

NEWSLETTER

JANUARY 2019



Roadrunners making easy work of Cliveden's 172 steps



Catherine Leather and Liz Ganpatsingh show their delight at completing Cliveden's 172 steps for the second time. Ian Giggs shows how to approach the challenge while Keith Ellis focuses on striding out at the top.

Pics from Chris Drew



Chairman Chat

Carl Woffington



Our Christmas and New Year celebrations came and went in a flash. They seem an age ago now. Similarly, it doesn't seem that long ago we were looking forward to the cross country season and now we are approaching the last few races. However, the cross country season continues.

Hampshire League - We had the fixture at Prospect Park, Reading on 12th Jan. The last remaining fixture is the Dibden fixture on 9th Feb.

TVXC - We've had the Tadley fixture on 20th Jan. The last fixture is Bracknell on 3rd Feb.

Regional Races:- We've had the Berks Champs at Pangbourne on 16th Dec. By the time you read this we will have had the SEAA race at Parliament Hill on 26th Jan.

The 2018 Club Championship came to an end with the final race in the series being the Gutbuster. The first race in the 2019 Champs is the Wokingham ½ on 24th Feb.

Our Socials continued. We had Mince Pies and Mulled Wine after the track session on 19th Dec.

Tickets have been sold for our Dinner Dance on 2nd Feb.

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

We are also supplying a team of marshals for the Wokingham ½ on 24th Feb.

A little further ahead we have the RR AGM on 12th Mar. Please put the date in your diary and watch out for further details.

Editors notes

Peter Reilly

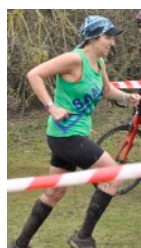
Slim pickings this month, not even a Paul Monaghan/Caroline Jackson marathon adventure. Fortunately, in addition to the usual reports we have a Championship Report from Bob Thomas while Katherine Sargeant talks about her big career change.

There is a stack of race reports written by Sam Whalley over on the club website if you are needing inspiration for your next race.

Speaking of keeping going, I notice that the Roadrunners in the Buff Calendar finishes this month. Thank you to all the brave ladies pictured in the calendar who have kept me going as I sit at my desk compiling the newsletter each month. Unrelated to the Roadrunners in the Buff Calendar ending but due to other commitments, I will be giving up as Newsletter Editor as soon as a replacement can be found. If you are interested in picking up the editors pen please feel free to talk to either Carl Woffington or myself.

Ladies' Captain's Report

Sam Whalley



This past month has mostly been about the off-road stuff, whether it be cross country, trail, full of steps or gut busting. It is definitely the time for races of odd distances, and those which come up a bit short, or, perish the thought, a bit long.

PBs are definitely few and far between; in fact, the only one I am aware of this month, is the 40:59 recorded by **Helen Pool** at the Hyde Park New Year's Day 10k run, while **Claire Seymour** must have been pleased with yet another sub 50 run. Helen went on to pick up the prize for first FV40 at the Woodcote 10k the following week, and **Jane Davies** was first FV60. Pretty good going for the 'toughest 10k in the South Chilterns'. I wonder if it is tougher than the 'scenic but testing' Cliveden XC 10k, with its 2x172 steps?

10k is never enough for some. **Lorraine Bailey** went to the Netherlands for the Ameland Adventure Run, Half Marathon version. Meanwhile, **Trisha Arnold** and **Kerry Eastwood** were involved in the Saturn Running Run Home event, which I still don't quite understand, but which seems to be some kind of multi-distance race, with Trisha obviously a stickler for details, and running the 13.1 miles, while Kerry covered 9.8 miles. I don't think we keep records for 9.8 mile PBs, but I bet that was one.

The club championship reached its climax with the Gutbuster 10 mile race. I don't know about anyone else, but, in the summer, I find the thought of running a gruelling 10 mile off-road race between Christmas and New Year very appealing. 'It'll be just what I need after a period of indulgence', I think to myself. So why then, did I find myself questioning what on earth I was doing, for the fourth year in a row? Well this year it was undoubtedly the element of competition. Prior to the race I was level on points with **Catherine Leather**, with both of us sitting below **Paloma Crayford**. **Katherine Sargeant** and **Tracey Hicks** had long since had the top two places in the 45-54 category sewn up. With Paloma a no-show, it was only Catherine I had to keep in my sights. I knew this would be difficult, having been injured, and with Catherine totally marathon fit. As I saw her disappear into the distance at two miles, I occupied myself with a little mental arithmetic. I realised I didn't have to beat Catherine; finishing the race behind her would be sufficient to leapfrog into third place. I enjoyed it much more after that. (Sorry, Catherine.) (Not sorry.)

Gemma Buley was the only runner in the seniors age category, and secured her place at the top of the table. In the 35-44s, **Liz Ganpatsingh** thought she had ended the year in second, but the minor detail of chip times meant that she had in fact done enough to jump to first place in the category, despite finishing behind **Sarah Harford** and **Jo Sollesse**. **Fleur Denton** and **Mel Shaw** taking second and third in the age group, and with Mel having been out for months with a knee injury, this must have been a small comfort.

