

NEWSLETTER: MAY 2019



TIMING CHIPS TO MEDALS ON LIPS: ROADRUNNERS ROAM FOR MARATHON GLORY

Reading Roadrunners descended on cities all over the world in April to rub their soles over 26.2 miles of home and foreign streets. Manchester, Brighton, Rome, Paris, London, Cyprus, Crete, Boston and Hamburg played host as the marathon season began in earnest.



And with Reading Roadrunners in action all across the board, this month I've created a pull-out collage to pin on your fridge! Or use to confuse airport cameras, whichever you wish.



PULLOUT
INSIDE!

Editor's Note

Peter Cave

Welcome to the new and entirely unimproved newsletter!

I've volunteered for the unenviable task of taking over from Peter Reilly so please forgive the occasional misspelling, grammatical error or layout indiscretion. He's done a great job since he took over and now, I have the harder job of trying to match him.

When someone stands down and a new hand comes in change isn't always a given or a necessity. I enjoyed the newsletter as it was but like the new proprietors of a house everyone has their own tastes and I'd like to use you as guinea pigs.

Expect a few new things being trialled and, if you approve, they can stay.

I've asked Alexa Duckworth-Briggs if she could share some of her broad knowledge on things ancillary to running, such as nutrition, recovery, injury rehabilitation and stretching (to name a few). I'd welcome anyone wanting to write articles that are related to but not solely focussed on running; for example, Kathy Tytler has written a great article interviewing an ultrarunner. I'd like to introduce discussion pieces too, so for example writing about the pros and cons of a method and coming to a conclusion. Maybe you've come back from injury, battled with mental health or have found that running benefits you not just through better fitness: I'd like hear from you!

I'd fancy trying some new occasional 'features' as well, what about:

1. Strava routes:

There are so many routes around Reading and Berkshire. Write in with a route you like that you think others would enjoy and I'll post it. The route needs to be public so I can share the link;

2. Parkrun achievements: not times, but Alphabet, Cow Cows, Tourist milestones.

If you have routes or achievements you'd like to publish, you know what to do...

I should pass a health warning now that I have a terrible groan-worthy sense of humour that, save from countless complaints coming in, I shall try and weave in to the newsletter [*Ed. – Oh god, please don't*]. I'm always open to new ideas for features, articles and the like, so if you have any please feel free to send them over to me.

newsletter@readingroadrunners.org

Reading Roadrunners is now on Instagram!

@reading_roadrunners

To help us connect with the wider running community and promote our club and events you can now follow Reading Roadrunners on Instagram.

We want Instagram to be a fun way of sharing what Reading Roadrunners get up to and from time-to-time, if you have posted a really great picture, we might ask you if we can use it too. We will always ask for your permission though before posting any personal content. Please be aware that the Instagram account is public and posts can be found and viewed by non-club members.

If you would like to share any photos which we can use on this channel, have ideas or thoughts on what you'd like to see, or would like to promote a club event please email: socialsec@readingroadrunners.org



Chairman Chat

Phil Reay



Phil joined the club in 2010 and from 2016-18 was the Men's Team captain. Outside of running he works in Marketing, Sales and Business development roles. Phil enjoys long distance running and has completed over 59 marathons, including the ultramarathon Marathon des Sables in 2016.

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The highlight for me over the last month or so has undoubtedly been reading about and listening to your stories of your Spring races. Whether it was a 5k or a Marathon, and regardless of what position you finished the event in, everyone has a story to tell. One thing that is consistent is the support and camaraderie at the club. Photos of Roadrunners holding their medals, beaming from ear to ear, often surrounded by club mates is what makes this club great. Congratulations everyone.

Of course, one of the primary reasons we're able to run these events so well is due to the commitment of our coaching team and the selfless work they do week on week. We're obviously doing many things right, while there are a few areas we can review with a goal of making incremental improvements. The committee has therefore given Coaching Co-ordinator **Katie Gumbrell** the mandate and its full support to review any and all aspects of coaching, and to make any recommendations for change. Many thanks to Katie and I trust we'll all work with her collaboratively if and when needed.

We held our flagship Spring event, the Shinfield 10K & Junior Races, and for the first time ever the 10K sold out before the event. Thanks to **Colin Cottell** and his team on a fantastic job. **Kerri French** was prolific on Social Media promoting the event and we'll be looking for a repeat performance for Mortimer 10 in the Autumn - thanks. What made the day more special was Reading Roadrunners walking away with both the Men's and Ladies' team prizes. Congratulations.

Carl Woffington once again delivered for the club, organising our contribution towards marshalling the London Marathon. Despite the negative reports appearing in the news about marshals, we are confident that our marshals played no part in this and were professional throughout. It was a memorable day for runners, supporters and volunteers. Well done team Roadrunners!

We're a third of the way through our Club Championship season with events taking place at Maidenhead and Hurstbourne. I'll leave it to the Team Captains to cover the details.

An individual highlight of the Spring races was the setting of a new club record. Congratulations to **Rob Corney** on his PB time of 2:19.12 at the Brighton Marathon, obliterating his previous Club record by 8 minutes.

In our towns twinned city of Düsseldorf, four of our members were welcomed with dinner, a city tour, accommodation and entry to the marathon. Thank you to the kind people of the Mayor's office in Düsseldorf, to Reading Council and to the Reading and Düsseldorf Association. I'm looking forward to further strengthening our relationship with these organisations over time.

Whilst the vast majority of you will be starting to dream of summer holidays and plan Autumn races, **Peter Reilly** and **Sam Whalley** represented our Club at the TVXC annual meeting. In line with the commitments made at our AGM, they led the discussion to equalise the age categories for the 2019/20 TVXC season, which was agreed. Thank you to Peter and Sam, I'm pleased to be able to say that we as a club are upholding our commitment to our members and leading change in the wider running community.

I'm also pleased the Newsletter has returned after a month break. Thanks to Peter Cave for his infectious enthusiasm in volunteering for the role. Wishing you all a wonderful month.

Enjoy the read.

Phil

Ladies' Captain's Report

Sam Whalley



Sam joined the club in 2015 just after her first marathon. She has 3 teenagers, 2 dogs and one husband; she works part-time as a secondary school teacher. She is a huge fan of XC running, doesn't mind swimming and is a fair-weather cyclist. When not running, she will quite often be baking.

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Rumour has it that I once said to my husband, 'DNF means don't come home'. Too harsh? The context to this was that, after he had spent months recceing the entire length of the Ridgeway trail, day and night, leaving me at home with the children, that I, for one would have been very disappointed with a non-finish.

This has come back to haunt me on more than one occasion. Of the five marathons I have now completed, I considered dropping out of two, mid-race. The first time, known as The Bad Brighton, 2017, I had entered that race purely to get a sub-4 time. In fact, sub 3.50 was the A plan. I learned afterwards, that when the temperatures were predicted to be well into the 20s, I should have just adjusted my plan.

So, when I entered Manchester 2019, my plan was sub 3.50. At that point I had never had an injury that had actually stopped me from running, just the kind that you can just take a couple of paracetamol for, and maybe wear some tape or a support of some kind, and just get with it. When Hipgate struck at the end of August (I tripped over a tree root at the Englefield 10k and strained my gluteus medius), I couldn't run at all, it hurt too much. I needed proper physio, did swimming and cycling and tried every gym class under the sun to try and find the same endorphins hit that running gave me. Sad times.

After the best part of two months off I was able to start building up my running again, but no speed work.

As Manchester loomed nearer, I knew I hadn't got back to my previous pace. I just hadn't had time. On the start line I was still quite undecided

about pace but knew that I didn't want it to just be another training run. I had to give it my best shot. I had a lovely chatty first half with **Claire Raynor**, including a few miles with **Beth Rudd** as well. I lasted about 15 miles at my best effort, and then I shut down. I mean that one minute I was running about 9-minute miles, and the next I was shuffling. A quick chat with my family told me to just keep my head up, think about the mile I was in, and to run/walk if that's what I needed to do. I felt like my body was OK but my brain couldn't do it. However, my brain was determined to not run a PW, so there was something still working in there.

So not a PW, but a time I probably could have achieved by going out at a steady training pace, which is pretty gutting. The comments I received afterwards from family and friends were so wonderful. Friends reminded me (frequently) that I wasn't even thinking I'd make the start line, let alone the finish. And although I know that it must have looked like a complete car crash on the tracker, I'm still glad that I did it.

I wasn't the only person returning from an injury and getting straight back into marathon training. In Brighton **Sarah Richmond-Devo**y had an incredible race, thoroughly enjoyed herself, and managed a PB on only her second marathon - wow! **Carrie Hoskins** was also out of action in the autumn, but came back in typical style to win her age category, and record a time only seconds over 3 hours. Amazing!

Nikki Gray is also looking in great shape after returning to running fairly recently. She came in only a few minutes over 3 hours on what was described as a very windy course. Then only two weeks later, a PB of 2:59.25 at London - incredible! The conditions were perfect in London, and **Gemma Buley** also recorded her first sub 3-hour marathon of 2:59.09.



There were also marathon PBs in Brighton for **Sophie Hoskins** and **Julie Rainbow**, in London for **Katherine Sargeant**, **Sarah Dooley**, **Mary Janssen**, **Nora Holford**, **Angela Burley** (coming in well under 4 hours and putting to rest that previous PB of 4:00.01), **Paloma Crayford**, **Zoe Browne**, **Corinne Rees**, **Candy Cox** and **Gill Manton**, in Düsseldorf for **Sarah Hicks** and **Kerry Eastwood**, in Hamburg for **Liz Johnson**, and in Southampton for **Lauren Prior**. In Milton Keynes, **Nikki Rumbold** was running her first marathon, as was **Alex Bennell** in Manchester, where **Catherine Leather** also achieved a time that she hopes will enable her to run the Boston marathon, in her quest to complete the marathon majors.

The Woodley 10k is now held too early for most to be able to capitalise on their post-marathon fitness but there were PBs aplenty nonetheless, too many to be able to mention them all. Shinfield 10k is more appropriately timed these days, although coming only a week after London I was astonished to see so many post-Londoners both there, and at the Hurstbourne 5. Have these people never heard of rest? Clearly they don't need it, as **Carrie Hoskins**, **Katherine Sargeant**, **Julie Rainbow** and **Sophie Hoskins** won the prize for first women's team to finish. **Moirá Allen** had not run a marathon, to my knowledge, but she did achieve a PB at both Woodley and Shinfield, which is pretty impressive. The Brighton 10k is held immediately preceding the marathon, and **Gemma Buley** chose this race for her next 10k PB, a really speedy 37.20, the fastest time recorded by a woman in the club this year.



On the day of the Maidenhead Easter 10 (mile) it was pretty warm, but this doesn't seem to have stopped **Nicola Gillard** and **Hannah McPhee** from running PB times - well done! Club championship results for this race are TBC, but this was also a Berkshire Road Running Championship race, with **Helen Pool** (gold), **Nora Holford** (silver), **Heather Bowley** (silver) and **Erica Key** (bronze) all medal winners in their respective age categories.

Half marathons have been few and far between since the last newsletter, but there has been a 100% PB rate, with **Loretta Briggs** (Windsor), **Angela Burley** (Great Welsh) and **Katie Rennie** (Southampton) all setting new best times.

