

NEWSLETTER

MARCH 2019



Reading Half Marathon 2019

Congratulations to everyone who ran, volunteered and supported at this years event. The weather was kind and the support from the citizens of Reading was phenomenal all around the course. A huge club turnout in its home town was a great advert for our club.



The Roadrunners refreshment tent was a welcome place to meet beforehand and to grab a quick drink and a bite to eat straight after the race. The proceeds from the tent meant that our support for our new club charity First Days got off to a flying start.



Fergal Donnelly requests your help and Kerri French welcomes Paul Sinton-Hewitt to Woodley junior parkrun





WANTED - Marshals
Shinfield 10k & Junior Races - 2019





10km - race starts 9:30. Junior Races - start from 11:30






Shinfield 10k - 07/05/2018




(Marshals) Contact - fergal.donnelly@getronics.com




Your Shinfield needs you - please support
Bank holiday **Monday, 06th May**






Chairman Chat

Phil Reay



It's been a whirlwind couple of weeks and a period of time that has left me feeling more excited than ever about the future of our club. Thank you to all who gave their time to attend the AGM, I'm proud to have been elected Chairman and I'm appreciative of the support and kind words received.

I'm just one of ten members in the team that make up the committee. We've a talented line-up with a great balance of experience and new faces. Our committee for 2019/20 is:

Alice Carpenter, Ex-Officio.

Simon Denton, Ex-Officio.

Jill Dibben, Treasurer.

Anne Goodall, Membership Secretary.

Liz Johnson, Social Secretary.

Paul Monaghan, Ex-Officio.

Veronika Royle, Ex-Officio.

Claire Seymour, Ex-Officio.

Bob Thomas, General Secretary.

I first joined the club in 2010 and during the last two years as Men's team captain I've gained a deeper understanding of the club, the processes and the people. In my professional career I've over 20 years experience in various Marketing, Sales and Business Development roles for technology organisations and am looking forward to working hard alongside the rest of the committee.

I'm delighted that **Sam Whalley** will continue as Ladies Team Captain, and would like to lead the warm welcome to **Grant Hopkins** as the new Men's Team Captain.

Also at the AGM, **Kerri French** was announced as our Race Director for the Summer Relays and First Days Children's Charity were selected as our charity for the year. There is more on this wonderful charity from **Zoe Browne** on the Club website.

Coaching for all, regardless of ability is something I'm passionate about and we're now very fortunate to have a new permanent Coaching Co-ordinator; **Katie Gumbrell** was unanimously elected by the Coaches on 20 March. Katie had been doing the role on a temporary basis, and brings fabulous energy and strong communication skills to role.

One motion brought to the AGM and overwhelmingly accepted by members was that women and men should have equality of competition opportunities and experiences. We will therefore:

- 1) Ensure our own events offer equal race distance, age categories, prizes and status for women and men.
Note: The committee has already taken swift action and retrospectively adjusted the categories for our 2019 Club Championships.
- 2) In the events we compete where the competitions are not equal, the club will proactively advocate and for equality for women and men.

The cross-country season is over and the results of our Reading Roadrunners Cross-Country Championships are available with thanks to **Andy Blenkinsop** Congratulations to the prize winners and to ALL those who took part. We saw a 50%+ increase in participation this year and I hope you all enjoyed the events.

And finally, but certainly not least, on behalf of the club a thank you to outgoing committee members **Tom Harrison, Hannah McPhee, Roger Pritchard, Nicole Rickett** and **Carl Woffington**.

Indeed, Carl is a hard act to follow. He's been a member of Reading Roadrunners for well over 20 years and is a lifetime member. Throughout his time at the club Carl has been our representative to the London Marathon organisers. It's because of his work that so many members have either marshalled or obtained a club ballot place at the event. Before becoming Chairman he used to be the Bramley course director and also our event director for our TVXC fixture many years. He has been the course director for many years at Mortimer and remains in the role.

5 ½ years ago the Club found itself mid-term without a Chairman. According to the club constitution the Gen Sec is to deputise for the Chairman, however **Roger Pritchard**, Gen Sec at the time thought he would apply another of the rules. That was to co-opt Carl onto the committee, after a beer and a chat about club affairs, Carl agreed was co-opted on to the committee and then asked to become the chair. He's involved himself with anything and everything to do with the club, he's overseen a 20% growth in membership during that period. He also introduced the XC championships and arguably as impressive as anything else, over the course of Carl's leadership the club has contributed over £100,000 to local charities.

Carl has given so so much to this club and the club has also been kind to him. It's here, at Reading Roadrunners, where Carl met Tina. They fell in love and the rest is history. He will continue in his role with the London Marathon organisers which is something I'm sure we're all happy about.

I'd personally like to thank Carl for his ongoing words of wisdom and advice. Indeed, we share many of the same values and beliefs, top of which is the health and well being of our members. With that in mind, the outgoing committee led by Carl documented the '**Reading Roadrunners Emergency Track Procedures**'. They're included in this newsletter and I encourage you all to read and familiarise yourself with them.

There is a vacancy for the Newsletter Editor. Many thanks to **Peter Reilly** who has done a fabulous job. If you're interested please contact either Peter (newsletter@readingroadrunners.org) or myself Phil Reay (chairman@readingroadrunners.org).

The new committee will officially meet for the first time on 2 April.

Phil

Club Championships Update

Bob Thomas

In response to a proposal brought to the AGM on 12 Mar 2019, the assembled members unanimously voted to harmonise the age categories for men and women and requested that the change be effected immediately. Hence the Championship results previously posted for the Wokingham Half Marathon and the Marathon Championship results returned during January and February have been withdrawn. Both sets of results will be reissued using the new age categories.

The changes only affect the Ladies' age categories:

Previously:	F35	F45	F55
Revised:	Withdrawn	F40	F50

All other age categories for men and women are unaffected.

Ladies' Captain's Report

Sam Whalley



After last year's Reading Half Marathon that wasn't, it seems that a huge number of you couldn't wait to get out there and pound the pavements of our town. I was on marshal duty at the university, as part of the Woodley parkrun team, and it was great to see so many of you on the course, and looking pretty fresh, four miles in. **Sarah McDade, Katherine Sargeant** and **Erica Key** all recorded sub 90 minute times, with Katherine 1st FV45. Just outside that, but with a PB of 1:30.50, was **Laura Peatey**.

There were also PBs for **Sarah Dooley** (1:34.08), **Sophie Hoskins** (1:34.29), **Loretta Briggs** (1:39.55), **Katie Rennie** (1:48.08), **Steph Smith** (2:13.20), and **Candy Cox** (2:19.22). Katie sliced a whopping 17 minutes off her previous best HM time, Steph a huge 7 minutes, and Candy a fantastic 10 minutes.

