

# NEWSLETTER

## DECEMBER 2018



### Seasons Greetings!



Have a happy, peaceful, fun-filled and restful Christmas break.

To help you rest those weary muscles there are **no track sessions** on Wednesday 26th and Friday 28th December.

If you have been good this year Santa Pete Jewell (left) won't visit, but if you've been naughty...you'd better watch out, you'd better take care....

### Marathon milestones

Many congratulations to **Martin Bush** on completing his 1,000th marathon and to **Caroline Jackson** on notching up her 100th.



## Chairman Chat

### Carl Woffington



The cross country season continues.

Hampshire League - We had the fixture at Popham on 1<sup>st</sup> Dec. The next fixture is the Reading AC fixture at Prospect Park on 12<sup>th</sup> January - hopefully the car park situation will be resolved by then.

TVXC - We've had fixtures 25<sup>th</sup> Nov Sandhurst and 2<sup>nd</sup> Dec Handy Cross. The next fixture is 20<sup>th</sup> Jan Tadley.

Regional Races:- We've had 18<sup>th</sup> Nov BB&O at Newbury and 8<sup>th</sup> Dec SEAA Masters at Oxford. By the time you read this we will also have had the 16<sup>th</sup> Dec Berks Champs at Pangbourne.

The 2018 Club Championship is just about over. The final race in the series is the Gutbuster on 30th December.

I don't normally comment on performances as this is covered by our Team Captains. However, Martin Bush has just completed 1000 marathons. An amazing achievement.

We had Track Friday on 23<sup>rd</sup> Nov. It was another successful evening of races.


Our Socials continued. We had the 17<sup>th</sup> Nov Gin Tour, 29<sup>th</sup> Nov London Theatre Trip for 42<sup>nd</sup> Street and the 8<sup>th</sup> Dec Christmas Party. We have 19<sup>th</sup> Dec Mince Pies and Mulled Wine after the track session. Tickets are now on sale for our 2<sup>nd</sup> Feb Dinner Dance.

Our 17<sup>th</sup> Feb Bramley 20/10 is getting closer and we're looking for volunteers to help with the race.

We will miss 2 track training sessions over the holiday break. The stadium is closed on Wed 26<sup>th</sup> Dec and Fri 28<sup>th</sup> Dec.

Happy Christmas to you all and your families and best wishes for the New Year.





**Sonning Golf Club, Duffield Road, Sonning on Thames, Berkshire, RG4 6GJ**

**Date Saturday 2<sup>nd</sup> February 2019**

**Time of Arrival: 6:30pm, Dinner served at 7pm**

**Price: £34 per person**

**In the envelope addressed 'FAO Anne Goodall', please include: £34 payment, your full name, menu choice, who you wish to sit with**

**Menu choices**

<p><b>Starters:</b>          Carrot and Coriander Soup          Melon and Parma Ham with Special Fruit Chutney          Poached Salmon &amp; Caper Fishcake with Tartare sauce &amp; Fennel Salad</p> <p><b>Main Course:</b>          Fillet of Seabass, Yellow Pepper Sauce          French Trimmed Chicken with Chestnut Mushrooms, Madeira Sauce, Roasted New Rosemary Potatoes &amp; a Medley of Green Vegetables          Cauliflower, Spinach &amp; Chickpea Curry with Rice and <u>Poppadoms</u></p> <p>All main courses are served with the <u>chefs</u> selection of vegetables and potatoes unless otherwise stated</p> <p>Contact either Anne Goodall at track or Hannah McPhee: <a href="mailto:socialsec@readingroadrunners.org">socialsec@readingroadrunners.org</a> if you have any queries</p>	<p><b>Desserts:</b>          Rhubarb Crumble with Custard          White Chocolate &amp; Raspberry Cheesecake          Crème <u>Brulee</u></p>
--	--



## Editor's notes

### Peter Reilly

---

It's hard to believe that we are approaching the end of 2018 already.

Since taking over from **Chris Cutting** as Newsletter Editor in February I have gained a much deeper understanding of the club, its personalities and nuances. I have also been amazed and impressed by the achievements of club members throughout the year. At the pointy end of the field **Rob Corney** has excelled for the men while **Chantal Percival** and **Gemma Buley** have led the line for the ladies. From the front to the back of the field we have the most amazing range of abilities and more importantly, enthusiasm for running and being part of this club.

I asked the Chairman and Team Captains to give me their highlights of 2018 but not a long list of names. They duly followed the instructions and their comments can be found later in this issue.

While the club has many, many volunteers making it what it is, I would like to pay particular tribute to the incredible amount of behind the scenes work our Chairman, **Carl Woffington** and General Secretary, **Bob Thomas**, undertake in guiding the club from year to year.

I would like to say that my own coach, the wonderful **Claire Marks** is a regular contributor to the newsletter, but I can't. She has admitted that she keeps it close by but doesn't actually read it! Thank goodness then for coach **Katie Gumbrell** who is a regular and valuable contributor to the newsletter.

I've had a lot of interaction with the team captains **Sam Whalley** and **Phil Reay** over the year and boy do they work hard to keep on top of fixtures, form, team selection, the tent and in the case of Sam, feeding the troops at events. It has been suggested that Rob Corney only wins races to get to Sam's food supply first! Sam is also Event Director at Woodley parkrun and is very close to hitting 200 parkrun and Junior parkrun volunteer stints just ahead of her 200th parkrun. Because Sam and Phil are so committed and diligent in their roles it's easy to forget that they have lives and jobs outside Roadrunners.

Lastly, thank you to everyone who has contributed articles to the newsletter. Please keep them coming in 2019.

**Katie Gumbrell** has asked me to pop the following note into the newsletter:

#### Strength

It was pointed out to me that the exercises I added to my September article had a misleading headline: the exercises, while good for you, are for abductors and calves, medius and minimus glutes. Please accept my sincere apologies for not checking the headline before asking it to be printed.

I have asked the coaches about the strength exercises they do with their runners and received some responses.

Enjoy!

**Vroni** wrote:

I always recommend clams to my athletes to strengthen glutes and reduce IT Band issues. Starting from plain to adding resistance bands - but with focus on technique.

**Lee** said:

Squats, wide and narrow

Lunges walking and static

Core exercises



## Ladies' Captain's Report

Sam Whalley



I'm writing this on a chilly Thursday. Believe me, the last thing I wanted to do yesterday evening was run around a track. I'm a home-body at the best of times, let alone when winter sets in. Give me an armchair and a cup of tea any day of the week. That's not going to keep me fit over the winter though. My solution, therefore, was to reboot my summer routine of running to the track, now that I am back on the road to recovery, and am working on increasing my mileage; I am fortunate to live only a mile and a bit away (further in winter as the shortcut through the woods is out). And guess what? I warmed up pretty quickly, and was taking layers off as people emerged from their cars, shivering. Smug doesn't begin to cover it.

Winter is all about the cross country for me, and I am always excited to welcome new runners onto any team. It really is a case of, the more, the merrier. So far this season, we have already enjoyed success in regional championships, and are faring well in the TVXC and Hampshire leagues. I won't say any more about the recent XC fixtures - I have written reports on these along the way, and these can be found on our website - but, with two fixtures to go in each league, it would be great to have even more of you come along and see for yourself what the fuss is all about.

It's fantastic to see that some of you are still entering races and achieving PBs. While not official races, November's Track Friday mile and 5k saw **Fiona Ross** do the double, recording 7.31 in the mile, and 25.16 in the 5k - fantastic! The Eynsham 10k is one of the few winter road 10k events around, and renowned for its flatness. This proved to be perfect for **Jill Dibben** to PB, with a time of 1:16.36. Well done!



The Mapledurham 10k is not known for its PB potential, but it's always a good opportunity for the speediest of you to pick up prizes. This year, it was the ever-improving **Sophie Hoskins** who was second female, and the always-amazing **Julie Rainbow** who was first FV50. Great work!

Pics: Peter Cook



Most recently, Jane Copland Pavlovich, whose power of 10 profile is far from being complete (bit of homework for you there, Jane; I've just matched you with your road relays performance from September), has smashed out her first sub 20 time in a road 5k, finishing as third female. The venue: the Waterfront 5k, in Wellington, New Zealand. The fuel: smashed avocado and some choice holiday fluids (allegedly). Brilliant, Jane, and just shows what can happen when you are relaxed and enjoying your running!

Speaking of enjoying things, I'm settling down to a cheesy Christmas film, with the obligatory mince pie, and wish you a healthy and happy festive season.

## Mens Captain's Report

**Phil Reay**



There are 289 calories in a mince pie and 43 in every brussel sprout, but who's counting? We've had a wonderful year and have earned a deserved break as the festive season reaches its peak. The run up to Christmas has seen many of you involved in the Cross Country races, whilst others have made the decision to head overseas for road events in warmer climates. There's plenty to look forward to in 2019, but for now here are just some of the highlights from the last month.