Katie Gumbrell's claim to fame was finishing as first RR female on consecutive weekends, in the Wokingham 10k, and in the Combe Gibbet 16 mile, where she also set a PB. **Juliet Fenwick** opted for a chunk of The Big Cheese 15 mile instead, **Tracey Hicks** went for the Marlborough Downs 20-mile Challenge, and **Kathy Tytler**, **Cecilia Csemiczky** and **Charlie Macklin** completed the Ridgeway 40. And if that's not far enough for you, **Christina Calderon** got her most recent PB in the Thames Path 100, that's 100 miles, from Richmond to Oxford, and a distance at which most of us would never dream of attempting a PB. **Noora Eresmaa** finished the race in under 24 hours - wow, just wow! You may have seen both of these women completely vertical and moving with relative ease the very next day, volunteering at Shinfield. Respect to you all.

Well done if you have run a race recently. Not everyone can do what we do. If you didn't get a mention, it's because I didn't know about it, so please continue to share your stories by email or on our social media platforms.

Coming up for the women are the British Masters Road Relays on 18th May (V45 team - **Helen Pool**, **Katherine Sargeant**, **Julie Rainbow**; V35 team (you can run in a lower age group by not higher) - **Claire Seymour**, **Paloma Crayford**, **Lesley Whiley**, **Sam Whalley**), and the Vitality London 10k (team - **Gemma Buley**, **Laura Peatey**, **Sarah Dooley**, **Angela Burley**, **Claire Seymour**, **Helen Pool**).

The next fixtures of the veterans track & field league will be on the evenings of Mondays 20th May and 3rd June, so if you fancy running up to 3000m, jumping or throwing, let Chris Manton know. You never know, you might be like **Adele Graham**, and have talent for all of these events. Adele achieved a PB in the hammer, and also took part in the 100m, 400m, javelin and long jump. We will co-host the event with Reading AC on Sunday 14th July, at Palmer Park, and will need help with officiating and refreshments. Also make yourself known if you can help at this.

As we go to press there are many reports of fantastic running at Marlow 5. Details next time.

In the meantime, happy racing!

Men's Captain's Report

Grant Hopkins



Grant joined the club in 2016 and has been a runner for 4 years. He enjoys doing walks with his cocker spaniel George, and eating more food than is entirely necessary in his spare time. He works as a low-voltage area engineer for Thames Water.

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No doubt a brain and some shoes are essential for marathon success. Although, if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes. In my last newsletter I mentioned that spring marathon season is upon us, and in a blink of an eye we are virtually finished! A one-month break while we ran no newsletter (we say a big thank you to the departing **Peter Reilly**, and a bigger hello to the new newsletter guru **Peter Cave**), means this could be a long one! Buckle in, and apologies if I wear you out!

I finally managed to get a few runs in prior to Boston, and feeling thoroughly refreshed after a stress-free jaunt across the Atlantic in business class, I finally hit the start line at Hopkinton. **Gary Tuttle** and I had a lovely warm up, as after using the toilets pre-race we weren't allowed to re-enter the start area the way we had just exited; so a sprint around a few blocks to get to our corral meant we were raring to go. My race fell apart after being tripped at 10km, but it meant I could enjoy the phenomenal support across the course.

Matt Richards, **Brendan Rogers** and **Gary Tuttle** had a superb race, finishing in 2:36.03, 2:47.50 and 3:08.48 respectively. The predominantly downhill course is far from a PB course, but it's definitely one to be ticked off the bucket list.

Just under 2 weeks later I found myself at the start line at London marathon. I had previously deferred, but a swift phone call on Thursday morning found myself heading to the Excel to pick up my race number. Unsurprisingly, my name wasn't on any lists so the volunteers weren't sure what to do with me once I had shown them my registration email. More confusion ensued on Sunday morning when I attempted to enter my start pen and the volunteers would not let me in as the details on my race number were stuck-on and not printed like everyone else! The weather conditions were perfect at London, and although a long way from a PB at either race, I enjoyed ticking off two of the big 6 in pursuit of my 6-star finisher!



With no newsletter in April I'll try to put these in as much order as possible, and apologise now for any PBs/finishers positions I inadvertently miss out! **Andrew Butler** started off the PBs at Marseille marathon before **Paul Monaghan** took on Limassol. A host of RR took on the Dorney prep races; 16, 20 and 24 miles. **Alan Freer** was 1st M60 in the 20-mile race, while **Paddy Hayes** and **David Dibben** took home 3rd M40 and 1st M70 respectively. A few described this as ideal race prep pre-London, allowing you to practice a long run in a race environment. **Richard Hallam-Baker** finished an amazing second place at Wokingham 10k, and **Chris Cutting** finished in 6th. **Ed Dodwell** was the next RR home in 12th place, and also took home 1st M60!

Darren Lewis smashed a PB at Manchester marathon, while **Liang Guo** used it as part of a training run for the 94th Comrades marathon and still ran 3:12! We also had a PB for **Ben Fasham** who easily made a sub-4 time! **Phil Reay** continued RRs on tour with a marathon in Rome, and **Chris Cutting** achieved a PB at the Combe Gibbet to Overton 16 miler. 4 of the top 10 finishers at Woodley 10k came from the club: **Keith Russell** was first MV40 in 4th place, **David McCoy** in 5th, **James Rennie** in 7th with a shiny new PB, **Chris Lucas** in 8th and **Ed Dodwell** was again 1st M60!



David Walkley led the pack of RR who completed Paris marathon, with a PB of 3:40.46, followed by **Andy Atkinson** and **Anthony Eastaway**. **Jack Gregory** ran a very quick 10k at Brighton; it seems that fatherhood and sleepless nights hasn't affected his ability to smash out some phenomenal times. Congratulations on the birth! **Lance**

Nortcliff was 1st M45 home in the 10k also. In the marathon we had PBs for **Chris Buley**, **Tony Page**, **Clinton Montague**, **Vince Williams**, and yet another marathon to add to the list for **Martin Bush**. The biggest shout-out has to go again to the main man, Mr **Corney**. **Rob** set out and attacked the course from the get go and led for a long way. Rob ultimately finished in 5th position, smashing his previous best and the club record by over 9 minutes in 2:19.13. As humble as ever, **Rob** was quick to hand out congratulations to everyone who hit a PB. I can only wonder what is next for him!



A further 35 men ran in London, with some amazing PBs from **Seb Briggs**, **David McCoy (Snr)**, **Jamie Cole**, **Paddy Hayes**, **Tony Streams** and **Peter Rennie**. Eight of our men finished in under 3 hours, which considering how busy the route can be is a show of strength at our club! The same weekend as London we had a small contingent travel over to Germany to complete Hamburg and Dusseldorf marathons. **Brooke Johnson** smashed another sub-3 and, on return from injury, **David Clay** made it comfortably under 3:30. I look forward to seeing you edge closer to 3 hours, **DC**! At Dusseldorf **Matt Davies** led the four-male RR team home with a

phenomenal time of 2:47.51. Not a bad time at all for marathon number 1! **David Caswell** also smashed a Boston qualifying time in 3:23.02. Well done, Caz!

Bank holiday in May brought some decent racing weather, and a lot more PBs. **Chris Burt** got yet another PB at Frimley 10k in 37:56, and I had the pleasure of having a good chat with **Gary Clarke** whilst I volunteered at Newport marathon who was in excellent spirits after taking on 26.2. We also had a great turnout at MK half-marathon and marathon.

Hurstborne 5 was the next race in the club championships with **Ben Whalley** 3rd home (and 2nd M40!). **Tony Page** was 3rd M40 in 7th position and **Alan Freer** was 1st M60. **Jim Kiddie** came in as 2nd M70 in a respectable 48:33. An honourable mention to **Wayne Farrugia** and **Phil Reay**, who took on the Thames path 100, a 100-mile race from Richmond to Oxford. **Wayne** completed in a phenomenal 19:49.54, and **Phil** smashed his demons of last year, a DNF at 92 miles, to finish side by side with his better half in 26:54.49.



Shinfield 10k brought a lot of PBs (there are too many to mention) but yet another win for a certain Mr **Corney** (and a new course record!), and a 6th and 7th place finish for **Dave McCoy** and **Mark Apsey** meant we took away the team prize yet again. We are going to need a larger trophy cabinet at this rate! **Ed Dodwell** came home as second M60 in an amazing 41:35. Well done, **Ed**! **Alan Williamson** took a massive 15 minutes off his PB at North Dorset Villages marathon. In his own words, he really enjoys the 'high profile events'!!

I just want to give a very big thank you to **Stuart Wylie** for all the help and advice he gave me pre-Boston in a last ditch attempt to get me to the start line, **Gary Tuttle** for bringing an old pair of runners for me to wear before the start of Boston, so that mine didn't get destroyed in the wet and the mud, and for **Dan Brock** for ensuring I was looked after on my flights back and forth across the Atlantic!

That's it for me this month. On to Ironman UK next for me: 'If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken him completely by surprise!'

Ciao for now!



Coaching Update

Katie Gumbrell

But they should know...

The Committee has asked me to conduct a review of all things coaching at RR. Many of you have emailed, messaged and spoken to me to tell you how great you think your coaches are (thanks – we are collectively blushing!), but there are definitely things we could improve. So, in the spirit of transparency, here's a short missive about what I've found out so far.

At the last meeting of the coaches, a discussion was sparked by the fact that several athletes had articulated that they didn't know the purpose of their training sessions.

"But they should know!" came the cry of the coaches.

We went on to talk about the fact that athletes didn't always know what 'tempo' or 'threshold' pace means for them.

"But they should!" they said.

The conversation went on to include the fact that some athletes hadn't realised that coaches can offer feedback on style, form and specific training goals.

"Why not?" wailed the band of volunteers.

Ok, so it wasn't quite that black and white (or whingy; the coaches are a much more understanding bunch than I'm making out here), but the general conversation definitely raised a few questions about how we organise our coached sessions at Roadrunners.

Theoretically, a coach will know an athlete and their goals well enough to plan and deliver a programme to help that athlete achieve their goals. It will be a joint enterprise, with the athlete and their wellbeing at the centre. At RR, while athlete wellbeing is absolutely important to all of the coaches, we don't have enough coaches to provide this kind of individual experience for all of our runners: with 9 coaches at the required level and 600 athletes, we're well above the 1:12 ratio recommended by England Athletics. In fact, even if we were at a 1:12 ratio, I'm not sure that many of our volunteer coaches could offer enough time to support a dozen athletes in this way. If a coach was to support a small group, it might make their training sessions unattainable or irrelevant to other athletes, further reducing the capacity of the coaching team. Equally, a group heavily focussed on individuals might find it hard to share the (limited) space at the track.

This leads me to want to answer the following questions:

- How do we offer athlete-centred coaching given the restrictions of coach availability?
- How do athletes ensure that sessions are meeting their goals?
- How do athletes find out how to meet their goals?
- What about those athletes who don't have any particular running goals, but want to work hard during a track session?
- What about those athletes who just want to come to track for a chat and a social jog?
- How do we do all of this given our space restrictions?

So yes, we probably should know, but we don't.

Any suggestions welcome.

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Alexa's Advice

Alexa Duckworth-Briggs



Alexa is a UK Athletics Coaching in Running Fitness specialising in Endurance Events working privately and volunteering for Reading Roadrunners. She's also a Sports and Remedial Massage Therapist, Nutrition Adviser and Outdoor Leader. You can find out more about her [here](https://www.ontherunhealthandfitness.co.uk); <https://www.ontherunhealthandfitness.co.uk>

Spring Nutrition

Food is your fuel for running. Food helps your post training recovery and provides you with key nutrients that your body uses to repair, grow, breakdown your food, manage your metabolism and boost your immune system!

For runners there are some key vitamins and minerals to look out for to help with our training and events.

Vitamins:

- B vitamins are important for exercise due to their role in energy production
- A, C and E also key for their role as antioxidants

Antioxidants protect our bodies against free radicals and the more active you are the more free radicals you will produce as your body works harder to produce energy. This can lead to muscle damage, soreness and fatigue as well as impairing muscle fuelling and therefore performance.

