

NEWSLETTER: JUNE 2019



CELEBRATING SID

Happy Birthday, Sid, you're classic,
Some might even say 'Jurassic'
This may seem a little harsh, but then,
You *have* reached four score years and ten!

Yet, still upon a Wednesday night
You are a familiar sight
As round and round the track you go
(Sometimes with a girl in tow!)

You have not had the best of luck
As with poor eyesight you are stuck.
But you don't let this get you down,
You always laugh and seldom frown.

May your resilience never end.
We are proud to call you friend.



Editor's Note

Peter Cave

Firstly, huge congratulations from me to Sid who blew out 90 candles this month, an amount no doubt requiring several puffs to get through. A founding member of the club and a man who commands respect by virtue of still donning a tracksuit and running around the track, lapping those much younger sat on the sofa. If ever you need confirmation of running being good for you, Sid is evidence of this. Tim Povey wrote the front page for me, so thank you to him, too.

Another few new features this month, mainly due to my continued pestering of the ever-patient Sam Whalley, so enjoy the crumble recipe which would energise even the sluggish runner! A somewhat smaller number of events this month, and after the abundance last month this is a slightly lighter edition.

A plea! When you submit your results to David Dibben, you must let him know whether it's a PB or not – he can't be expected to keep track. Further, please let him know by how much it's a PB; I'd like to run a feature for 'most improved' runners!

I gave a warning last time, but this is the first month of its first proper manifestation: my humour. See if you can spot a familiar face amongst the articles in the first running of my best stolen idea: "Where's Whalley?"

I told you she was patient.

newsletter@readingroadrunners.org



Corrections

Eagle-eyed viewers amongst you might have noticed what they thought was a glaring error in last month's Men's Captain's report. I can report that this was not the error in the article, as Brendan Rodgers – the Leicester City FC manager - has been a Roadrunner for some time.

Coincidentally, someone called Brendan Morris also ran a very good time at Boston, finishing in the same time as Brendan Rodgers, and went on to write a chronicle about the grandeur of the post-race ablution. Well done, Brendan (Morris), I hope the foot is holding up.

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.

chairman@readingroadrunners.org

It's been 90 days since the new committee was elected. We're elected to serve club members, make decisions on behalf of the club, take on duties to ensure everything runs smoothly and drive the club forward. Thanks to all volunteers and committee members, we've achieved a lot in a short space of time including:

- Published the Emergency Procedures
- Updated our Club Races to ensure gender equality
- Advocated for gender equality in the leagues which we compete in
- Initiated a full review of our Coaching Structure
- Had our 2018 accounts filed and audited
- Launched new Social Media channels
- Published a Club Socials Calendar
- Launched the new Club Newsletter
- Sold out Shinfield 10K for the first time ever
- Had over 20 news stories published in either the local paper or on our website

Thanks to those of you who participated in the coaching review workshops led by Katie. I'm pleased to hear they've been transparent and constructive which is important for making any improvements. I have noticed an increase in communications about what sessions are being delivered and why from our volunteer coaches. I've also received feedback and observed many members trying different groups which is something I encourage.

The pub runs have been well attended. I made it along to one and was pleased to see many new faces. The runs are 5 to 6 miles in length, the route mostly off road and are for mixed running ability. They are great events to meet new people and socialize with fellow members in a relaxed atmosphere. Please visit our website for a full schedule. For those wishing to have dinner after the run, please arrive 6:30ish to order food in advance. Run starts 7:00pm prompt, dinner is served 8:30pm.

I've once again enjoyed reading about the events you've all been doing, the PBs you've ran, the trophies you've won and the memories you've made. One event I'm particularly excited to follow is the Ridgeway Relay. I re-read our 30th anniversary book (now available online) and one consistent theme throughout is our participation and success at this event over the years. Thanks, and well done to the captains for putting four strong teams together and to all 40 members who will take part. Enjoy and good luck.

The committee will meet again on 2 July when we'll continue our contributions to the club. Looking ahead we're reviewing and taking steps to introduce online payments for club socials and the feasibility of a club e-newsletter.

And finally...

Wishing founder member Sid a very Happy 90th Birthday.

Congratulations to Chris and Shirley Smith on their 50th Wedding Anniversary. That's a remarkable milestone and achievement. They both give so much of their time and energy not just to our club but also to the wider running community. On behalf of the committee – have fun celebrating.



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.

teamcaptains@readingroadrunners.org

As we try to work on our training tans, in between torrential rain showers, the races are coming thick and fast. I've just filled up my race calendar as far as Christmas. Do not let me enter any more. Well not more than one anyway.