Divya Samani was chuffed to have completed her first ever half marathon, and I notice that **Christina Calderon** and **Sarah Hicks** were among those who had recorded their best times at that distance in recent years. Well done to all of you! If I didn't spot you and cheer you on, maybe you weren't in green. Try it - it makes all the difference!

Reading wasn't the only half marathon last weekend. At Fleet, **Liz Jones** achieved a PB (1:37.35), while **Carrie Hoskins** was 1st FV50, **Tracey Lasan** 2nd FV60, and **Sarah Urwin-Mann** 3rd FV45, with the latter three earning England vests for their times and age category positions. Amazing!

Only the previous weekend we had seen PBs from **Liz Johnson** (1:45.44) and **Helen Dixon** (a huge 9 minute improvement to 2:18.07) at the very windy Vitality Big Half in London. This race also served as the British Half Marathon Championships; the entry qualification time for this was 1:25.00 for women. Something to bear in mind for next year, maybe.



Also in half marathon action this month have been **Claire Seymour**, deciding to race at Newport rather than use the distance as part of her marathon training, and recording a great time - her fastest time since 2016 (1:50.52), and **Julie Wing**, favouring the sunny climes of Cyprus for her run. Good move, Julie!

I've never heard of the Windsor 20 miles, but research tells me it was held at Dorney Lake, and organised by one of the least organised (allegedly) race organising companies around. Still **Magda Bennett** ran it, and seems to have run an impressive time of 2:50.19, although the power of 10 website has this race listed as 17MNAD, or 17 miles-near-as-dammit. In either case, it's a blooming long way, so well done!

Lorraine Bailey and **Kathy Tytler** made their regular pilgrimage to the notoriously brutal 20 mile Grizzly in south Devon. I always thinks this 'Trails of the Unexpected' race sounds brilliant, with its 3000 feet of ascent, and claims that the weather only adds to the challenge, taking place, as it did this year, in windy conditions, and last year, in snow. **Maureen Sweeney, Trisha Arnold, Cecilia Csemiczky** and **Linda Wright** opted for the shorter, Grizzly Cub, at about 9 miles. Respect to you all.

The only marathon I am aware of this month was the Cyprus marathon run by **Caroline Jackson**. I feel this may be the first of many for the year, and time to see the smile back on Miss Jackson's face (she does not like winter, oh no!).

The shorter distances this month have been few and far between. **Jo Rippingale** managed to achieve a PB of 54.01 at the Dash in the Dark 10k. Who gets a PB in the dark? Excellent work, Jo, it looks like you are back in form. There were no PBs in the Goring 10k, but **Tracey Lasan** was 1st FV60, with a cracking time on that course, of 48.09.

And finally, we can now draw a line under the XC season, following the Inter-Counties XC Championships in Loughborough a couple of weeks ago. **Helen Pool** donned the Berkshire vest, and ran a very strong race, having recently returned from injury. Well done, Helen!



Maureen Sweeney leading the charge at the Grizzly in 2019 and in 1997

I will soon be finalising runners for the Ridgeway Relay, so if you would like to run a leg of this ancient 86 mile path on 16th June, please let me know ASAP. Similarly, if you are 35 or over, and would like to run a 3 mile leg in the Masters Road Relay Championships in Birmingham on 18th May, also let me know.

In the meantime, happy training, and keep us posted on how you get on.

Mens Captains' Report

Grant Hopkins



First of all, I'd like to say a big hello as your new mens team captain! There have been some fantastic names that have held this position previously, and I am honoured to be able to carry the mantle forward for the next 12 months in this wonderful role. I'd like to give a shout out to Phil who has left me some massive shoes to fill, but who has also left the mens team heading into the road running and marathon season in excellent shape! Phil has mentioned previously that we are in a bit of a golden era at RR at present, and hopefully we will see continued growth and success in 2019.

We have finally broken winter (hooray, I hear you cry!). Spring has sprung, and as we edge closer to the spring marathons and summer races it will be nice to be able to lace our trainers and get out in the lighter evenings and hopefully a bit of warmth to boot. Alas, with my current injury stopping me lacing up at all, it means that Boston will be interesting when putting in the final 6 weeks mainly on the turbo trainer and in the pool!!

March has been another excellent month for our men in the green vests. **Peter Cave** completed the (in his words) most beautiful yet hilliest, undulating, rocky and muddy run he has ever done – the Ras Dewi Sant trail marathon. Whilst certainly not a PB course, the run down the coast of West Wales is no doubt one for the admirers of a beautiful view. That same weekend, Goring 10k was completed in very windy conditions. Our very own **Ben Paviour** taking the win, **Chris Lucas** taking 3rd place (and 1st senior M as well), and **Ashley Middlewick** taking a place in the top 10. **Chris Burt** snuck under the 40 minute barrier, which considering the undulating course and the wind was a very respectable time, and **Pete Jewell** was first M55

home. **Lance Nortcliff** crossed over the bridge and completed Newport Half Marathon (incidentally my first ever half marathon) in an age-defying 1:20.09, giving him 23rd place overall.

Yet again we have had some great success during this month with our running. **Alan Freer** was 3rd M60 home at Hillingdon 20, **Andrew Smith** 1st MV40 at Windsor Half Marathon, **Paul Morrissey** 3rd MV40 at Windsor 20, **Seb Briggs** 3rd MV40 with a new PB to boot at Fleet Half Marathon, **Jamie Cole** 1st M45 at Hampton Court Palace Half Marathon (Jamie questioning the medal and tee handed out to the finishers!).

Mark Apsey and **David McCoy (Sr)** competed at the inter-counties championships at Loughborough, swapping our green and navy for the green and yellow of Berkshire. Massive congratulations are in order, and it shows that hard work and dedication really do pay off! After a very successful Fleet Half Marathon, **Lance Nortcliff**, **Seb Briggs** and **Nigel Hoult** have provisionally qualified for the England age group masters team. Congratulations, gents!

Many thousands of runners (the real number has been called into question!) came down to Reading to complete the Reading Half Marathon last weekend, no doubt numbers are down after the late cancellation last year due to the snow. As I was unable to run this, I went down to the uni (around mile 4) to cheer on our green vests as they flowed through effortlessly. It was a great place to spot and cheer on, and the agony of not being able to run it meant I could come down and show my support. Well done to everyone who ran it (over 175 for RR!), and an even bigger thank you to everyone at Reading Roadrunners who spared their time volunteering, whether it be out on the course

or at the start/finish area, and in our refreshment tent. Also, a huge thank you to everyone who baked and donated cakes for our wonderful charity First Days, where we collected a very impressive £681.34.