Minerals:

- Calcium is key in bone health, muscle growth and nerve function.
- Iron is used in red blood cells and oxygen transport and utilisation. It's good to know that Vitamin C enhances iron absorption
- Selenium is a key component in anti-oxidants and has a role in prevention of fatigue, and aids recovery. Magnesium, zinc and copper also help with this.

Simple changes can increase your vitamin and mineral intake, for example:

- Add fruit to cereal
- Eat beef or lentils for iron
- Drinking orange juice/vitamin C with your meal increases iron absorption
- Eat brazil nuts for selenium

Local, seasonal produce has a far higher vitamin and mineral content and as we head into the summer more seasonal UK fruits and vegetables are available. Here are some suggestions for what will be available in May and June.

Fruits:

Apricots, Blackcurrants, Cherries, Elderflower, Gooseberries, Nectarines, Raspberries, Rhubarb and Strawberries

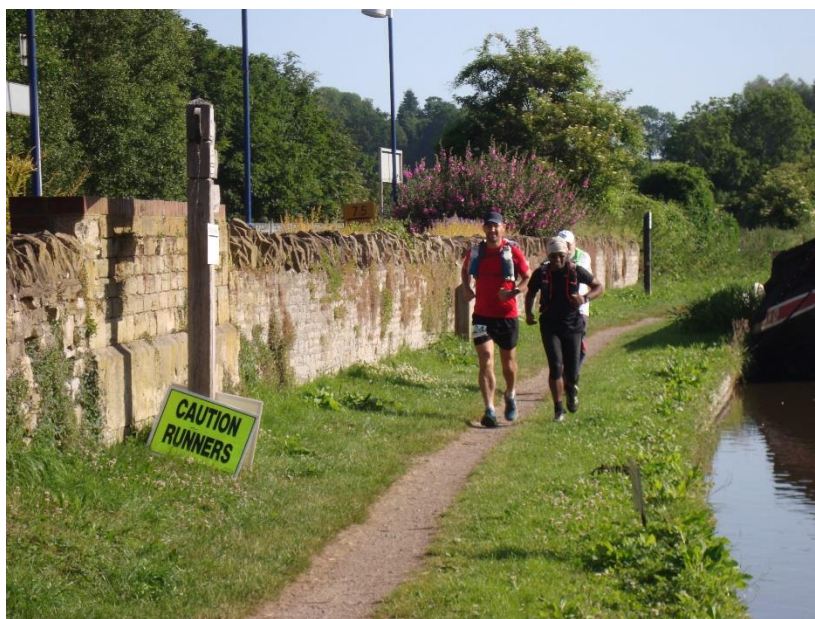
Vegetables:

Asparagus, Aubergine, Broad Beans, Broccoli, Cabbage, Carrots, Cauliflower, Courgette, Cucumber, French Beans, Globe artichoke, Lettuce, Mangetout, New Potatoes, Onions, Peas, Radish, Rocket, Spinach, Spring Onion, Tomatoes, Turnips and Watercress.

An Evening with Ultra Athlete Javed Bhatti

Kathy Tytler

I first met Javed on The Thames Ring 250 in 2009. It wasn't until the event in 2015 that I had the opportunity of a longer conversation at the Lower Heyford checkpoint 205 miles into the race (Javed was a participant in both of these events, I was volunteering.) He was looking very fresh for this distance even though he had covered over 450 miles; he was onto his second lap of The Thames Ring. Javed wanted to use 'the facilities' and we had an arrangement with the café on the other side of the canal. While I was escorting him over, he told me a little about 'Resilience Training' and how he was using ultra events as research into the subject.



Javed Bhatti (on the right) approaches Lower Heyford – 200 miles into his second lap of The Thames Ring

After following Javed's progress on The Spine – 268 miles along The Pennine Way (which he doubled by turning round at the finish and going back to the start) - and more recently the Yukon Arctic Ultra (430 miles), I saw that PE for Grownups had advertised 'An Evening with Ultra Athlete Javed Bhatti' up in London, so I decided to go.

I have participated in ultras before, The Ridgeway 86 and LDWA 100s being the limits of my endurance, so The Spine, The Thames Ring and in particular the Yukon race are beyond me. However, there is a lot to be learned from Javed's experience for all endurance runners. The evening addressed multi-day events with specific reference to the Yukon. Preparation is key, which is broken down into Physical, Race Specific and Mental Strategy

Physical

A good level of physical fitness is needed, but not necessarily a lot of running. Incorporate a variety of exercise and movement into everyday life. Take every opportunity to move; run, walk and stand. Do not sit down too much. *(It was ironic that when I caught a crowded underground train to go home that a young man offered me his seat.)*

Speed is not the key to finishing (or even winning a long event). During an extreme ultra event there is not a huge amount of running, and that which is run is done at a steady pace. An average pace of 4 miles an hour could give you a course record on a 250-mile race.

Race Specific

In The Yukon, the competitors had to deal with extreme cold. Failure to prepare, with the right equipment, and knowing how to use it, may not just mean DNF, but could result in death or amputation. Know your terrain: do you need to navigate?

Nearer to home The Spine and The Thames Ring are races of a similar distance, but very different terrain and conditions.

Mental Strategy

This is key to the difference between enjoying and suffering. Javed always appears to be enjoying the race and has interesting strategies.

You know how those last few miles are often the hardest? Well, imagine that the race is longer than it actually is. Set your target beyond the race finish. How would you feel if you had to do more? This must be a key inspiration for Javed to turn around and retrace his steps when he doubled The Spine.

Divide the race into thirds:

1st third: enjoy the event, the social side, the scenery, the fact that you are out there moving. Don't push too hard.

2nd third: this is where the hard work comes in – push yourself, start the hard work.

3rd third: you are now well over half way, not far now compared to what you have done. How do you feel? If you're feeling good – enjoy and keep pushing. If you're not feeling good, just hang on in there, you will finish.

On my first ultra (Compton 40), I experienced 'The Wall' – so feared by marathon runners – then a short time later I was over the wall and felt a lot better, so I use the visualisation of climbing over the wall into a new and better world.

Javed found pulling his sledge up slopes very difficult at first in The Yukon. He thought about the dog race that had taken place previously and wished he had a team of huskies to pull him up the hill. The next best thing was to visualise the dogs, and it made the hills easier.

Training for my ultras

I am unlikely to be going as far as Javed in my future races, but I have entered The Ridgeway Challenge 86 this year with Cecilia Csemiczky. I will try to ensure better mental preparation, and hope to enjoy it more, especially the latter stages.

Hamburg Marathon Report

Elizabeth Johnson

Ich bin ein Hamburger!

If you had told me 2 years ago I would be sitting in an exhibition hall, watching a big German man drop his pants to lube up his 'undercarriage', about to run my second marathon I would have laughed in your face. However, that's exactly the position I found myself in in Hamburg.

Having run my first marathon last October, I was keen to get another one under my belt. Mostly to prove to myself that the first one wasn't a fluke and this was something I could do again and enjoy. Having missed out on the London ballot, I did what any normal person would do and set about creating a spreadsheet comparing lots of other spring marathons – criteria included participant numbers (I like them on the bigger side), elevation (no mountains please), average temperature (cool if possible), and whether BA fly there (I love my Avios points). After careful consideration, Hamburg came out on top. I then set about badgering others to join me; step forward Brooke Johnson and David Clay!

Hamburg is a lovely north German city, sitting on the River Elbe. On arrival we set about acclimatising into our new surroundings by embracing the local culture – beer, pretzels and currywurst by the lake! We went highbrow with a trip to the opera (a particular highlight for Brooke, ahem) and slightly lower-brow with a trip to Miniature Wunderland (the world's largest model railway) which was actually pretty amazing. Anyway, on to all things marathon!



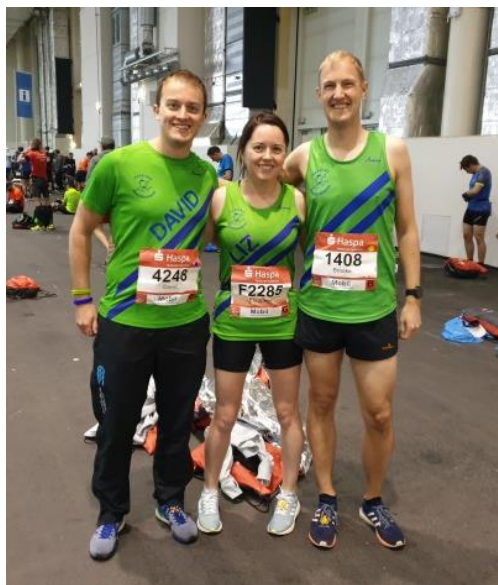
The Expo was located next to the start/finish area of the marathon and was easy to get to from our hotel by underground – good practice for race day following last year's Valencia bus debacle. The number/kit-bag pick-up process was straightforward enough and the volunteers were all friendly and cheery. There were the usual brand stalls you'd expect at a decent sized marathon and we enjoyed sampling the freebies – alcohol-free beer and dairy-free yoghurt being the favourites. A particular highlight was meeting a chap from Israel who was running the marathon with a pineapple on his head (he was recently in the NY Times for running a race with a flower pot on his head). He was hoping for a world record but on checking the results post-race, he didn't quite manage it, although still a pretty incredible achievement!

On marathon day, we woke to rain, which would remain a feature for most of the morning. After the customary porridge breakfast and kit-bag packing faff we made our way to the race village for the 0930 start. We got there in good time and luckily, due to the aforementioned rain, the village was mostly inside a large exhibition hall so we managed to stay warm and

dry. It was here that the eager German lubing was witnessed. With 30 mins to go before the start time, bags were dropped off at the well organised storage areas, final loo trips were planned, and protective bin liners were donned. Brooke and David, being a tad speedier than me at this running game, had a shorter walk to their start pens as I made the slightly longer trudge to my own.

The start pens weren't too crowded and there was the usual pre-race chatter and random stretching. Maybe due to the rain, the atmosphere was a little flat but the announcer did his best to perk people up. With typical German efficiency, the elites were sent on their way at 0930 sharp. I made it across the start line 7 minutes later.

My plan for the race was to remain consistent. I'm not one for 'banking' time with faster early kilometres. I wanted to run 5:25/km so in my head I was doing the maths for my 5k split times to keep me occupied. The route took us along the (in)famous Hamburg Reeperbahn (think Soho/Amsterdam but far less classy) within the first few kms before taking us out to the west of the city and down to the harbour area. The course is billed



as 'flat' but there were a fair few sneaky inclines. The support on the route was good considering the wet conditions but obviously not a patch on something like London. There was music blasting out, drummers and I will admit to getting a bit watery eyed upon hearing a lovely Scottish pipe band at around 30k.

My race strategy seemed to be working and I was consistently coming in just under where I needed to be and felt pretty good as we headed back through the city and north around the lake. Water was available from 5k and then every 2.5k thereafter, alternating between 'water' and 'well water'. I avoided the well water and stuck to the normal stuff taking it on board at 10, 20 and 30 k. As I got within the last 5k I was excited to see that I was on course for a good PB. I did entertain the notion of trying to speed up to sneak in under 03:45 but left it a little late to make that possible. Hey ho, next time. We finished where we started and it was fun running along the red carpet to the finish line, happy to have finished and still be smiling. I managed a new PB of 03:45:53.

