt, Robbie Kaiser, Chantal Percival, Corinne Rees, Morgan Rees, Katie Rennie, Reinhard Schiemann, Georgie Whalley, Renee Whalley Natalie Bendell and Catherine Mewes.

October

Sammy Phillips, Sean Humphrey, Clinton Montigue, Katie Macaulay, Jeremy Strutt, William Strutt, Robin Lomax, Brian Curtayne, Matthew Curtayne, Calum Pratt, Stephenie Smith, Leanne Home, Sally Caldwell, Ben Fasham, James Dale, Philip Dale, Roman Martin, Sarah Poole, Holly Smith and Ellen Wilders.

Nice-Cannes Marathon - Caution wins the day

Luke Butler



I travelled out Friday and stayed with a friend in Cannes-La-Bocca, and had a hotel booked in Nice on Saturday night.

Weekend started with a day out in Nice - this included picking up my race pack at the Marathon Expo (and nabbing a free T shirt from last year as well as the draw-string bag that you get), and the usual round of photo opportunities, with the iconic "sign" image, a poster board to sign, and another to "find your name on".

Then it was time to meet up with fellow road runners Pete Morris, Ashley Middlewick, and Martin Bush for dinner - decided on Pasta, and tried to get as many tips from them as I could (only my "2nd official marathon"), went for the Pasta, which was washed down with a

LOT of water. The tips were mostly to enjoy it; and that pacing would improve with experience.

Then back to the hotel - unfortunately, despite the sensible early night, I couldn't sleep (the water wasn't helping, nor were the nerves!). Managed only a few hours sleep (good tip for next time, some of the others had slept during the day as well).

With nothing organised for breakfast (!) I left the hotel pretty early for the short walk to the baggage trucks; no queue at all and bag handed over with no drama.

Wandered down to the start ; and then luckily found a Cafe that was already busy serving several groups of other runners; and they had a sensible small breakfast (muesli and yoghurt, bit of bread and jam). The organisers built up the atmosphere very nicely, some French songs, Eye of the Tiger, bit of Rocky, all good inspiring stuff. There was a small organised warm up, although we started the race in waves it didn't take long till we were off.

My knee had been playing up in build up to the race, so I wasn't hugely confident - at the start I followed the 3.45 pacemaker, but I was really conscious of my pacing issues/blowing up at the New Forest Marathon earlier this year, so I made a decision to "run my own race" slower than the pacemaker. I was feeling good, but made sure I didn't get too sucked into running fast at the start / for the 1st half. Gradually the plan came into my head to simply be under 2 hours at half way; and I hit that at the nice slow pace of 1.55. Around the half way point was a tricky part of the race - an exposed coastline, very windy, with little in the way of cloud.

Soon after that there was a little "loop" to run in a town - and it was great to see the supporters out in force again (like they had been in Nice) as well as the many thousands of other runners. I was remaining cautious as at my last marathon, everything from 16 miles was very hard; but this time I passed through 16 miles feeling great.

I maintained my conservative pace; and in fact dropped down a minute or so; a few hills to deal with. Gradually my plan became clear "lets leave an hour for the last six miles" - which should more or less guarantee a sub 4 hour. I hit 20 at under 3 hours; so was very confident I'd make that; but maintained my conservative pace as I just didn't want to push too hard. Bit of a hill to deal with about 22.5 miles in; had seen it coming and slowed down a bit beforehand to make sure I'd be able to handle it.

Then we were off to Cannes, past the last town (with a number of kite surfers in the sea) and then into the finish. The only slight frustration of the day was coming in; heard a big cheer (thanks Ashley!) and threw my arms up (though I couldn't see him!); was pushing hard but had a few issues at the end - didn't push hard soon enough, plus my watch measured the course at 26.4 miles (and in my head planning for dead on marathon), there was lots and lots of people (including a small child wandering in the way of the runners) , the course narrowed and I had to shout at a few people to get past. Time 3:57:30. Job done!



Overall it was a great day - really enjoyed the event, hugely well organisation, LOADS of aid stations (though I didn't actually use any), great to see the other Roadrunners out there, who I meet with for a celebratory pint or two after. Gives me great confidence for my next marathon; and hope I'll be able to "keep the pacing but push on a bit".

New York City Marathon - deceptively difficult but still great

Andy Atkinson

If you ask a marathon runner what runs they have in mind over the next few years, there is a very good chance that they will respond that they are aiming for the "marathon majors". The marathon majors are six runs, declared by the organisers themselves and their sponsor, Abbott Laboratories, to be the most important in the world. Consisting of the **Berlin, Boston, Chicago, London, New York** and **Tokyo** marathons, the majors are organised as an annual series, but most "normal" runners aspire to pick them off as and when they can! This can be quite a task as all are oversubscribed and involve a ballot, running a Good-For-Age time or paying a premium for a sports tour.



Amongst these majors, there is something about the New York City marathon that sets it apart! It is not the oldest modern marathon, that accolade goes to Boston; neither is it the prettiest, London or Paris are more scenic; nor even the fastest – the world record was broken at Berlin this year! But running in the Big Apple is exciting – just reciting the names of streets, bridges and districts conjures up images from stage and screen and has you humming a Sinatra hit! The run takes in First and Fifth Avenues, Upper East Side, Brooklyn and the Bronx, the Verrazzano and Queensborough bridges. Manhattan, squeezed between two rivers and forced to build upwards, crams in energy and colour that would elsewhere be spread over miles. Canyons between high buildings, car horns, police whistles, daylight at midnight, rattling subway trains all signal that this really is the city that never sleeps.