Our roadrunners on tour have already been out and about, **Justin Simons, Martin Bush** (yet another marathon to add to his growing list!) and **Pete Morris** (choo choo) representing in Barcelona, and **Paul Monaghan** (and his lovely partner **Caroline**) running the marathon in Cyprus, while **Julie Wing** ran the Half Marathon and **Stephen Wing** the 10k. If incorporating running a marathon into a holiday sounds right up your street, check out our Runners on the Road section on the website, or email runnersontheroad@readingroadrunners.org

We have had a glut of PB's this month. Shout outs for **Chris Burt** at Goring 10k AND at Fleet Half Marathon, **Justin Simons** at Barcelona marathon, **Seb Briggs** and **Lance Nortcliff** at Fleet Half Marathon and **Rob Corney, Mike Hibberd, Ben Hart, Andrew Butler** and **Vince Williams** at Reading Half Marathon. Please see the results for full details.

I'm sure you're aware that we cannot go a whole report without mentioning **Rob Corney**, who yet again smashed the mens club record for half marathon (which he previously held). Rob attacked the course at Reading, and finished a wonderful 10th place with a time of 1:06.07. After spending the weekend running with him in North Wales over Cadair Idris (in awful weather conditions!) a few weeks ago, I doff my cap. I'm starting to wonder if he is part human, part machine! Keep it up, Rob!

I can't wait to get to know so many more of you over the next 12 months, and see you wear the green vests with pride at more events. If you have any interesting stories, drop us a line at teamcaptains@readingroadrunners.org

Ffarwelio am nawr!

RR Sunday Cross Country League Table 2018/19

Andy Blenkinsop

Congratulations to everyone who participated in the Cross Country Season 2018/19 and in particular to the following prize winners in the RR TVXC league:

	1	2	3
F SEN	Gemma Buley	Christina Calderon	Chloe Lloyd
FV40	Sarah Alsford	Angela Burley	Sam Whalley
FV50	Mary Janssen	Sandy Sheppard	Maureen Sweeney
FV60	Liz Atkinson	Kathy Tytler	-
FV70	Cecilia Csemiczky	-	-
M SEN	Rob Corney	David McCoy	Chris Burt
MV40	Fergal Donnelly	Andy Blenkinsop	Richard Usher
MV50	Gavin Rennie	Brian Kirsopp	Bill Watson
MV60	Michael Howard	Andy Atkinson	Pete Morris
MV70	Jim Kiddie	-	-

Awards to those who participated in all TVXC races:

Ian Giggs

Peter Higgs

Michael Howard

Peter Reilly

Tom Wright

Awards to those who participated in all Hampshire League races:

Pete Jewell

Lance Nortcliff

Claire Seymour

Andrew Smith

Samantha Whalley

READING ROADRUNNERS EMERGENCY PROCEDURES

1. AIM

The following procedures are intended to give guidelines to Reading Roadrunners (RR) members for various different incidents that may be encountered. The actions are given below.

2. WEDNESDAY EVENING TRACK TRAINING SESSION

2.1. RUNNER ON THE FLOOR

The Wednesday session is normally well attended. The first few runners to arrive with the runner that is down should check with the runner's condition and direct other runners around the casualty.

2.1.1. TRIP OR STUMBLE

If the cause is found to be due to a trip or stumble then the session may continue while the injury is assessed in a safe environment.

2.1.1.1. WALKING WOUNDED

If the casualty is responsive and able to walk then they should be given time on the track to overcome the normal shock that often comes with a trip. The casualty should be helped to the side – either grass infield or cycle track – when they feel able to move. Should first aid be required then the Reading Sport and Leisure (RSL) Duty Manager will be contacted via the stadium reception desk.

2.1.1.2 NOT ABLE TO BE MOVED

If the casualty has tripped and the injury is deemed serious enough for the casualty not to be moved then the session should be stopped for all runners. This should be done by quietly asking the runners to stop and make their way to the stadium seated area. Then wait there for further instructions. There is no need to chase around the track asking runners to stop. Simply stand in one place beside the track and the runners will all come to you as they lap. First Aid will be obtained by contacting the RSL Duty Manager via the stadium reception desk. Decide if it is necessary to call an ambulance and, if so, call one.

2.1.2. DUE TO ILLNESS

If the cause is thought to be due to illness then the situation is likely to be more serious than the trip or stumble situation. It is unlikely that the illness can be diagnosed accurately. Possibilities are heart problems, stroke, brain bleed, fit or something less severe but still causing a collapse. The casualty may be conscious or unconscious. If it seems the casualty could be down for a little while then the session should be stopped as described in 2.1.1.2. This is both for the safety of the people attending the casualty and also for the dignity of the casualty. First aid will be obtained by contacting the RSL Duty Manager via the stadium reception desk. Request them to bring a First Aid Kit and an AED. If the condition of the casualty looks serious then do not waste time – call 999 and request an ambulance. If the casualty is unconscious then it is important that they are identified. The RR desk will also be contacted with the name of the casualty so that emergency contact details can be checked and contacted if necessary.

2.1.3. NOTES

Paragraphs 2.1.1.2 and 2.1.2 above give details of stopping the session. Runners are asked to make their way to the stadium seated area and wait there for further instruction. It is important that runners clear running track, cycle track and grass infield. Past experience tells us that an ambulance, a paramedics car or police vehicles could arrive at any time and at speed. They may be flashing blue lights and / or sounding sirens but we can't guarantee that.

2.2. STADIUM FIRE

There are fire alarm sirens located outside the stadium building and local to the track. It is quite likely that they will be heard on track in the event of a stadium fire triggering the alarm system. If the alarm is sounded then leave the track immediately via the side gates into the car park area. Avoid blocking the access gates. Make your way to the Palmer statue in the car park and wait for further instructions. Do not enter the stadium building for any reason. Do not attempt to collect kit bags, car keys, membership card or any other personal belongings that may be in the

stadium building. Should a RSL member of staff give you directions that differ from the above then their directions take precedence.

2.3. USHERS/STEWARDS

Paragraphs 2.1 and 2.2 above give evacuation directions with muster points. There isn't a compulsory attendance at our Wednesday evening track sessions, so it is impossible to say who will be there. However, it is envisaged that the lead in clearing the track and giving further instruction to mustered runners will be taken by committee members and coaches.

3. FRIDAY EVENING TRACK TRAINING SESSION

3.1 NOTES

The Friday evening track session has fewer runners than the Wednesday session and only one coaching group. We have guest runners from Reading University AC during their term time. Several times a year we hold Track Friday evenings where runners from other local clubs are invited to join us for track races. The procedures for dealing with issues at a Friday session are as described at paragraphs 2 except that there is no desk to consult for emergency contact details. Efforts should be made to contact a holder of the RR Club Membership list – Chairman, Secretary, Membership Secretary or either Team Captain. Give the name of the casualty and ask them to contact the listed emergency contact.