Once the medal had been popped round my neck (I may have cried on the lovely lady giving it out who said some soothing words to me in German that I didn't really understand) I was keen to find out how the boys had done. Brooke, who admitted he went out far too fast and was hating life in the last 10k was pleased with another sub 3 in 02:58:59. David, who managed to squeeze all his training into 5 weeks post the 'xc incident' was chuffed to be only 3 minutes off his PB in 03:27:37 despite saying he felt like death in the last few miles.

Switching on my mobile, I was greeted with over 100 WhatsApps, mostly from a certain Ms Gillard, who was chief tracker for Hamburg, Dusseldorf and London. Seeing all the lovely comments and finding out how everyone else was doing was amazing.

Overall, Hamburg is a really well organised race through a lovely city. The race attracts a pretty high calibre of runner (it's where a certain Mr Kipchoge ran his first marathon and he still holds the course record) and was won by Tadu Abate in 02:08:25 in a super close finish with Ayele Abshero who was just one second behind. The women's race was won by Dibabe Kuma in 02:24:41. The race also incorporates a half marathon, which started an hour earlier, and a relay. The relay runners were identified with a bib on their back so you didn't feel too bad at 30k when someone looking really fresh went zipping past you.

Recovery was done in true German style with buckets of beer and lots of meat.

Reflecting on the whole training and race experience I'm really happy with where I got to. Training this time was a little more focussed than my Chicago plan with each training run having a 'purpose'. Sessions were designed to be run at different paces and I definitely learnt the importance of 'easy' runs to aid recovery. As always, the support from Reading Roadrunners was phenomenal and I couldn't have done any of this without the support of my running family. Next up for me is a sprint tri in July (thanks for that David, great present) and then onwards to Berlin in September. I can't wait to see what that holds in store for us all.



Crete Marathon Report

Paul Monaghan

Greek Island Retreat and Sore Feet: Crete Marathon Long Weekend 2019

Due to budget and time constraints it was necessary for me, Caroline Jackson, Pete Morris and Martin Bush to fly to the Crete island capital Heraklion, followed by a 2h45 coach ride, for the marathon which is based in Chania. We'd be flying back from Chania the following Wednesday, so the most difficult part was getting there.

We had this worked out so we'd make it easily in time for the Chania expo which closed in the evening at 8.30pm, however we didn't bargain for an hour getting through passport control and then getting off at the wrong stop; anyway two hours later than planned we caught the 3.30pm coach to Chania. With no toilets onboard, it meant no drinks could pass our lips. Pete Morris brought with him an empty drinks cup to be on the safe side - thankfully he didn't need to use it!

The journey itself was picturesque, travelling through stunning mountain ranges and along the coast, though we were feeling really parched and in bad need of a drink. Not ideal prep for the marathon the next day.



We got off the coach with about two hours to spare so decided it was best to head to the expo before checking in to our hotel. The expo was held at the Kucjk Hassan mosque which is the oldest Ottoman building in Crete and was a great sight. It's on the sea harbour which in itself was impressive but typical of a Greek island. There was also a lighthouse on the sea front which made for quite a few good photo opportunities.

Inside the mosque was a photo exhibition but Bushy looked far more impressed with his free towel and t-shirt in the goody bag. He probably has enough towels himself to dish out to every runner and enough marathon t-shirts to clothe the island, but that's never stopped him collecting them (I won't go into his medals)!

We finally got to our hotel which was great as we had a roof terrace. One thing I never knew about Crete is there's an ice-tipped mountain range within sight, so it made for a great view from our terrace. It's nice to think you're getting money's worth weather-wise but we'd missed out this time: it was 25 degrees in the UK but only 18 in Crete. A case of unusually high temperatures back home.

A pre-marathon torch carrying relay was due to finish at the marathon start area so we headed in that direction to see what it was about and also hook up with some 100 Marathon Club pals. As we arrived there were about 15 torch-carrying toga-wearing guys just entering the area. After a pose for pictures they lit an Olympic-style cauldron which was an impressive sight, especially as it was at night. After a few speeches in Greek a band then started playing. It was an amazing buzz that got us right in the mood for the next day.

Whether it's the placebo effect or not (I think it divides opinion) we headed to an Italian restaurant to carb up for the next day. Easy enough for me, Caroline and Pete, but Martin Bush always has a few issues with food and is quite happy just eating chips. He's also not a big fan of cheese so pizzas usually need to be minus the cheese. Anyway, he ordered plain pasta but the waiter brought it and explained how the chef had covered it in a lovely spicy tomato sauce he would enjoy. WRONG!! That was not all, his garlic bread then came with lashings of cheese: WRONG!! Poor old Bushy had to send 2 dishes back and by this time we were now eating at 10pm. Luckily Caroline and I were not taking this marathon seriously and would run together taking pictures. London was looming so not a good idea to push the week before. Anyway, Bushy was finally happy and it did give us all a few laughs. I quite like chaos, especially on holiday, so right up my street.

The next morning was the marathon so we were up early and grabbed a bit to eat before our 10-minute walk to the start. But hey, where was everyone? The place was empty except for about 20 officials and runners. We spent the next 45 minutes in and out of the toilet, taking advantage of the novelty lack of queue. Twenty minutes before the start about 400 runners turned up, definitely not quite as laid back as we're used to but a refreshing change. At 9am race start time there was about 10 minutes of passionate speeches (all in Greek of

course) as 400 runners all raised their right arm. I'm sure I heard the words TeamJackMon, Bush & Morris mentioned but I could have been mistaken. Anyway, 10 minutes later than scheduled we were off.

The scenery on the route was something else as it started along the coast, although not many supporters – I suppose they were busy getting ready to support the junior 10k which would start in another four hours. Caroline and I decided to run together, take it easy and enjoy it, and that is exactly what we did. It was an out-and-back route and before we knew it Bushy was overtaking us. No magnet shops or photos during race today for some reason, the sniff of beating us may have been a factor. We eventually saw Pete who looked far more interested in his phone than the scenery. Must be some phone, that's all I can say!



The support gradually improved as we hit the towns, as did the traffic and it became almost unbearable for us during the second half, although the marshals did an amazing job controlling it under the circumstances – and all with a smile.

We were having fun running but all things must come to an end. The last few miles were really undulating and to our surprise during the last mile or so we had the junior 10k runners all walking along the same route to the finish line. It was a nightmare getting around them and if you were going for a time it would be out of the question. However, the finish was a party atmosphere despite the congestion and we were glad to eventually finish running in the intense heat. I'd recommend this marathon for the scenery and atmosphere but if you're seriously thinking of a time then probably not ideal. Bushy had managed to finish before us and had a great run considering how many marathons he'd recently run. Pete was also not that far behind us and told us he really enjoyed the course.

The next day we stayed in Chania and decided to visit the lighthouse via a route paved with broken rocks. This was nearly as difficult as the race but great fun. After we struggled to reach it, we clocked a group of local ladies who must have been older than the rocks sitting near it. As far as I can gather, they must have had jetpacks hidden or had perfected the ancient Hellenism art of levitation (should have asked for tips for next marathon).

No trip to a Greek island would be complete without a boat trip and Captain Nick with his glass-bottomed vessel was glad to oblige. It was choppy and cold at sea that day, but he went out with around ten of us regardless. We all had a go at steering the boat. Pete Morris managed it with one hand whilst holding his phone (I've recommended a surgeon who may be able to detach it from his hand) and taking selfies. Even though the water was cold, Captain Nick swam out and attached bait to the bottom of the glass so we could witness some cool looking fish feeding. We had the option to swim but Pete said his phone may leek, so we gave it a miss. Besides, it was not the warmest of days.

Nice, local Greek restaurants are plentiful in Chania especially down the side streets. It's real friendly 5-star service. If tacky British bars on every corner aren't quite your thing or you prefer a more cultural trip, then Chania in Crete delivers, even if it does have its fair share of tourist souvenir shops. We found it similar to Seville or San Sebastian if you've ever visited. We even had Martin trying stuffed vine leaves rather than his usual chips, so I guess that says it all.

Will we be back? I love the Greek Islands and will find any excuse to go especially if there's a marathon. We plan on returning to Rhodes next year, if only for the awesome pre-marathon pasta party, but I'm sure we'll be back to Crete soon.

If you fancy joining us on any races abroad then visit our 'Runners on the Road' section on our website or give Caroline or me a shout; all are welcome.

London Marathon 2019 Diary

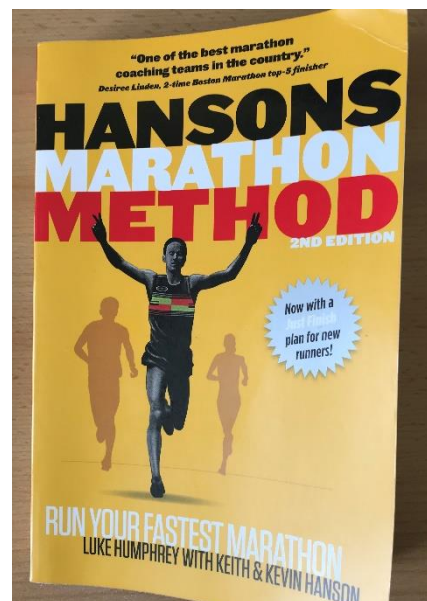
Peter Reilly

December 2018

On receiving the news that I had won a place in the general ballot for the 2019 Virgin London Marathon I was determined that I'd get it right this time. I have run it three times before, once for a charity, the second time through the old "five consecutive rejections and you are in" system, and most recently in 2014 through the Reading Roadrunners ballot. The first two races I finished in 4:34 and 4:31 but the last time was 4:59 - not at all the result I wanted. Having put in a respectable first half I crashed unceremoniously into "the wall" around 16 miles and really struggled after that all the way to the finish.

During October, November and December I have been figuring out which training plan to follow and working to improve my core and leg strength. Coach Claire Marks was unequivocal with her advice "just don't start by doing crazy long runs". Taking Claire's sage advice on board and having previously followed the standard VMLM training plans I decided this year after much deliberation, to follow the beginners programme in the Hansons Marathon Method.

The Hansons Marathon Method combines easy runs with what they call "Something of Substance" (speed, strength, tempo and long run workouts). What underscores their method is "cumulative fatigue" which results from repetitive training that doesn't allow for full recovery between training days. The aim is to simulate the last 16 miles of a marathon rather than the first 16. Slightly unnerving as I write this in December is that the longest run using this method is "only" 16 miles, which the Hansons consider optimum in a 2:30-3:00 long run time window (faster, higher mileage runners can obviously do more miles in that time window). The other key element of the Hansons method is that long runs should be restricted to 25-30% of weekly mileage.



Having worked hard at track and at Cross Country over most of 2018, I am taking it easier over Xmas to allow my body to rest before starting the programme on 27 December.

27 January

That's the first five weeks of the plan completed. It was supposed to be all easy runs to base build, however as I already had a decent base to start from, I couldn't resist the Wednesday track sessions or the lure of the cross-country season, so not all my efforts were "easy". I did however run my easy runs at conversational pace. I feel in good shape as I move onto six day a week running including SOS workouts on three of those days.

3 March

Another five weeks of the plan which had me doing speed (interval) sessions on a Tuesday, Tempo (marathon pace) sessions on Thursday and a long run on a Sunday. Rest day is on a Wednesday with easy runs on the other three days of the week. I don't know what my marathon pace should be yet so will be very interested to see what my tempo runs indicate should be my marathon pace as I get deeper into the programme.

