

NEWSLETTER

FEBRUARY 2019

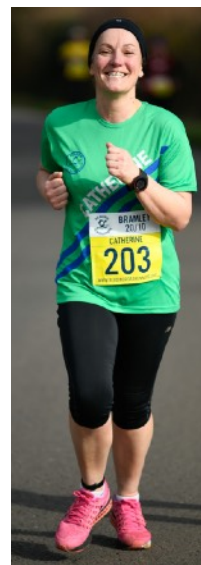
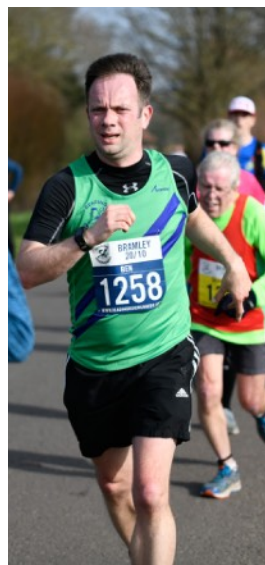
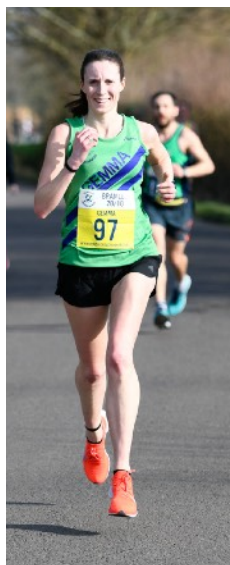


Richards and Corney take the wins at Bramley 20/10



Pics: Melvyn Lovegrove (former member and local resident)

Bramley 20/10 - Pics from Chris Drew



Chairman Chat

Carl Woffington



The winter cross country season is now over. We had the last few races since the last newsletter was published. I'm sure our team captains reports will contain the success stories of this winter.

Hampshire League - We had the last remaining fixture at Dibden on 9th Feb.

TVXC -The last fixture organised by Bracknell for 3rd Feb was cancelled due to snow.

Regional Races:- The last race was the SEAA race at Parliament Hill on 26th Jan.

The 2019 Club Championship is about to start with the first race in the series being the Wokingham ½ on 24th Feb. It will have taken place by the time you read this. We are also supplying a team of volunteer marshals again for this race.

Our Socials continued with our Dinner Dance on 2nd Feb. It was an excellent evening at Sonning Golf Club organised by Hannah and Anne. The evening started with the dinner and the food was up to the usual high standard. This was followed by the 2018 Club Championship and club awards. The charity presentation followed. Finally it was dancing the night away to an excellent band.

Our Bramley 20/10 took place on 17th Feb, just a couple of days ago as I type this. It was a dry and bright day, good conditions for both runners and volunteers. There were some excellent results for both individuals and teams. Many pb's and some by considerable margins. I'll leave the team captains to cover it all in detail. The race was extremely well organised. Well done and thanks to race director Adele, her committee that worked on it during the year and all the volunteers that helped over the race weekend.

The London Marathon list for volunteer marshals went on the notice board. It was filled and the new system is in place.

It is the time of year to renew your membership and pay your annual subscription. You will have received an email giving details of how you can pay. I hope you have enjoyed your year running and will renew.

The RR AGM takes place on 12th Mar and you have received notification with details. I notified everyone some months back that I would not stand for re-election at the AGM. I have had the privilege of being RR Chairman for just over 5 years and feel the club has moved forward considerably during this time. I don't claim the credit for this, it is simply due to me having worked with some very able people along the way. This club is made up with many lovely people and I've met a lot of you over the years. I wish you all happy running and also offer best wishes to my successor.



Carl showing his granddaughter the easiest way to cross the finish line at the inaugural California Country parkrun.

Pic: Peter Cook

Coaching Coordinator

Katie Gumbrell

Hello!

Temporarily, I am the Coaching Coordinator. I'm not really sure what that means at the moment, but what I'm doing is keeping the coaches informed about who is/isn't available and liaising with the committee about all things coaching.

Recently, there have been a few comments and concerns about the track on Wednesday nights. It is incredibly busy at times, with a wide range of runners trying their best and training hard. Because there are so many of us, it's even more important than usual that we all take care of each other and stick to the published track rules:

TRACK RULES

- Always look before entering, crossing or leaving the track.
- Always look before changing lanes.
- Overtake on the right when in lanes 1 & 2.
- Keep to the left when using lanes 1 & 2.
- Use lanes 5 & 6 for warm ups, cool downs and recoveries.

Be alert to other track users:

- no spitting;
- no headphones;
- no bottles to be carried.

If you need to walk or chat to a friend, please step off the track. If you see others breaking the rules, call 'TRACK' and report the facts to your coach.