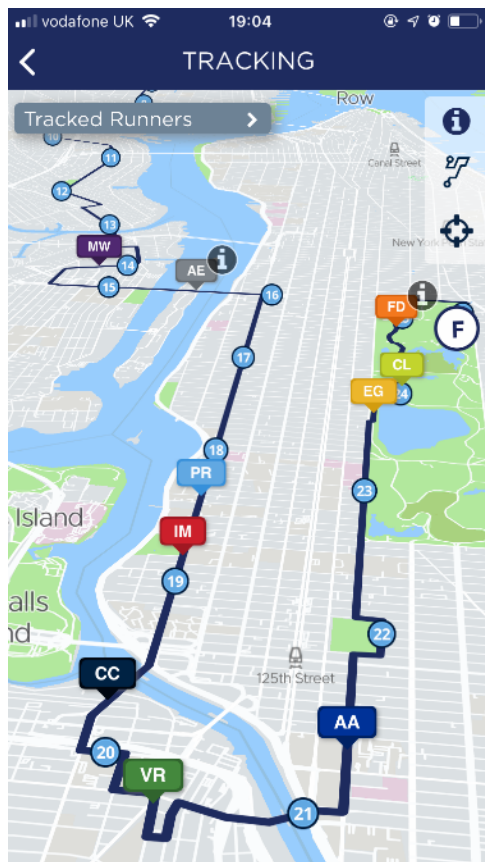
So it was that a group of Reading Roadrunners found themselves with a common purpose in New York! Ballot entry, Good-For-Age and sports tour were all represented in the group and each of us was keen to tick this one off our bucket list. We already had an inkling that this was not to be a walk (or should I say, run) in the park. Joining instructions informed us that we would need to be ready to get the Staten Island ferry or bus at around 6:30am! Added to the usual jet lag, this meant that there would be little sleep the night before. The profile of the course had been published on the run website and this indicated several inclines. Indeed, the run starts with a mile-long climb onto the Verrazzano bridge and some testing climbs thereafter. Reading Roadrunners, being notably sociable, also compounded the task by meeting for a last supper the night before. Pasta is traditional before a marathon and that and a little wine was found in a trattoria in Lower East Side. There is still no consensus on whether wine with the meal improved or detracted from performance on the day! From the results, there was no discernible correlation either way.

Reservations about the run were demolished at the start. The day dawned cool, bright and clear, with stunning views of the city from the Staten Island ferry. The start of the race is organised much as the London marathon, with colour coded "waves" located in different sections of the start area. After the usual interminable hanging around, which accompanies big races, we were finally herded from wave area to our assigned corral, organised by predicted finishing time. For me, this assignment was extremely flattering! I had managed a GFA time based on Wokingham Half last year and, to be realistic, it was probably a step too far to predict from that race the time now expected from my corral! Nonetheless, bravado forbade me from stepping back into a slower group – a decision later to prove costly. Catherine Leather, also in my wave, had no such pride, started in a slower corral and was later to sail past me to a very creditable finish.

Once the appointed time was reached, the start was surprisingly fast. Unlike London, where tight roads mean there is much slow shuffling before getting into a run, the approach to the Verrazzano bridge is big and wide. The bridge consists of three levels, with different waves occupying different decks and this means that, although busy, the start is not really crowded. Lined up at the foot of the bridge in much the same way as an aircraft waiting at the end of a runway, the start was preceded by renditions of "God Bless America", "New York, New York" and "Empire State of Mind". The intensifying rhythm from anthem to hit resembled jet engines spooling up for take-off. The rising tempo culminated with the boom (and smoke) of a Howitzer gun and we were off!

Unfortunately for me, I got carried away by the enthusiasm of my accompanying runners and earlier bravado and went out too quickly. That was despite advice the day before from experts at the Expo not to do just that. I only wish I

had done as some did – relax, enjoy the stunning views and, maybe, take a few selfies! At the time, I thought how could you waste valuable running time standing on the central reservation posing into a phone camera. But, we are always told starting slow and building up gradually makes a better run. The phone posers probably did better than me in the end!



Most of my fellow Reading Roadrunners certainly did, with Fleur Denton coming in at under 4 hours. Catherine Leather and Liz Ganpatsingh both turned in times around the 4 hour mark and Vroni Royle achieved a stunning PB at 4:26:31 minutes. Christina Calderon ran a practically identical time of 4:26:39 and Ian McGuinness 4:32:56. Phil Reay and myself both ran around the 4 hours 50 minutes mark, but I suspect that Phil went out more sensibly and, consequently, felt far less pain than me! I hardly think he could have endured more pain, but he is an ultra-runner, well used to disguising agony, so you never know. Anthony Eastaway substantially improved on his Berlin marathon time, coming in at under 6 hours. Our group included guest Tri2O and former RR, Edwina McDowall, who ran a brilliant 3:01:09 and Mary Wilson from Reading Joggers, who ran 5:42:14.

With exceptionally fine weather, the city looked superb and good weather brought New Yorkers out in force. The route takes in all five boroughs and all five wanted to make sure you know that you have arrived. As borough boundaries were crossed, so shouted greetings were renewed. Brooklyn, Queens, the Bronx and Harlem all responded with bands and singers, and crowds waving placards - "you are running better than the White House", "I stayed up all night making this sign", "Hell of a long way to run for a banana" and so on! A particular memory of mine and some others was a six row deep gospel choir outside a church in Brooklyn bursting into song just as we passed. But blues and rock bands were thick on the ground through all districts and the route was lined wall to wall with cheering supporters. As energy waned and drawing towards

the end, at the foot of the Madison Bridge, a clearly heard chant was "Last damn bridge, last damn bridge".