None of the 55-59 trophy contenders ran in this race, although **Susan Knight** had a really good run in road shoes, finishing inside 1 hour 30, which is something I have yet to manage. **Sarah Bate** finished on top, followed by **Maria Norville** and **Adele Graham**. In the 60-64, **Linda Wright** had only to record a result to be the last woman standing in the category. None of the 65-69 or 70+ women raced either, so the results stood that **Heather Bowley** and **Liz Atkinson** would be first and second, respectively, in the former, while **Cecilia Csemiczky** was the sole recipient of a prize, and therefore first, in the latter.

Well done to everyone who competed in the club championship. I look forward to seeing which races Bob has chosen for 2019; it certainly makes me enter a wider variety, and travel a bit further.

Parliament Hill has to be the highlight of the XC calendar, and we sent a team of 10 Senior women, and one Under 20 to this race. The star of the show was the ever-improving **Gemma Buley**, who finished 86th, out of a huge field of almost 700. Pretty impressive.

We can easily say that XC has been more popular within the club this season. We have had a number of newcomers, and it would be fantastic to see even more. With no takers for the National XC Champs in Leeds, our final fixtures of the season will be the TVXC in Lightwater Country Park, on Sunday 3rd February, and the Hampshire League at Dibden Inclosure in the New Forest, on Saturday 9th February. The more, the merrier.

As we go to press, **Alex Bennell** has knocked another few seconds off her sub 2 half marathon time, with 1:59:01 - well done Alex.

Mens Captain's Report

Phil Reay



Wishing you all a Happy New Year. It's pleasing to see that the club has continued where it left off from last year with some memorable performances and in particular lots of new faces racing in the Cross Country Fixtures.

It feels like a club on the up and there's a really good vibe at events, evidenced by the huge turnouts. A sea of Green Vests descended on Prospect Park for what was our largest ever attendance at a Hampshire Cross Country League fixture. Thanks to all 70 members who ran, supported and volunteered on the day. Seniors, Vets, Male, Female, new faces to XC, members who have been at the club months through to members who've been with the club twenty years. Together. Great camaraderie. ONE TEAM. It was our greatest ever performance in 18 years of the competition with our Vet Men winning and our Senior Men finishing in second place in Division 1. The final fixture is at Dibden Enclosure on 9 February where our Vet Men will be out to retain their title and our Senior Men will be chasing a realistic overall 3rd place finish in Division 1, which would be our highest ever.



pic: Green Vests at the Prospect Park Hampshire Cross Country League Fixture

We had another good attendance at the penultimate TVXC fixture where we sit 2nd from 15 teams in the league table. Bracknell are hosts of the final fixture on 3 February and I hope to see as many of you there as possible. Let's finish this league season on a high.

Congratulations to all of you who travelled to and conquered Parliament Hill. I was on a pre-booked holiday to visit family so unable to attend, however I've heard how enjoyable it was, how good the team spirit was on the bus and was impressed with the Men's overall 22nd place in this tough competition.

For more information, Ladies Captain Sam Whalley has written excellent reports on the TVXC and Hampshire League Fixtures as well as the South of England Cross Country Championships. Please visit <http://readingroadrunners.org/>

Away from Cross Country the year kicked off with 10K races at Woodcote and Cliveden, both attracting plenty of Green Vests. At the former **David McCoy** was 3rd overall with Age Category wins for **Mark Dibben** (V40), **Brian Kirsopp** (V50) and **Ed Dodwell** (V60)



pics: Woodcote 10K prize winners: D. McCoy, M Dibben, B Kirsopp and Ed Dodwell

Some of you have already headed to warmer climates and ran a marathon this year. Congratulations to **Ashley Middlewick** for yet another PB, this time at Murcia Marathon and a time of 2:56:33. Meanwhile in Gran Canaria, **Paul Monaghan** was back in action but it was **Tonye Ngoye** who grabbed the headlines running 3:48:29 in his first ever marathon.

pic: Tonye with wife Amandine at Gran Canaria Marathon.



The 2018 Club Championships concluded with The Gutbuster at the end of December. It's been a relatively dry winter so there was much disappointment with the lack of mud this year. Well done to everyone who ran in that event and the Championships. The Men's Category winners were: **Rob Corney** (Senior Men), **Andrew Smith & Ben Whalley** (joint 1st V40), **Brian Kirsopp** (V50), **Alan Freer** (V60), **Andrew Atkinson** (V65), **Jim Kiddie** (V70), **Tom Harrison** (V80). For full results please see Bob's article later in this newsletter.

I look forward to seeing many of you at our Annual Dinner Dance on 2 February 2019 where the 2018 Club Championship Awards will also be presented. If you've any stories to share then please get in touch at teamcaptains@readingroadrunners.org

And finally.....