31 March

A mild bout of "man flu" hit me on the 4th March and for once, I decided to deal with it by resting and sweating it out rather than battling on with the training plan. I missed only four days of the plan and eased myself back in over the next few days feeling quite smug about my quick recovery. A course PB at the Reading Half

Marathon was a confidence booster too. The rest of March has seen plenty evidence of “cumulative fatigue” and I did have to keep reminding myself that starting out a long run on tired legs was actually part of the plan. What I found most disconcerting was seeing Roadrunners going out and doing 18, 20 and 22 mile runs while I was maxing out at 16. I did worry about that but consoled myself with the fact that I was putting in between 48 and 58-mile weeks. I just hoped they were the right kind of miles! I have also been trying to get my hydration and nutrition in good shape. I have quite taken to the Maurten 100 energy gels although the first mouthful was a shock, but I got used to the sensation quickly enough.

7 April

A tricky high mileage week to navigate as I was in Scotland visiting family for half of it. However, I still managed to put the miles in. With three weeks to marathon day, today was my last longer run. The programme said 16 miles, however at 16 miles in I felt in reasonable shape and pushed on a bit further to 18.5 miles but stayed within the 2:30 to 3:00 hour recommended time window. The distance amounted to 30% of my weekly mileage - again within the recommended range. My running shoes have been wearing far too rapidly on one foot to get me through the marathon so Alan Williamson of Sweatshop in Reading spent a long time with me on Friday trying to find a pair of shoes that might provide better support. I'll be road testing them in earnest in the coming week.



14 April

I had to miss an interval and a tempo session this week as my back and neck had suddenly become very painful. Two trips to the Osteopath straightened things out and took away the worst of the pain. Last long run completed on Sunday.

21 April

My last two SoS sessions before finally diving into the ten-day taper period. Easy runs only with a focus on recovery, hydrating and especially in the last two days before the race, carbing up.

Race Day

A reasonable night's sleep saw me rising at 4.30 to catch the Roadrunners coach to London. We arrived at the blue start around 8am and the wind was chilling. I was in start wave 5 and finally got underway at 10:42. Within two miles it became clear to me that I wasn't going to be able to dodge my way through the crowds of runners to achieve the sub four hour result I wanted so I settled in to run strong, enjoy the race and hope to achieve an improvement on my previous PB set 9 years ago of 4:31.35. The crowds lining the route were hugely supportive and it was a great boost to have shout-outs from friends and family as well as Roadrunners dotted around the course (Rachel Derry (miles 14 & 22), Louise Atkinson and Aaron Chai (somewhere in Canary Wharf), Susan Knight (somewhere else in Canary Wharf), Sam Whalley (mile 21) as well as enthusiastic support at the club marshal points at Rotherhithe and Tower Hill.

So: what of the Hansons Marathon Method? It was a pretty tough programme to follow (aren't they all though?) however I stuck to it and only missed a handful of sessions through illness and injury. The frequent raised eyebrows and eye rolls whenever I answered the question “what is your longest run?” with “the plan says 16 miles” messed with my head but I stuck with it anyway and the plan didn't let me down. My nutrition and hydration worked well, I finished in good shape, I ran all the way, I didn't hit the wall, I enjoyed the race and for the first time I didn't say “never again” at the end. I achieved a new PB of 4:13.28.

I've entered the ballot for 2020...

Veterans Athletics League

Chris Manton



On Monday 29th April 2019 four hardy souls ran, threw and jumped in the Veterans Athletic League on behalf of the mighty Reading Roadrunners.

This is a monthly event held through late April to July and is a really good opportunity to try out some different events where you can run, throw or jump your way to glory, with the season building to a Diamond League-like climax at our own very own Palmer Park in July!

Details of the forthcoming fixtures are shown below, if you are classed as a Veteran and want to have a crack please drop me a message with your **Name, Age Category, England Athletics Unique Registration Number** and of course the events you want to take part in and I will get you entered.

The events are a great way to socialise with other members of the club, enjoying the good-natured competition with the other clubs; this is a truly inclusive competition that welcomes all abilities!

cjmanton73@yahoo.co.uk

20th May 2019, Tilsey Park, Abingdon:

200m, 800m, 2000m Race Walk, Pole Vault, Triple Jump, Discus, Javelin (Men), 3000m (Women), 4x400 Relay (Men), Shot Putt (Women)

Categories: M35/W35, M50/W50, M60/W60

3rd June 2019, Tilsey Park, Abingdon:

100m, 400m, Long Jump, High Jump, Hammer, Javelin (women), 1500m (women), Shot Putt (men), 5000m (men), 4x400 Relay (men), Medley Relay (women)

Categories: M35/W35, M50/W50, M60/W60

14th July 2019, Palmer Park, Reading:

200m, 800m, 2000m Race Walk, 4x200m Relay, Pole Vault, Discus, Triple Jump, Javelin (men), Shot Putt (women), 3000m (men), 5000m (women)

Categories: M35/W35, M50/W50, M60/W60

Roadrunners' Race Results

David Dibben

One of the most difficult jobs I've had recently collating these results has been the sourcing of data from the Brighton Marathon and 10k. Lack of an internet search engine which included a search for 'clubs' meant that I was instead scratching around in the dark for 'names'. Not easy when you don't know which names you are looking for. Ironically I had actually travelled 80 miles to watch the marathon and saw a lot of club-mates cross the line, many of them in new personal best times. But I'm afraid I don't know everyone in the club and there's a limit to the amount of time I was prepared to stand peering down the finishing straight.

So, apologies to anyone missing from the Brighton list. Hopefully we can print your result next month.

Meanwhile I have quickly dropped the idea of posting results on the club website in the week after races. Too much can go wrong while the results are still 'provisional'. Mistakes included a result from a west-country marathon for an RR man who was not competing, the publication of 2018 results from a local 10k and an official marathon time 24 minutes longer than that shown on a club-mate's Garmin. Unfortunately the wronged Roadrunner was none other than our esteemed club chairman!

This month's results include the return of our highly popular 'season's best' feature. It's even more popular if your name happens to be Gemma or Rob.

March 24th

Marseille Marathon

Pos	Name	Gun
305	Andrew Butler	3:47.10 PB

Limassol Marathon

Pos	Name	Chip
174	Caroline Jackson	3:56.30
202	Paul Monaghan	4:05.57

The Big Cheese (15 miles)

Pos	Name	Chip
273	Juliet Fenwick	3:41.27

March 31st

Dorney Marathon Prep Race, 16 miles

Pos	Name	Chip
9	Chris Buley	1:51.04
43	Sahan Jinadasa	2:25.22
46	Alice Carpenter	2:25.41
104	Dave Wood	3:01.30

Dorney Marathon Prep Race, 20 miles

Pos	Name	Chip
13	David McCoy (Snr)	2:04.07
26	Chris Lucas	2:13.35
38	Gemma Buley (3rd lady)	2:17.47 PB
44	Brian Kirsopp	2:25.26
70	Alan Freer (1st M60)	2:36.40
150	Brian Fennelly	2:53.05
166	Jana Nehasilova	2:57.01
174	Ben Adams	2:59.05
178	Carmen Fuentes-Vilchez	2:58.43
239	Judith Ritchie	3:10.01
390	Corinne Rees	3:43.13

Dorney Marathon Prep Race, 24 miles

Pos	Name	Chip
9	Paddy Hayes (3rd M40)	2:54.25
31	David Dibben (1st M70)	3:35.13

Wokingham 10k

Pos	Name	Chip
2	Richard Hallam-Baker	39.28
6	Chris Cutting	42.25
12	Ed Dodwell (1st M60)	43.22
22	Stuart Bradburn	45.33
65	Katie Gumbrell	53.53
135	Angelique Haswell	1:00.22
137	Adele Graham	1:00.35
158	Liz Fletcher	1:03.36
178	Amy Hawkes	1:06.33

Wokingham 5k

Pos	Name	Chip
4	Nick Adley	21.59

Treehouse 10k

Pos	Name	Chip
45	Brian Curtayne	45.53

Dorset Ooser Marathon

Pos	Name	Chip
88	Simon Denton	4:44.14
89	Sian James	4:44.14
181	Donald Scott-Collett	5:37.08

April 6th

Windsor Spring Half Marathon

Pos	Name	Chip
48	Loretta Briggs	1:38.39 PB

Time Turner Pre-Marathon

Pos	Name	Chip
43	Gill Manton	3:12.23

April 7th

Manchester Marathon

Pos	Name	Chip
624	Darren Lewis	2:56.18 PB
650	Alex Warner	2:56.26
1935	Andy Morgan	3:04.25
1430	Liang Guo	3:12.42
2168	Paul Morrissey	3:26.11

2221	David Caswell	3:26.19	152	Sally Carpenter	48.32
3584	Caroline Jackson	3:42.03	176	Ros Crawford	49.52
4659	Katherine Foley	3:48.19	190	Donna Saunders	49.57
4706	Tony Walker	3:58.37	191	Scott Gillespie	49.57
4934	Paul Monaghan	3:52.32	192	Dave Brown	50.01
5178	Catherine Leather	3:49.51	195	Sarah Bate	50.53
5773	Fleur Denton	4:06.46	216	Moiria Allen	52.09 PB
6012	Ben Fasham	3:58.10 PB	240	Rachel Helsby	53.14 PB
6829	Claire Raynor	4:06.43	244	Charley Caswell	53.29 PB
7352	Beth Rudd	4:14.54	245	David Caswell	53.31
7479	Pete Morris	4:27.51	246	George Nyamie	53.04
8456	Sam Whalley	4:28.13	262	Joanne Kent	54.01
8974	Dan Rickett	4:29.17	284	Hilary Rennie	54.59
9236	Alex Bennell	4:27.30	303	June Bilsby	55.05
10746	Martin Bush	4:44.01	306	Ifeoma Akpuaka	55.31
12857	Andy Patrick	6:09.37	319	Jenny Boxwell	56.05 PB
<u>Rome Marathon</u>			337	Miriam Coleman	56.49
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	363	Stephanie Smith	57.29
8044	Phil Reay	5:21.55	371	Victoria Netherwood	58.38
8045	Christina Calderon	5:21.56	373	Sally Caldwell	58.43
<u>Wimbledon Common Half Marathon</u>			398	Hannah McPhee	1:00.08 PB
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	425	Hannah Phelps	1:01.55
253	Chris Manton	1:50.46	436	Amy Hawkes	1:02.49
<u>Combe Gibbet to Overton, 16 miles</u>			440	Divya Samani	1:03.04 PB
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	450	Juliet Fenwick	1:03.39
21	David McCoy (M40)	1:56.35	457	Laura Chandler	1:04.02 PB
40	Chris Cutting	2:03.25 PB	467	Linda Wright	1:04.56
180	Katie Gumbrell	2:46.24 PB	470	Vroni Royle	1:04.56
April 14th			490	Caroline Hargreaves	1:05.42
<u>Woodley 10k</u>			520	Katherine Heaton	1:10.42
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	<u>Paris Marathon</u>		
4	Keith Russell (1st M40)	34.27	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	David McCoy (Snr)	34.30	11265	David Walkley	3:40.46 PB
7	James Rennie	34.48 PB	30690	Charlie Macklin	4:23.18
8	Chris Lucas	34.56	34761	Andy Atkinson	4:34.24
22	Richard Hallam-Baker	38.52	46354	Liz Atkinson	5:41.14
25	Paul Kerr	39.27	46827	Anthony Eastaway	5:49.36
42	Katherine Sergeant (1st F45)	40.58	<u>Brighton 10k</u>		
43	David Legg	41.24	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
44	Ed Dodwell (1st M60)	41.34	56	Jack Gregory	31.51
45	Nigel Houlth (2nd M60)	41.33	114	Lance Nortcliff (1st M45)	36.09
46	Peter Aked	41.39	131	Gemma Buley	37.20 PB
48	Laura Peatey	41.44 PB	1033	Claire Seymour	53.30
52	Sarah Dooley	42.02 PB	<u>Brighton Marathon</u>		
67	Stuart Bradburn	43.36	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
71	Dean Allaway	44.05	5	Rob Corney	2:19.13 PB
74	Nick Adley	44.15	107	Alex Harris	2:57.52
78	Chris Thomas	44.23	171	Caroline Hoskins (1st F50)	3:00.54
80	Jane Copland	44.31	174	Nikki Gray	3:01.07 PB
81	Richard Charley	44.36	202	Chris Buley	3:03.19 PB
91	Tony Streams	44.58	786	Tony Page	3:27.00 PB
93	Bryan Curtayne	45.20	1442	Clinton Montague	3:39.47 PB
106	Daniel Coleman	46.07	1469	Vince Williams	3:40.08 PB
109	Elizabeth Jones (1st F50)	46.31	1780	Sophie Hoskins	3:44.15 PB
133	Chris Manton	47.57	2264	Julie Rainbow	3:51.22 PB
134	Derek Cheng	47.52	5329	Lee Hinton	4:30.53
136	Patrick Hall	47.57	5945	Sarah Richmond-De'voy	4:38.27 PB
137	Katie Rennie	48.10	6631	Pete Morris	4:47.31