In the Hampshire Cross Country League at Popham, we had a team of 15 men competing against some of the finest runners in the South. Our Senior Men's team finished in 3<sup>rd</sup> place behind Aldershot and Basingstoke, but significantly ahead of Southampton, Reading AC, Poole and Bournemouth. The result is important as it's our highest ever position in this competition (results date back 17 years) and is another milestone reached so soon after competing in the National Road Relays for the first time. Congratulations to **Rob Corney, Mark Apsey, Jack Gregory, David McCoy, Matt Davies, Chris Buley, David Walkley** and **Nick Adley**. In the Vets competition our men won for the second time this season and hit the top of the league table ahead of 32 other clubs as they work to retain their title. With 2 fixtures remaining it promises to be an exciting end to the season. Superb running from **Ben Paviour, Mark Worringham, Lance Nortcliff, Andrew Smith, Pete Jewell, Mark Dibben** and **Alan Williamson**. The next fixture takes place on 12 January, and it's local - let's keep up the momentum and make it a season to remember.



*Pics: Teamwork! Hampshire and TVXC League teams.*

There were further great turnouts of Green Vests in the TVXC league with 37 and 28 men running at Sandhurst and Handy Cross respectively. The club taking victory at Sandhurst and second place at Handy Cross - super performances on days when there were plenty other events taking place. The results highlight the strength in depth we now have, well done to relatively new members **Calum Baugh** and **Chris Burt** who scored for the team for the very first time. Full race reports for both the Hampshire League and TVXC League are available on our website.



The SEAA Masters Championships took place in blustery conditions. We were fortunate to be able to field strong V50 and V60 teams. Well done to **Pete Aked, Mark Andrew, Tim Grant, Colin Cottell, Alan Freer, David Fiddes** and **Andrew Atkinson**.

*pic: SEAA Masters Team*





One man who has excelled this year is **Mark Apsey**. A star of last seasons XC season, Mark came into 2018 with a 10K PB of 35:03. He's continued to improve throughout the year and was selected to run for Berkshire in the 10K Road Championships in Brighton. Congratulations to Mark on his selection and for running an incredible new PB of 33:43.

*pic: Apsey on his way to a PB at Brighton 10K*

It doesn't seem long since we were reporting on **Martin Bush's** 900<sup>th</sup> marathon. In Lanzarote earlier this month he joined an exclusive club of 2 in the UK when he reached the milestone of 1,000 marathons. One thousand marathons is 26,200 miles - that's more than the circumference of the planet. Congratulations to Martin. Incredible achievement. Martin was joined in Lanzarote by many of his friends from across the running community including a number of Reading Roadrunners. On an undulating course in the heat, **Ashley Middlewick** finished his road running season with a PB of 2:57:50 and it was fantastic to see **Stephen Wing** fit and well, running the half marathon.



*pics: Stephen Wing and Ashley Middlewick in Lanzarote*

A Spanish island in the Atlantic is just one place where the Green Vests were in action. **Grant Hopkins** headed to Thailand for the Bangkok marathon, starting in the middle of the night to avoid the worst of the heat and humidity, Grant finished in front of the Grand Palace in a little over 4hrs. In Valencia, **David Clay** took a whopping 55 mins off his PB to finish in 3:23:55, with **Matthew Brown** finishing in 4:04:54 a little over a month after running in Amsterdam. A month after running in the French Riviera, **Andrew Butler** ran the San Sebastian Marathon in a new PB time of 3:55:27 - congratulation the Andrew and thanks for the newsletter article last month. Ten of you headed to Larnaca where there were various race distances available all under the one sun - checkout the Runners on the Road section of our website where upcoming club trips are regularly shared. The parkrun phenomenon continues to reach new heights, with parkrun tourism becoming a hobby for many - this month **Justin Watkins** ran in Singapore, **Dave Wood** once again was in action in New Zealand, **David Ferguson** ran in Germany and I ran in Italy.



*pics: Clay and Brown celebrate in Valencia while Hopkins runs the Bangkok Marathon.*

Back at home, thanks to **Fergal Donnelly** and **Tony Canning** for another successful track Friday event. Fergal covers the event in a report elsewhere but special mention goes to new member **Robin Lomax** who was the first Green Vest home in the mile race in a time of 5mins 29secs.

Away from the XC team events there were memorable runs from **Rob Corney** and **Chris Shannon** who took 1<sup>st</sup> and 3<sup>rd</sup> respectively at the Mapledurham 10mile event. There was good feedback from the 15 members who took part in this popular local event.

They seem to get a mention every month, and they deserve to! They're so consistent and continue to be fantastic ambassadors for the club and are successful in their age categories. Congratulations to **Ed Dodwell** for taking 1<sup>st</sup> MV60 at the Mapledurham 10K, **Brian Kirsopp**, despite being marshaled the wrong way, for winning the MV50 1<sup>st</sup> prize at Tadley XC, **Joe Blair** for his 10K podium finish in Reno USA, **Nigel Hoult** for another 2<sup>nd</sup> M60 place at the Andy Reading 10K and **Alan Freer** for his 2<sup>nd</sup> place MV60 in the Nottingham Christmas Marathon.

There are still places to be fought for in the Club Championships as they reach their finale with the 12<sup>th</sup> and final event at the Gutbuster on 30 December. Good luck to all of you taking part in the event. Club Championship awards will be presented at our Annual Dinner Dance on 2 February 2019 – please contact our social secretary Hannah at [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org) for tickets to this fun team evening at Sonning Golf Club.



And finally.....

..... as Christmas approaches it's comforting to know that we have some of the best and fastest Santa Claus's in the land.

Wishing you and your loved ones a Merry Christmas and a Happy New Year. See you in 2019.



## Anne and Shirley - not just the ladies on the desk

Sam Whalley

---

They might look like the nice ladies who take the money at the desk but Anne Goodall and Shirley Smith both have a long association with the club and an impressive running past. Sam Whalley digs a little deeper.

### Anne Goodall



#### When did you join Reading Roadrunners?

A group of us used to train in Palmer Park, under John London and Stan Eldon. There was no stadium in those days, just a wooden hut. The training group evolved to become Reading Roadrunners, in 1987, and I was one of the founder members.

#### Have you always been a runner?

As a teenager I preferred to play badminton, because I didn't like all the running up and down that hockey required. My husband was a runner so I thought I might as well join in.

#### What was your first marathon?

The year that Reading Roadrunners was founded, 1987, I ran London. My time was 4:15.

#### How many marathons have you run?

I have run 8. One year I managed to get a place for London, while I was actually training for Poole. I ran London in 3:50, and then Poole, a few weeks later, in 3:53. People said they weren't expecting me to finish for another hour!

#### How would you train for your marathons?

I usually trained with my late husband, John. We would run to or from the XC fixtures, to make up the full training distance. John would sometimes pick me up, or organise drinks stations for groups of us who trained together. I would run 50-60 miles a week. I was a 'tiptoes' runner, rather than a heel striker, and I was never injured.

#### What was your best race?

In 1990, I ran London again. I started off with a group of men, who said I should stick with them. One by one they left me behind, but I overtook them all in the end, as they were walking towards The Mall. I ran my PB of 3:39 that year.

#### What was your favourite distance?

The half marathon. I got my PB of 1:38 in Reading.

#### Do you still run now?

I haven't been able to run for the past 15 years. I have had both hips replaced and am about to have my second knee operation. I keep fit by swimming. I used to do 70-80 lengths at a time, but now I only do 30-40, and because of my knee problems, I can only do front crawl.

#### What is the best thing about Reading Roadrunners?

The club is like my family. I enjoy the social side, and have really appreciated the support I have received since I lost my husband earlier this year. I won't be able to drive for six weeks after my next operation, and I know I can rely on fellow club members to help me out.

#### How are you involved in the club now?

I have been on the committee for 15 years, and have been the membership secretary for that time.

#### How has the club changed?

It's just a lot bigger.



## Shirley Smith



### When did you join Reading Roadrunners?

I joined in 1989. My husband Chris (the marshal on the bridge at Reading parkrun) was part of the club, and they used to train in the park. Joining a club was really useful for our training as there was always a group keen to run.

### Have you always been a runner?

No. I started running when I was about 38, when my children were older.

### What was your first marathon?

London was my first.

### How many marathons have you run?

I have run 9. London was always a good day out, we loved taking photos in the park. I have also run marathons in Los Angeles and New York. I got my PB of 4:20 something at New York.

### How would you train for your marathons?

I always worked early in the morning, so I could always train in the afternoons. I did my long run at the weekend. I enjoyed the social side of training, going for a long run and a chat, to get things off your chest.

### What was your best race?

The one I most enjoyed was New York. It's much harder to get into now. We ran the marathon and then flew to LA to visit friends. To save money in NY we stayed at the YMCA, but were surprised to have bunk beds!