.....I'll be standing down from the Men's Team Captain role at the AGM in March. I've had the privilege of doing the role for two years in which time it's been inspiring to see members improve, enjoy themselves, form new friendships and represent the club with pride at numerous events. I'm proud the team have won several trophies over the last two years, but the highlight for me is that I've got to know so many wonderful people I may otherwise not have.

Thank you to the committee for their support and to those who voted for me at the previous two AGMs for the opportunity, as well as Ladies Captain Sam and everyone at the club for making the role a pleasure to do.

I'll continue to perform my captains duties until the AGM and make myself available to speak with potential successors. Please get in touch with Carl or myself if you're interested.

2018 Club Championships

Bob Thomas

Well done to everyone who took part in the 2018 Club Championships and congratulations to the trophy winners. I hope members found it an interesting mix of races, not least the Hurstbourne 5, which is the toughest 5 miler I've done for a while. So tough, in fact, that I'm thinking of nominating it again so more members can enjoy its charms.

I'd also like to apologise to the members who ran the Gutbuster 10 at New Year – insufficient mud, few flooded farm tracks, and the lazy farmer hadn't even bothered to plough the last 400m uphill to the finish this year.

I'm working on this year's race schedule, with only the Wokingham Half Marathon confirmed so far. Slight change in the rules this year: anyone who scores in the WHM but who subsequently doesn't renew their membership will be retrospectively disqualified from the Championship so that their scores don't influence the results for the rest of the competition.

The Marathon Championship leaderboard is consolidated from an amazing 331 race results posted from 82 separate marathons by an equally amazing 155 individual members. As ever, Martin Bush put in the highest number of results at 34 (that I know of) and, of course, one of those was his 1000th marathon! Other members posting double figure marathon results were Caroline Jackson, Paul Monaghan and Pete Morris.

The full list of winners is contained on the next few pages.

Tentative 2019 Championship schedule

To be confirmed shortly, the draft 2019 race schedule is shaping up as follows:

Feb	24	Wokingham HM	Berks Champs race
Apr	19	Maidenhead 10	Berks Champs race
May	04	Hurstbourne 5 (MT)	By special request
	12	Marlow 5	Berks Champs race
Jun	02	Kintbury 5	
	09	Hampshire Hoppit HM (MT)	
Jul	07	Burford Bolt 10K (MT)	
Aug	11	Burnham Beeches 10K	Berks Champs race
Sep	15	Swallowfield 10K	
Oct	06	Basingstoke HM	
	27	Ricky Road 10	Date to be confirmed
Dec	01	Mapledurham 10 (MT)	

As ever, the choice is limited by what races have yet advertised 2019 dates and the need to fit in around various constraints such as VLM, Ridgeway Relay, Bramley, Shinfield, Mortimer and a preference to spread the races across the calendar.

2018 Trophy Winners

Road & Multi Terrain Championships		Marathon Championships
Senior Ladies		Senior Ladies
1. Gemma Buley		1. Sarah McDade - London
2. Chloe Lloyd		2. Gemma Buley - Abingdon
3. Helen Dixon		3. Lucy Hale - Abingdon
Ladies Vet 35		Ladies Vet 35
1. Liz Ganpatsingh		1. Erica Key - Abingdon
2. Fleur Denton		2. Sarah Dooley - Abingdon
3. Melanie Shaw		3. Loretta Briggs - Dorney Lake
Ladies Vet 45		Ladies Vet 45
1. Katherine Sargeant		1. Katherine Sargeant
2. Tracey Hicks		2. Caroline Hoskins
3. Sam Whalley		3. Mary Janssen
Ladies Vet 55		Ladies Vet 55
1. Sarah Bate		1. Jane Davies - Chester
2. Maria Norville		2. Liz Jones - Abingdon
3. Adele Graham		3. Susan Knight - Edinburgh
Ladies Vet 60		Ladies Vet 60
1. Linda Wright		1. Sian James - Dorset Osser
		2. Lorraine Bailey - Brighton
		3. Kathy Tytler - London
Ladies Vet 65		Ladies Vet 65
1. Heather Bowley		1. Liz Atkinson - Berlin
2. Liz Atkinson		
Ladies Vet 70		
1. Cecilia Csemiczky		