If you have any questions or comments to make about coaching at Reading Roadrunners, feel free to email me: coach@readingroadrunners.org

Happy running,

Katie

Ladies' Captain's Report

Sam Whalley



And so the XC spikes have been put away, or in my case, thrown in the bin after four long seasons, and it's time to get back to the roads.

Our final TVXC fixture, scheduled to take place at Lightwater, was cancelled due to snow and ice on the course, so we will have to be content with a second place finish as a club overall. We await the results of the TVXC club championship with anticipation.

My report on the last Hampshire League race of the season is on our website, but suffice to say there were fantastic runs from all of our women, and Gemma Buley finished the season in 10th overall, with our seniors 8th on aggregate, and our vets 6th.

For those of us still clinging on to the thought of mud and trails, there are still some races to be found. Sarah Dooley had a great run in the South Devon Coastal Half Marathon, which has almost 2000 feet of ascent, and uses adjectives such as picturesque (hilly), punishing (very hilly), technical (dangerous), jagged rocks (lethal), and jaw-droppingly beautiful (hilly but there is a view) in its description. Alice Carpenter headed to Wales for the Hoka Trail Half Marathon, 'aimed at more adventurous athletes', and with over 2300 feet of elevation, which no doubt you didn't notice once you saw the 'expansive views', right? Well done, both of you!

The Dinton X-Trail is a new five miler hosted by Barnes Fitness. I don't usually go for those Dinton races, but this one promised to be different, and different it was. Despite a late course change to avoid a flooded area, there was still plenty of challenge. If you could go off the main route, you did - up steps, over the golf course, through very wet meadows.... Vroni Royle chose to run this race as a birthday present to herself, and I was delighted to see fellow lover of mud Tina Woffington pick up the prize for 1st FV60.

There were no PBs to be had at the London Winter Run, so we will have to defer to the Bramley 2010, which I can still feel in my legs.

In the 10 mile race, Gemma Buley was 3rd, with a new 5 minute PB and an incredible time of 1:03.22. Julie Rainbow was 2nd FV50, on her birthday, and with Chloe Lloyd achieving a PB too, the three women picked up second place in the team competition - excellent! There were also PBs for Moira Allen, Jenny Boxwell and Hannah McPhee - well done to you all!

In the 20 mile, Carrie Hoskins, despite not long having returned from injury, was 1st FV50, and with club mates Sarah McDade and Katherine Sargeant, picked up the prize for first women's team. There were PBs for multi-terrain half marathoners Sarah Dooley and Alice Carpenter, and some incredible sub-3 times by Liz Johnson, Catherine Leather and Sarah Harford, to name a few.

Meanwhile, Fiona Ross was taking a chunk out of her previous best half marathon time in fair Verona, with Liz Atkinson having a lovely run with husband Andy.

As we go to press, spring seems to have sprung, and there has been an abundance of PBs at Wokingham Half Marathon. Huge kudos must go to Julie Rainbow, who has given us all hope by achieving a PB after 12 years - wow! Carrie Hoskins was 1st FV50, and Katherine Sargeant 1st FV45, with another PB. There were also PBs for Gemma Buley (our first woman home), Sophie Hoskins, Marion Loiseau, Sarah Alsford, Chloe Lloyd, Nicola Gillard, Alex Bennell, Vroni Royle, Corinne Rees, Stephanie Smith and Helen Dixon. The women's team prize was won by Gemma, Carrie, Nikki Gray and Sarah McDade - excellent work, and welcome back to racing, Nikki!

This was the first race in the club championship, and, although the table is not finalised, it looks like it will be Gemma Buley, Erica Key, Carrie Hoskins, Lesley Whiley, Kathy Tytler, Liz Atkinson, given the current age categories. We do not yet have the final results of the Berkshire Road Running championship. Well done to everyone who ran today, and be sure to rest and recover sensibly.

Mens Captains Report

Phil Reay



We've transitioned seamlessly from Cross Country to the Road season since the last newsletter and the success keeps on coming!

Congratulations and thank you to EVERYONE who ran, supported and volunteered during the Hampshire Cross Country League season. We've welcomed new runners, there have been those running in this league for years and we've come together as a Club to record our greatest ever season in 19 years of the competition. Highlights of the season include:

- * Men's Vet team are WINNERS, retaining their title. Winning 3 of the 5 fixtures outright.
- * Men's Senior team finish in 3rd, our highest ever place (previous best 6th). Finishing in the top 3 at 3 out of the 5 fixtures.
- * **Mark Worringham** won Vet GOLD overall
- * **Lance Nortcliff** won Vet SILVER overall
- * Both **Mark Apsey** and **Jack Gregory** finished in the overall Senior Men's Top 10 (first time ever we've had one runner this high let alone two)
- * **Rob Corney** became the first Reading Roadrunner to win a fixture.
- * 75 (46 men/29 ladies) members participated in the league, a 56% increase on last year. 53% increase in men and a 61% increase in women, chose to run in this competition.
- * **Pete Jewell**, **Lance Nortcliff**, and **Andrew Smith** were at every fixture.