4. OUTRUN

4.1. RUNNER ON THE FLOOR

4.1.1. TRIP OR STUMBLE

The run leader and running group should assess the injury and decide on the best course of action considering both the injury and their location. The run leader shall be responsible for the decision taken.

4.1.1.1. WALKING WOUNDED

If the casualty can make it back to Palmer Park under their own steam and without immediate medical attention then the group shall ensure that the casualty is accompanied back.

4.1.1.2. MORE SERIOUS INJURY

If it is decided that the casualty cannot make it back to Palmer Park then one or more of the group should run back to get a car and return with it. The casualty to get first aid at the park. Or if the casualty needs immediate medical attention at the scene then contact emergency services - either on the run leaders mobile or, in the case of one not being carried or poor signal strength, by contacting a passer by, nearby house or shop.

4.1.2. DUE TO ILLNESS

The casualty may be conscious or unconscious. The run leader and running group should assess the situation and decide on the best option. The run leader shall be responsible for the decision taken. These may include phoning the emergency services using the run leaders mobile or getting help from someone nearby to do that. It is important that the casualty is identified. Efforts should be made to contact a holder of the RR Club Membership list – Chairman, Secretary, Membership Secretary or either Team Captain. Give the name of the casualty and ask them to contact the listed emergency contact.

5. PUB RUN

5.1. RUNNER ON THE FLOOR

5.1.1. TRIP OR STUMBLE

The run leader and running group should assess the injury and decide on the best course of action considering both the injury and their location. The run leader shall be responsible for the decision taken. It is quite likely that the injury will occur out in the country.

5.1.1.1. WALKING WOUNDED

If the casualty can make it back to the pub under their own steam and without immediate medical attention then the group shall ensure that the casualty is accompanied back.

5.1.1.2. MORE SERIOUS INJURY

If it is decided that the casualty cannot make it back to pub then there are two options. Get the casualty to the nearest road and one or more of the group run back to the pub to get a car and return with it. Or if the casualty needs immediate medical attention at the scene then contact emergency services - either on the run leaders mobile or, in the case of one not being carried or poor signal strength, by contacting the nearest householder or trying to flag down a passing car.

5.1.2. DUE TO ILLNESS

The casualty may be conscious or unconscious. The run leader and running group should assess the situation and decide on the best option. These may include phoning the emergency services using the run leaders mobile or getting help from a nearby householder to do that. It is important that the casualty is identified. Efforts should be made to contact a holder of the RR Club Membership list - Chairman, Secretary, Membership Secretary or either Team Captain. Give the name of the casualty and ask them to contact the listed emergency contact.

6. OTHER RACES AND EVENTS

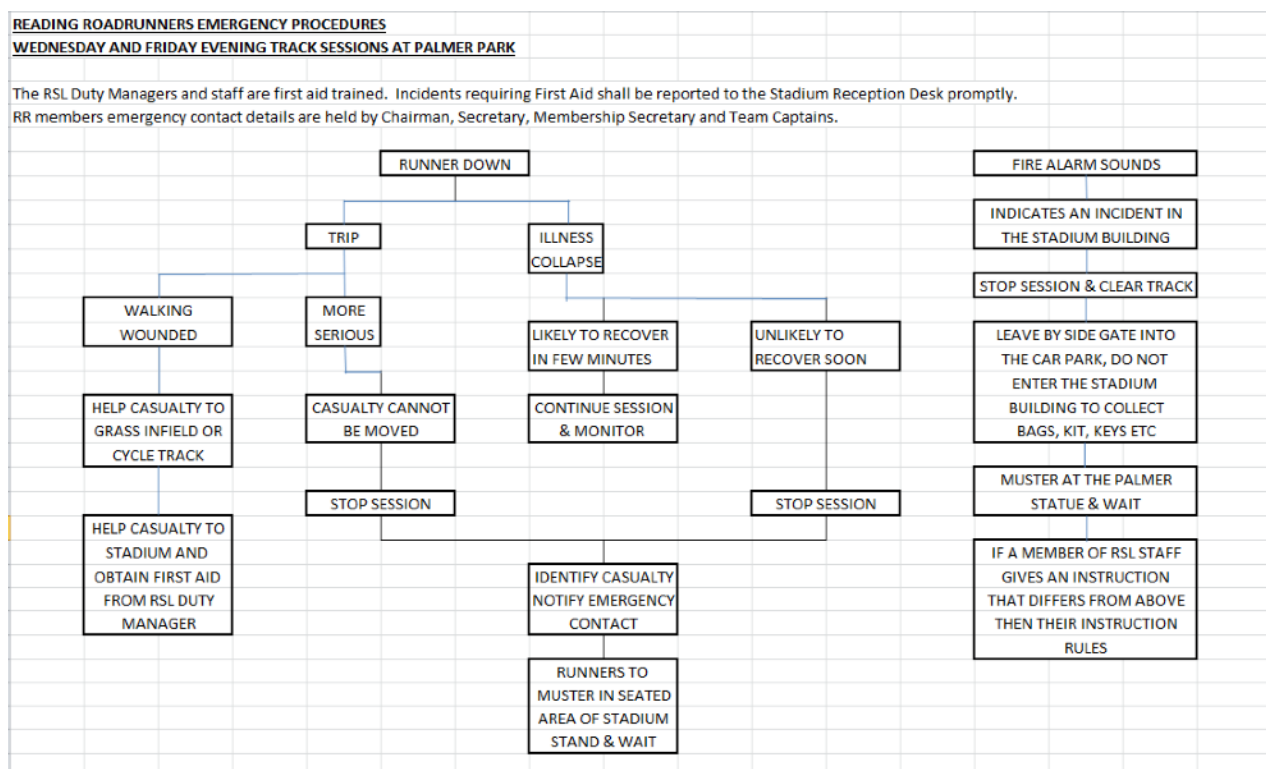
6.1. RR ORGANISED RACES

Our race directors for Bramley, Shinfield, Mortimer and TVXC XC provide medical cover for the races and this should be used for all casualties from all clubs.