Road & Multi Terrain Championships		Marathon Championships
Senior Men		Senior Men
1.	Rob Corney	1. Rob Corney - Berlin
2.	Chris Buley	2. Matthew Richards - Chicago
3.	Ian Giggs	3. Jack Gregory - Yorkshire
Men Vet 40		Men Vet 40
1=.	Andrew Smith	1. Mark Worringham - Brighton
1=.	Ben Whalley	2. Seb Briggs - London
3.	Tony Long	3. Jamie Cole - London
Men Vet 50		Men Vet 50
1.	Brian Kirsopp	1. Brian Kirsopp - Run Home
2.	David Fiddes	2. Peter Aked - London
3=	David Caswell	3. Clive Alderson - London
3=	Tony Streams	
Men Vet 60		Men Vet 60
1.	Alan Freer	1. Alan Freer - Nottingham
2.	Joe Blair	2. Joe Blair - Brighton
		3. Pete Morris - Blackpool
Men Vet 65		Men Vet 65
1.	Andrew Atkinson	1. Dave Dibben - Brighton
2.	Stephen Wing	2. Andrew Atkinson - Berlin
Men Vet 70		Men Vet 70
1.	James Kiddie	1. Paul Jenkins - London
2.	John Bowley	
Men Vet 80		Men Vet 80
1.	Tom Harrison	1. Tom Harrison
Age grade competition		
1.	Katherine Sargeant	
2.	Alan Freer	
3.	Brian Kirsopp	

From Pensions to Personal Training - could be fun ahead

Katherine Sargeant

Regular podium finisher Katherine Sargeant gave up a career in pensions for personal training. She explains all.

What prompted it?

A combination of drivers tipped into the melting pot. Clearly I love running, feeling fit and well, fighting off the years, as we all do. Achieving the Six Star Marathon Majors was a massive achievement for me, dealing with injuries, making sacrifices, making the whole thing "work" while juggling single parent life and a full time job. I felt that I had something to give back and some valuable experience to impart. And having fairly recently started PT myself I realised what a difference it made to my own capabilities. Boston in the driving rain and wind was tough, but I felt resilient enough to cope with it because of my running and personal training.



In honesty I did quite love the job I left in pensions in Chancery Lane. But the long hours were taking over my life, and the stress was taking its toll on my sleeping hours, as well as the waking ones. I'd been thinking about the PT route for a couple of months when a light bulb moment, on the morning of my 49th birthday, said "why are you actually doing this?" Work was absolutely manic and I simply sat there and thought "who cares if it's me or someone else churning out this stuff?" No one!! Life is too short. So I resigned that day and committed to make a difference by helping people who have their own Six Star dream – something that is so important to them, that may well change the course of their life or, at the very least, improve their wellbeing and fitness immeasurably. I am now loving working with clients who previously felt inhibited by gyms, didn't know how to train, were uncertain of how to prepare for races and face their mindset challenges. As well as PT, I'm supporting them with their Spring race targets, training plans, nutrition and love receiving messages of their training runs and parkrun updates. I'm so excited to see how they get on over the next few months!

What challenges did you have to overcome?

Well, that Premier Global course was a challenge! It had been recommended to me as the best PT course but starting to study again was a shock. Anatomy and Physiology in a week that takes some doing. If there was a deep end to be thrown into, I was in it! Fortunately everything I learned was resonating with everything I cared about as a runner and someone who wanted to promote physical and mental wellbeing. I was putting some real meat on the bones of my running knowledge. It felt a whole lot more stimulating and worthwhile than actuarial valuations and the impact on pensions of GDPR!

Clearly it also had a financial impact. And you don't have your colleagues to bounce off for momentum, no team spirit when you're doing an online course and submitting video assessments of your gym-based training capabilities. I lurched from assignment to assignment, forever waiting for grades with excruciating anxiety – and with a massive sense of relief as they were passed. I did 5 assignments in 7 days before we flew to Lisbon to run the marathon in October. That was a massive "head-down" study-all-hours achievement, and again, to finish the final assignments before Las Vegas marathon in November.

What encouragement did you receive to make it a reality?

Two words (mainly): Tony Streams! He made me believe in myself and didn't mind me working long hours to achieve the qualification. I guess he has received some training in return! My son, also, massively supportive. He's a gym bunny and never minded me testing stuff out on him. Also, George Anderson, for years the go-to guy for all-things related to Reading Half training. He mentored me and filled in the inevitable gaps in an online only PT course. In addition, my running coach, Lee Hinton, also spared me the time to answer questions, give advice and pass on training guides. I'd be nowhere without Lee's training!



I'm supremely grateful for the opportunity to set up my private gym at home and be in a position to adapt to the many and varied challenges that my clients are presenting as they approach their Spring race goals. No two, so far, are the same. It's extremely rewarding and a real privilege to be entrusted to help them achieve their dreams.

Roadrunners Race Results

David Dibben

EVERY month we try to bring you all the results accurately, and for that we are totally reliant on the race organisers' websites.

But even when the data is spot-on, everything is not always exactly what it appears to be.

A finishing time doesn't tell the whole story. We don't know if the runner was coming back from injury, pacing a pal, or using that race as a training run for another, bigger target.

parkruns present an even cloudier picture. You look at the times and think "I was surprised to finish ahead of X" or "Y ran a poor time" or "I'm so pleased to come in before Z."

Then you discover X was pushing a pram full of kids, Y was endeavouring to drag round a recalcitrant mutt which was stopping to cock a leg by every tree and that Z was doing miles 18, 19 and 20 of her training run. (Yes, you, Mrs Hoskins).