### What was your favourite distance?

I loved 10k races. I ran lots of them, and my favourite was one called the Johnson's 10k, in Camberley. I also loved to do the Great South Run. One year, my friend's husband shouted to me to stop talking and get a move on (I was known for chatting through races!), and a spectator told him off!

### Do you still run now?

I don't run any more. I've had knee trouble, and operations. Instead I walk, swim and do Pilates. My days are very full!

### What is the best thing about Reading Roadrunners?

I love the friendliness. It's like a big family. There are people who are part of the club, that I have known for years. And some move away and still keep in touch.

### How are you involved in the club now?

As well as helping on the desk, I marshal at events, and help with catering. It's a good laugh.

### How has the club changed?

It's a lot bigger. It used to just be based in a hut in the park. We would run on the road, and then have a cup of tea in the hut.

## Larnaca Marathon 2018 - Caroline Jackson's 100th

Paul Monaghan

We decided a while ago if Caroline was to do her **100<sup>th</sup> Marathon** it would be in a sunny climate. That way we could easily persuade friends & family to join her. Her parents live in Cyprus so it would also make this extra special. As usual we'd gone into overdrive contacting the race promoters well in advance. It was at Rhodes marathon earlier in the year we finally spoke to them and they arranged to do something special.



A Facebook post was put out and so we finally persuaded many RRs plus members of the 100 marathon club to join us. I mean a sunny island in November is hardly a hard sell, and hopefully this would turn out to be a great holiday with either a 10K, Half or Marathon (and cake!!) thrown in. I mean what's not to like?

The first night we stayed at Caroline's parents who live in a lovely little village just outside Larnaca called Lefkara. We'd also arranged a locally made 'Caroline 100<sup>th</sup>' cake from the village. We'd not seen the final design as was all kind of rushed but were well pleased with the result. Would it be enough to feed our hungry runners including **Ashley Middlewick** who could probably polish one off single-handedly?

The next day on arrival at the race expo the organisers & local press were there to grab a few pictures, I think Caroline was slightly overwhelmed as just thinking about the marathon itself can be enough. We also had to keep it quiet that it would be **Martin Bush's 998<sup>th</sup> Mara** as it may have overshadowed the proceeding slightly. He was a good sport and kept it to himself plus presented the organisers with a card to sign (Pete and I were convinced he'd gone back to their office for souvenirs).

Slowly everyone arrived at Cyprus as we'd come on separate flights. We all gathered at the local bar for a catch up. We'd be running different distances but the main thing we were on the same island and it was looking like the weather would be in our favour.

Race day was so hot, in fact it was absolutely scorching and I'd kind of wished I'd opted for the half. Still this was Caroline's day so we decided to run together as she did last year for mine. It was their second year and I must admit to being a bit overwhelmed as it was a much bigger than we'd anticipated in spectators at the beginning and actual runners.

I'd arranged a TV interview for her at the end so we were geared up but to our surprise they interviewed her not at the end as we thought, but just 5 minutes before the Marathon race start in front of the start line for all to see. **Pete Morris** was ahead of the game and caught it all on video. The atmosphere was electric and us RR's were in high spirits. I'd kitted Caroline out with a 100 helium balloon to add to the occasion. There wasn't a cloud in the sky as the race got under way.



Running together on this one seemed a great idea but I hadn't factored in her balloon bashing me in the face every few minutes, mind you at about 10 mile it broke loose despite our best efforts to catch it, though a marshal did attempt a world cup save only to land on the water cups balloon free. All marathons are difficult but after just 15 miles we were running out of steam and no amount of water we drank or poured on ourselves could ease the fatigue. It's a great course and quite well supported in the town but there are a few long stretches without a soul in sight except for runners & marshals.

To our surprise they had started the 5K and mile races to coincide with the marathon finishers, so a few miles from the end we were joined by 100s of runners including the kid's race. The RR girls had arranged to run in with Caroline the last few 100 metres so I was worried she wouldn't be spotted, but my fear was unfounded as true to their word they all ran with her across the finish as she finally completed her 100<sup>th</sup> Marathon. The sight of all the

green vests was just spectacular and I was so pleased that her parents, brother & young nephews were also there to witness it. I know it inspired one of her young nephews to ask if he could do the children's race the following year. Inspiring kid's to run has to be an added bonus.

The organisers had arranged a special plaque and balloons to present to Caroline at the end which was a nice gesture though God knows how they spotted her. Perhaps the sea of green vests was a giveaway, though was Morris for a selfie when we needed him?

I meanwhile could not relax. I'd be in charge of Caroline's speech and inauguration into the 100 Marathon Club and I'd yet to find a venue. It was seriously difficult as the end of the race resembled the crowds at a football match. Her dad had the cake on hand but we were afraid it would start melting in the heat. I put the word out we'd do a presentation in a bar we were at when we arrived. As much as I tried I couldn't find a space that would hold about 60 of us, so it would have to do, though was not ideal.

After making the arrangement a few of us decided to escape the crowds and have a beer at **Fini's Beach Bar**. To my surprise quite a few Roadrunners had decided the same. Soon there were about 30 of us there on the beach. Oh well, what the hell I thought. So we decided on a last minute venue change to Beach Bar. The two Caroline's went over to bring everyone across whilst we kept the seats.

To say we couldn't have found a better venue was an understatement as it was perfect. I eventually made my speech and invited a few guest speakers including our old sparring partners **Martin 'Bushy' Bush, Pete 'The Train' Morris, Ashley Middlewick & Caroline Hargreaves** whilst we presented century Marathon Girl **Caroline Jackson** her 100 club t-shirt, medal and card signed by the coolest bunch of RRs that we have the pleasure to know. Her nephews helped us serve cake all around whilst Ashley was really thoughtful and brought along his Tupperware container for any leftovers (he produces them from thin air) before we headed to the sea front for the obligatory photo shoot.

As I've always said it's not the running or the destination that makes a holiday but the people we spend time with. So I'm giving a massive shout out to our friends who not only ran the Marathon, Half Marathon and 10k, but ran with my lady across the finish and joined us for presentation. She was brought to tears and they made her whole weekend really special. So besides those already mentioned, Thank you Reading Roadrunners **Adele Graham, Prof Dean Allaway, Linda Wright, Angelique Haswell, Brian Kirsopp, Ian Giggs, Peter & Sheryl Higgs, Gill & David Gillard, Mel & Jane Silvey and Cathrin Westerwelle**. We're all truly blessed to be members of such a great club.



## Caroline's journey to her 100th Marathon

Sam Whalley

---



### When and where did you run your first marathon?

My first marathon was in May 2011 at Edinburgh.

### What was it like?

It was a great sense of achievement running the first one, I remember sitting at the airport that night waiting to take the flight back to London and I got chatting to other runners who mentioned that with my time I could get a good for age time for London, something I had never thought about. Of course I got home and the next day I realised that yes I had got the time required for good for age for London. I applied and secured my place on the start line of the Virgin London Marathon in 2012.

I remember having the dull ache in the tops of my thighs for a few days.

As a first marathon Edinburgh was a great introduction, I have never been back since then as I have been presented with so many other choices and in general I like to do different marathons rather than repeat the same ones.

### Did you always plan to run 100 marathons?

After I completed my first marathon I couldn't wait until 2012 to run my 1<sup>st</sup> London Marathon so I ran the Munich marathon in October 2011. It seemed that I was gripped by the marathon bug back then, but it was mainly in 2015 when I met my partner Paul where the real bug gripped and I was soon racking up over 20 marathons a year.

I never really had a plan to run 100, the more I ran the more I enjoyed them and they just started to add up. Running marathons has certainly changed my life and my outlook on life in general.

### What made you decide to run so many?

Running is a huge part of my life now, it's how I met my partner Paul and as a result I have also gained many friends. Many of the people I have met have their own reasons for running but we all share that one common interest.

For me I think I got addicted to the whole package of marathon running, the initial entry and organising it all (if overseas), the visit to the expo, the start line and the feeling of accomplishment and euphoria when crossing the finish line. There is a fine line between addiction and determination and I consider myself a determined and passionate person and when I set my mind to something nothing gets in the way.

### How do you train for your marathons?

My training has changed quite a bit since I ran my first marathon, I used to have a more tailored program where I would do shorter runs during the week and longer runs at the weekends and of course have a longer break in between. As well as running, I attended spinning classes at least 3 times a week and did strength training down the gym. My running mileage used to be around 60 miles a week but has now dropped to around 40, as I now run marathons more regularly; I often find I have to stick to shorter runs.

### What is your pre-marathon routine? Do you have a fuelling plan or any superstitions?

With the more marathons I have run the less routine I have as I have learnt to relax a little more. I used to have to really carb load prior to race day whereas now I do still carb load but I do not see this as vital as it used to be as I think it's more important to eat well the days before and keep hydrated. I do have a problem sometimes on the morning of the race, so I generally stick to plain bread rolls or a few croissants.