The Thames Valley Cross Country League season finished prematurely following the cancellation of the final fixture due to snow and ice on the course. The Men's team finished the season as runners-up in the league and well placed to make a bid for the title next season - we've the strength in numbers and it was particularly please to see a good blend of long standing club members and new ones taking part. At the time of writing the Club Cross Country Championship places are being calculated.

The road season began with our own flagship event, Bramley 20/10. Massive thank you to the race committee and ALL the volunteers and marshals who work tirelessly to make this happen. Out on the course the Men added both the team 20 (**Matt Richards**, **Seb Briggs**, **Lance Nortcliff**) and team 10 mile (**Rob Corney**, **Jack Gregory**, **Grant Hopkins**) titles to the growing collection of trophies in what is proving to be somewhat a golden era for the club. **Rob** sensationally won the 10 mile race in a new club record time of 49:45 taking a massive 2:40 off Howard Grubb's time set 24 years ago. **Matt** won the 20 mile race and took exactly a minute off his own club 20mile record finishing in 1:52:59 with Seb taking home the trophy for 1st M40.

Full reports on the Hampshire League and Bramley can be found on readingroadrunners.org



pic: Chris Buley, Rob Corney, Jack Gregory and Grant Hopkins ahead of Bramley 10. Matt Richards on his way to victory in the 20mile race.



I'd like to say a special thank you to team member **Chris Drew**. Many of you may not know what Chris actually looks like as he's nearly always behind the lens of his camera. Chris, on behalf of the team many thanks for all the fabulous race photos you take which many of us use across our social media platforms. Much appreciated.

Congratulations to **Brian Kirsopp** who became the latest team member to earn an England vest. Brian ran Chichester Priory 10K in a new PB of 36:39 to finish 3rd MV55 in a very competitive field.



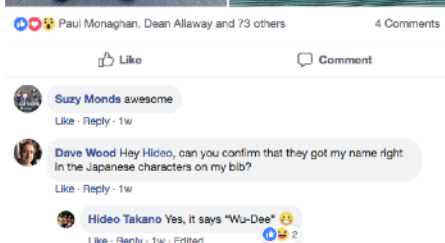
There were plenty of PBs this month too. **Chris Buley** made a welcome return to the road, recording new PBs at both Bramley and Wokingham Half – husband of Gemma, Chris was a former non-runner....not any more! 2019 promises to be a great year for him. Well done to also to; **Ben Fasham, Grant Hopkins, Paul Kerr, Robin Lomax, Chris Burt, Vince Williams, Jonathon Ridley, Tony Streams, Ben Hart, Andrew Butler** and **David Walkley** who all recorded significant PBs. Please see the results for full details.

And finally.....



..... Congratulations to **Dave Wood** who completed the Kyoto Marathon. His second in Japan after running Tokyo last year, Dave's confidence was seemingly sky high as he opted to have his name written in Japanese on his bib. From now on Dave is to be known as 'Wu-Dee'

I'm standing down from the Men's Team Captain role at the AGM next month. Please get in touch with Carl or myself if you're interested in this incredibly rewarding role.



2019 Road and Multi-terrain Championship Schedule

Bob Thomas

Confirmation of this years championship races:

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
	09	Hampshire Hoppit HM (MT)	
Jul	07	Burford Bolt 10K (MT)	
Aug	11	Burnham Beeches 10K	Berks Champs race
	25	Headington 5	
Sep	15	Swallowfield 10K	
Oct	06	Basingstoke HM	
	27	Ricky Road 10	Date to be confirmed
Dec	01	Mapledurham 10 (MT)	

This differs from the preliminary set by the substitution of the Headington 5 for the Kintbury 5, following a valid observation received that packing all three 5M races into a four-week window risked eliminating anyone who couldn't run during that comparatively short period.

Please note...

- You don't need to register to take part
- To qualify, you must complete at least one race in each of the 5M, 10K, 10M, HM distance categories; it doesn't matter if you choose a road or multi-terrain race
- Score 50pts for best RR result, 49 for second best, etc. in each race
- You are competing with others in the same age & gender category:
 - Men: Senior, M40, M50, M60, M65, M70, M75, M80
 - Ladies: Senior, F35, F45, F55, F60, F65, F70, F75, F80
- Your age category is determined by your age on 1Jan19.
- Only your best score in each race distance category counts
- For your race result to count in the Championship, **you must wear club colours**
- Times will be based on individual chip times rather than gun times, where provided
- Trophies will be awarded to the three highest accumulated point scores in each age category.