To finish, you run down Fifth Avenue and into Central Park – not something you can do every day of the week, but by then I don't think many of us were taking in the view. At this point, support from loved ones can make all the difference. My wife, Liz and her sister, Rosemary were out on the course at mile 19 on First Avenue and then, after a quick sprint across Harlem, at mile 22 on Fifth (Liz later told me that she had run/walked a half marathon just following our group!). All we can say is that it was worth it for the cheers and hugs!

Finally, spurred on by an increasingly numerous and noisy crowd, the end was in sight. Central Park is an oasis after the concrete of the city streets and at any other time would be a setting for a beautiful outrun. Uphill or downhill, it was now all the same trial! Most of us had slowed considerably and, for me, I was run/walking with the emphasis very much on the walking bit! As the finish line came into sight I managed to maintain a jog – did I have just enough strength left for that last little sprint? – Not this time!

After crossing the line, wearing that big medal and wrapped in distinctive blue ponchos we stumbled like a convocation of monks towards the exit chanting “never again, never again”. But, as we all know, we soon forget!

The New York marathon is a deceptively difficult run. Although it contains no steep hills, it consists of a series of inclines. Many of these are long approaches to bridges, or, in the case of the Verrazzano over the bridge itself. In Manhattan, the run up First Avenue is a long rise and comes well after the mid-point, thus seriously testing stamina. Once in Central Park, although the net relief is downhill, the uphill parts are demanding. New York Roadrunners produce a useful map showing how our splits worked out and it is fair to say that we all ran a much slower second half - many commented that things got seriously difficult after mile 14. We were blessed with fine weather, and the run would be less attractive on a more usual November day. But, even so, the city, support and spectacle would make up for poor weather and tough topography. New York City rightly sits at the top as a marathon major.

Las Vegas Marathon - not really Rock 'N Roll!

Katherine Sargeant



If you read my report on Lisbon Marathon in the last newsletter, you may remember that Tony and I set out to participate in the Abbott Age Graded Championship, but at short notice Lisbon was withdrawn from the list of qualifying races. Therefore Vegas became the priority, the next race we had booked in the series. We decided on this back in the Spring, with a bucket list trip to LA tagged onto the end. What's not to love?! I worked like a Trojan to finish all my PT course assignments before we left, all set to experience the trip of a lifetime ...

As a city, Vegas was very much as I expected. But the jet lag was not! When I ran Tokyo, Boston, Chicago and NYCM, I was pretty much fine, but the 8 hour time difference, coupled with the 4.30 pm race start, was a challenge of totally new proportions. Basically we were going to be running a marathon at 12.30 am UK time and I simply could not adjust. They say that the sleep you have two nights prior to a race is important - I had one whole hour. So the day before the race I was distraught, homesick and ready to pull out. Crazy hey? I just wanted to go home. Tony told me afterwards that he had even looked up the price of flights - an eye watering £4,000 each! Fortunately I managed to re-frame my outlook, digesting the fact that if you're about to set out on a new career as a PT you do not quit because your pre-race prep has gone to pot! Additionally a couple of friends recommended Melatonin for the jet lag. So I forewent carbs, bought and took the Melatonin and went to bed, not quite sleeping the clock round - what a relief!?

Sunday dawned sunny on The Strip, the focus of the race. After a morning of snacking and resting at the hotel we set out, hopeful in the sunshine, at 3 pm for the start. I'd put my race head on and I'm sure Tony was relieved at that!

However, I don't know what it was, maybe running in the dark and into tacky downtown Vegas, my heart just sank and I felt as low as I've ever done in any race. All I could think of was home. And all I could do was keep telling myself not to think of home.

The route left the Strip after around 10 miles and didn't really revert back onto it until the final mile. Which left us running this soul-destroying route on deserted roads at night. Imagine running the IDR and the A33 on your own at night? Yes, that! Better still, there were routes round 2 massive car parks, zigzagging around cones, the second one so insufficiently lit that we both got lost there, with around 2-3 miles to go. It was at that point that I realised the lady on the bike with me was actually my guardian - she had seemed to be close by since we turned off the Strip at 10 miles. Together we found the next arrow in the dark and resumed our journey to the finish.

I'd sensed that I was near the front of the ladies race - as one or two marshals had said I was in 2nd place at around half way. To be honest I couldn't have cared: I was trying to keep my head together, my heart had sunk into my Asics, and if home was a hotel room I just wanted to be there. As it turned out, I'd been in 1st for a while, and I wasn't too bothered by the 2 youngsters that went by me in the final miles, as the age category thing counted, as did getting off this miserable course alive!

I felt relieved when Tony arrived back and agreed that he had found it tough-going mentally, coupled with his worry about me running deserted dark streets on my own.

So, whilst not the buzzy experience we had expected, we both learned loads about not quitting, and how to talk yourself through 26.2 miles of tough stuff!

Ultimately I was 2nd (by 3 seconds!) on chip time and did do the 1st Age Cat thing (the other girls looked like my son, i.e. 19!!)

But to chat post-race with RRs via Facebook at 11 pm / 7 am was just fab - thanks so much to everyone who supported us 5,000 miles away, especially David Lewis who still managed to track as through the early hours of Monday morning. You all rock!