### What is your post-marathon recovery routine?

As I cross the finish line I try to keep moving and drink slowly, most often than not especially if it is a race in warm conditions I would need to take an electrolyte drink as well as water and a full fat coke. Part of the recovery would be chatting to fellow runners and taking lots of photos before having a few beers to celebrate.

**How long does it take you to recover?**

Generally for a normal road marathon I recover really well and I can be back running a few miles the next day, I may feel a little fatigue and famished. It's on the tougher marathons and the trails where I will take 24-48 hours to recover. I often feel aches and pains in my thighs and glutes, usually due to the climbs and intensity. Again during recovery over the next few days I eat well and try and sleep well if I can ensuring that I have enough energy for my next event.

**Which has been your favourite marathon so far, and why?**

There are a few I could mention, however one of the major ones that spring to mind is Limassol Marathon in 2015, mainly because I was on the podium as first lady finisher.

Another is running through the five boroughs of New York with the Manhattan skyline as a backdrop and also running through the Chateau's and vineyards in Medoc in France, hence why this may be my favourite.

It really is tough to say as the Medoc Marathon in some peoples eyes could be and perhaps is classed as a fun marathon. Other than Medoc it may be a toss up between Chicago or New York.

**Which has been your least favourite marathon so far, and why?**

I try not to choose marathons that I wouldn't enjoy as I research well before I book them. If I have to say one it would be the Liverbird Marathon which is held on New Years Eve in Liverpool. Liverpool is great but this event is an out and back run maybe 8 times or so in the bleak of winter along the River Mersey. The only advantage is that Liverpool is a great place to spend New Years Eve, hence a good post race celebration.

**Why did you choose the Larnaka marathon for your 100<sup>th</sup>?**

I had wanted to take part in the very 1st Larnaka Marathon last year but couldn't fit this in the schedule. When I reached almost 80 marathons at the beginning of this year I decided it was time to decide where I would have my 100<sup>th</sup> marathon. I saw that there was to be a marathon in Larnaka and what better place to have it in the sun and in a warmer climate than the UK. My parents and my brother, his wife and children live in Cyprus too and I very much wanted them to be a part of my celebrations. Also, with more airlines flying to Cyprus these days from the UK and the different distances available for this event I knew that this would also appeal to many of my friends from Reading Roadrunners and the 100 Marathon Club. Many of them signed up for the marathon but some also signed up for the half marathon and the 10k.

**What was it like?**

I can only say that running my 100<sup>th</sup> marathon was one of the best days of my life, what made it extra special was the number of people that came along to help me celebrate this achievement. I was totally overwhelmed by the love and support that everyone gave me. It seemed that everyone really enjoyed themselves and the icing on the cake was having the girls run in with me to the finish line as well as been able to have my presentation into the 100 Marathon Club by Paul on the beach surrounded by RR's, friends and family.

**Will you still carry on running marathons so frequently?**

I have been running on average a marathon every 2 weeks for the past 2-3 years. To do less may be a challenge but I know this will do me good so I will try to run less marathons and perhaps try and stick to one every 4-6 weeks.

I love to travel and the travel and running combined has become a fantastic hobby, therefore I will more than likely run marathons abroad rather than the UK.

**Aside from running marathons, do you have any other running goals?**

Believe it or not I still feel my fastest marathon time is yet to come, so I'll keep training and push really hard as soon as I get the ideal opportunity, I'd also like to improve my times at shorter distances. Other than that my goal is to keep on enjoying what I do.



## Vamos a Valencia!

Liz Johnson

### Matthew Brown & David Clay v 42.2k of Valencia's finest streets!

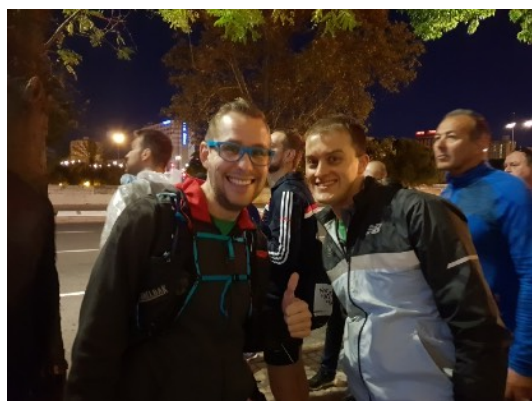
Running a marathon isn't easy. Many people train for months to be at their best on the day (you crazy 100 clubbers aside) so if you have a marathon booked in for early December it is maybe not text book training to have completed another marathon 6 weeks before, Matthew, or tackled Ironman Wales in September, David.....

Anyway, that was the situation Matthew and David put themselves in before the Valencia Marathon on the 2<sup>nd</sup> December! I, being a bit of a magpie and liking all things shiny, was a tad more sensible and satisfied my need for race bling by entering the Valencia 10k which takes place at the same time. It also allowed me to return to my previous calling of professional marathon support/cheer crew!

Valencia. Nestled on the eastern coast of Spain it's a compact, and flat, city that is an eclectic mix of gothic old town and the futuristic Ciudad de las Artes y las Ciencias. The temperatures in early December are a balmy 18 degrees and it's sunny. Perfect running conditions. The temptation of some winter sun was too much and we all assembled in the city a few days before the race. This allowed some acclimatisation, paella eating, touring (we saw the 'Holy Grail' and an exhibition on Mars where David managed to slightly concuss himself on a holographic Martian), and some gentle warm up runs through the Turia Gardens which is a long narrow park that surrounds the north eastern edge of the city centre in what was once a riverbed - pretty cool.

The Expo was held at the Ciudad de las Artes y las Ciencias and was well organised although not huge compared to some of the bigger city/major marathons. What was a pleasant surprise was the reasonably priced merch! Sponsored by the Spanish brand Luanvi, we all picked up some nice little long sleeved training tops for 15 euros - bargain! This was also where the marathon (& 10k) would start and finish. Getting a glimpse of the finish line which was erected over one of the water pools by the science museum was pretty special.

On race day morning, we gathered for the customary breakfast of porridge. The race was due to start at 0830 so being cautious, we agreed that we would be at the bus stop to take us to the start line before 0700. Given that David usually turns up to things 10 minutes after they've started this seemed like a sensible plan.



The marathon handbook assured us that 'extra' buses would run to accommodate us all. I think the Spanish definition of 'extra' is somewhat different to the expectations of three eager Brits! The first bus to arrive was absolutely packed and hardly anyone at our stop got on it. We shuffled expectantly along the pavement waiting for the stream of extra busses. 15 minutes later we were still waiting and beginning to get nervous. We then decided to try the metro which would involve a 20 minute walk the other end but we wanted to feel like we were doing something. This too was a fruitless task and 20 minutes later we were back in the ever lengthening bus queue. After what seemed like ages (it was now 0750) we managed to all squeeze onto a bus. Matthew found himself a seat at the back and David wedged himself between a seat and a luggage rack! Not ideal pre-race prep but

we made it to the start with minutes to spare!

The marathon and 10k both started at 0830, with each group starting together on each side of a bridge. The 10 k route was really congested and due to the lateness of my arrival I found myself quite near the back and having to contend with people walking before the 1km marker. I had hoped for a pb but doing the first km 40 seconds slower than I needed to be doing soon put paid to that hope. It was a nice route though that took in the old town and I finished strongly (another negative split) in 48:58. My next task was to get out on the course to support Matthew and David (after getting my medal engraved, obviously).

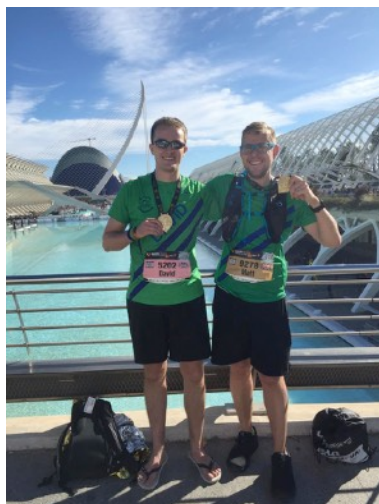
I was aiming to see them around the 16/17km mark and then the 25/26 km mark as the loops of the course meant it was a short walk for me. On my way there I managed to spot the elite field sprint past. The men's race would eventually be won by Leul Alemu in a super speedy 02:04:31 and the women's race by Ashete Dido in an impressive



02:21:14. I managed to see them both and obtain a high five off David and a wave from Matthew as they went past. Spotting duties then fell to David's partner Becci who was on duty a 30 and 39 k respectively.