Ceri Philpott of My Sporting Times has kindly provided us with a 10% discount code for the Mapledurham 10 - and all of MST's 2019 events - which you can include when you book an event. Please don't pass this around outside the Club or the privilege is likely to be withdrawn. The code you need is **RN1910**.

Website links...

Wokingham HM	https://wokinghamhalf.co.uk
Maidenhead 10	https://www.maidenheadac.org/easter-10/
Hurstbourne 5	http://www.hurstbourne5.org.uk
Marlow 5	http://www.handycrossrunners.co.uk/Marlow5.html
Hampshire Hoppit HM	http://hampshiretrailmarathon.co.uk/
Burford Bolt 10k	http://www.burfordbolt.co.uk/
Burnham Beeches 10k	http://burnhamjoggers.co.uk/beeches-half/
Headington 5	http://www.hrr.org.uk/h5m/
Swallowfield 10K	http://www.swallowfield10plus3.com/
Basingstoke HM	https://www.destinationbasingstoke.co.uk/basingstoke-half-marathon/
Ricky Road 10	https://rickyroadrun.co.uk/
Mapledurham 10	https://www.mysportingtimes.com

2019 Marathon Championship

The format of the Marathon Championship is the same as in recent years: rather than nominate specific races you can enter marathons of your choice anywhere in the world. If you want your result to count, make sure it's recorded in the newsletter results section or mail it to champs@readingroadrunners.org.

Please note:

- You don't need to register to take part
- You can choose to run any marathon event between 1Jan19 and 31Dec19
- You can record as many results as you like during the year
- Have your result recorded in the newsletter or mail it to champs@readingroadrunners.org
- You're competing against members in your own age category, as stated above
- Your championship age category is determined by your age on 1Jan19
- The results claimed by the winners in each category will be verified and the winners announced following the end of the season
- Times will be based on individual chip times rather than gun times, where provided
- Trophies will be awarded to the three fastest results recorded in each age category
- You are not required to run in club colours to qualify for the Marathon Championship.

Roadrunners Race Results

David Dibben

I THOUGHT I'd be clever at the Wokingham Half Marathon and have a few words with the winner before the race even started.

I was sure the Olympian Scott Overall would repeat last year's success... but what did I know?

Overall assured me that his morning's work would simply be a training run for his major target for the year, next month's Boston Marathon.

But how does anyone manage to do that? How can you maintain the mindset "I'm on a training run" when everyone else around you is racing?

When the gun goes off it is impossible not to compete! Third place in 65 minutes proved he's still up there with the best.

I also spoke before the race with another top runner whose words have to be taken with a small pinch of salt... our own star Mark Worringham.

These days Mark is constantly remarking about how disappointed he is with his form, but he must know that 99 per cent of the club's members can only dream of getting anywhere near the times he produces.

There were 104 of us running at Wokingham and Mark had more than eight minutes to spare over the next best. What's not to like?

Two final thoughts on Wokingham... it's a great race but can't they find another date for it in the calendar which isn't seven days after the Bramley 20?

Also, how hard can it be to organise a baggage drop? Those guys need to send someone round to Bramley to find out how it's done properly.

February 2nd

South Devon Coastal Half Marathon

Pos	Name	Chip
83	Sarah Dooley	1:44.24

February 3rd

Chichester Priory 10k

Pos	Name	Chip
128	Brian Kirsopp (3rd MV55)	36.39 PB

925	Chris Darby	54.53
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London Winter 10k

Pos	Name	Chip
1043	Oliver Watts	44.45
9702	John Bailey	1:01.07
10386	Anthony Eastaway	1:02.11
11683	Linda Booth	1:04.10
13904	Nikki Rumboldt	1:08.15
13911	Keith Rumboldt	1:08.16
15714	Kat Intxaurbe	1:12.48
15749	Lorraine Bailey	1:10.03

Thames Valley XC League (Race 8, Bracknell)

The final fixture of the season, due to be staged at Lightwater, was cancelled due to snow.

Ladies' final places: 1 Datchet 11pts, 2 Windle Valley 14pts, 3= Roadrunners and Maidenhead 20pts.

Men's final places: 1 Datchet 6pts, 2 Roadrunners 20pts, 3= Bracknell and Windle Valley 20pts.

Overall: 1 Datchet 6pts, 2 Roadrunners 13pts, 3 Windle Valley 15pts.