Poznan Marathon and parkrun

Caroline Hargreaves

We arrived at lunchtime on Friday on a flight out of Luton that only took 1 hour 45 mins. At the airport there is a bus that takes you into town but as it is only 3 miles away we jumped into a cab that took 10 minutes and cost £4.50 (23 Zloty).

After checking into the hotel we headed to the expo and collected our race numbers and goody bags. Not only did we get a new sports bag and t-shirt, there were plenty of chocolates a protein bar and two bottles of beer. Sadly one was alcohol free but still a great bag!

After the expo we went into the stunning Old Town for some food and drink in one of Poland's most interesting market squares. There are so many different bars and restaurants to choose from including in the side streets that are all very well priced in comparison to England.



On Saturday morning we got up and walked to parkrun, which was less than 2km away from the hotel. The parkrun is situated at Park Cytadela, a large park that is north of the city centre on the site of Fort Winiary. I can honestly say that this is one of my favourite parkruns I have ever done. A one lap course is always a preference for me but this one had many twists and turns and was undulating through the park. There was also a lot of historical sights to see whilst running around the park including a military museum, various tanks and trucks from the war and a peace bell near the finish area. Everyone was really friendly and welcoming and they invited us to join them for breakfast afterwards. We decided to stay and carry on walking around the park as there was so much more we wanted to see including the abandoned amphitheater and the sculpture display Nierozpoznani (The Unrecognised Ones). An absolutely stunning park and well worth a visit.

Included in the race entry is a free ticket to the pasta party which we visited in the afternoon. There was a meat or vegetarian option and although it wasn't the most exciting bowl of pasta I've ever had, I'm not going to knock a free meal before race day! The pasta party was at the exhibition centre where we picked up our race numbers from and runs from 12:00 to 20:00. Also included in the race entry free was the option to sleep in one of the halls for free, so really good for anyone that is travelling on a budget.

The marathon started at 9am and being only a 15 minute walk to the start meant we didn't have to get up so early for a change. However participants of the marathon can move by public transport for free (zone A + B + C) just by showing their bib number and ID.

Inside there was a really organised bag drop and outside there were plenty of toilets for everyone. Just before the start they had music and people on stages to get everyone warmed up and ready to start. With just under 5,000 people the start wasn't too busy and got going quickly with a nice out and back for the first 7k. There were water stations and timer mats every 5k that included isotonic drinks, oranges, bananas, chocolate and sugar cubes. The next few kilometres were mostly along main roads until you reach kilometre 25 where you hit Malta Lake, which is a really cool lake with water sports and fair ground rides. The course then continues along roads until about 32km when you go round the outside of Park Solacki and then you hit some very busy main roads where the traffic is being stopped for you. Around 38km you see INEA stadium which had some mascots cheering everyone on. The last 3km is the same road that you start the race on and you finish with a nice purpose built stadium finish. Water, fruit and another free beer when you finish.

Overall - Fantastically well organised race, best value for money, but not the most scenic course, very flat so could be a PB course.

If you are interested in taking part in Poznan marathon next year and would like me to organise your trip then contact me at carolinelovestotravel@hotmail.com or visit: carolinehargreaves.inteletravel.com

Roadrunners Race Results

David Dibben

WITH the cross-country season kicking off early and now in full swing, there is a smaller than usual number of personal bests in this month's results.

Similarly the close of the autumn glut of marathons and half-marathons included events at which PBs are always few and far between – such as Beachy Head, Henley and Marlow.

Hope it doesn't cause offence, but I have included our guests in the XC lists (out of politeness because they were our guests!) and omitted second-claim members (on the grounds that they were competing against us).

The data kicks off with an historical event overlooked last month. Apologies for that, ladies.

You asked whether that information didn't survive 'the cut'.... well, there is no cut. We include absolutely everything we can find, no matter where it takes place, no matter how obscure.

And to prove that we will carry a result next month from an event in Reno, Nevada, where my training partner Joe Blair will be spending Thanksgiving. Like every true Roadrunner who can find a race wherever they go, Joe has signed up for the Wobble Before You Gobble 10k!

I thought at first he was winding me up but, no, it's a pukka race with its own Facebook page. There's a Wobble Before You Gobble 5k as well.

Here's what you've been doing, finally catching up with the long-delayed results from the first TVXC meeting hosted by the Metros.

September 16th

Running Grand Prix at Goodwood, 20 miles

Pos	Name	Chip
80	Vroni Royle	3:29.28 PB
81	Sarah Richmond De'voy	3:29.29 PB

October 7th

Thames Valley Cross-Country League (Race 1, Hillingdon)

Pos	Name	Gun
13	Ben Whalley	37.33
23	Andy Blenkinsop	38.56
27	Gavin Rennie	39.39
40	Ian Giggs	40.53
41	Richard Usher	40.58

44	Paul Kerr	41.18
45	James Lockhart	41.24
58	Bill Watson	43.00
85	Peter Cook (guest)	45.09
95	Keith Ellis	45.51
122	Vince Williams	47.25
128	Scott Gillespie	47.40
135	Sarah Alsford	48.13
138	Peter Reilly	48.18
141	Dave Brown	48.40
158	Susan Knight	49.12
175	Michael Howard	51.14
186	Tom Wright	52.34
210	Jim Kiddie	54.20
222	Christina Calderon	55.25
234	Donna Saunders	57.12
261	Liz Fletcher	1:02.32
262	Phil Reay	1:02.36
280	Kerry Eastwood	1:05.12
291	Peter Higgs	1:07.36
303	Cecilia Csemiczky	1:11.04

Men's scorers: 13 Whalley, 23 Blenkinsop, 26 Rennie, 38 Giggs, 39 Usher, 42 Kerr. Total 181. **Roadrunners 2nd.**

Ladies scorers: 26 Alsford, 33 Knight, 68 Calderon, 74 Saunders. Total 201. **Roadrunners 8th.**

Overall: Roadrunners 5th.