In this modern age however, there is also the tracking app! So whilst we were out on the course, there were many back at home on the tracking app and WhatsApp eagerly watching and wondering whether David's surge of pace half-way through was sensible\* and offering words of encouragement . \*he later agreed it wasn't

David and Matthew both had different goals and reason for running Valencia. David wanted to banish the demons of a very hot London 2018 where he felt he hadn't run to the best of his abilities and Matthew to run and enjoy a more controlled marathon than Amsterdam. It's safe to say they both smashed it.



David casually knocked a whopping 55 minutes off his London time, reducing his pb from 04:19:09 to 03:23:55 although he very much looked like he wanted it to be over 400 m from the finish line. I am now slightly peeved that I can't rib him anymore about me having a sub 4 time and him not but seeing all his hard work and training over the summer and autumn pay off just about makes it alright.....just.

Matthew, on the other hand, finished the marathon with a big smile on his face only 6 minutes outside his Amsterdam time in 04:04:54. He also claimed to feel only 'slightly achy' in the hours after the race much to a nearly crippled David's disgruntlement.

Reflecting on the race, Matthew really enjoyed the course with a lot of it run on wide, uncongested boulevards. It was very much a 'city' marathon with great scenery and, apart from near the beginning, the public support was loud and sometimes deafening. There was music out on the course too that served to lift spirits (the Macarena and We Will Rock You being Matthew's

favourites) and the finish line, built over water, was a stunning way to end. Definitely a race he would recommend.

David echoed Matthew's views and thought all the volunteers were very friendly. At the end of the race, when he was a bit unsteady on his feet, David was quickly attended to by the medical helpers (nothing serious, just a bit tired and nothing a little sit down couldn't cure). It was everything you would expect from an IAAF Gold event and the medal was top notch. The added bonus was being able to recover on Monday on the beach in December!

The day was rounded off with champagne, tiny sandwiches, more champagne, and an interesting Spanish drink called 'Latino' which Matthew introduced us to (cold red wine and lemonade by the pint). There was also a Chinese meal in the eve where we appeared to have ordered all the rice in Spain. All in all, a pretty successful trip and we will reconvene, with a few others, to do it all again in Berlin next September..... Can't wait!



## Year end musings

**Carl Woffington**

---



The editor has asked our team captains and me to write a few paragraphs regarding the high spots of 2018. I'll leave the team captains to report on performance and that leaves me free to cover other aspects of our club at the end of 2018. Some of which you may not have thought of.

We had some coaches resign a couple of years back and this left us short on numbers. We had a recruitment drive and now have 16 qualified coaches with a 17<sup>th</sup> somewhere on the way. This is the highest number we have had.

Our sessions have been covered throughout the year and this is not easy during peak holiday times. Our coaches give up a lot of their time and their own training session in order to provide us with our sessions. So, thanks for that.

Our newsletter continues to be produced to a very high standard. Our website has improved considerably. Our Facebook group is popular and is used responsibly. We have Twitter. We communicate our news items to you by email. There are still track announcements and our noticeboard.

We put on a few races each year. Bramley, Shinfield, Mortimer, Dinton Relays and TVXC home fixture. Also a joint home fixture in the vets athletic league. All have been successful thanks to the efforts put in by the race directors and all the volunteers. Our Track Friday races continue to be popular.

Our social scene is thriving. We've had more social events in 2018 than we've had for a number of years. The event type has been quite varied and there should have been something for everyone.

Volunteers continue to operate our reception desk at the track on a Wednesday evening. Some give up their session and some are injured. Some are ex-runners "giving something back". You may be surprised just how quick some of them were in younger days. We continue to operate a social after training and this requires a lot of effort to organise. Our kit sales continue at track and we have a wide range of items. This has resulted in us being recognisable as a club when we arrive at races.

We introduced an online membership renewal system a few years back. We tried a new system for 2018. You would be surprised just how much work is needed behind the scenes to get that working. We also have a card payment system in operation.

Our parent body, England Athletics, introduced an initiative aimed specifically at road running clubs - track clubs being excluded. The initiative is called Club Run and aims to help the club, it's runners and coaches. We applied for this at the end of 2017 and were fortunate to be accepted - many clubs are turned down. It consisted of three sessions from a top EA coach and these took place in early 2018. The first session back after the Christmas break was unfortunately stopped due to our very tragic track incident. The second session was a presentation and the third another track session. All three sessions were very well attended. We followed this up by organising another presentation recently. This might be something we could continue in the future.

parkrun is thriving. We don't organise them but there is a two way flow of runners between RR and parkrun. Some of our members are organisers and many of the runners join us. We now have four in the Reading area - Thames Valley Park, Woodley, Dinton Pastures and Prospect Park. It is hoped a fifth will start in 2019 at California Country Park.

We are attracting new members constantly and are now a huge club - so we must be doing something right. The Committee works hard to keep the whole operation running. I've been asked not to give a list of names, so haven't given any - BUT you all know who you are. Thank you for your efforts during 2018.

## Year end musings

### Sam Whalley

---

In 2018, I have felt...

- Impressed with those who have made big improvements
- Envious of those who continue to get PB after PB
- Motivated by those who have picked up overall and age category prizes
- Amazed by those who have broken club records in any discipline
- In awe of those who have earned a national vest
- Grateful to those who have turned out for team events on multiple occasions
- Proud of those teams who have won trophies on and off the road
- Delighted for those who have run their first marathon
- Inspired by those who have, literally, gone the extra mile and run ultras
- Empathy with those who have spent some of the year injured

Biggest achievements...

- Vet (over 35) team gold at the BBO XC Champs
- Over 60s team bronze at the SEAA Masters XC Champs
- Vet (over 35) team silver at Berkshire XC Champs

### Phil Reay

---

I love winning but what I'd also like to highlight is the camaraderie and the team spirit across the club.

- Our people giving their time, passion and skills to volunteer. Thanks to the committee, the coaches, the various event committees, the people who run the desk at track every week, those who contribute content to our website and newsletters, and of course to everyone who chooses to run in a Green Vest. Thank you.
- The Men's Vets Team won the Hampshire Cross Country League for the first time in our history beating over 30 other clubs in the process.
- On a perfect day in June, we won the Ridgeway Relay for the first time in 10 years setting a new course record.
- During the peak of the summer heat, we won the Runnymede Relays for the first time in our history.
- Our Senior Men were at their best to win the Berkshire XC Championships for the first time in 9 years.
- The team qualified from the SEAA Road Relays to reach the National Road Relays for the first time in our history.
- We achieved a top 20 finish (18<sup>th</sup>), our highest ever, in the British 10,000m Championships in London.
- Rob Corney had a phenomenal year setting 4 new club records. 5mile (25:42), 10K (31:25), Half Marathon (1:09:20) and Marathon (2:27:27)
- Martin Bush became only the second person in the UK to reach the milestone of running 1,000 marathons.

We've 337 men at the club, and I'd like to thank each of you for choosing to run for Reading Roadrunners. Enjoy the festive period with your loved ones. We have strength in depth, we have momentum, we have good people and I'm super motivated, hungry and have the desire to work towards an even more successful 2019.



## "In 1<sup>st</sup> place....Andy, James & Giggysy!"

Track Friday - Mile, 5km & (fun) Relay

Fergal Donnelly

Palmer Park Stadium, 23<sup>rd</sup> November 2018



Name	Club	Finish time (incl h'cap)	Penalty (outside predicted time)	Finish time (net time)
1 Lenaghan Andy	RJ	30.03	0	16.03
1 Lyne James	Uni	16.03	0	16.03
1 Giggs Ian	FR	20.03	0	16.03
4 Talib Joshua	Uni	18.04	0	16.04
5 Baskhit Anas	FR	24.05	0	16.05
6 Stiff Henry	Uni	18.10	0	16.10
7 Fassihinia Mo	FR	24.13	0	16.13
8 Ross Fiona	FR	25.16	0	16.16
9 Apsey Mark	FR	16.17	0	16.17
10 Hammond Sam	FR	20.18	0	16.18

[Andy (white top), James (black top) & Ian (blue top) all cross the line together]

It's not often you see a Results table like the one above - joint (triple) winners and a mere 15 seconds separating the top 10 runners.

Equally impressive that all listed, correctly predicted their estimated finishing time (to within 1 minute time range) thereby avoiding any time penalties, ensuring speed alone was no 'handicap' to finishing top of the pile.

Congratulations to **Andy Lenaghan** (Reading Joggers), **James Lyne** (University) and **Ian Giggs** (Reading Roadrunners) - joint winners of November's Handicap 5k!



[Mile start & runners completing laps in the 5km race]

Reading Roadrunners 13<sup>th</sup> 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 in fact a hotly contested & speedy affair with **Oscar Dickens** just pipping **Jacob Maddison** (both University) by the narrowest of margins - 4:59 vs. 5:00 mins, respectively.

**Joshua Talib** ensured a University treble finishing in 5:12 mins with **Robin Lomax**, a recent recruit, the first Roadrunner home in a time of 5:29 mins.