February 9th

Hampshire XC League (Race 5, Dibden Inclosure)

Men's race

Pos	Name	Gun
1	Rob Corney	32.11
11	Jack Gregory	34.09
13 (2)	Ben Paviour	34.19
17	Mark Apsey	34.34
24 (3)	Mark Worringham	34.59
31	Chris Lucas	36.03
36 (6)	Lance Nortcliff	36.45
47	Andy Mutton	38.01
52	Ashley Middlewick	38.14
68	Chris Burt	39.10

74 (22)	Brian Kirsopp	39.27
84 (28)	Andrew Smith	40.21
100	Chris Buley	41.44
103	Ian Giggs	42.04
144 (68)	Colin Cottell	45.06
184 (101)	Paul Monaghan	54.31
187 (104)	Pete Morris	55.43

(Veterans' positions in brackets)

Roadrunners final positions: Seniors 3rd, Vets 1st.

Individual senior placings: 7 Mark Apsey, 9 Jack Gregory.

Individual vets placings: 1 Mark Worringham, 2 Lance Nortcliff.

Women's race

Pos	Name	Gun
12	Gemma Buley	23.29
69 (31)	Caroline Jackson	29.27
70 (32)	Claire Raynor	29.30
77 (37)	Sam Whalley	30.09
91	Chloe Lloyd	31.21
94 (52)	Claire Seymour	31.39

(Veterans' positions in brackets)

Roadrunners final positions: Seniors 8th, Vets 6th.

Individual senior placing: 10 Gemma Buley.

Exeter Half Marathon

Pos	Name	Chip
58	Ben Hart	1:31.10 PB

February 10th

Dinton X-Trail

Pos	Name	Chip
5	Ed Dodwell (1st M60)	35.56
19	Nick Adley	39.48
37	Sam Whalley	42.30
79	Tina Woffington (1st F60)	46.30

107	Sarah Richmond-De'voy	49.55
108	Veronika Royle	49.55
109	Tony Long	49.55
137	Peter Higgs	56.25
141	Maureen Sweeney	57.19
152	Linda Wright	1:05.39

Punchbowl LDWA Marathon (20 miles)

Pos	Name	Gun
1	Alan Freer	3hr 18mins

Hoka Trail Half Marathon (Wales)

Pos	Name	Chip
410	Peter Cave	2:16.03
423	Alice Carpenter	2:17.30

February 17th

Bramley 10 miles

Pos	Name	Chip
1	Rob Corney	49.43 PB
3	Jack Gregory	54.38
35	Grant Hopkins	1:02.44 PB
36	Robin Lomax	1:02.52
38	Gemma Buley (3rd lady)	1:03.22 PB
40	Chris Burt	1:03.51
42	Chris Buley	1:03.58 PB
46	Anthony Young	1:04.28
79	Nigel Hoult	1:08.23
87	Calum Baugh	1:09.06
92	Liang Guo	1:09.38
98	Mark Andrew	1:10.39
131	David Lennon	1:13.16
147	Paul Billing	1:14.47
163	Fergal Donnelly	1:14.30
166	Julie Rainbow (2nd F50)	1:16.05
169	Vince Williams	1:16.25

178	Joe Blair	1:16.59	673	Linda Wright	1:53.15
210	Paul Bandy	1:19.12	675	Tom Harrison	1:53.28
224	Brian Fennelly	1:20.13	677	Suzanne Bate	1:54.51
230	Brian Curtayne	1:20.19	680	Lucy Bolton	1:55.00
237	Simon Brimacombe	1:20.55	690	Catherine Douglas	1:57.14
251	Colin McCarlie	1:21.42	696	Margot Bishop	1:57.09
286	Chloe Lloyd	1:24.27 PB	718	Alyson Few	2:06.38
287	Martin Douglas	1:24.27	728	Julie Wing	2:12.52
298	Sahan Jinadasa	1:24.33	730	Gill Manton	2:13.49
350	Sarah Bate	1:28.43	731	Anthony Eastaway	2:13.49
356	Jim Kiddie	1:28.35	739	Jill Dibben	2:17.41
373	George Nyamie	1:29.25	741	Stephen Wing	2:21.03
374	Joe Akem-Che	1:29.27	Bramley 20 miles		
385	Stuart Wylie	1:29.22	Pos	Name	Chip
386	Cullum Ross	1:29.32	1	Matt Richards	1:52.59 PB
441	Moira Allen	1:32.21 PB	7	Seb Briggs	1:57.37
443	Laura Batten	1:32.17	27	Lance Nortcliff	2:08.28
444	Donna Saunders	1:33.10	63	Daniel Lynch	2:15.53
445	Andrew Small	1:33.35	72	Gary Tuttle	2:16.51
447	Peter Warren	1:33.36	84	Gavin Rennie	2:18.33
462	June Bilsby	1:33.10 PB	91	Jamie Cole	2:18.52
507	Jenny Boxwell	1:36.47 PB	93	Caroline Hoskins (1st F50)	2:19.13
609	Angelique Haswell	1:45.52	94	Alex Harris	2:19.23
616	Katie Gash	1:45.49	96	Brooke Johnson	2:19.24
619	Divya Samani	1:47.20	107	Sarah McDade	2:21.26
627	Julie Bagley	1:47.36	110	Katherine Sargeant	2:21.47
647	Angharad Shaw	1:50.08	115	Andy Morgan	2:22.45
648	Cathrin Westerwelle	1:50.08	117	Calum Pratt	2:22.50
651	Lin Morton	1:50.48	141	Ian Giggs	2:27.21
656	Justin Watkins	1:51.14	147	Erica Key	2:27.43
659	Jennie Whitehead	1:51.38	175	Tony Page	2:30.38
662	Hannah McPhee	1:52.06 PB	185	Tony Streams	2:31.49
667	Andrew Few	1:52.04	200	Sarah Dooley	2:34.07 PB