October 21st

Thames Valley Cross-Country League (Race 2, Eversley)

Pos	Name	Gun
1	Mark Apsey	30.48
19	Alex Warner	34.20
22	Stephen Ridley	34.33
31	Darren Lewis	35.04
46	Gavin Rennie	36.16
47	Paddy Hayes	36.20
51	Richard King (guest)	36.37
52	Tony Page	36.49
61	Ian Giggs	37.26
64	Brian Kirsopp	37.43
75	Tim Grant	39.01
82	Sarah McDade	39.35 3rd lady
93	Peter Cook (guest)	40.05
119	Simon Peralta	41.37
126	Chris Cutting	41.53
128	Robert Houghton	41.55
134	Keith Ellis	42.02
176	Eddie McIndoe	44.48
178	Scott Gillespie	45.00
179	Sarah Alsford	45.01
180	Peter Reilly	45.02

191	Dave Brown	45.47
194	Tom Wright	45.51
212	Simon Brimacombe	47.30
223	Ros Crawford	48.01
253	Nicola Gillard	49.38
259	Andrea Bennett	50.02
262	Michael Howard	50.05
282	Clive Bate	51.17
291	Christina Calderon	52.03
307	Chloe Lloyd	53.19
327	Donna Saunders	55.21
328	Katie Gumbrell	55.22
329	June Bilsby	55.27
332	Brian Connor (guest)	56.18
333	Sandy Sheppard	56.28
367	Paul Young	1:00.03
371	Frank Cooper	1:01.03
373	Kerry Eastwood	1:01.22
374	Peter Higgs	1:01.39
380	Liz Stevens	1:02.46
382	Cecilia Csemiczky	1:03.08
385	Divya Samani	1:03.35
390	Maureen Sweeney	1:04.41
394	Kathy Tytler	1:08.58

Men's scorers: 1 Apsey, 19 Warner, 22 Ridley, 31

Lewis,

46 Rennie, 47 Hayes. Total 166. **Roadrunners 4th.**

Ladies scorers: 3 McDade, 34 Alsford, 54 Crawford, 69 Gillard. Total 160. **Roadrunners 8th.**

Overall: Roadrunners 5th.

Henley 10k

Pos	Name	Chip
17	Sammy Phillips	46.39
203	Stephen Wing	1:30.48

October 27th

Beachy Head Marathon

Pos	Name	Chip
80	Gavin Rennie	3:46.20
266	David Caswell	4:15.57
321	Tim Grant	4:22.02
823	James Delves	5:06.11
1471	Pete Morris	6:04.37
1967	Martin Bush	7:12.40
1977	Anne Marie Cocker	7:16.52

October 28th

Thames Valley Cross-Country League (Race 3, Woodley)

Pos	Name	Gun
1	Rob Corney	30.50
3	Mark Apsey	31.12
6	Seb Briggs	31.30 1st vet
7	Jack Gregory	31.47
9	Stephen Ridley	32.05
13	Keith Russell	33.05
20	David McCoy (Snr)	33.44

22	Ryan Faulkner (guest)	33.56
34	Ben Whalley	34.45
37	Andrew Smith	34.53
42	Andy Blenkinsop	35.34
47	Ian Giggs	36.15
48	Jos Kertzman (guest)	36.21
49	Darren Lewis	36.22
58	Kevin Burree	36.58
59	Kenny Heaton	37.08
64	Richard Hallam-Baker	37.16
66	Chris Buley	37.18
67	Tom Peirson-Smith	37.19
68	Jamie Smith	37.21
69	Stuart Jones	37.27
73	Chris Burt	37.45
85	Sarah McDade	38.19
88	Paul Kerr	38.25
90	Gemma Buley	38.42
96	Bill Watson	39.11
104	Alan Freer	39.41
110	Jane Davies	40.02
130	Ash Jeggo	41.10
131	Julian Hough	41.12
136	Simon Peralta	41.25
137	Dean Allaway	41.28
149	Mary Janssen	41.53
153	Alan Thomas	42.00
155	David Walkley	42.06
161	Alan Williamson	42.16
165	Ivan Harding	42.23
169	Marie-Louise Kertzman	42.37
171	Lesley Whiley	42.29
172	Keith Ellis	42.50
176	Chris James	43.05
183	Dan Stockwell	43.17
187	Richard Smith	43.21
204	Seb Janssen (guest)	44.20
205	Sarah Alsford	44.21
226	Tom Wright	45.55
231	Dan Rickett	46.10
247	Angela Burley	46.39
254	Simon Brimacombe	47.21
260	Andrew Caldwell	47.35
264	Clive Bate	47.46
272	Phil Davies	48.02
279	Michael Howard	48.20
280	Claire Seymour	48.22
289	Sally Kertzman (guest)	48.43
297	Andrea Bennett	49.08
304	Teresa Caswell	49.47
306	Paul Caswell	49.56
312	Alex Bennell	50.19
321	Christina Calderon	50.56
326	Chloe Lloyd	51.10
331	Jo Solesse	51.20
339	June Bilsby	51.41
358	Zoe Browne	53.23
362	Nick Adley	53.42