Reading Jogger, **Laura McBride**, was first female home in 7:28 mins with Roadrunner **Fiona Ross**, just behind, crossing the line in a PB time of 7:31 mins, aided and abetted by pacer **Andy Atkinson**.

In total, 24 runners competed with finishing times ranging between 5 – 9.5 mins approx. All bar three of the field went on to participate in the 5km race.

Next up was the blue-riband 5km race with a total of 41 runners taking part.

All set off on a staggered basis- counting down from 35 mins (1<sup>st</sup> starter) to 17 mins (final starters)- in accordance with their predicted finish times.

And with a time penalty of one minute to be added on for each minute competitors finished inside their predicted times the pressure was on not just to run well but to run consistently!

And so they did with 31 of 40 runners, an impressive 78% overall (vs 66% in previous handicap, in May), completing the race inside their estimated time range (of 1 minute).

With relatively few time penalties to be added an **incredibly close race** resulted with **39 of 40 runners finishing inside two minutes of each other** (34 of whom finished inside one minute of each other).

At one stage, runners crossed the line in such quick succession it proved difficult to manually record the times, though thankfully the race video was on hand to capture the finishing times and order.

And so we ended up with Track Friday's first ever 'dead heat' with joint triple winners, above.



[Relay start, Reading Joggers 'team' photo & refreshments being prepared by Volunteers]

Notable PBs included **Chris Burt**, another recent recruit, finishing in an excellent time of 18:58 mins\*. Likewise, **Sam Hammond** achieving his PB in 20:18 mins\* and there was just no stopping **Fiona Ross** who achieved her second PB of the evening, unaided this time, in a time of 25:16\* mins.

[\* denotes actual, non-handicap times]

Commiserations to **Heather Bowley** who ran well but miscounted and finished one lap short. She joins a large club of runners, professional athletes even, who have endured similar fates so no shortage of empathy for Heather. And well done, otherwise.



[Runners & volunteers at Track Friday event]

The (fun) 3 x 200m relay was the final race of the evening with five teams taking part.

Teams were selected in accordance with their earlier performances to ensure fairness. Needless to say, it didn't quite pan out that way with runners finishing almost equidistant to each other! Alan Williamson did try to even things up a bit, however, waiting on the finishing line before popping his head across to finish in 2<sup>nd</sup> position.

Congratulations to the winning team of **Dave Evans** (SRC), **Chris Manton & Robbie Kaiser**.

Refreshments in the clubhouse afterwards went down a treat and thanks to those who baked and brought food to share. A total of £39.82 was raised for club charity **No. 5 Counselling**, gratefully received by co-ordinator Kerry Eastwood.

Finally, big thanks to our wonderful team of Volunteers for bringing another **Track** Friday to you. A top, top performance as always and very much appreciated.

### **Track Friday, 2019 schedule - to be published, Jan '19**

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

[https://www.flickr.com/photos/john\\_bailey2/45108189065/in/pool-3552029@N20/](https://www.flickr.com/photos/john_bailey2/45108189065/in/pool-3552029@N20/)

[https://www.flickr.com/photos/john\\_bailey2/46019666091/in/pool-f5k/](https://www.flickr.com/photos/john_bailey2/46019666091/in/pool-f5k/)

[https://www.flickr.com/photos/john\\_bailey2/45108284095/in/pool-3552029@N20/](https://www.flickr.com/photos/john_bailey2/45108284095/in/pool-3552029@N20/)

[https://www.flickr.com/photos/john\\_bailey2/45970062102/in/pool-3552029@N20/](https://www.flickr.com/photos/john_bailey2/45970062102/in/pool-3552029@N20/)

[https://www.flickr.com/photos/john\\_bailey2/46019848031/in/pool-f5k/](https://www.flickr.com/photos/john_bailey2/46019848031/in/pool-f5k/)

[https://www.flickr.com/photos/john\\_bailey2/46019667001/in/pool-3552029@N20/](https://www.flickr.com/photos/john_bailey2/46019667001/in/pool-3552029@N20/)

[https://www.flickr.com/photos/john\\_bailey2/45970317602/in/pool-f5k/](https://www.flickr.com/photos/john_bailey2/45970317602/in/pool-f5k/)

## **Dusseldorf Marathon 2019**

### **Phil Reay**

Reading and Düsseldorf have had a special relationship since 1947 and have been twinned since 1975. You can read more on that here: <http://www.reading-dusseldorf.org.uk/>

We've been working with the Reading Düsseldorf Association (RDA) who have invited runners in Reading to run the Düsseldorf Marathon.

The METRO Group Marathon in Düsseldorf is on Sunday 28 April 2019, and we were delighted the kind people at RDA were able to offer Reading Roadrunners four places in the Marathon. The City of Düsseldorf will also, generously cover the cost of race entry, accommodation (hostel) and local transport.

There were 13 interested members so a ballot was held after track on 12 December to determine the four who would be allocated the places. Congratulations to **Ashley Middlewick, David Caswell, Sarah Hicks** and **Kerry Eastwood** who will represent our club in Germany next year.



## Roadrunners Race Results

### David Dibben

THE results desk brings you glad Christmas tidings, with the club celebrating carrying off the senior men's title in the Berkshire Cross Country Championships held at Pangbourne.

**Rob Corney**, who took the individual second place, said: "Taking the county title for the first time in eight years is a great result and shows the strength of our squad."

So let's hear it for Rob, **Mark Apsey**, **Jack Gregory**, **Chris Lucas**, **David McCoy** and **Ashley Middlewick**, all six scorers finishing in the top 18, plus **Chris Burt** and **Grant Hopkins**, who pushed other teams' potential scorers further down the list.

There was another great result for the club in the fourth-place finish in the Under 17 race by our top youngster **James Rennie**, which clinched him a county vest.

And Roadrunners veteran ladies team of **Helen Pool**, **Nicole Rickett**, **Lesley Whiley** and **Susan Knight** won silver medals, as did our veteran men, led home by second-placed vet **Mark Worringham**.

#### November 17th

##### Windsor Autumn Half Marathon

Pos	Name	Chip
18	Alex Warner	1:21.37

##### Kendal Mountain Festival 10k

Pos	Name	Chip
97	James Lockhart	52.35

#### November 18th

##### Bangkok Marathon

Pos	Name	Chip
263	Grant Hopkins	4:07.56

##### Larnaca Marathon

Pos	Name	Chip
13	Ashley Middlewick	3:10.02
22	Brian Kirsopp	3:23.30

66	Ian Giggs	3:50.23
81	Dean Allaway	3:58.27
137	Paul Monaghan	4:20.58
138	Caroline Jackson	4:20.58
146	Martin Bush	4:29.46
185	Pete Morris	5:10.44

##### Larnaca Half Marathon

Pos	Name	Chip
162	Mel Silvey	1:49.49
484	Cathrin Westerwelle	2:24.01
488	Angelique Haswell	2:25.52
514	Linda Wright	2:36.13

##### Larnaca 10k

Pos	Name	Chip
191	David Gillard	55.20
239	Gill Gillard	58.11
299	Adele Graham	1:02.21
494	Sheryl Higgs	1:46.35
495	Peter Higgs	1:46.36

##### Larnaca 5k

Pos	Name	Chip
266	Jane Silvey	39.34

#### November 22nd

##### Wobble Before You Gobble 10k (Reno)

Pos	Name	Chip
43	Joe Blair	46.11 1st M60

**November 23rd****Track Friday Mile**

Pos	Name	Gun				
1	Oscar Dickens (Univ)	4.59	4	Joshua Talib	Uni	16.04 18.04
2	Jacob Maddison (Univ)	5.00	5	Anas Baskhit	RR	16.05 24.05
3	Joshua Talib (Univ)	5.12	6	Henry Stiff	Uni	16.10 18.10
4	Robin Lomax	5.29	7	Mo Fassihinia	RR	16.13 24.13
5	Brian Kirsopp	5.47	8	Fiona Ross	RR	16.16 25.16 PB
6	Robbie Kaiser	5.50	9	Mark Apsey	RR	16.17 16.17
7	Derek Cheng	6.25	10	Sam Hammond	RR	16.18 20.18 PB
8	Dan Whittaker	6.28	11	Gina Hopkins	RJ	16.23 27.23
9	Sahan Jinadasa	6.52	12	Martin Douglas	RR	16.25 23.25
10	Huw Wright (guest)	6.57	13	Andy Atkinson	RR	16.25 24.26
11	Martin Douglas	7.11	14	Huw Wright	Guest	16.27 23.27
12	Mo Fassihinia	7.17	15	Nick Adley	RR	16.28 24.28
13	Anas Baskhit	7.18	15	Chloe Dearman	Uni	16.28 21.28
14	Laura McBride (Joggers)	7.28	17	David Evans	SRC	16.30 30.30
15	Andy Atknsn	7.30	18	Pete Morris	RR	16.31 24.31
16	Fiona Ross	7.31 PB	18	Sahan Jinadasa	RR	16.31 22.31
17	Simon Riviere (Joggers)	7.54	20	James Fox	Uni	16.32 17.32
18	Pete Morris	7.54	21	Sean Jones	BFR	16.33 25.33
19	Gina Hopkins (Joggers)	8.13	22	Sarah Dooley	RR	16.36 21.36
20	John Bowley	8.35	23	Ryan Canizo	Uni	16.38 21.38
21	Andy Leneghan (Joggers)	8.55	24	Robbie Kaiser	RR	16.40 21.40
22	David Evans (SRC)	9.05	24	Sev Konieczny	RR	16.40 29.40
23	Montse Perez (Joggers)	9.20	26	Kathy Tytler	RR	16.43 32.43
24	Heather Bowley	9.24	26	Richard Usher	RR	16.43 19.43
			28	Derek Cheng	RR	16.54 22.54
			29	Dan Whittaker	RR	16.55 20.55
			30	Andy Pitts	BFR	16.57 29.57