Thus I was caught out earlier this month when Ashley Middlewick sent me his result from a 10k.

I knew he was a little way off a PB and rather ungraciously answered that I had already seen the data.

What I didn't know was that, on that very same day, he had already completed TWO parkruns (both in 18 minutes, the second a PB) and then cycled furiously half way across London to make the 11am start for the 10k.

No, I didn't just make that up. I imagine Ashley's thinking goes along the lines of "You're a long time dead, you won't get a run then."

Whatever, here's the latest times, starting with a few events from last year...

December 15th

Ameland Half Marathon (Netherlands)

Pos	Name	Chip
747	Colin Cottell	2:00.03
1316	Lorraine Bailey	2:41.10
1317	John Bailey	2:41.10

December 27th

Run Home Marathon

Pos	Name	Chip
2	Brian Kirsopp	3:14.05

Run Home Timed Results

Dist	Name	Chip
19.7m	Sahan Jinadasa	3:15.50
13.1m	Trisha Arnold	3:29.40
9.8m	Kerry Eastwood	3:32.00

December 30th

Gutbuster 10 miles

Pos	Name	Chip
1	Rob Corney	57.26
8	Brian Kirsopp (1st M50)	1:06.06
13	Ben Whalley	1:08.06
22	Andy Morgan	1:10.21
28	Chris Buley	1:11.23
30	Mark Andrew	1:s11.39
41	Tony Streams	1:13.14
43	Gemma Buley	1:13.21
46	Tony Walker	1:14.11
51	Tony Long	1:14.16
64	Justin Simons	1:16.59
83	David Fiddes	1:18.35
91	Andrew Butler	1:18.39
93	Alan Williamson	1:19.33
102	David Walkley	1:20.19 PB
106	Joe Blair (1st M60)	1:20.57
128	Vince Williams	1:24.23
143	Fergal Donnelly	1:25.47
156	Peter Reilly	1:27.18

177	Susan Knight	1:29.47
207	Sarah Harford	1:33.16
210	Catherine Leather	1:33.27
213	Jo Sollesse	1:34.09
214	Elizabeth Ganpatsingh	1:33.54
218	Peter Cave	1:33.56
226	Alice Carpenter	1:34.36
231	Holly Towers	1:35.23
232	Ian McGuinness	1:35.23
235	Sam Whalley	1:36.28
242	Beth Rudd	1:37.19
244	June Bilsby	1:38.55
296	Scott Gillespie	1:47.04
329	Linda Wright	2:28.33

Gutbuster 10k

Pos	Name	Chip
9	Alex Harris (1st M50)	44.43
11	Alex Warner	43.59
15	Ed Dodwell (1st M60)	46.44
18	David Clay	47.17
25	Ivan Harding	51.01
71	Nick Adley	58.27
181	Bob Thomas	1:10.29
193	Catherine Douglas	1:11.52
225	Maureen Sweeney	1:15.45
259	Trisha Arnold	1:21.08
260	Julie Bagley	1:21.22
271	Chris Manton	1:24.47
277	Hannah McPhee	1:26.37
286	Gill Manton	1:32.24

December 31st**Liverbird Marathon (Day 1)**

Pos	Name	Chip
110	Martin Bush	4:51.27

January 1st 2019**Liverbird Marathon (Day 2)**

Pos	Name	Chip
51	Martin Bush	4:42.57

Overall: Martin Bush 40th**Start Fitness New Year's Day 10k (Hyde Park)**

Pos	Name	Chip
21	Lance Nortcliff	35.10
47	Ashley Middlewick	37.46
59	Pete Jewell	38.25
97	Helen Pool	40.59 PB
231	Claire Seymour	49.08

January 6th**Woodcote 10k**

Pos	Name	Chip
3	David McCoy (Snr)	35.20
6	Chris Lucas	36.50
8	Ashley Middlewick	37.30
11	Brian Kirsopp (1st M50)	38.24
13	Pete Jewell (2nd M50)	39.06
14	Mark Dibben (1st M40)	39.10
16	Kevin Burree (2nd M40)	39.30
23	Robin Lomax	40.39
40	Mark Andrew	42.36
41	Ed Dodwell (1st M60)	42.46
47	Helen Pool (1st F40)	43.31
51	Jane Davies (1st F60)	44.05
88	Joe Blair	47.14
91	Liz Jones	47.28
113	David Dibben	48.31
127	Kevin Jones	49.31
135	Brian Curtayne	49.51
177	Stephen Dellow	52.38
192	Andy Atkinson	53.29

202	Joe Akem-Che	54.07
224	Christina Calderon	55.19
241	Robert Bursell	55.56
245	George Nyamie	55.58
248	Phil Davies	56.24
266	David Leake	57.54
298	Andrew Small	59.59
311	Heather Bowley	1:01.13
324	Phil Reay	1:03.07
351	Zoe De La Pascua	1:06.47
354	Rachael Derry	1:07.17
355	John Bullock	1:07.17
365	Veronica Andrew	1:13.12
366	Trisha Arnold	1:13.12
367	Liz Atkinson	1:13.13
373	Jill Dibben	1:17.26
377	Peter Higgs	1:19.00
378	Julie Wing	1:22.53
380	Stephen Wing	1:29.17