6.2. OTHER RACES AND EVENTS

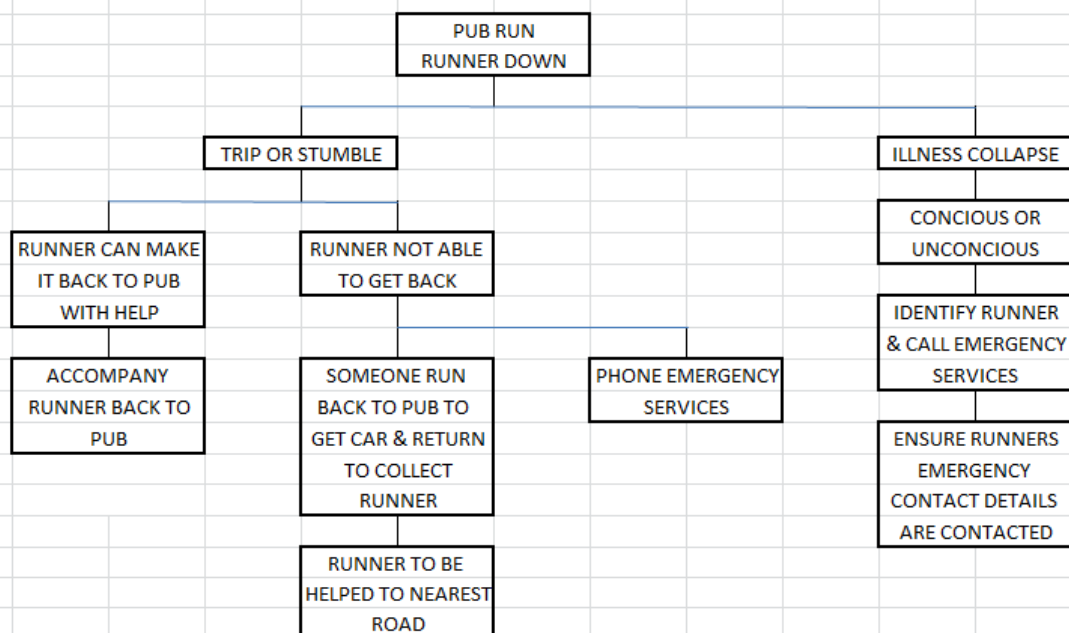
Our members run in many races and events throughout the year and must rely on the cover given by the respective race directors and organisers.

7. PROCESS FLOW DIAGRAMS

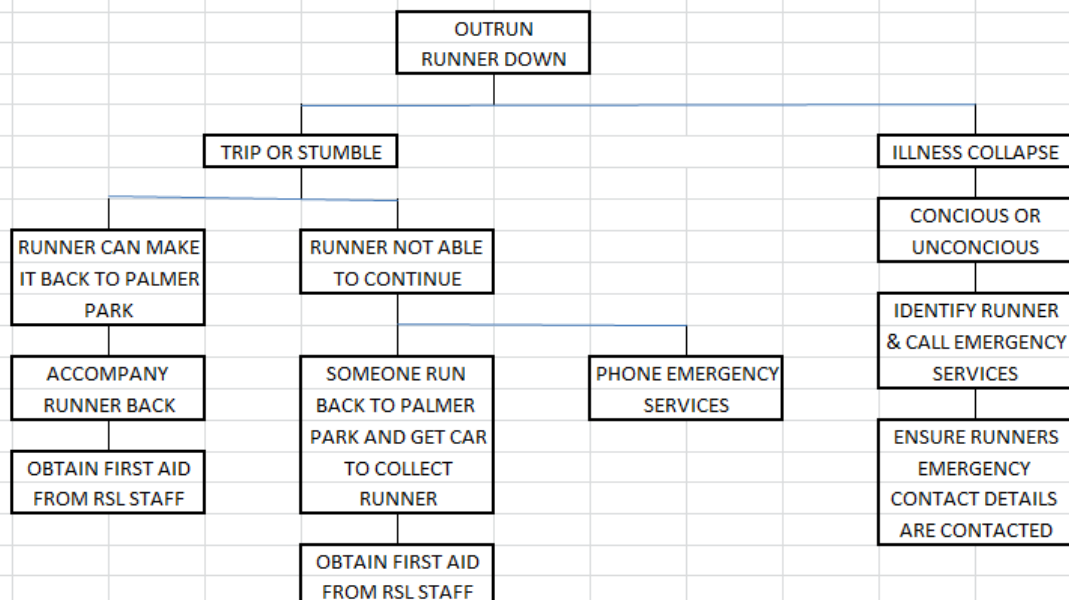


READING ROADRUNNERS EMERGENCY PROCEDURES**PUB RUNS**

RR members emergency contact details are held by Chairman, Secretary, Membership Secretary and Team Captains.

**READING ROADRUNNERS EMERGENCY PROCEDURES****OUTRUNS**

RR members emergency contact details are held by Chairman, Secretary, Membership Secretary and Team Captains.



Southern Counties Veterans Athletics League

Chris Manton

As summer approaches the Southern Counties Veterans Athletics league is on the horizon.

If you don't know anything about this it is a series of Track and Field fixtures (yes you can throw stuff, jump, sprint as well as run (or walk) up to 5k) where Roadrunners compete against a number of other clubs in the region. The competition is open to Veterans so is aimed at anyone aged 35 and over.

The events are held mainly on Monday evenings during the summer or on a Sunday afternoon, the schedule is shown below:

Monday 29th April - Evening - Oxford

Monday 20th May - to be confirmed

Monday 3rd June - Evening - Abingdon

Sunday 14th July - Afternoon - Reading

Having tried it for the first time last year I found it to be great way to spend a summers evening and do some events that I was not used to, I am sure that anyone that has taken part would say the same. I mentioned you can throw stuff and if this is something you want to try there are often try out sessions on a Wednesday before track when you can try and learn the ropes so you don't go in at the deep end.

Whilst there is an element of competition it is a lot of fun and is truly for all abilities.

Having taken over the organisation of the team from Nigel Hoults you will be hearing more from me as the fixtures approach, when I will be able to tell you what events will take place at each fixture. If you are interested in participating I can add your name to the entry list (which has to be submitted prior to each event).

For now I have one really important question which relates to anyone out there who is interested in competing but has Reading Roadrunners as a second claim club, I need to do some paperwork to register you and would be grateful if you drop me a line with your name, name of first claim club and your England Athletics Unique Reference Number so that I can sort the paperwork. I am new to this so I may need to reach out for more info to support the registration so please bear with me!

Finally, we do need to provide assistance at the meetings and in particular the one in Reading as we share the hosting of that event with Reading Athletics Club so if you are interested please keep an eye out for further mails on that, from memory of last year you can still compete in the events although it may come down to a question of timings.

If anyone has any questions please do not hesitate to contact me.

Chris

cjmanton73@yahoo.co.uk

Roadrunners Race Results

David Dibben

HAVE you ever started a race behaving like one of the elites and finished it feeling like a bit of a party-pooper?

Well I did, on the Sunday of the big half marathon weekend.

Instead of joining the masses at the Madejski for yet another Reading HM, I ventured out with a select group of experienced and very decent runners to Fleet.

Eight of us – Seb Briggs, Lance Nortcliff, Alex Harris, Caroline Hoskins, Nigel Hoult, Tracey Lasan, Liz Jones and myself – were all chasing England vests in September's age group masters international.

For company we had second-claimer Sarah Urwin-Mann (sporting her Reading AC livery), plus Julie Rainbow and Chris Burt.

We came home from a fiercely competitive event with five England vests, three age-group prizes and four personal bests.