8091	Martin Bush	5:13.07
<u>Goodwood Marathon</u>		
<i>Pos</i>	<i>Name</i>	<i>Chip</i>
37	Sian James (1st F65, 3rd lady)	3:49.18
85	Phil Reay	4:33.19
103	Donald Scott-Collett	4:50.52

April 7thNorth Wales Coastal Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
46	Matthew Brown	1:41.08

Great Welsh Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
129	Angela Burley	1:46.49 PB

April 15thBoston Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
236	Matt Richards	2:36.03
871	Brendan Morris	2:47.50
4119	Gary Tuttle	3:08.48
11664	Grant Hopkins	3:39.12

April 19thMaidenhead 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Ben Paviour	53.23
14	Jack Gregory	56.16
16	David McCoy (Snr)	56.49
21	Mark Apsey	57.43
55	Jamie Smith	1:02.12
78	Gavin Rennie	1:03.57
117	Steve Siddell	1:06.59
120	Katherine Sergeant (1st F45)	1:07.01
128	Justin Simons	1:07.47
142	Tony Page	1:08.45
152	Mark Andrew	1:09.08
153	Alan Freer	1:09.16
179	Daniel Whittaker	1:11.01
188	Brian Kirsopp	1:11.34
192	Tony Streams	1:11.52
207	Helen Pool	1:13.14
209	Tony Long	1:13.13
213	Loretta Briggs	1:13.27
232	Mary Janssen	1:14.09
250	Erica Key	1:15.19
260	Chris Cutting	1:15.47
264	David Walkley	1:16.11 PB
300	Liz Jones (3rd F55)	1:17.14
309	Graeme Fancourt	1:17.42
316	Jonathan Ridley	1:17.43
318	Ben Fasham	1:17.48 PB
344	Joe Blair	1:19.05
350	Bryan Curtayne	1:18.52
353	David Fiddes	1:19.19
358	Scott Gillespie	1:18.56
368	Daniel Coleman	1:20.08
379	Lesley Whiley	1:20.59
385	Jana Nehasilova	1:20.51
414	Nick Adley	1:22.52
421	Stewart Wing	1:22.23

432	Pete Morris	1:23.39
438	Martin Douglas	1:23.31
453	Paul Giles	1:24.17
481	Judith Ritchie	1:25.17
491	Nicola Gillard	1:26.12 PB
505	Sahan Jinadasa	1:26.54
571	Sarah Bate	1:29.58
596	Cullum Ross	1:30.32
603	Donna Saunders	1:31.02
652	Christina Calderon	1:32.47
674	Claire Seymour	1:33.55
692	Phil Reay	1:34.51
723	Elizabeth Detenon	1:36.44
729	Tim Miller	1:36.50
786	Martin Bush	1:38.02
794	Jo Rippingale	1:39.14
798	June Bilsby	1:39.24
818	Stephanie Smith	1:40.40
841	Sandy Sheppard	1:42.13
867	Justin Watkins	1:42.35
870	Heather Bowley	1:43.25
874	Tina Woffington	1:43.06
876	Thanga Satheseeskumar	1:43.52
877	Helen Dixon	1:43.19
878	Angelique Haswell	1:43.26
894	Sally Caldwell	1:44.44
896	Victoria Netherwood	1:44.46
897	Tom Harrison (1st M80)	1:45.01
921	Clive Bate	1:46.24
931	Angharad Shaw	1:46.49
937	Hannah McPhee	1:47.15 PB
949	John Bailey	1:48.38
950	Lucy Bolton	1:48.26
959	Cathrin Westerwelle	1:49.36
963	Catherine Douglas	1:50.21
964	Caroline Hargreaves	1:49.31
969	Adele Graham	1:50.09
1001	Kerry Eastwood	1:54.16
1004	Linda Wright	1:54.30
1020	Veronica Andrew	1:55.52
1026	Lin Morton	1:57.42
1042	Lorraine Bailey	2:01.59
1053	Kingsley Starling	2:04.45

April 21stBeaconsfield 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
146	Nick Adley	40.39
361	Jo Rippingale	49.01
440	Justin Watkins	52.03
501	Lucy Bolton	54.52

Crete Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
165	Martin Bush	4:32.37
176	Caroline Jackson	4:39.30
177	Paul Monaghan	4:39.30
186	Pete Morris	4:50.02

April 28thLondon Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
261	Seb Briggs	2:37:00 PB
600	David McCoy (Snr)	2:43.08 PB
894	Jamie Cole	2:47.52 PB
1245	Kirsten Leemans	2:52.01
1361	Lance Nortcliff	2:53.31
1457	Chris Lucas	2:54.35
1535	Ben Whalley	2:55.09
2093	Gemma Buley	2:59.09 PB
2146	Nikki Gray	2:59.25 PB
2163	Paddy Hayes	2:59.29 PB
2231	Gary Tuttle	2:59.49
2412	Gavin Rennie	3:01.36
2748	Katherine Sergeant	3:04.50 PB
2773	David McCoy (M40)	3:05.02
2775	Anthony Young	3:05.04
2803	Andrew Smith	3:05.21
3500	Brian Kirsopp	3:11.32
4003	Clive Alderson	3:14.52
4120	Andy Mutton	3:15.43
4560	Sarah Dooley	3:18.45 PB
4706	Erica Key	3:19.39
5119	Tony Streams	3:22.21 PB
5241	Grant Hopkins	3:23.00
5874	Alan Freer	3:26.21
6771	Mary Janssen	3:30.01 PB
7280	Loretta Briggs	3:32.32
7445	Chris Kelly	3:33.18
8589	Stuart Jones	3:38.19
8902	Marion Loiseau	3:39.30
9798	David Lennon	3:43.14
10025	Nora Holford	3:44.08 PB
10057	Peter Rennie	3:44.17 PB
10603	Alix Eyles	3:46.29
11056	Tracey Hicks	3:48.23
11525	Oliver Watts	3:49.57
11522	Caroline Jackson	3:49.56
12944	Sarah Harford	3:54.55
13448	David Dibben	3:56.25
14172	Angela Burley	3:58.21 PB
14437	Sian James	3:59.01
14476	Paul Monaghan	3:59.06
15415	Stuart Wylie	4:02.15
16030	Paloma Crayford	4:04.41 PB
18219	Peter Reilly	4:13.28
19424	Jo Sollesse	4:17.50
19695	Donna Saunders	4:19.00
20984	Peter Cave	4:23.58
21067	Nick Robey	4:24.14
21089	Christina Calderon	4:24.19
21154	Dan Rickett	4:24.32
22667	Kira Moffat	4:29.56
26169	Alice Carpenter	4:43.28
27579	Laura Batten	4:49.04
28141	Zoe Browne	4:51.14 PB
28903	Ellen Wilders	4:54.17

29223	Leanne Home	4:55.37
29318	Nicola Gee	4:55.59
31896	Corinne Rees	5:08.39 PB
32923	Tom Harrison	5:14.21
33093	Martin Bush	5:15.16
33906	Katie Macaulay	5:20.04
34131	Paul Milnes	5:21.24
34416	Simon Blackburn	5:23.21
37717	Candy Cox	5:47.51 PB
38251	Paul Jenkins	5:52.48
39286	Natalie Bendell	6:03.59
40822	Shirley Holmes	6:29.49
41205	Gill Manton	6:35.02 PB

Hamburg Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
423	Brooke Johnson	2:58.59
1680	David Clay	3:27.37
3510	Liz Johnson	3:45.53 PB

Dusseldorf Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
106	Matt Davies	2:47.51 PB
413	Ashley Middlewick	3:16.08
521	David Caswell	3:23.02
1174	Roman Martin	3:51.10
2226	Sarah Hicks	4:47.01 PB
2420	Kerry Eastwood	5:16.34 PB

April 29thSC Vets League, Western Division (Oxford)

Women's V50, 100metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	Adele Graham	17.7

Women's V50 long jump

<i>Pos</i>	<i>Name</i>	<i>Dist.</i>
4	Adele Graham	2.65m

Women's V50 hammer

<i>Pos</i>	<i>Name</i>	<i>Dist.</i>
3	Adele Graham	18.33m PB

Women's V50 javelin

<i>Pos</i>	<i>Name</i>	<i>Dist.</i>
5	Adele Graham	10.02m

Women's V50, 400metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
6	Adele Graham	1.33.2

Men's V35A, 100metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
8	Chris Manton	16.4

Men's V60, 100 metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
5	Nigel Hoult	17.6

Men's V50, 3000m steeplechase

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	David Fiddes	14.15.5

Men's V35A, 400 metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
6	Chris Manton	1.12.5

Men's V35A, 1500 metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
8	Chris Manton	6.02.6

Men's V60, long jump

<i>Pos</i>	<i>Name</i>	<i>Dist.</i>
8	John Fenner	3.78m

Men's V50, long jump

<i>Pos</i>	<i>Name</i>	<i>Dist.</i>
8	David Fiddes	3.47m

Men's V60, long jump

<i>Pos</i>	<i>Name</i>	<i>Dist.</i>
5	Nigel Hoult	1.70m

Meeting placings: RR ladies 7th, men 8th.