**Track Friday 5k**

Name	Club	Handicap time	Actual time			
1 Andy Lenaghan	RJ	16.03	30.03	31 Chris Burt	RR	16.58 18.58 PB
1 James Lyne	Uni	16.03	16.03	32 Oscar Dickens	Uni	16.59 17.59
1 Ian Giggs	RR	16.03	20.03	33 Jacob Maddison	Uni	17.00 18.00
				33 Montse Perez	RJ	17.08 33.00
				35 Chris Manton	RR	17.08 22.08
				36 Alan Williamson	RR	17.24 22.24

37	Laura McBride	RJ	17.41	25.41	15	Stephen Ridley	35.09
38	Simon Riviere	RJ	17.50	27.50	19	Brendan Morris	35.26
39	Angelique Haswell	RR	17.52	28.52	28	Fergal Donnelly	36.32
40	Gill Manton	RR	19.33	37.33	45	Chris Burt	37.19

**November 24th****Cyprus Trail Half Marathon**

Pos	Name	Chip	
31	Ashley Middlewick	1:30.14	

**November 25th****Eynsham 10k**

Pos	Name	Chip	
26	Chris Lucas	36.06	
69	Ashley Middlewick	39.04	
98	Pete Jewell	39.58	
129	Helen Pool	41.19	
268	David Dibben	47.21	
595	Jill Dibben	1:16.36 PB	

**San Sebastian Marathon**

Pos	Name	Chip	
1744	Andrew Butler	3:55.27	

**Florence Marathon**

Pos	Name	Chip	
5964	Christina Calderon	4:23.06	
6747	Phil Reay	4:43.27	

**Thames Valley Cross-Country League (Race 5, Sandhurst)**

Pos	Name	Gun	
2	Rob Corney	30.59	
11	David McCoy (Snr)	34.44	

47	Chantal Percival	37.28 1st lady
50	Paddy Hayes	38.03
52	Andy Blenkinsop	38.11
59	Brian Kirsopp	39.02
61	Ian Giggs	39.32
64	Richard Usher	40.02
66	Chris Buley	40.07
67	Matt Davies	40.21
72	Calum Baugh	40.42
76	Stuart Jones	41.02
78	Gemma Buley	41.07
83	Mark Andrew	41.20
85	Bill Watson	41.27
99	Sarah McDade	42.25
109	Ash Jeggo	43.25
117	David Caswell	43.57
126	Mary Janssen	44.34
131	Simon Peralta	44.53
147	David Walkley	45.34
152	Vince Williams	45.57
163	Dean Allaway	46.27
164	Peter Cook (guest)	46.28
168	Alan Williamson	46.39
170	Nicole Rickett	46.43
171	Ivan Harding	46.44
177	Pip White	47.03
182	Peter Reilly	47.16
209	Tom Wright	48.59
212	Daniel Coleman	49.10



237	Angela Burley	50.48
239	Michael Howard	50.57
240	Dan Rickett	51.04
249	Chris Manton	51.55
257	Pete Morris	52.22
271	Sam Whalley	53.14
273	Catherine Leather	53.16
274	Martin Douglas	53.19
276	Jim Kiddie	53.29
277	Andy Atkinson	53.31
287	Sally Carpenter	54.17
288	Jo Sollesse	54.19
305	Chloe Lloyd	55.50
316	John Bailey	57.40
329	Miriam Coleman	59.22
331	Claire Seymour	59.29
343	Sandy Sheppard	1.00.06
356	Liz Fletcher	1:01.28
360	Harriet Turner	1:01.56
361	Charley Caswell	1:02.07
367	Paul Young	1:02.49
376	Maureen Sweeney	1:05.30
380	Catherine Douglas	1:07.22
382	Veronica Andrew	1:07.56
384	Lorraine Bailey	1:09.00
385	Juliet Fenwick	1:10.25
386	Kerry Eastwood	1:10.30
391	Tom Harrison	1:10.48
394	Sue Jones (guest)	1:11.13
395	Linda Booth	1:11.16
398	Peter Higgs	1:12.12
401	Cecilia Csemiczky	1:13.18
404	Kathy Tytler	1:14.46

410 Linda Wright 1:23.30

411 Gill Manton. 1.30.18

**Men's scorers:** 2 Corney, 11 McCoy, 15 Ridley,  
19 B Morris, 28 Donnelly, 51 Blenkinsop. Total 126.

**Roadrunners 2nd.**

**Ladies scorers:** 1 Percival, 4 Buley, 5 McDade,  
15 Janssen. Total 25. **Roadrunners 1st.**

**Overall: Roadrunners 1st.**

## December 1st

### Hampshire Cross-Country League (Race 3, Popham)

#### Men's race

Pos	Name	Gun
5	Rob Corney	34.05
14	Mark Apsey	35.46
18 (v2)	Ben Paviour	36.05
22 (v3)	Mark Worringham	36.18
34	Jack Gregory	37.34
43 (v8)	Lance Nortcliff	38.03
52	David McCoy (Snr)	38.17
90 (v22)	Andrew Smith	39.55
115 (v34)	Pete Jewell	41.31
119	Matt Davies	41.49
143 (v46)	Mark Dibben	43.22
147	Chris Buley	43.38
239	David Walkley	50.29
243 (v118)	Alan Williamson	50.57
263	Nick Adley	58.11

**Roadrunners team positions:** Seniors 3rd, Vets 1st.

#### Women's race

Pos	Name	Gun
17	Gemma Buley	25.23
41	Helen Pool	27.32

80	Nicole Rickett	30.05
96	Katie Rennie	31.49
106	Sam Whalley	32.27
114	Claire Seymour	33.09
118	Alex Bennell	33.37
158	Cecilia Csemiczky	42.02

**Roadrunners team positions:** Seniors 12th, Vets 9th.

### Nottingham Christmas Marathon

Pos	Name	Chip
43	Alan Freer	3:33.26 2nd M60

### December 2nd

#### Valencia Marathon

Pos	Name	Chip
6470	David Clay	3:23.55 PB
14159	Matthew Brown	4:04.54

#### Valencia 10k

Pos	Name	Chip
2434	Elizabeth Johnson	48.58

#### Mapledurham 10k

Pos	Name	Chip
7	Ed Dodwell	44.54 1st M60
12	Sophie Hoskins	48.10 2nd lady
24	Julie Rainbow	50.13 1st F50
77	Martin Douglas	57.47
102	Chloe Lloyd	1:00.59
151	Anthony Eastaway	1:08.31
160	Catherine Douglas	1:10.46

### Mapledurham 10 miles

Pos	Name	Chip
1	Rob Corney	58.03
3	Chris Shannon	1:03.47
9	Alex Warner	1:07.05
12	Andy Morgan	1:10.00
33	Mike Grinsted	1:14.41
66	Julian Hough	1:20.31
84	Joe Blair	1:23.37
143	David Walkley	1:31.47
166	Pete Morris	1:35.48
171	Jo Sollesse	1:36.21
196	Veronika Royle	1:40.48
197	Tony Long	1:40.45
198	Ian McGuinness	1:40.47
199	Holly Towers	1:40.47
200	Lee Hinton	1:40.46
201	Simon Brimacombe	1:40.46
224	Angie Harper	1:47.17
243	Rita Dykes	1:53.09
256	Trisha Arnold	2:03.37

### December 8th

#### Lanzarote Marathon

Pos	Name	Chip
15	Ashley Middlewick	2:57.50 PB
207	Caroline Jackson	4:00.54
295	Paul Monaghan	4:21.22
373	Martin Bush	4:37.25
573	Pete Morris	5:50.46