220	David Caswell	2:35.36	Verona Half Marathon		
231	Justin Simons	2:38.14	Pos	Name	Chip
249	Paul Morrissey	2:40.34	4039	Fiona Ross	2:05.54 PB
254	David Walkley	2:41.16 PB	4874	Andy Atkinson	2:35.23
255	Mary Janssen	2:41.21	4875	Liz Atkinson	2:35.23
261	Andrew Butler	2:42.04 PB	February 24th		
286	Liz Jones	2:45.05	Wokingham Half Marathon		
292	Fleur Denton	2:45.41 PB	Pos	Name	Chip
308	Stuart Jones	2:47.03	14	Mark Worringham (3rd M40)	1:10.21
327	Katherine Foley	2:49.14	92	Chris Lucas	1:18.46
332	Jegsy Ferguson	2:49.35	153	Grant Hopkins	1:22.08 PB
357	Sophie Hoskins	2:52.20	163	Alex Harris	1:22.42
398	Liz Johnson	2:55.55	179	Robin Lomax	1:23.21 PB
405	Catherine Leather	2:57.15	197	Chris Burt	1:24.12 PB
411	Ben Fasham	2:57.23 PB	202	Andrew Smith	1:24.24
419	Sarah Harford	2:59.11	213	Chris Buley	1:24.34 PB
436	Tracey Hicks	3:02.52	216	Gemma Buley	1:24.39 PB
438	Peter Cave	3:02.31	229	Paul Kerr	1:24.59 PB
440	David Dibben	3:03.23	264	David McCoy (V40)	1:26.30
447	Alice Carpenter	3:04.06 PB	269	Caroline Hoskins (1st F50)	1:26.51
466	Pete Morris	3:07.19	283	Nikki Gray	1:27.00
474	Ian McGuinness	3:06.52	287	Sarah McDade	1:27.15
475	Lee Hinton	3:06.53	311	Paul Morrissey	1:28.32
490	Claire Seymour	3:09.43	324	Katherine Sergeant (1st F45)	1:28.45 PB
497	Sam Whalley	3:10.48	352	Tony Page	1:29.29
510	Julian Hough	3:14.11	358	Erica Key	1:29.53
518	Beth Rudd	3:15.23	371	Peter Aked	1:30.17
529	Carmen Fuentes-Vilchez	3:16.36	380	Kenny Heaton	1:30.06
540	Christina Calderon	3:21.05	397	Mark Andrew	1:30.54
565	Phil Reay	3:29.15	412	Tony Streams	1:31.48
572	Charlie Macklin	3:31.22	424	Justin Simons	1:32.15
574	Sarah Richmond-De'voy	3:32.36	434	Alan Freer	1:32.27
599	Tim Miller	3:48.26	484	Tony Long	1:33.50
			496	Sarah Dooley	1:43.39