My contribution to that great award-fest wasabsolutely zip! My sole consolation was that, of the RR group, I did have the largest margin of time over my putative qualification target, nearly 17 minutes. Tracey had almost 16, Carrie 15 and Nigel over 14.

The real test of quality, however, is in the age grading figures, where 80 per cent is considered national standard and 90 per cent international.

While I trailed in at the back with a miserable 76 per cent, Alex scored 79, Seb 82, Lance 83, Nigel and Liz 84, Tracey 86 and Carrie 88.28.

To give you some idea just how good that is, Rob Corney's stunning performance at Reading earned a rating of 88.30.

Back at Fleet, the prize-giving was punctuated by gasps of disbelief at some of the times produced by the rapid vets, such as 1:17 in the M60 age group and 1:28 in the V70s.

The top London athlete who finished as second F50 looked genuinely shocked not to win. But she congratulated Carrie and added: "I can't believe you are 50." We Roadrunners looked on smugly, thinking: "You'll never beat our champion!"

In some less high-profile local events you often see the more senior runners doing their best but inevitably making up the numbers towards the rear of the field. At Fleet there were a lot of seriously quick runners who had simply got a bit older but had trained on well and not lost much speed.

There are some very speedy Masters athletes in Reading Roadrunners... and I'm not one of them.

But I would recommend the Fleet race to those who haven't tried it. It's always on the same day as Reading, and you can save a fair bit of cash. The only thing missing is Fiona's coffee and cakes!

On the subject of half marathon times, apologies to Sarah Dooley for my careless transposition in last month's newsletter of her result at Wokingham. Sarah ran personal bests there and at Reading but the correct figures show she improved over three weeks by two seconds, rather than nine minutes, and now has a new mark of 1:34.08. Sorry, and congratulations, Sarah!

For the Reading Half Marathon results below I have listed gun positions and chip times, giving data for where the race organisers say you finished and what time you actually ran for the 13.1 miles. For gun times and chip positions go to <http://www.readinghalfmarathon.com/race-data/get-results.php?race-id=15>

March 2nd

Dash In The Dark 10k

Pos	Name	Chip
58	Jo Rippingale	54.01 PB
74	Marion Loiseau	56.03

Ras Dewi Sant Marathon

Pos	Name	Gun
53	Peter Cave	6:10.46

March 3rd

Goring 10k

Pos	Name	Chip
1	Ben Paviour	35.53
3	Chris Lucas (1st M Sen)	37.24

8	Ashley Middlewick	39.03
12	Chris Burt	39.49 PB
17	Pete Jewell (1st M55)	41.05
25	Robin Lomax	42.05
49	Ben Johnson	43.44
62	Mark Andrew	44.17
131	Sarah Dooley	47.25
145	Brian Curtayne	48.00
156	Tracey Lasan (1st F60)	48.09
170	Sammy Phillips	48.51
189	Joe Blair	49.34
191	Liz Jones	49.36
289	Stuart Jones	53.23
295	Sally Carpenter	53.29
317	Rachael Derry	53.33
364	Robert Hele	55.57
385	Phil Davies	56.50
449	John Bullock	59.05
482	Danlu Tong	1:00.19
489	Belinda Drew	1:01.26
566	Makombe Chinodyaruswa	1:04.04
600	Kerry Eastwood	1:06.24
604	Reu Chinodyaruswa	1:06.58
651	Trisha Arnold	1:15.06
652	Veronica Andrew	1:15.59

Newport Half Marathon

Pos	Name	Chip
23	Lance Nortcliff	1:20.09
653	Claire Seymour	1:50.52

March 9th**Inter-Counties Championships (Loughborough)****Senior men**

Pos	Name	Gun
155	Mark Apsey*	37.30

255	David McCoy (Sr)*	40.14
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Senior women

Pos	Name	Gun
242	Helen Pool*	51.11

*All representing Berkshire

Thames Meander Marathon

Pos	Name	Chip
38	Simon Denton	3:38.17

March 10th**Vitality Big Half**

Pos	Name	Chip
657	Chris Buley	1:24.52
659	Gemma Buley	1:24.53
3127	Caroline Jackson	1:43.46
3524	Elizabeth Johnson	1:45.44 PB
4346	Sahan Jinadasa	1:49.50
4665	Judith Ritchie	1:51.13
5186	Chris Manton	1:53.36
5594	Alice Carpenter	1:55.22
6061	Sara Lopez	1:57.26
7560	Peter Warren	2:04.10
9991	Helen Dixon	2:18.07 PB
12727	Anthony Eastaway	2:54.27
12728	Gill Manton	2:54.28

Surrey Half Marathon

Pos	Name	Chip
5	Matthew Richards	1:10.56

Barcelona Marathon

Pos	Name	Chip
2472	Justin Simons	3:27.22 PB
11548	Martin Bush	4:44.05
13479	Pete Morris	5:30.06

Hillingdon 20

			126	Andy Mutton	1:17.57
Pos	Name	Chip	169	Matthew Davies	1:19.40
159	Alan Freer (3rd M60)	2:47.45	179	Anthony Young	1:20.25

Grizzly

			187	Darren Lewis	1:20.35
Pos	Name	Chip	205	Brendan Morris	1:21.12
178	Ian Giggs	3:08.28	216	Chris Lucas	1:21.41
1536	Lorraine Bailey	5:29.39	232	Robin Lomax	1:22.51
1537	John Bailey	5:29.40	250	Andy Morgan	1:24.06
1593	Kathy Tytler	6:04.35	347	Brooke Johnson	1:25.14

Grizzly Cub

			365	Kenny Heaton	1:28.55
Pos	Name	Chip	411	Michael Hibberd	1:27.05 PB
509	Maureen Sweeney	2:21.36	429	David McCoy (M40)	1:27.48
536	Trisha Arnold	2:27.53	457	Ian Giggs	1:28.22
562	Cecilia Csemiczky	2:32.30	458	Liang Guo	1:28.21
576	Linda Wright	2:44.31	478	James Rennie	1:28.23

March 16th**Windsor Half Marathon**

			479	Sarah McDade	1:28.33
Pos	Name	Chip	490	Richard Hallam-Baker	1:28.45
5	Andrew Smith (1st M40)	1:22.46	499	Katherine Sergeant (1st F45)	1:29.06
10	Calum Pratt	1:23.58	510	Erica Key	1:29.16
			587	Ben Hart	1:30.38 PB

Windsor 20 Miles

			588	Mark Dibben	1:30.11
Pos	Name	Chip	601	Laura Peatey	1:30.50 PB
31	Paul Morrissey (3rd M40)	2:31.16	655	Mark Andrew	1:31.41
68	Magda Bennett	2:50.19	681	Wayne Farrugia	1:32.08