364	Donna Saunders	53.52
365	John Bailey	53.54
369	Liz Detenon	54.04
384	Mike Hill (guest)	55.29
390	Brian Connor (guest)	55.53
416	Liz Fletcher	57.43
418	Maureen Sweeney	58.43
424	Tom Harrison	59.40
427	Paul Young	59.48
428	Liz Stevens	1:00.13
429	Linda Wright	1:00.34
434	Phil Reay	1:01.52
440	Lorraine Bailey	1:02.26
444	Cathrin Westerwelle	1:03.27
447	Sue Jones	1:05.15
448	Juliet Fenwick	1:06.35
452	Suzanne Bate	1:07.29
456	Holly Turner	1:08.49
461	Pete Morris	1:22.13

Men's scorers: 1 Corney, 3 Apsey, 6 Briggs, 7 Gregory, 9 Ridley, 13 Russell. Total 39. **Roadrunners 1st.**

Ladies scorers: 4 McDade, 6 Buley, 12 Davies, 25 Janssen. Total 47. **Roadrunners 2nd.**

Overall: Roadrunners 1st.

Dublin Marathon

Pos	Name	Chip
1879	Brian Kirsopp	3:21.19
4474	Tracey Hicks	3:45.55 PB
10977	Charlie Macklin	4:17.25

River Thames Half Marathon

Pos	Name	Chip
17	Fergal Donnelly	1:23.36 PB
20	Chantal Percival	1:24.15 PB 3rd lady
78	Mark Andrew	1:32.51
96	Helen Pool	1:35.17
536	Colin Byers	2:14.59

November 3rd

Thames Meander Half Marathon

Pos	Name	Chip
419	Rachel Helsby	2:13.54
483	Amy Brunsdon	2:26.30

November 4th

Marlow Half Marathon

Pos	Name	Chip
21	Chantal Percival	1:26.34 2nd lady
25	Andrew Morgan	1:27.51
48	Calum Baugh	1:32.17
74	Tony Long	1:34.48
83	Mark Andrew	1:35.55
141	Chris Cutting	1:40.31
255	Joe Blair	1:46.43 3rd M60

285	Ben Fasham	1:48.12
310	Julian Hough	1:48.54
385	Sahan Jinadasa	1:52.51
428	Peter Reilly	1:53.52
437	Chris Manton	1:54.19
456	Oliver Watts	1:55.26
663	Sarah Hicks	2:08.30
668	Katie Gumbrell	2:08.32
751	Robert Hele	2:14.24
809	Laura Batten	2:20.46
856	Amanda Rosser	2:27.54
887	John Bailey	2:34.30
888	Lorraine Bailey	2:34.29
895	Linda Wright	2:36.04
917	Julie Wing	3:01.58

Marlow Seven

Pos	Name	Chip
10	Fergal Donnelly	45.21 2nd M40
15	Chris Buley	48.16
17	Gemma Buley	48.35 1st lady
23	Ed Dodwell	49.40 1st M60
33	Sophie Hoskins	51.44 PB 3rd lady
50	Lesley Whiley	53.54 1st F50
52	Julie Rainbow	53.39 PB 2nd F50
62	Eugene McSorley	54.43
94	David Dibben	58.25 1st M70
247	Colin Byers	1:08.22
300	Rita Dykes	1:12.31 2nd F70
346	Kerry Eastwood	1:15.43 PB
404	Suzanne Bate	1:21.39
405	Veronica Andrew	1:21.46
407	Hannah McPhee	1:21.55 PB
445	Jill Dibben	1:35.13
454	Gill Manton	1:35.54
462	Stephen Wing	1:41.14

New York Marathon

Pos	Name	Chip
12624	Fleur Denton	3:55.45
15921	Catherine Leather	4:04.29
18538	Elizabeth Ganpatsingh	4:11.57
24142	Vroni Royle	4:26.31 PB
24197	Christina Calderon	4:26.39
26690	Ian McGuinness	4:32.56
33183	Andy Atkinson	4:50.39
34532	Phil Reay	4:54.37
45472	Mary Wilson	5:42.14
47915	Anthony Eastaway	5:59.15

Porto Marathon

Pos	Name	Chip
2226	Paul Monaghan	3:52.39
2431	Caroline Jackson	3:56.41

Nice-Cannes Marathon

Pos	Name	Chip
77	Ashley Middlewick	2:59.16

1949	Andrew Butler	3:57.30 PB
3430	Martin Bush	4:26.23
4257	Pete Morris	4:49.26

Runger Games Marathon

Pos	Name	Chip
1	Brian Grieves	3:49.39

Rivermead 10k

Pos	Name	Chip
12	Stuart Jones	41.23
30	Mark Dibben	46.26
55	Sally Carpenter	49.34
62	Liz Johnson	50.06 PB
69	Mo Fassihinia	50.35
134	June Bilsby	57.05
180	Liz Stevens	1:01.58
183	Kevin Bilsby	1:02.02
246	Candy Cox	1:13.20

November 10th**Hampshire Cross-Country League (Match 2)****Senior, veteran and under 20 women**

Pos	Name	Gun
13	Chantal Percival	24.09
37	Bithja Jones	25.27
70	Helen Pool	27.40
100	Pip White	30.04
103	Justine Morris	30.07
142	Katie Rennie	32.25
158	Sam Whalley	33.00
163	Claire Seymour	33.37
208	Cecilia Csemiczky	43.42