514	Simon Denton	1:34.46 PB	1149	Peter Reilly	1:50.40
520	David Caswell	1:35.01	1165	Nicola Gillard	1:52.49 PB
526	Sophie Hoskins	1:35.31 PB	1189	Joe Akem-Che	1:53.39
610	Marion Loiseau	1:37.41 PB	1196	Stuart Wylie	1:51.47
615	Julie Rainbow	1:37.55	1276	Carmen Fuentes-Vilchez	1:55.16
623	David Fiddes	1:38.39	1317	Beth Rudd	1:56.18
626	Ben Fasham	1:38.32 PB	1328	Donna Saunders	1:56.22
663	Vince Williams	1:39.29 PB	1329	Dave Brown	1:56.22
668	Richard Usher	1:40.16	1333	Jim Kiddie	1:56.56
720	Jonathan Ridley	1:40.54 PB	1361	Sarah Bate	1:57.54
725	Lesley Whiley	1:40.59	1390	Alex Bennell	1:58.07 PB
747	Dean Allaway	1:42.08	1398	Sahan Jinadasa	1:58.23
761	Caroline Jackson	1:42.32	1399	Vroni Royle	1:58.16 PB
800	Jonathan Belson	1:42.59	1400	Nick Robey	1:56.52
803	Magda Bennett	1:42.59	1440	Andy Atkinson	1:59.19
828	Robert Houghton	1:43.46	1463	Ken Beck	2:01.00
830	Brian Fennelly	1:44.01	1495	Sarah Hicks	2:00.22
834	Fleur Denton	1:43.47	1502	Neil Carpenter	2:02.39
842	Chris Manton	1:44.19	1514	Christina Calderon	2:01.59
848	Julian Hough	1:41.50	1622	Phil Reay	2:07.40
853	Sarah Alsford	1:43.22 PB	1653	Corinne Rees	2:08.44 PB
876	David Dibben	1:45.03	1677	Sarah Richmond-De'voy	2:10.01
918	Kevin Jones	1:47.01	1678	Charlie Macklin	2:10.01
942	Brian Curtayne	1:47.04	1696	Adele Graham	2:10.50
943	Paul Monaghan	1:47.39	1776	Justin Watkins	2:17.13
971	Joe Blair	1:48.27	1789	Caroline Hargreaves	2:16.10
995	Catherine Leather	1:47.33	1799	Gary Clarke	2:18.09
1021	Sarah Harford	1:48.36	1824	Angelique Haswell	2:19.17
1085	Paul Griffiths	1:50.52	1825	Kim Stevens	2:19.17
1098	Tracey Hicks	1:49.33	1830	Stephanie Smith	2:20.49 PB
1114	Martin Douglas	1:51.26	1832	Helen Dixon	2:20.31 PB
1146	Chloe Lloyd	1:52.18 PB	1872	Natalie Bendell	2:25.02
1147	Eddie McIndoe	1:53.41	1877	Kathy Tytler	2:26.51

1882	Suzanne Bate	2:26.19
1897	Laura Chandler	2:27.42
1899	Juliet Fenwick	2:27.34
1918	Liz Atkinson	2:30.45
1933	Kerry Eastwood	2:33.24
1949	Helen Jennings	2:39.55
1962	Shirley Holmes	2:45.13
1963	Margot Bishop	2:45.14
1971	Peter Higgs	2:49.49
1977	Julie Wing	2:56.29
1984	Anthony Eastaway	3:03.24
1989	Gill Manton	3:03.30

Hillingdon Half Marathon

Pos	Name	Chip
281	Sam Whalley	1:55.47

Bournemouth 10

Pos	Name	Chip
395	Paul Jenkins	1:29.31

Reading Roadrunners Committee Meeting

TUESDAY 5 FEBRUARY 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, Paul

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

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

Dinton Relays. Roger has discovered that it may not be possible to secure accommodation at Woodford Park suitable to use as the race HQ. Roger continues to investigate.

CHAIRMAN'S REPORT

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

- o 12 Jan Hants XC: Reading
- o 20 Jan TVXC: Tadley
- o 26 Jan SEAA XC: Parliament Hill
- o 02 Feb Social: Dinner Dance
- o 03 Feb TVXC: Bracknell (Cancelled)

The 2018/19 season of TVXC events is now complete.

Notable forthcoming events include:

- o 09 Feb Hants XC Dibden (final race)
- o 17 Feb Bramley 20/10
- o 24 Feb Champs, marshalling & Berks Champs: Wokingham HM
- o 12 Mar AGM

TREASURER'S REPORT

Jill has made significant progress with NatWest in obtaining access to the Club accounts and is now able to sign cheques.

Existing signatories completed an application form for her to be granted online access to the account, but she has been advised that the bank will not issue her with a debit card as the account is set to require two signatures to authorise a cheque. This presents difficulties with funding purchases where there is no provision for accepting cheque or BACS payments.

In view of this, the Committee voted unanimously to dispense with the two-signature rule, not least owing to it being circumvented by Jill already having been granted online access to the account. Jill will pursue this change with NatWest once the present set of changes is complete.

Jill wished to record her thanks to Sandy Sheppard and Anne Goodall for the enormous help they've both given her in getting to grips with the way the Club's finances are managed.