Marlow 5 is always popular, being known as a fast, flat course, and featuring as both a Club Champs and a Berkshire Road Running Champs race. There was a minor panic earlier in the week, when the organisers asked for the trophies back. Of course, they were found, safe and sound, and proudly on display in our cabinet. Sadly, we did not get to bring back the women's team prize, but **Gemma Buley** was 3rd female, with a new PB of 30:12. **Laura Peatey** also PBd, as did **Kerry Eastwood**, **Hannah McPhee** and **Helen Dixon**. It was only a couple of years ago that Hannah was determined to go sub 60 on this course, and this year she went sub 50, by a long way, with 47:26 - wow! If you got a PB that I haven't mentioned, I didn't know, so well done to you too!

Picking up 50 points in the club championship were **Gemma Buley**, **Helen Pool**, **Nora Holford**, **Linda Wright** and **Liz Atkinson**.

Medals in the Berks champs will go to **Gemma** (gold), **Helen** (gold), **Nora** (silver), and **Sandy Sheppard** (bronze). Fantastic!

The next club championship races will be the Hampshire Hoppit Half Marathon on 9th June, the Burford Bolt 10k on 7th July, and the Burnham Beeches 10k on 11th August. The latter is also the final of the Berks championship races, so do email berkshirerodrunning@gmail.com to register your interest in that, if you haven't already.

5k races are few and far between, but **Helen Pool** has found one, the Speedbird 5k, at which she was 3rd female, and now holds the club's season's best time for the distance, at 21:16. On the track, there were PBs for the other **Helen**, Dixon, with 25:39, and **Sarah Walters**, with 28:45, at our own Track Friday 5k event (the light version).

The Dinton race series also began in that busy week, and it was **Erica Key** and **Katherine Sargeant** who found themselves on the 10k podium, as 1st and 3rd females.

The Royal Berks 10k at Green Park is also a really popular race, but is it just me, or is it always a boiling hot day? I cycled down to support this year, but the pain of those last few hot hundred metres over the speed humps towards the finish was clear on many faces. There were standout performances by **Mel Shaw**, as 2nd FV35 and achieving a PB of 44:29 after a year of recurring injuries - amazing - as well as **Sarah Dooley** (3rd FV40), **Alex Bennell**, **Corinne Rees** and **Hannah McPhee** (first sub-60), while **Dominique Felix** ran her first ever 10k and finished with a huge smile on her face. Great running, ladies!

Binfield 10k is the undulating option on the same day, and **Angela Burley**, **Carmen Fuentes-Vilchez** and **Gill Manton** offered to be pacers there - brave! **Nikki Gray**



was 2nd female, with a new PB of 39:30, and **Erica Key** was 4th - good work!

Pacing is obviously a good way of consolidating your training, as **Angela, Carmen** and **Elizabeth Johnson** went on to PB at the Vitality London 10,000 a little over a week later, while **Gill** had PBd in the Westminster



Mile the previous day, managing to not be affected by whatever is in the trees in St James's Park, that gives you a tickly cough. It gets me every year. My full report on the Vitality race is on the club website, but suffice to say that our women's team did us proud in the British 10k champs, with the A team 22nd and B team 60th, out of over 500 teams. Brilliant!

The new Sonning 10k also took place over the Bank Holiday weekend, and, while not a PB course, there were some excellent performances. **Sophie Hoskins** took her first win, of many, I am sure - well done, Sophie! **Julie Rainbow** seems to be having a great year, and was 2nd FV50.

Marathons seem to have dried up for the time being, although I'm sure some of you will still find them somewhere. **Carmen Fuentes-Vilchez** recorded a fantastic 3:59:30 in Madrid. I don't know if this is a PB for Carmen - her Power of 10 profile is surprisingly sparse, and, I suspect, incomplete, but it's a great time anyway!

And now the relay season is upon us. My report on the Masters Road Relays is also online, but the seven of us had a most enjoyable road trip to Sutton Park in Birmingham, with our over 45s team coming 7th.

Next weekend, while many of you are at Endure 24, we will have a number of women among the four teams in the Ridgeway Relay, running the 89 miles from Ivinghoe Beacon in Buckinghamshire, to Marlborough Leisure Centre in Wiltshire. There will be a report on that next time, and I wish all of the teams the very best of luck.

There are still a couple of places left for the social Runnymede Relays on Saturday 6th July at 12pm. This is a fun event and provides an excellent opportunity to get to know other club members over a picnic, after running a 3.5-mile loop of Windsor Great Park. Let me or Grant know if you would like to make up the numbers, via teamcaptains@readingroadrunners.org.

Team events are such a good way of ticking over between target races, so do look at the list on the Palmer Park noticeboard, and pencil in some of the dates when you might be able to join in. We don't bite.

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.

teamcaptains@readingroadrunners.org

I don't run. And if you ever see me run, you should start running too. Because something is probably chasing me.

This quote probably sums up the way I feel at the moment. Running mojo is totally lost, and on top of me being a little off grid the last few weeks it has meant you lovely lot have not seen or heard much from me. If anyone finds my mojo, please return as a matter of urgency. I saw sense just after I submitted my previous report, and deferred my Ironman place for 2020, and with marathon season over it meant I could take a back seat a little with my activities and let my niggles slowly heal. Berlin marathon training plan starts soon, so you'll no doubt see my smiling face before too long!