Roadrunners team positions: Seniors 9th, Vets 7th.**Senior, veteran and under 20 men**

Pos	Name	Gun
28	Jack Gregory	34.53
31	Mark Apsey	35.02
46	Chris Lucas	35.56
63 (v6)	Lance Nortcliff	37.09
102 (v22)	Andrew Smith	38.48
138 (v37)	Ben Whalley	40.23
146 (v43)	Pete Jewell	40.57
177 (v59)	Brian Kirsopp	42.50
182	Stuart Jones	42.43
191	Liang Guo	43.07
242 (v101)	Tim Grant	45.30
261 (v111)	David Fiddes	47.06
269	David Walkley	48.10
271 (v119)	Alan Williamson	48.13
282	Matt Davies	49.11

Roadrunners team positions: Seniors 8th, Vets 5th.**November 11th****Las Vegas Marathon**

Pos	Name	Chip
45	Katherine Sargeant	3:12.25 2nd lady

196	Tony Streams	3:39.28
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Thames Valley Cross-Country League (Race 4, Datchet)

Pos	Name	Gun
1	Rob Corney	31.30
6	David McCoy (Snr)	34.12
11	Brendan Morris	34.53
30	Fergal Donnelly	36.22
35	Chantal Percival	36.48 1st lady
47	Paddy Hayes	37.51
50	Chris Burt	38.00
51	Gavin Rennie	38.01
57	Tom Peirson-Smith	38.30
60	Calum Baugh	38.41
61	Kenny Heaton	38.43
63	Ian Giggs	38.46
72	Liang Guo	39.14
73	Chris Buley	39.17
83	Stuart Jones	40.02
91	Robin Lomax	40.29
94	Colin Cottell	40.34
97	Alan Freer	40.40
105	Mark Andrew	41.02
115	Gemma Buley	41.22
119	Paul Kerr	41.45
136	Jane Davies	42.36
143	Tim Grant	42.48
147	Peter Cook (guest)	42.55
164	Mary Janssen	43.47
179	David Fiddes	44.19
193	Scott Gillespie	44.53
203	David Walkley	45.17
205	Vince Williams	45.19
212	Richard Smith	45.27
216	Keith Ellis	45.32
221	Peter Reilly	45.48
228	Nicole Rickett	46.12
238	Alan Williamson	46.32
251	Seb Janssen (guest)	47.18
254	Marie-Louise Kertzman	47.32
265	Daniel Coleman	48.10
275	Tom Wright	48.43
301	Pete Morris	49.49
319	Andy Atkinson	51.04
320	Michael Howard	51.04
333	Jim Kiddie	52.05
352	Kevin Bilsby	53.05
374	June Bilsby	53.54
378	Martin Douglas	54.12
381	Roland Galgoczy (guest)	54.36
398	Fiona Ross	56.03
404	John Bailey	56.41
414	Steph Fagan (guest)	57.44
422	Charley Caswell	58.40
423	David Caswell	58.42
425	Carmel Bees (guest)	58.48
431	Heather Bowley	59.01

436	Marian Coleman	59.28
446	Liz Fletcher	1:00.59
449	Sev Konieczny	1:01.32
467	Maureen Sweeney	1:03.25
470	Liz Atkinson	1:04.15
478	Lorraine Bailey	1:05.51
479	Kerry Eastwood	1:05.56
480	Snita Sharma (guest)	1:05.58
483	Peter Higgs	1:06.05
486	Linda Wright	1:06.35
487	Cecilia Csemiczky	1:06.49
491	Hannah McPhee.	1:08.31
492	Suzanne Bate	1:09.21

Men's scorers: 1 Corney, 6 McCoy, 11 Morris, 30 Donnelly, 46 Hayes, 50 Rennie. Total 144.

Roadrunners 2nd.

Ladies scorers: 1 Percival, 7 Buley, 14 Davies, 22 Janssen. Total 44. **Roadrunners 2nd.**

Overall: Roadrunners 1st.

November 12th

Dorney River Run Marathon

Pos	Name	Chip
4	David Caswell	3:47.15

November 17th

Queenstown Half Marathon (New Zealand)

Pos	Name	Chip
3903	Dave Wood	2:53.40

November 18th

BBO XC Championships, Women's Race

Pos	Name	Gun
3	Chantal Percival	25.06
9	Bithja Jones	26.39
20	Helen Pool	28.14
33	Julie Rainbow	30.18
39	Nicole Rickett	31.43
40	Lesley Whiley	31.49
43	Susan Knight	32.00
51	Claire Seymour	35.13

Team: RR 4th. **Vets team:** RR 1st.

BBO XC Championships, Men's Race

Pos	Name	Gun
30	David McCoy (Snr)	36.03
31	Lance Nortcliff	36.04
58	Andrew Smith	39.04
59	Andy Blenkinsop	39.08
64	Pete Jewell	40.12
93	David Caswell	45.59

95	Alan Williamson	46.18
98	Peter Reilly	48.08
99	Chris Manton	48.36

Team: RR 7th. **Vets team:** RR 3rd.