#### Lanzarote Half Marathon

Pos	Name	Chip
863	Julie Wing	3:02.55
871	Stephen Wing	3:11.57

**SEAA Masters Cross Country Championships****Ladies race**

Pos	Name	Gun
27	Jane Davies	27.56 1st F60+
32	Helen Pool	28.26
76	Angela Burley	31.49
82	Susan Knight	32.43
86	Sam Whalley	33.19
89	Nicola Gillard	33.38
96	Claire Seymour	34.16
119	Liz Atkinson	42.32
120	Cecilia Csemiczky	42.40
122	Kathy Tytler	43.19

**Men's race**

Pos	Name	Gun
115	Peter Aked	39.33
150	Mark Andrew	41.39
156	Tim Grant	42.09
158	Colin Cottell	42.14
168	Alan Freer	43.00
187	David Fiddes	44.18
214	Andy Atkinson	50.39

**December 9th****Milton Keynes Winter Half Marathon**

Pos	Name	Chip
140	Clive Alderson	1:31.21
605	Paul Carter	1:49.33
671	Peter Cave	1:51.23
790	Alice Carpenter	1:55.08

**Andy Reading 10k**

Pos	Name	Chip
59	Nigel Hoult	41.40 2nd M60

**Tadley Xmas Cross Country**

Pos	Name	Chip
12	Brian Kirsopp	41.46 1st M50
20	Tony Long	43.12
38	Dean Allaway	47.33
41	Peter Reilly	48.03
66	Nick Adley	52.37
81	Lee Hinton	54.39
82	Holly Towers	54.39
83	Catherine Leather	54.41
84	Ian McGuinness	54.41
112	Kerry Eastwood	1:02.40
142	Maureen Sweeney	1:05.22
152	Sev Konieczny	1:16.26
153	Kathy Tytler	1:17.48
154	Trishia Arnold	1:20.36
163	Kerry French	1:25.03

**December 11th****Waterfront 5k (Wellington, NZ)**

Pos	Name	Chip
2	Jane Copland	19.52

**December 13th****Dinton Challenge Marathon**

Pos	Name	Chip
27	Martin Bush	5:14.23

**December 16th****Berkshire Cross Country Championships****Senior men**

Pos	Name	Gun
2	Rob Corney	38.35
5	Mark Apsey	40.00



8	Jack Gregory	40.53
12	Chris Lucas	42.39
13	David McCoy (Snr)	42.44
18	Ashley Middlewick	44.37
22	Chris Burt	45.36
24	Grant Hopkins	47.21

**Team:** Roadrunners 1st

#### **Veteran men**

Pos	Name	Gun
2	Mark Worringham	41.07
11	Ben Whalley	45.40
12	Andy Blenkinsop	45.54
15	Brian Kirsopp	46.32
16	Pete Jewell	46.43
17	Andrew Smith	47.59
21	Tim Grant	51.48
23	David Caswell	52.43
28	Brian Curtayne	55.45
31	Nick Adley	71.11

**Team:** Roadrunners 2nd

#### **Under 17 men**

Pos	Name	Gun
4	James Rennie	18.25

#### **Veteran women**

Pos	Name	Gun
5	Helen Pool	34.57
7	Nicole Rickett	37.55
9	Lesley Whiley	38.15
10	Susan Knight	39.46

**Team:** Roadrunners 2nd

#### **Muddy Welly 10k**

Pos	Name	Chip
16	Andy Morgan	39.07

38	Ed Dodwell	42.52 1st M60
60	Sophie Hoskins	44.52
93	David Walkley	46.49
97	Joe Blair	47.04
174	Joanne Sollesse	52.59
189	Judith Ritchie	54.47
201	Rachel Helsby	55.44 PB
322	Kevin Strong	1:04.20
326	Catherine Douglas	1:04.44
334	Justin Watkins	1:05.23
347	Sev Konieczny	1:06.32

#### **Westonbirt House Christmas 10k**

Pos	Name	Chip
324	Kerry Eastwood	58.22

#### **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:	Katherine Sargeant	3:09.14

##### **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 4 DECEMBER 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

Nicole, Simon, Tom

#### Correction to Previous Minutes

The minutes of the November meeting wrongly stated that the Club is responsible for mounting the 2019 BBO XC match and that we were to recruit a Race Director for the event. This should have referred to the 2019 Berkshire XC Championship.

#### Minutes of the previous meeting

Other than regarding the stated correction, the minutes of the previous meeting were proposed as a true record by Roger, seconded by Hannah.

Matters arising from the minutes of the previous meeting

**Shinfield 10K finances.** No progress regarding finalising the Shinfield accounts.

**Dinton Relays.** Having considered potential courses, Roger suggested that Woodford Park, Woodley would offer a suitable alternative venue for the Dinton Relays. Roger will now develop the concept into a concrete proposition.

**Transition of Club officials.** In view of the number of changes needing to take place, the minutes will include a table of vacancies until the situation is resolved.

#### Chairman's report

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

- 10Nov Hants XC: Aldershot
- 11Nov TVXC: Datchet
- 12Nov Second First Aid Course
- 17Nov Social: Bombay Sapphire tour
- 18Nov BBO XC: Newbury
- 23Nov Track Friday

- 25Nov TVXC: Sandhurst
- 29Nov Social: 42<sup>nd</sup> Street trip
- 01Dec Hants XC: Popham
- 02Dec TVXC: Handy Cross

Notable forthcoming events include:

- 08Dec Social: Xmas party
- 08Dec SEAA Masters XC
- 16Dec Berks XC: Pangbourne
- 19Dec Mince pies & mulled wine after the track session
- 26Dec Track closed
- 28Dec Track closed
- 30Dec Champs: Gutbuster 10
- 12Jan Hants XC: Reading
- 20Jan TVXC: Tadley

Carl noted that both the Club and Marshals' draws for guaranteed London Marathon places have taken place, the lucky recipients have been advised, and their details have been entered into the respective LM portals.

#### **Treasurer's report**

Nothing to report.

#### **General Secretary's Report**

**London Marathon coaches.** Bob reported that he has booked the coaches to take runners, marshals and spectators to the 2019 London Marathon: same arrangements and cost as this year. Bookings will be taken from February.

**Membership cards.** Bob has ordered pre-printed and blank 2019 membership cards, which are due to be delivered 05Dec18, together with 2019 membership application forms.

**Rule amendments.** Bob has drafted a small number of changes to the Rules to be presented to the 2019 AGM for ratification. The need for these changes arose first from a member's petition and, secondly, to enable the Coaching Co-ordinator to be appointed annually by a ballot amongst the Club's coaches. The draft amendments were discussed and agreed.

#### **Membership Secretary's Report**

Nine new members joined since the last meeting.

#### **Social Secretary's Report**

**Recent events.** Hannah reported that both the trip to the Bombay Sapphire Distillery and the theatre trip to see 42<sup>nd</sup> Street went well.

**Dinner Dance 2Feb19.** The next planned social event will be the annual Dinner Dance at Sonning Golf Club. Tickets are available from Hannah and the Club desk at Wednesday track sessions.

#### **Coaching Report**

Nothing to report.



**ANY OTHER BUSINESS**

**1000<sup>th</sup> Marathon achievement!** Paul advised that Martin Bush will run his 1000<sup>th</sup> marathon on 9 Dec18 and proposed that the Club should recognise this astounding achievement. The Committee agreed that Paul should purchase a trophy to be presented to Martin on behalf of the Club. Congratulations to Martin.

**Brighton Marathon.** At the time of the meeting, Bob had received seven expressions of interest in the Club's ten guaranteed places in the Brighton Marathon. If no more than ten requests have been received by 16Dec18, all requests will be fulfilled.

**Shinfield 10K.** Paul reported a request by the Shinfield 10K Committee to include the Club logo on the 2019 medal, which was agreed.

**Club ballots for London Marathon places.** Carl has received a detailed proposal from a member to alter the way the Club conducts ballots for the guaranteed places it receives, both Club and marshalling places. The Committee discussed the proposal but concluded that it was overly complex for little benefit.

However, specifically regarding ballots for Club places, the Committee agreed that future ballots should exclude any member who received a place from the respective Club ballot in the previous year.

Volunteers required

Volunteers are needed to fulfil the following roles in the coming weeks. Members are invited to contact Carl and/or Bob for details of what the roles entail and to put their names forward.

- Chairman
- Social Secretary
- Dinton/Woodford Park Race Director
- Berks XC Champs Race Director
- SCVAC Track & Field Co-ordinator

Members can stand for any Committee post at the AGM: entry forms will be available in advance of the AGM.

Door Rota

05Dec Shirley & Sandy 12Dec Anne & Janice 19Dec Anne & Shirley

02Jan Anne & Shirley 07Jan TBD

**DONM:** 8Jan19

*Main Club contact points:*

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

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

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

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

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

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

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

## Berkshire Cross Country Championship 2018/19





## Reading Roadrunners will run for cake