March 17th**Hampton Court Palace Half Marathon**

			715	Gareth Goodall	1:33.11
Pos	Name	Chip	759	Dan Stockwell	1:33.35
8	Jamie Cole (1st M45)	1:19.51	780	Andrew Butler	1:33.43 PB
			784	Sarah Dooley	1:34.08 PB

Reading Half Marathon

			801	Tony Long	1:32.52
Gun pos	Name	Chip	804	David Caswell	1:34.18
10	Rob Corney	1:06.07 PB	818	Tony Streams	1:34.39
53	Mark Worringham	1:12.00	832	Sophie Hoskins	1:34.29 PB
85	David McCoy (Snr)	1:15.25	839	Sam Gold	1:34.27
118	Keith Russell	1:17.50			

885	Sam Terrell	1:35.27	1833	Daniel Coleman	1:43.52
924	Sam Hammond	1:36.04	1848	Brian Grieves	1:44.42
933	Paul Gell	1:36.05	1921	Robert Houghton	1:45.25
960	Clive Alderson	1:36.43	1963	Nelesh Kotecha	1:44.37
986	Samuel Alsford	1:36.47	2020	Sarah Alsford	1:45.02
1008	Vince Williams	1:37.19 PB	2118	Joe Blair	1:47.26
1044	Pragash Nantha	1:37.26	2169	Sahan Jinadasa	1:50.31
1045	Robbie Kaiser	1:38.17	2218	Peter Reilly	1:46.46
1052	Mary Janssen	1:37.36	2235	Liz Johnson	1:46.44
1106	Ivan Harding	1:38.24	2272	Matthew Brown	1:52.31
1134	James Dale	1:38.22	2312	Scott Gillespie	1:43.31
1203	Loretta Briggs	1:39.55	2323	Colin McCarlie	1:49.21
1215	Alan Molley	1:40.30	2366	Stuart Wylie	1:48.18
1225	Chris Thomas	1:37.10	2411	Katie Rennie	1:48.08 PB
1253	Clinton Montague	1:40.25	2412	Peter Rennie	1:48.10
1298	Jonathan Ridley	1:41.39	2415	Anthony Demetriou	1:50.31
1333	Ben Fasham	1:42.02	2453	Beth Rudd	1:53.26
1346	Jemma Fulbrook	1:42.06	2489	Paloma Crayford	1:48.52 PB
1349	Richard Smith	1:40.58	2551	Stephen Fellow	1:55.20
1468	Roman Martin	1:42.50	2553	Sarah Harford	1:50.14
1470	Charlotte Reid	1:40.40	2554	Catherine Leather	1:50.15
1477	Alix Eyles	1:44.34	2575	Lauren Prior	1:51.06
1480	Stewart Wing	1:43.03	2597	Joe Akem-Che	1:51.22
1508	Jonathan Belson	1:44.15	2610	Sara Lopez	1:52.31
1519	Leighton More	1:44.24	2639	Catherine Bruce	1:52.32
1598	David Walkley	1:45.40 PB	2700	Claire Raynor	1:51.45
1629	David Clay	1:44.38	2765	Judith Ritchie	1:51.43
1634	Anas Bakhit	1:41.00	2792	Tony Walker	1:47.08
1644	David Lennon	1:44.46	2810	Andrew Caldwell	1:52.12
1725	Paul Bandy	1:43.22	2811	Patrick Hall	1:53.52
1760	Katherine Foley	1:46.19	2831	Martin Douglas	1:53.56
1773	Bryan Curtayne	1:44.09	2831	Sarah Bate	1:53.16
1815	Brian Fennelly	1:44.25	2833	Paul Giles	1:54.11

2890	Paul J Jenkins	1:54.48	4694	Robin Bertrand	2:05.21
2974	Sally Carpenter	1:53.13	4734	Hilary Rennie	2:04.45
3020	Nicholas Adley	1:56.23	4783	Neil Carpenter	1:59.32
3048	Derek Cheng	1:50.48	4764	Paul Milnes	2:07.07
3136	Katrin Intxaurbe	1:50.04	4918	Phil Davies	2:03.25
3396	Moira Allen	1:58.34 PB	4987	Gary Clarke	2:04.05
3425	Diane Hodder	1:58.46	4998	Rachel Helsby	2:07.37
3432	Christina Calderon	1:58.30	5023	Miriam Coleman	2:09.23
3532	Donna Saunders	1:55.02	5093	Andy Atkinson	2:08.20
3543	Dave Brown	1:55.09	5100	Alex Bennell	2:08.08
3730	Jim Kiddie	1:56.58	5132	Laura Batten	2:03.22
3778	Suzanne Drakeford-Lewis	1:55.11	5398	Zoe De La Pascua	2:11.14
3782	George Nyamie	1:56.14	5435	Charlie Macklin	2:08.50
3879	Alice Carpenter	1:57.50	5436	Sarah Richmond-De'voy	2:08.51
3910	Donald Scott-Collett	2:03.40	5524	Jo Rippingale	2:13.47
3928	Hannah Oatley	1:57.49	5574	Kim Stevens	2:10.43
4087	Carmen Fuentes-Vilchez	1:59.17	5596	Kevin Bilsby	2:14.03
4083	Matt Miller	2:04.42	5597	Tamsin Puddephat	2:24.31
4103	Zoe Browne	1:58.06	5729	Thanga Satheeskumar	2:15.56
4111	Robert Hele	2:03.33	5764	Runyararo Chinodyaruswa	2:12.58
4167	Holly Towers	1:58.36	5788	Sandy Sheppard	2:16.42
4174	Ian McGuinness	1:58.37	5798	Andrea Marnoch	2:17.46
4225	Katie Gumbrell	2:01.19	5804	John Bullock	2:13.32
4249	Rob Bursell	2:06.34	5819	Rita Dykes	2:17.26
4252	Phil Reay	2:05.34	5826	Louise Rees	2:13.01
4319	Sarah Hicks	1:59.23	5859	Makombe Chinodyaruswa	2:14.03
4321	Veronika Royle	2:00.12	5886	Leanne Home	2:13.00
4339	Elizabeth Ganpatsingh	2:00.21	5933	Stephanie Smith	2:13.20 PB
4366	Cullum Ross	1:59.45	6093	Peter Cave	2:19.48
4380	Rachael Derry	1:57.38	6089	Stephanie Bray	2:15.10
4590	Angela Burley	1:57.42	6100	Andy Breakspear	2:20.43
4594	June Bilsby	2:03.10	6168	Lee Hinton	2:21.18
4627	Andrew Osborn	2:04.36	6272	Tim Miller	2:19.02