Brighton 10k

Pos	Name	Chip
46	Mark Apsey	33:43 PB
217	Gemma Buley	39:05 PB
236	Chris Buley	39:30 PB

Gosport Half Marathon

Pos	Name	Chip
586	Kevin Jones	1:43.55
956	Jim Kiddie	1:57.15
1475	Kerry Eastwood	2:24.55
1517	Trisha Arnold	2:29.04

Fulham 10k

Pos	Name	Chip
47	Brooke Johnson	37:05 PB
1136	Liz Johnson	47:49 PB

Adnams Southwold 10k

Pos	Name	Chip
166	Stewart Wing	47.46
608	Helen Dixon	1:04.33

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:	Chantal Percival	1:24.15
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 6 NOVEMBER 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

Paul, Nicole, Simon, Tom,

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Shinfield 10K finances The previously-reported £2K advance to the Shinfield Association has been made. The remainder of the Club's donation awaits the Treasurer completing the race accounts.

CHAIRMAN'S REPORT

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

- 04 Oct Social: Brewery trip
- 07 Oct Champs: Clarendon HM
- 07 Oct TVXC: Metros
- 13 Oct Hants XC: Bournemouth
- 20 Oct SEAA XC Relays
- 21 Oct TVXC: TVT
- 22 Oct Presentation: Lifestyle & nutrition
- 28 Oct TVXC: RR hosted event
- 03 Nov National XC Relays: Mansfield

Carl thanked Hannah for organising the very well-received brewery trip and congratulated Sev on mounting another successful TVXC event at Ashenbury Park, thanking the many members who helped and marshalled at the event.

Notable forthcoming events include:

- 10 Nov Hants XC: Aldershot
- 11 Nov TVXC: Datchet
- 12 Nov First Aid course
- 17 Nov Social: Gin tour
- 18 Nov BBO XC: Newbury

- 23 Nov Track Friday
- 25 Nov TVXC: Sandhurst
- 29 Nov Social: 42nd Street
- 01 Dec Hants XC: Popham
- 02 Dec TVXC: Handy Cross
- 08 Dec Social: Xmas party
- 08 Dec SEAA Masters' XC
- 16 Dec Berks XC: Pangbourne

TREASURER'S REPORT

Nothing to report.

GENERAL SECRETARY'S REPORT

Brighton Marathon Bob reported that the Club has received an offer of 10 guaranteed places in the 2019 marathon, at a cost of £75 per entry. Members are invited to email the GenSec email address to request one of these entries. On 16Dec18, either each applicant will be offered a place, or a ballot will be held on the following Wednesday if more than 10 members apply.

London Marathon Bob has applied to VLM for the Club's four guaranteed places in the 2019 marathon. .

Membership fees The Club subscription fee comprises two elements: the Club's membership fee and England Athletics' affiliation fee.

England Athletics has advised that it will increase its club affiliation fee to £150 for 2019 but will retain its athlete's fee at £15.

The Committee noted that the Club's membership fee has not been increased for many years. After discussion, it was unanimously agreed to increase the fees by £1 from 1 Mar19.

The 2019 membership fees will comprise: see table

The additional joining fee remains at £2.

2019 Membership cards Bob has received a new access code for the Palmer Park turnstiles and will now merge it as a barcode into the membership card template. The present barcode will become invalid on 1Apr19, by which time renewals need to be complete.

MEMBERSHIP SECRETARY'S REPORT

Twenty new members joined since the last meeting.

SOCIAL SECRETARY'S REPORT

Comedy night Hannah is considering organising a comedy night in January as a similar event was very popular this year. To be confirmed.

Dinner Dance 2 Feb19 Hannah intends to start selling tickets for the Dinner Dance during December once she has confirmed the menu with the venue. She is also looking into a band to engage for the event.

The event will be organised as a joint effort between Hannah & Anne.

COACHING REPORT

Nothing to report.

ANY OTHER BUSINESS

Transition of club officials Several Club officials are standing down from their posts at or before the AGM. In advance of the Committee launching a recruitment drive, members are urged to consider whether they could volunteer to help run the Club and some of its events.

The following list of posts needing to be filled is probably not yet complete:

- Chairman

- Treasurer
- Social Secretary
- TVXC Race Director
- Dinton Relays Race Director
- Unfilled 10th Committee member post

In addition, it is the Club's turn to organise the Berks, Bucks & Oxon XC Champs in December 2019, for which a Race Director will be required.

Of these, only a replacement for the Treasurer had come forward at the time of writing.

Anyone who would like to talk through what is involved in any of these posts is asked to speak to Carl and/or Bob in the first instance.

Dinton Relays Sandy has advised that she wishes to stand down as the Race Director for the Dinton Relays and has asked the Committee to consider whether it remains a viable event. Sandy observes that it requires a considerable amount of effort to organise, not least the catering, and the number of entries, both external and from within the Club, has been steadily declining, probably exacerbated by Wokingham Borough Council's exorbitant car parking charges.

The Committee understood Sandy's points, but would prefer to retain the event in the Club calendar, whilst agreeing that the venue does present an obstacle.

Roger took an action to consider whether the event could sensibly be moved to another venue, which needs to be off-road, offering somewhere to base the race HQ and catering, and with adequate, affordable car parking.

DOOR ROTA

07 Nov	Anne & Fiona
14 Nov	Anne & Shirley
21 Nov	Anne & Sam
28 Nov	Anne & Sam
05 Dec	Sandy & Shirley
12 Dec	Anne & Janice
19 Dec	Anne & Shirley

DONM: 4 December 2018

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

	Club	EA	Fee
• Senior	£17	£15	£32
• Junior	£10	£15	£25
• 2 nd Claim	£19	–	£19
• Social	£15	–	£15
• Life	–	–	–
• Life + EA	–	£15	£15

TVXC - Reading Roadrunners Fixture - pics by Peter Cook