Cliveden Cross Country 10k

Pos	Name	Chip
87	Ian Giggs	46.16
108	Clive Alderson	47.35
120	Nigel Hoults	48.27
162	Keith Ellis	49.57
163	Julian Hough	49.59
180	Dean Allaway	51.06
239	Peter Reilly	53.26
276	Sahan Jinadasa	54.58
297	Nick Adley	55.52
359	Elizabeth Ganpatsingh	59.25
360	Catherine Leather	59.30

375	Sarah Bate	1:00.42
410	Pete Morris	1:01.58
441	Tina Woffington	1:03.15
488	Claire Seymour	1:06.01
491	Kim Stevens	1:06.10
528	Sarah Richmond-De'voy	1:09.10
529	Vroni Royle	1:09.10
551	Maureen Sweeney	1:11.00
595	Justin Watkins	1:16.11
598	Lucy Bolton	1:17.15
621	Gill Manton	1:31.02

Tadworth 10

Pos	Name	Chip
47	Tony Page	1:07.04

January 12th**Hampshire Cross-Country League (Race 4, Reading)****Women's race**

Pos	Name	Gun
18	Gemma Buley	20.54
26	Sarah McDade	21.36
44 (10)	Helen Pool	22.48
51 (14)	Sarah Dooley	23.33
52	Katherine Foley	23.33
79 (27)	Elizabeth Johnson	25.55
82 (30)	Angela Burley	26.01
90 (37)	Sam Whalley	26.22
91	Katie Rennie	26.24
92 (38)	Sarah Harford	26.25
100 (44)	Claire Seymour	27.14
104 (48)	Alice Carpenter	27.27
105	Beth Rudd	27.36
117	Chloe Lloyd	29.18
121 (57)	Tina Woffington	30.13
135 (69)	Maureen Sweeney	33.35

141 (75)	Divya Samani	34.35
143 (77)	Cecilia Csemiczky	35.18
150 (84)	Ruby Lee	56.59

(Veterans' positions in brackets)

Roadrunners team positions: Seniors 6th, Vets 5th.

Men's race

Pos	Name	Gun
3	Rob Corney	30.50
12	Jack Gregory	32.15
20 (2)	Ben Paviour	32.51
22 (3)	Mark Worringham	32.59
26 (4)	Seb Briggs	33.25
44	David McCoy (Snr)	34.43
52 (13)	Lance Nortcliff	35.07
55	Ashley Middlewick	35.18
85 (21)	Andrew Smith	37.07
86 (22)	Pete Jewell	37.21
91 (25)	Brian Kirsopp	37.35
92	Matt Davies	37.55
94	Calum Pratt	38.08
102	Calum Baugh	38.26
106 (31)	Mark Dibben	38.38
115	Liang Gun	39.37
122	Chris Buley	39.56
125	David Clay	40.11
133	Ian Giggs	40.45
138 (48)	Mark Andrew	41.29
153	Justin Simons	42.23
160 (54)	Bill Watson	42.59
165	Robert Cannings	44.00
166 (69)	David Fiddes	44.02
169 (72)	David McCoy (V40)	44.18
176 (79)	Brian Curtayne	45.09

181	Peter Cave	45.39
184	Roman Martin	45.58
188 (88)	Alan Williamson	46.41
193	Nick Adley	48.10
194	Derek Cheng	48.27
197	Tom Wright	49.48
198 (92)	Sahan Jinadasa	49.50
199 (93)	Pete Morris	51.01
200 (94)	Andy Atkinson	52.32
207 (100)	Peter Higgs	71.01

(veterans' positions in brackets)

Roadrunners team positions: Seniors 2nd, Vets 1st.

January 13th

Second Sunday 5 (Wimbledon Common)

Pos	Name	Chip
3	Ashley Middlewick	31.35

January 19th

Berkshire Schools Cross-Country Championships

Under 20, 7.22k

Pos	Name	Gun
5	James Rennie	25.36

Slough New Year 10k

Pos	Name	Chip
25	Andrew Butler	45.10
(3rd, M40)		