GENERAL SECRETARY'S REPORT

Equipment insurance. Bob reported that it is time to renew the Club's equipment insurance for the coming year and asked Anne to provide a cheque for £215.

Renewals. Bob will initiate this year's membership renewals shortly. Members will be able to renew online, by post to the stadium or at the desk on a Wednesday evening.

Unfortunately, as previously advised, it will be necessary to suspend the BACS payment option as we will not be able to obtain electronic bank statements until Jill has been granted online access; manual reconciliation of masses of payments would take an enormous amount of error-prone effort. Members will be able to pay online using the Direct Debit facility as these payments are automatically reconciled by WebCollect.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that 18 new members joined during January and that four members have renewed.

SOCIAL SECRETARY'S REPORT

Dinner Dance. Carl thanked Hannah & Anne for putting on a great Dinner Dance, and for finding an excellent band.

COACHING REPORT

Katie Gumbrell has held a coaches' meeting and made some requests of the Committee that Roger will deal with on behalf of the Committee.

Katie has requested funding for some seven members to qualify as coaches, which, in addition to the two requests that were approved in January, would bring the Club's coaching contingent to 25. Roger has been asked to discuss with Katie whether the club could provide this number of coaches with the opportunity actually to coach and develop their skills.

During discussion, the Committee agreed that we should encourage our coaches to seek higher qualifications.

Carl noted that UK Athletics now requires all its licensed coaches to have taken a safeguarding course when they next renew their licences. The course incurs a £10 per head fee. The Committee confirmed that the Club will pay this fee.

ANY OTHER BUSINESS

Coaching policy. In the absence of anything more up-to-date, Roger has resurrected an ageing Club coaching policy document and is in the process of aligning it with current best practice.

Race budgets. Carl noted that the Bramley race committee has not submitted a budget for this year's race and asked Tom to ensure that the Shinfield budget is submitted in good time.

London Marathon marshalling. Carl reported a significant change to the way London Marathon will deal with marshals this year. Each marshal will be required to provide their details through a new web portal and to provide a digital photograph.

This registration will also cover marshalling the London 10K and the London City Race, both of which are organised by London Marathon. Carl suggested that it may be necessary to register marshals for all three races now and is seeking clarification.

2019 Championship. Bob has received a comment that the tentative list of races presented in the January newsletter puts all three 5M races within 4-weeks, which risks excluding anyone carrying an injury during that relatively short period. Bob accepts the point and will try to find another race at a different time in the year.

Discounts. Bob reported that My Sporting Times has kindly agreed to provide Club members with a 10% discount across their range of events, not just the Mapledurham 10, which is a 2019 Championship race.

Maidenhead 10. Fergal Donnelly advises that he has been contacted by the Maidenhead 10 race organisers to offer the Club three free places. Hannah offered to organise a ballot amongst interested members.

Post-meeting note: Chris Manton has volunteered to manage the Club's participation in the 2019 SVAC Track & Field League.

VOLUNTEERS REQUIRED

Since the last meeting, Sam Whalley has kindly offered to become Race Director for the Berks XC race that the Club needs to organise in December. Peter Reilly has advised that he intends to resign as newsletter editor.

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
- Men's Team Captain
- Newsletter editor

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

DOOR ROTA

06 Feb	Anne & Jane
13 Feb	Anne & Shirley
20 Feb	Anne & Jill
27 Feb	Jane & Shirley
06 Mar	Anne & TBD
13 Mar	Anne & Janice
20 Mar	Anne & Shirley

DONM: 05 Mar 19

Main Club contact points:

Chairman, Carl:

chairman@readingroadrunners.org

Membership Secretary, Anne:

membership@readingroadrunners.org

Secretary, Bob:

gensec@readingroadrunners.org

Treasurer, Jill:

treasurer@readingroadrunners.org

Social Secretary, Hannah:

socialsec@readingroadrunners.org

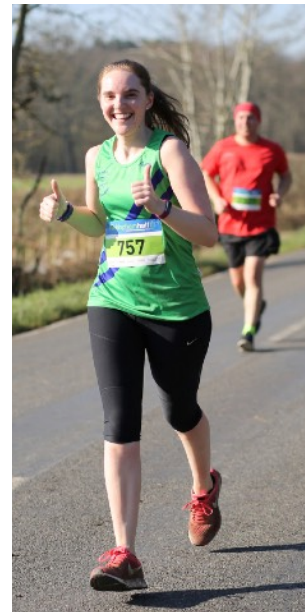
Coaching, Katie:

coach@readingroadrunners.org

Team Captains, Sam & Phil:

teamcaptains@readingroadrunners.org

Wokingham Half Marathon 2019 - pics from Peter Cook



Wokingham Half Marathon 2019 - Pics from Chris Drew