6276	Jenny Boxwell	2:19.05
6298	Clive Bate	2:23.51
6311	Jennie Whitehead	2:20.00
6393	Steven Blake	2:21.21
6415	Katie Gash	2:19.21
6460	Candy Cox	2:19.22 PB
6512	Alison Hooper	2:22.52
6530	Julie Bagley	2:27.17
6575	Niamh Sherwood	2:22.23
6604	Divya Samani	2:20.44
6742	Alison Wrigley	2:23.20
6877	Justin Watkins	2:24.48
7067	Amanda Rosser	2:41.01
7177	Andrew Few	2:28.20
7270	Angharad Shaw	2:29.51
7271	Cathrin Westerwelle	2:29.52
7693	Lorraine Bailey	2:43.17
7738	Liz Atkinson	2:44.58
7739	Trisha Arnold	2:44.58
7776	Lauren Palmer	2:47.38
7863	Alyson Few	2:54.11
7893	Linda Wright	3:01.42
7970	Kathy Tytler	3:12.25
8023	Himanshu Patni	3:20.57

Fleet Half Marathon

Pos	Name	Chip
21	Seb Briggs (3rd M40)	1:13.22 PB
45	Lance Nortcliff	1:15.48 PB
168	Alex Harris	1:22.20
189	Chris Burt	1:23.19 PB
249	Caroline Hoskins (1st F50)	1:25.01
359	Sarah Urwin-Mann (3rd F45)	1:27.45

415	Nigel Hout	1:28.41
783	Liz Jones	1:37.35 PB
816	Tracey Lasan (2nd F60)	1:38.10
849	Julie Rainbow	1:38.09
1073	David Dibben	1:43.12

Cyprus Marathon

Pos	Name	Chip
123	Caroline Jackson	3:53.18
237	Paul Monaghan	4:24.10

Cyprus Half Marathon

Pos	Name	Chip
764	Julie Wing	3:03.37

Cyprus 10k

Pos	Name	Chip
599	Stephen Wing	1:29.28

March 24th**Eastleigh 10k**

Pos	Name	Chip
18	Mark Apsey	33.24 PB
315	Nantha Pragash	42.34

London Landmarks Half Marathon

Pos	Name	Chip
2262	Angela Burley	1:50.47

Reading Roadrunners Committee Meeting

TUESDAY 5 MARCH 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, Hannah

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

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

Dinton Relays. The Committee endorsed Roger's proposal to re-locate the Dinton Relays to Woodford Park using the Oakwood Centre as Race HQ. As we are not allowed to take our own food into the building, refreshments will be provided as a picnic on the grass. The council will charge £300 to allow us to use our own gazebo for this purpose. It remains to recruit a Race Director for the event.

CHAIRMAN'S REPORT

Carl thanked the Committee for supporting him throughout the past year.

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

- 09Feb Hants XC: Dibden
- 17Feb Bramley 20/10
- 24Feb Champs: Wokingham HM; also marshalling & Berks Championship event

The 2018/19 season of Hants XC events is now complete.

Carl thanked Adele and her team for staging another successful Bramley event.

Notable forthcoming events include:

- 12Mar AGM
- 17Mar Marshalling: Reading HM
- 19Apr Champs: Maidenhead 10

TREASURER'S REPORT

Jill tabled balanced accounts for January & February.

With Sandy's help, Jill will work on compiling auditable accounts for 2018 following her confirmation as Treasurer at the AGM.

Jill has contacted HMRC to confirm the Club's tax status, hopefully validating the long-held view that we have no tax liability.

Post-meeting note: Jill has finally gained online access to the Club account and is able to download electronic bank statements. Bob has reinstated the BACS payment facility in WebCollect.

GENERAL SECRETARY'S REPORT

Equipment insurance. Bob has renewed the Club's equipment insurance.

SEAA. Bob has received a letter from the Chairman of SEAA explaining that England Athletics has reneged on its agreement to provide funding for SEAA to stage events. SEAA proposes to fund future events through a registration scheme, whereby clubs would be charged £2 for each member registered as First Claim with EA.

Carl observed that, whilst we take part in SEAA road and XC events, this affects a fraction of our membership. Also, SEAA stages more than just road and XC races, in which the Club has no participation.

It was agreed that Bob would contact the SEAA Chairman stating that we did not see his proposal as offering the Club value for money and would prefer to pay to enter the races in which we elect to take part.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that nine new members joined during February.

Anne also reported that 290 members were still to renew. Members who have not renewed by 31Mar19 will be deemed to have resigned from the Club.

SOCIAL SECRETARY'S REPORT

Free places for Maidenhead 10. Hannah reported that the three free places provided by the Maidenhead 10 organisers were awarded by ballot to: Linda Wright, Tim Miller and Chloe Lloyd.

Dinner Dance. Anne advised that she has booked Sonning Golf Club for 7Mar20 to hold the 2020 Dinner Dance.

COACHING REPORT

Track etiquette. Katie raised concerns over members' continued non-observance of the Club's simple rules for using the track, which are posted in the stadium and which have been repeated on many occasions. It was agreed that the rules would be repeated in the announcements until observance improves.

Coaching structure. Following representations and incorporating her own views, Katie is developing a proposal for a radical overhaul of how the Club provides coaching. Katie will take this up with the new Committee.

In anticipation that this initiative will bear fruit, the Committee agreed to fund Mark Apsey to undertake a coaching course.

A request by seven other members to train as coaches is subject to further review following a re-assessment of how we will deliver coaching going forward.

Coaching qualifications. Following a request from Roger, Katie has surveyed the qualifications held by our coaches. Roger will now liaise with Katie to develop a training plan to encourage some coaches to enhance their qualifications.

ANY OTHER BUSINESS

Reading Sports Awards. Carl noted that the Reading Sports Awards are inviting nominations. Carl has asked the Team Captains to consider if we wish to nominate any members.

30th Anniversary book. Paul proposed posting the 30th Anniversary book on the website, which was agreed.

Shinfield 10K budget. Tom presented the budget for the Shinfield 10K & junior races, which was agreed.

VOLUNTEERS REQUIRED

Still subject to election at the AGM, since the last minutes, volunteers have nominated themselves as candidates for:

- Chairman (Phil Reay)
- Social Secretary (Liz Johnson)
- Men's Team Captain (Grant Hopkins)

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.

- Dinton/Woodford Park Race Director
- Newsletter editor

Peter Reilly stands down as the Newsletter Editor after the March edition, after which publication will be suspended.

FUTURE COMMITTEE MINUTES

If publication of the newsletter is suspended, minutes of future Committee Meetings will be published on the website.

DOOR ROTA

06Mar	Anne & Shirley
13Mar	Anne & Janice
20Mar	Anne & Shirley
27Mar	Anne & Sandy

DONM: 02 Apr 19

New Committee Members

From left to right: Jill Dibben (Treasurer), Liz Johnson (Social), Veronika Royle, Claire Seymour and Alice Carpenter (ex-Officio).