Box Hill Fell Race

Pos	Name	Gun
209	Beth Rudd	1:35.04
210	Sahan Jinadasa	1:35.05

January 20th**Thames Valley XC League (Race 7, Tadley)**

			193	Oliver Watts	47.42
			200	Sarah Alsford	47.55
Pos	Name	Gun	210	Pip White	48.38
1	Rob Corney	31.53	213	Eddie McIndoe	48.43
5	Mark Apsey	33.30	220	Chris Manton	49.19
21	Brian Kirsopp	36.24	230	Sam Whalley	49.37
22	Chris Burt	36.25	232	Angela Burley	49.51
34	Robin Lomax	37.42	238	Brian Fennelly	50.03
41	Calum Baugh	38.29	248	Katherine Foley	50.51
42	Richard Usher	38.33	254	Pete Morris	51.04
44	Paddy Hayes	38.44	255	Elizabeth Johnson	51.07
46	Ian Giggs	38.55	258	Michael Howard	51.13
52	Andy Blenkinsop	39.30	265	Scott Gillespie	51.57
53	Gavin Rennie	39.33	276	Tom Wright	52.44
54	Brooke Johnson	39.39	283	Nicola Gillard	52.36
60	Gemma Buley (1st lady)	40.20	286	Andy Atkinson	53.09
65	David Clay	40.45	294	Jim Kiddie	53.30
70	Sam Alsford	41.00	297	Chloe Lloyd	53.55
76	Mark Andrew	41.08	298	Martin Douglas	53.56
86	Bill Watson	41.53	324	Tina Woffington	56.06
95	Chris Buley	42.19	339	Charley Caswell	58.48
96	Renee Whalley	42.20	344	Donna Saunders	59.14
107	Stuart Jones	42.52	355	Sandy Sheppard	1:00.10
133	Peter Cook	44.26	361	Kerry Eastwood	1:00.47
140	Mary Janssen	45.18	371	Liz Fletcher	1:01.55
142	David Walkley	45.25	374	Linda Haskins	1:02.19
144	Alan Williamson	45.27	389	Paul Young	1:04.06
152	Keith Ellis	45.39	399	Justin Watkins	1:06.31
155	Vince Williams	46.01	404	Lucy Bolton	1:07.38
167	Brian Curtayne	46.30	407	Liz Atkinson	1:08.12
169	Paul Kerr	46.43	410	Peter Higgs	1:09.24
170	Robert Cannings	46.45	416	Kathy Tytler	1:12.08
171	Lesley Whiley	46.49	419	Suzanne Bate	1:13.21
185	Peter Reilly	47.20			

425 Gill Manton 1:29.40

Men's scorers: 1 Corney, 5 Apsey, 21 Kirsopp,

22 Burt, 34 Lomax, 42 Usher. Total: 125.

Roadrunners: 3rd.

Women's scorers: 1 Buley, 8 R Whalley,

22 Janssen, 28 Whiley. Total: 59.

Roadrunners: 4th.

Winter Tanners 20-mile Challenge

Pos	Name	Gun
3	Alan Freer	3:19.00

January 26th

SEAA XC Championships (Parliament Hill)

Senior women's race

Pos	Name	Gun
86	Gemma Buley	32.41
243	Sarah Dooley	36.27
394	Marie-Louise Kertzman	39.30
402	Sarah Alsford	39.40
433	Pip White	40.22
441	Nicole Rickett	40.32
490	Liz Johnson	42.02
515	Beth Rudd	42.46
533	Sam Whalley	43.12
584	Claire Seymour	44.57

Senior men's race

Pos	Name	Gun
36	Rob Corney	48.36
96	Jack Gregory	51.27
170	Seb Briggs	53.27
239	Chris Lucas	55.18
245	David McCoy (Snr)	55.27
361	Lance Nortcliff	57.33
395	Andy Mutton	58.15
480	Grant Hopkins	59.42

513 Chris Burt 1:00.17

562 Brian Kirsopp 1:01.05

589 Chris Buley 1:01.30

644 Calum Baugh 1:02.25

731 Robin Lomax 1:04.09

743 Brooke Johnson 1:04.22

802 Gary Tuttle 1:05.30

867 Ian Giggs 1:07.04

886 Mark Andrew 1:07.25

917 Bill Watson 1:08.17

934 David Caswell 1:08.50

1013 Alan Freer 1:11.39

1106 Peter Reilly 1:19.31

1149 Pete Morris 1:27.52

1155 Peter Higgs 1:30.01

Under 17 men's race

Pos	Name	Gun
76	James Rennie	23.58

Under 20 women's race

Pos	Name	Gun
68	Katie Rennie	36.37

January 27th

Murcia Marathon

Pos	Name	Chip
16	Ashley Middlewick	2:56.33 PB

Farnborough Winter Half Marathon

Pos	Name	Chip
298	Andrew Butler	1:38.45
401	Neil Bellam	1:42.06
457	Ben Fasham	1:43.34
650	Chris Manton	1:49.11
686	Peter Cave	1:49.59
822	Judith Ritchie	1:52.23

950 Nikki Gray 1:57.10

951 Samantha Bayle 1:57.51

1033 Alex Bennell 1:59.01 PB

1121 Alice Carpenter 1:59.38

1702 Justin Watkins 2:30.50

1780 Gill Manton 2:59.52

Farnborough 5k

Pos Name Chip

2 Matt Davies 17.19 PB

Gran Canaria Marathon

Pos Name Chip

295 Tonye Anamachi Ngoye 3:48.29 PB

447 Caroline Jackson 4:04.57

452 Amandine Joubert 4:05.32

549 Paul Monaghan 4:17.45

2018 best performances

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 8 JANUARY 2019 - 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

Minutes of the previous meeting

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

TREASURER HANDOVER

Nicole will stand down as the Treasurer at the AGM. Jill Dibben will stand for election as the 2019 Treasurer at the AGM and is co-opted onto the Committee with immediate effect to enable her to take-up the role prior to her formal appointment in March, the Club accounts being aligned with the calendar year.