May 4thHurstbourne 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Ben Whalley (2nd M40)	32.55
7	Tony Page (3rd M40)	35.12
28	Mark Andrew	38.34
31	Alan Freer (1st M60)	38.43
33	David Caswell	38.44
39	David Fiddes	39.11
48	Katherine Sargeant (2nd F45)	40.37
56	Bryan Curtayne	41.09
57	Ben Fasham	41.15
60	Tony Streams	41.20
114	Sam Whalley	46.50
130	Andy Atkinson	48.30
132	Jim Kiddie (2nd M70)	48.33
138	George Nyamie	48.55
140	Sarah Bate	48.55
142	Catherine Leather	49.00
167	Tina Woffington	51.49
192	Sandy Sheppard	55.22
220	Caroline Hargreaves	57.54
253	Liz Atkinson	65.31

Thames Path 100

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
33	Wayne Farrugia	19:49.54 PB
103	Noora Erasmaa	23:25.32
197	Phil Reay	26:54:49 PB
198	Christina Calderon	26:54:49 PB

LDWA Oxon 40

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
-	Cecilia Csemiczky	12:05
-	Kathy Tytler	12.05

May 5thFrimley 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
9	Chris Burt	37.56 PB

Newport Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1146	Gary Clarke	4:15.40

Milton Keynes Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
45	Kirsten Leemans	2:58.24
457	Magda Bennett	3:44.19
834	Paul Monaghan	4:05.38
915	Caroline Jackson	4:11.06
1497	Martin Bush	4:57.40
1729	Keith Rumbold	5:39.10

1829 Nikki Rumbold 6:28.13

Milton Keynes Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
646	Pete Morris	1:54.12

Southampton Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
370	Lauren Prior	3:57.03 PB

Southampton Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
511	Jana Nehasilova	1.44.03
624	Katie Rennie	1.46.15 PB
1058	Steve Dellow	1.54.18

North Dorset Village Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
67	Alan Williamson	3:39.58 PB

Cardiff 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
127	Grant Hopkins	18.37 PB

May 6thShinfield 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Rob Corney	32.31
6	David McCoy (Snr)	34.14
7	Mark Apsey	34.18
21	Ben Whalley	37.19
23	Darren Lewis	37.36
24	Mark Dibben	37.45 PB
27	Brian Kirsopp	38.11
29	Richard Hallam-Baker	38.49
31	Carrie Hoskins (1st F50, 2nd lady)	39.10
36	Paul Morrissey	39.36
37	Paul Kerr	39.38
40	Tony Walker	39.50
41	David McCoy (M40)	40.40
44	Katherine Sargeant (3rd lady)	40.13 PB
59	Ed Dodwell (2nd M60)	41.35
60	Dan Whittaker	41.25
67	Tony Long	41.36
69	Stuart Bradburn	41.57
86	Bill Watson	42.26
94	Chris Thomas	42.58
116	Julie Rainbow	43.53 PB
119	Sophie Hoskins	44.09
120	Dean Allaway	44.03
127	Ivan Harding	44.27
129	Andrew Butler	44.31
131	Matthew Curtayne	44.24
138	Robert Houghton	44.56
141	Scott Gillespie	44.52
153	Kevin Jones	45.28
158	Bryan Curtayne	45.25
170	Liz Jones	45.39
174	Dave Thornton	45.42
175	Daniel Coleman	45.40 PB
185	Vince Williams	46.15
186	Tony Streams	46.12
192	Lesley Whiley	46.29
200	Anas Monaffal	46.35

201	Joe Blair	46.21
203	Huw Wright	46.45
206	Tom Wright	46.38
230	Simon Brimacombe	47.31 PB
236	Ben Fasham	47.33 PB
250	Tony Demetriou	48.02
257	Colin McCarlie	48.15
264	Simon James	48.07
267	Claire Raynor	48.27
277	Sara Lopez	48.57 PB
278	Sahan Jinadasa	48.57
288	Chris Manton	49.08
294	Sarah Baker	49.38
295	Sarah Harford	49.38
299	Nick Adley	49.56
357	Moira Allen	51.46 PB
379	Diane Hodder	52.02
397	Patrick Smith	52.24
406	Sarah Bate	53.11
422	Miriam Coleman	53.57
425	Cullum Ross	53.16
429	Alex Bennell	53.08 PB
432	Clive Bate	53.12
434	Zoe Browne	53.51
444	Joanne Kent	53.43
445	George Nyamie	53.45
461	Rachel Helsby	54.13
462	Catherine Leather	54.13
469	Charley Caswell	54.29
470	Fiona Ross	54.26 PB
471	David Caswell	54.29
477	Joe Akem-Che	53.42
521	Angelique Haswell	56.13
538	Sarah Richmond-De'voy	56.46
552	Kevin Bilsby	57.19
581	June Bilsby	57.55
582	Elizabeth Detenon	57.18 PB
596	Stephanie Smith	58.10
642	Kevin Strong	59.59
643	Caroline Hargreaves	59.58
652	Elizabeth Fletcher	1:00.48
665	Jennie Whitehead	1:01.17 PB
671	Angharad Shaw	1:00.51
690	Laura McNally	1:01.31
700	Margot Bishop	1:02.14
715	Bob Thomas	1:03.27
778	Cathrin Westerwelle	1:09.34
799	Julie Wing	1:15.43
812	Stephen Wing	1:22.41

Chalgrove 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
373	Kerry Eastwood	1:03.36

May 8thSpeedbird 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Helen Pool	21.16
17	Claire Seymour	25.46

May 9thDinton Summer Series (Race 1) 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Matt Davies	18.37
15	Bryan Curtayne	21.58
16	Nick Adley	22.02
27	Sally Carpenter	23.26
39	Pete Morris	24.45
48	Catherine Leather	25.48
64	Charley Caswell	27.54
107	Hannah McPhee	31.25
142	Sally Caldwell	35.08
143	Alex Jennings	35.11
174	Gill Manton	41.48
175	Jenny Dimmick	41.47

Dinton Summer Series (Race 1) 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Keith Russell (1st M40)	36.39
3	Jamie Smith	37.21
9	Richard Hallam-Baker	39.46
12	Ian Giggs	40.48
17	Daniel Whittaker	42.30
19	Robert Cannings	42.56
20	Erica Key (1st lady)	42.56
22	Katherine Sargeant	43.07
27	Stuart Bradburn	43.52
31	David Caswell	44.16
35	Tony Streams	45.44
47	Tracey Hicks	48.04
49	Matthew Brown	48.38
83	Vroni Royle	53.09
115	Clive Bate	57.55

May 11thSilchester 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Mark Apsey	29.19
56	Claire Raynor	41.16

Dulux Ultra Marathon (32.2miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
60	Simon Denton	5:56.01
81	Sian James	6:22.33
121	Donald Scott-Collett	7:14.46

May 12thMarlow 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Rob Corney	24.25 PB
5	Jack Gregory	26.25
9	Ben Paviour (1st M40)	26.59
21	Jamie Smith	28.47
31	Chris Burt	29.00 PB
44	Chris Buley	29.53 PB
49	Gemma Buley (3rd lady)	30.12 PB
50	Brian Kirsopp (3rd M50)	30.10 PB
55	Pete Jewell	30.51
74	Paul Kerr	31.35 PB
89	Colin Cottell	32.28
90	Nigel Hoult	32.33
101	Laura Peatey	32.58 PB

107	Alan Freer	33.08
116	Tony Long	33.08
120	Helen Pool	33.34
129	Mark Andrew	33.49
131	Bill Watson	33.46
141	Jonathan Ridley	34.00
155	Andrew Butler	34.09 PB
230	Peter Rennie	35.51
239	David Walkley	36.09
248	Bryan Curtayne	36.04
271	Pete Morris	36.57
274	Joe Blair	37.08
278	Derek Cheng	36.40
292	Ben Fasham	36.46
301	David Dibben (2nd M70)	37.32
308	Dan Rickett	36.23
314	Stewart Wing	37.23
337	Chris Manton	38.07
366	Sally Carpenter	38.47
405	Sahan Jinadasa	39.24
409	Nora Holford	39.13
523	Tim Miller	39.58
535	Donna Saunders	39.48
536	Scott Gillespie	39.49
546	Alex Bennell	41.30
579	Jim Kiddie (3rd M70)	41.42
594	Jo Sollesse	41.58
611	Tracy Jenkins	41.44
654	Hilary Rennie	43.07
715	Elizabeth Detenon	44.20
754	Clive Bate	45.01
827	Kerry Eastwood	46.14 PB
887	Thanga Satheeskumar	46.18
921	Stephanie Smith	46.51
933	Hannah McPhee	47.26 PB
1019	Sandy Sheppard	47.55
1022	Sarah Richmond-De'voy	48.11
1023	Helen Dixon	48.10 PB
1043	Elizabeth Fleming	47.40
1062	Bob Thomas	48.49
1064	Lynda Haskins	48.46
1112	Linda Wright	50.13
1125	Paul Smith	50.31
1143	Tom Harrison	50.01
1189	Liz Atkinson	51.23
1309	Veronica Andrew	54.01
1439	Peter Higgs	59.41
1446	Julie Wing	60.31
1489	Stephen Wing	65.33

Bracknell Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Daniel Lynch	1.26.05
206	Stuart Wylie	1.45.17
310	Colin McCarlie	1:51.35
344	Martin Douglas	1:53.44
787	Anthony Eastaway	2.33.10

Oxford Town and Gown 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
104	Michael Hibberd	38.22 PB

Season's BestLadies

5k	Helen Pool	21.16
5 miles	Gemma Buley	30.12
10k	Gemma Buley	37.20
10 miles	Gemma Buley	1:03.22
HM	Gemma Buley	1:24.53
20 miles	Gemma Buley	2:17.47
Mara	Gemma Buley	2:59.09

Men

5k	Matt Davies	17.19
5 miles	Rob Corney	24.25
10k	Jack Gregory	31.51
10 miles	Rob Corney	49.43
HM	Rob Corney	1:06.07
20 miles	Matt Richards	1:52.59
Mara	Rob Corney	2:19.13



Committee Minutes

April

Tuesday 2nd April 2019 – 7:30PM

THE COMMITTEE

Phil Reay (Chairman)
 Alice Carpenter (ex-Officio)
 Simon Denton (ex-Officio)
 Jill Dibben (Treasurer)
 Anne Goodall (Membership Sec)

Liz Johnson (Social Secretary)
 Paul Monaghan (Social Networks/Web)
 Vroni Royle (ex-Officio)
 Claire Seymour (ex-Officio)
 Bob Thomas (General Secretary)

APOLOGIES FOR ABSENCE

Claire, Jill

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Shinfield 10K finances. On the basis that Tom Harrison has been appraised of the reason that the Shinfield Association lost money to fraud, the Committee has agreed to release the rest of the monies due to the Association from the 2018 race.

Dinton Relays. Kerri French has kindly volunteered to become Race Director for Dinton Relays, re-located to Woodford Park for the 2019 event.

CHAIRMAN'S REPORT

Phil welcomed the members of the new Committee and thanked them for volunteering.

Coaching Co-ordinator. Phil noted that he had attended the recent Coaches' meeting and was delighted to report that Katie Gumbrell had been elected unanimously by the coaches to serve as the Coaching Co-ordinator for 2019/20.

Team Captains. Phil thanked Sam Whalley for standing as the Ladies' Captain for a third year and welcomed Grant Hopkins into his first year as Men's Captain. He noted that their first order of business is to select the men's and ladies' teams for the Ridgeway Relays and the Vitality London 10K.

Recent HMs. Phil noted an outstanding turnout at the Reading Half Marathon, with some 185 members running as well as a large contingent of marshals, and was really pleased to see everyone enjoying themselves around the Club tent. Collections for First Days Children's Charity got off to a good start with £676 raised.

The Committee congratulated the five members who qualified at the Fleet HM for an England vest to wear at this year's Maidenhead HM: Seb Briggs, Carrie Hoskins, Nigel Houl, Tracey Lasan and Sarah Urwin-Mann.

Newsletter. Phil thanked Peter Reilly for all the work he has put in on producing high-quality, interesting and informative newsletters. Phil advised that Peter Cave is taking over as Newsletter Editor and hopes to publish a May edition.

Finally. Phil noted:

- All actions placed at the AGM have been completed
- Carl has published the Emergency Procedures to be used at track and on outruns
- Four members will be hosted by the organisers of the Düsseldorf Marathon this year under the auspices of an arrangement between Düsseldorf and Reading towns.
- Carl will continue to liaise between the Club and the London Marathon and will continue to organise members marshalling LM events.

TREASURER'S REPORT

Phil thanked Jill for providing a written report for the meeting as she was unable to attend.

Bank accounts. Jill's reports that she now has full access to BACS and that is now her preferred means of paying from Club funds. Hence members wishing to be reimbursed for expenses need to provide their account details with their claims.

Jill noted that the required signatories for cheques paid from the Club accounts are now out-of-date. The Committee agreed that the signatories should be changed to Jill, Phil, and Anne.