Matters arising from the minutes of the previous meeting

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

Dinton Relays. Roger is making progress with his plan to re-locate the Dinton Relays to Woodford Park and is presently assessing the financial implications of using the new venue.

Chairman's report

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

- 08Dec Social: Xmas party
- 08Dec SEAA Masters XC Champs
- 16Dec Berks XC Pangbourne
- 19Dec Mince pies & mulled wine
- 30Dec Champs: Gutbuster 10

Notable forthcoming events include:

- 12Jan Hants XC Reading
- 20Jan TVXC Tadley
- 26Jan SEAA XC Parliament Hill

- 02Feb Dinner Dance
- 03Feb TVXC Bracknell
- 09Feb Hants XC Dibden
- 17Feb Bramley 20/10
- 24Feb Champs, marshalling & Berks Champs: Wokingham HM

Treasurer's report

No Treasurer's report received but Nicole advised Carl by email that she is preparing the 2018 accounts for audit.

General Secretary's Report

SEAA XC. The Committee unanimously agreed by email to a request from the Team Captains for the Club to fund transport to the Parliament Hill event. As this is at least the second year that this has been agreed, Bob proposed that the event should be added to the list of races for which the Club automatically sponsors race entry and transportation costs, which was approved.

2019 AGM. Bob reported that he has booked Sutton Bowls Club as the venue for the 2019 AGM, to be held on 12Mar19. Sutton Bowls Club is adjacent to Asda on Chalfont Way, Lower Earley. More details to follow in due course.

Club emails. Following a day in which Bob circulated a request for Bramley helpers followed by a Chairman's email (over 1,100 emails in total), the Club's email service provider issued a warning that it would suspend the service if it detected further evidence of "bulk mailing". As the Club's contact point, Paul has contacted the service provider and asked them to review their trigger thresholds. It remains to see what happens after the next mailshot.

Membership Secretary's Report

Anne reported that ten new members have joined since the start of the year.

Social Secretary's Report

Recent events. Hannah reported that numbers for the Christmas party were down on recent years, but that the party went well for those attending.

Dinner Dance 2Feb19. Bookings for the Dinner Dance are filling up. Hannah has booked the band for the event.

COACHING REPORT

Simon Davis has resigned from the Club for personal reasons. Katie Gumbrell has taken over as the Coaching Co-ordinator for the time being and Alexa & Alan will take over Simon's coaching group.

ANY OTHER BUSINESS

Annual Charity donation. Each year, prior to the Dinner Dance, at which a presentation is made to representatives of the charity that the Club has supported for the past year, the Committee votes on the size of the donation the Club will make. This donation is essentially funded by the profits from the races the Club stages throughout the year (except for Mortimer, which pays its profits directly into the charity account). It was agreed that the Club would donate £5,300, which is in keeping with recent years.

Update to the Constitution. Roger noted that the change to the Constitution ratified by the 2018 AGM removed an explicit statement that the Club "*shall not have religious or political connections or bias*" and that this should be reinstated. Bob offered to draft a revision to be discussed at the February meeting and, if agreed, submitted to the AGM for ratification.

Coaching courses. The Committee has received requests from two members who would like to become Club coaches to take the Level 1 coaching qualification. The cost of the appropriate course is £140 each, which was approved.

Disciplinary rule update. Bob proposed an extension to the present Disciplinary Procedure defined in the Club Rules to be used in exceptional circumstances as dictated by the urgency, seriousness or sensitivity of the issue concerned. After some discussion, it was unanimously agreed that this will be presented to the AGM for ratification.

Condition of the track. Simon noted the poor condition of the drainage around the track and the fact that it floods very easily. Carl also noted that the No Parking signage attached to the access gates, which were applied at the Club's request, have been removed and cars are blocking access once again. Bob will write to the stadium management about both issues.

Storage. The Committee approved purchase of some storage boxes for use in the storage room at the stadium.

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
- TVXC Race Director
- Dinton/Woodford Park Race Director
- Berks XC Champs Race Director
- SCVAC Track & Field Co-ordinator
- Men's Team Captain

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

Door Rota

09 Jan Anne & Jane

16 Jan Anne & Janice

23 Jan Anne & Shirley

30 Jan Anne & Sandy

06 Feb Anne & TBD

13 Feb Anne & Shirley

DONM: 05 Feb19

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

Gutbuster - pics from Peter Cook