The Club's accounts presently require cheques to be signed by two approved signatories. NatWest is using this to prevent Jill being granted a Debit Card, which is a serious limitation, especially in regard to booking venues for social events. Noting that Jill already has access to BACS, which has no two-person rule, it would be sensible to dispense with the two-signatory requirement for cheques, which should remove the block on her receiving a debit card. The Committee unanimously approved Jill requesting NatWest to revise the account as stated.

CASC. Jill has been researching the Club's tax status and has received advice that the Club should consider applying to HMRC to become a Community Amateur Sports Club. Jill has contacted HMRC and awaits a response.

Bob noted that he achieved CASC status some years ago in a previous position as the chairman of a different club and has some concerns regarding the implications of this initiative. As a minimum, achieving CASC status will require changes to the Club constitution and may require extensive membership attendance records to be maintained. This requires further research and discussion.

GENERAL SECRETARY'S REPORT

AGM. Bob noted that the AGM went smoothly and that there were no objections to any of the matters brought before the assembly. All the actions placed have been discharged.

Harmonising male & female conditions. The AGM unanimously endorsed the petition raised by Katie Gumbrell to harmonise how men and women are treated by the Club. The Championship has been aligned, and Bob has contacted the Race Directors asking them to work towards harmonisation across their respective events.

It remains to codify this principle into the Constitution, which requires endorsement by the next AGM. Bob presented draft wording to the Committee, which was approved so that it can be presented to the AGM as a Committee proposal.

The draft wording is:

"Pursuant to all members being treated equally, whilst continuing to provide separate events for men and women, any race or competition staged by the Club shall harmonise the rules of competition, race distances and prizes between the men's and women's events. Where feasible, the Club should encourage other organisations with which it engages to adopt a similar approach."

Sports bodies affiliation. The Committee approved renewal of the Club's affiliation with England Athletics and Southern England Athletics Association, which Anne will action.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that twelve new members joined during March.

Anne reminded everyone that the period of grace for renewing membership after the end-Feb expiry has now elapsed and people who have not renewed are now deemed to have resigned. Bob was tasked with disabling their online accounts.

SOCIAL SECRETARY'S REPORT

Phil welcomed Liz as the new Social Secretary.

Dinner Dance. Anne requested approval to pay the deposit to secure Sonning Golf Club as the venue for the 2020 Dinner Dance, which was approved.

Spring Do. Liz explained that she is presently focused on organising a Spring Do, which she hopes to stage in May. The XC Championship awards will be presented to winners attending this event.

Socials schedule. Liz will publish a calendar of planned and potential social events for the year in due course.

COACHING REPORT

Vroni presented Katie's report.

Track etiquette. Despite repeated requests and reminders, track sessions are still marred by members who refuse to respect the Club's rules for use of the track. The Committee was tasked to consider what sanctions could be put in place to deter members from continuing to ignore these very simple rules.

Coaching structure. Katie advised that Claire Marks will be standing down as a coach shortly and that Katherine Sargeant is working with Claire in preparation for taking over her coaching group.

Katie requested a mandate from the Committee to undertake a bottom-up review of how the Club provides coaching, which she duly received. As part of this review, coaches will be encouraged to refresh and extend their qualifications, the cost of which will be borne by the Club.

In the light of this review, further requests to train to become coaches are temporarily put on hold until we have clarity on how many coaches are needed and the qualifications they will require in the revised structure.

ANY OTHER BUSINESS

Mortimer 10K. Bob presented the budget for this year's Mortimer 10K, pointing out that, with the loss of the main sponsor, making a profit will be challenging. Entry fees are increased from £10/£15 to £14/£18 (online/EOD), but finances will still be tight. The budget was approved.

XC Champs. Phil has received a request to review the way the XC Championship has been scored for the 2018/19 season as it appears to be inconsistent with the published rules.

Owing to the last scheduled event being cancelled at short notice, the required number of qualifying events was reduced from five to four on the basis that members were prevented from completing the required five events. However, this meant that some members who had already completed their five events felt that they were disadvantaged; and members who had not already run in five events and were not intending to run in the last event were rewarded.

Following a lengthy discussion in which the validity of both arguments was acknowledged, the Committee resolved unanimously to ask the XC Championship organiser, Andy Blenkinsop, to re-calculate the results based on the five-event qualification, as published in the rules.

Social media. Phil has received a request from Kerri French to provide an external-facing Facebook page to be used to promote our open events. The Committee agreed in principle.

Phil has also received a request for a Club to provide an Instagram account, which will be considered.

Paul noted that the Club's Twitter account is not used to any great extent and intends to investigate how it could be re-launched to add value.

Anne sought approval to remove non-renewing members from the Club's closed Facebook account, which was approved. Removal of ex-members will take place at the start of May.

RR of the Month. Phil would like to launch a scheme to recognise individual members' efforts and achievements and invites members to make suggestions on how they would like to see such a scheme be used.

VOLUNTEERS REQUIRED

Since the last minutes were published, Kerri French has volunteered as the Race Director for the Woodford Park Relays and Peter Cave is set to take over as the Newsletter Editor.

There are presently no more Club official vacancies to fill.

DOOR ROTA

3rd April: Anne, Jane

24th April: Anne, Sandy

10th April: Anne, Shirley

1st May: Anne, Shirley

17th April: Anne, Jane

8th May: Anne, Jane

NEXT MEETING

Tuesday 7th May 2019

Committee Minutes

May

Tuesday 7th May 2019 – 7.30PM

THE COMMITTEE

Phil Reay (Chairman)
Alice Carpenter (ex-Officio)
Simon Denton (ex-Officio)
Jill Dibben (Treasurer)
Anne Goodall (Membership Sec)

Liz Johnson (Social Secretary)
Paul Monaghan (Social Networks/Web)
Vroni Royle (ex-Officio)
Claire Seymour (ex-Officio)
Bob Thomas (General Secretary)

APOLOGIES FOR ABSENCE

Paul, Simon

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Nothing to report.

CHAIRMAN'S REPORT

Shinfield 10K & Junior Races. Phil thanked Colin Cottell and his team for staging another successful event. He noted that this was the first time that the race was sold out in advance, which he attributes in large part to Kerri French's commanding presence on social media promoting the event. Several runners took the trouble to comment on how well the race was marshalled.

Phil congratulated the members responsible for carrying away both the Men's and Ladies' team prizes.

Anne thanked Shirley and Estelle for their invaluable assistance with catering at the event and to members who had donated food, reporting that £398 will be donated to the charity account.

London Marathon. Phil thanked Carl for organising the Club's contribution towards marshalling the race yet again. Despite the negative reports appearing in the news about marshals barracking tail-end runners, we are confident that the Club's marshals played no part in this and were professionally guiding runners out of the way of the sweep vehicles, which were ahead of the marathon's 7:30 pace maker, who was on schedule.

Championship races. Phil noted that the Maidenhead 10 was very well represented by Club runners. The Hurstbourne 5 took place on 4 May: congratulations to the 20 brave souls who tackled the hills. The next Championship race will be the Marlow 5 on 12 May.

Club record smashed. Phil congratulated Rob Corney on his PB time of 2:19 at the Brighton Marathon, obliterating his previous Club record by 8 minutes.

TVXC annual meeting. Phil thanks Peter Reilly and Sam Whalley for representing the Club at the TVXC annual meeting. In line with the commitments made at the AGM, Peter and Sam led the discussion to equalise the age categories for the 2019/20 TVXC season, which was agreed. Phil is pleased to be able to say that we as a club are upholding our commitment to our members and leading change in the wider running community.

Düsseldorf Marathon. Four members recently ran the Düsseldorf marathon as guests of the city and were treated very well. The visit was reported in the local newspapers, for which Phil thanked Dave Dibben for a lot of work behind the scenes to facilitate the coverage.

Committee web page. Phil thanked Paul for updating the Committee page on the Club website. The photos should make it easier for members to identify their Committee.

Scam emails. On a sour note, some members received scam emails in early April from someone trying to impersonate the Chairman's email address. This was a crude spoof attack with there being no evidence that any account was hacked.

TREASURER'S REPORT

Bank accounts. Jill took the Committee through the financial transaction report for April.

Jill will apply for a bank debit card once the signatories to the account have been aligned with new Committee members.

Club iPad. Jill wished to record that Paul is now holding the Club iPad.

GENERAL SECRETARY'S REPORT

London Marathon coaches. Bob has received reports of some difficulties with the return coaches from the marathon, with at least one person not able to catch the last coach from the Eye. This is owing in large part to the organisers first delaying the start to accommodate the BBC coverage and secondly starting runners in waves, which meant that some runners took the best part of an hour to reach the start line.

Bob proposed that we change the timing of the coaches next year to allow the departure time for the second coach from the Eye to be put back, thus allowing more time for slower runners to reach the departure point in time.

Subject to an impact assessment, the solution may be to time the coaches as:

	<i>Out</i>	<i>Return</i>
<i>Bus 1</i>	06:00	16:30
<i>Bus 2</i>	07:00	17:30/18:00
<i>Tower</i>	07:00	18:00

The constraining factors are limitations on the drivers' hours and the impact of road closures on Bus 2 arriving in London an hour later in the morning.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that 17 new members joined during April.

SOCIAL SECRETARY'S REPORT

Spring Do. Liz explained that the venue she was intending to use for the Spring Do had double booked and has fallen through. Unfortunately, this will delay the event into June.

Socials schedule. Liz talked about several events that she is considering. Liz will canvass feedback on her ideas before publishing a schedule for the remainder of the year.

COACHING REPORT

Vroni presented Katie's report.

Coaches. Katie requested approval for Peter Higgs to undertake a CiRF course, which was approved.

Sarah Dooley has qualified as a Coaching Assistant and will support Katherine.

Coaching review. Katie has been making progress with her assessment of how coaching should be delivered and has engaged coaches and runners for opinions. Preliminary findings are that there are themes emerging regarding:

- overcrowding on the track
- how to select a coaching group:
- session objectives & benefits
- unclear coaches' qualification development plan

- understanding individual members well enough to provide personal guidance

Katie has a mandate from the Committee to delve into any and all aspects of coaching and to make recommendations for change accordingly.

ANY OTHER BUSINESS

Junior membership. Bob received a query regarding the age range for junior membership, noting a discrepancy between the Club Rules and the Membership Form. Vroni pointed out that none of our coaches is qualified to coach anyone under 16 years old.

It was agreed that we would accept junior members aged 16 & 17, but no younger. Bob was actioned to align the documentation accordingly.

Charity support Wednesday. Vroni would like to organise a charity event at one Wednesday track session, for which she will advise members in advance that the charity would like to collect specific goods and she will work with Zoe to collect them at the stadium.

Vroni will develop a plan of how this will work and what support she will need.

DOOR ROTA

8 th May:	Anne, Jane	15 th May:	Anne, Shirley	22 nd May:	Anne, Alice
29 th May:	Anne, Heather	5 th June:	Anne, Phil	12 th June:	Anne, Claire

NEXT MEETING

4th June 2019

CONTACT:

Chairman, Phil: chairman@readingroadrunners.org

Membership Secretary, Anne: membership@readingroadrunners.org

Secretary, Bob: gensec@readingroadrunners.org

Treasurer, Jill: treasurer@readingroadrunners.org

Social Secretary, Liz: socialsec@readingroadrunners.org

Coaching co-ordinator, Katie: coach@readingroadrunners.org

Website / Media, Paul: webmaster@readingroadrunners.org

Team Captains, Sam & Grant: teamcaptains@readingroadrunners.org



SHINFIELD 10K & JUNIOR

5, 2019



Thank you to all our wo



ful volunteers