I'll start off this month's report with a shout-out to **Ashley Middlewick**, who as we all know likes to push himself well past marathon distance and try out some obscure races (usually running over mountains and other insane terrain). **Ashley** started off May by travelling over to Malta to compete in the Gozo 50k Trail race, where he finished in a very respectable 11th place.

He followed this up two weeks later by taking on the GutsMuth Rennsteiglauf super-marathon (73.3k), where he spent the weekend with **David Walkley** who completed the marathon and one of our own **Vroni Royle**. All three are the picture of happiness, and the race across all distances has been highly recommended. **Ashley's** reports are always an interesting read, and I can't wait to see what is next on the list!

Royal Berkshire 10k is always a well attended race for our green vests, and this year was no different. The weather leading up to it had been patchy at best, but it cleared up nicely in the morning and we saw some excellent results! Our first RR home was **Seb Briggs**, who smashed a sub-34 PB for 2nd place overall. **Dave McCoy (Snr)** finished in 5th place, and we had seven places in the top 50. Our mens team is going from strength to strength and we have some real speedsters in our group!



On the same day, we had **Brian Kirsopp** take on the Plymouth Half marathon, **Rob Corney** win (I am starting to think that his actual surname is Corney-Win, due to the amount of times I see them together!) the Windermere marathon (an event he did whilst on a relaxing break with his partner before starting a new job!), our marathon veterans **Martin Bush** and **Pete Morris** complete the Richmond marathon, and **Kevin Jones** went south to Hook for the Hook 10. We also had the Binfield 10k (an excellent local race that members of RR help pace yearly). The PB bell was rung for **Andrew Butler**, and **Kevin Strong** missed out on a sub 1 hour by 5 seconds; the hill is not to be baulked at at 7km! A few of our own completed pacing duties...see if you can see what times we were aiming to pace! **Grant Hopkins** (45:02), **David Legg** (50:00), **Brooke Johnson** (54:46) and **Paul Carter** (59:49).

24th May brought back one of our popular events which is organised incredibly by **Fergal Donnelly** and his band of volunteers, the Friday track 5k. Top three finishers were **David McCoy**, **Mark Worringham** and **Matt Davies**. Honourable mentions go to **Rob Cannings** who is edging closer to the elusive sub-20, and the incredible **Tom Harrison** who continues to defy the laws of aging and easily came in under 30 minutes. Thank you **Fergal** for continuing to arrange this great event.

The same weekend brought a close to the spring marathon season, with **Matt Richards** leading home RR in a 5th place finish, and **Ian Giggs** (fresh from his jaunts around the world!) being the first RR home at the Rock n Roll Liverpool Marathon. The inaugural Sonning 10k took place, where we had three RR in the top 10 (**Stephen Ridley** in 4th, **Jamie Smith** in 5th and **Jamie Cole** in 8th (**Jamie** also was 1st M40). **Alex Harris** took home 1st M50, and **Ed Dodwell** was 1st M60. I took on a very wet and hilly Treforest 10k and was unable to break 40 minutes for an official 10k race (although have done it plenty of times in longer distance races!).



Meanwhile **Brian Kirsopp** ran the Great Birmingham 10k representing us in the white vest of England. A massive well done, **Brian**!



Chris Manton took away a PB at the Westminster Mile, and there was a glut of PB's at the Vitality London 10k. Congrats to everyone who smashed out a PB at the notoriously quick event: **Rob Corney**, **James Rennie**, **David McCoy**, **Chris Lucas**, **Chris Burt**, **Mark Dibben**, **Chris Buley** and **Peter Rennie**. Our mens A team finished in 22nd place overall. Well done!

Rob Corney has finally been rewarded for his hard work and unbelievable times he is setting across all distances, with a call up to run for England at the Toronto Marathon in October. Just desserts for all the hard work and miles put in. I'm intrigued to see how much more you can push yourself, **Rob**! Lets hope June brings in some nice weather. We have the Ridgeway Relay about to take place, and Endure 24. There are also a few crazies taking on Comrades in South Africa and the South Downs ultra! Good luck to everyone running these events, and any other event in the next month! Let the autumn marathon training

plans commence!

Happy running!

Why We Run

Katherine Sergeant

I had a milestone birthday in May, which caused me to reflect on my 40s and what I had achieved. Other than bringing up my son from endearing 9-year-old school-boy to a decent young man, they had been marked by taking up and absorbing myself in running. Like many of us, I cannot live without it (and woe betide anyone who tries to live with me when it's not on the agenda!)

Therefore, I offered to write an article about the reasons why we run.

Which led to a significant number of hours debating with myself why I run!

I know, as clear as crystal, that I decided to run after my dad was diagnosed with a terminal brain tumour late in 2010. By March 2011 he had well and truly defied the consultant's prognosis that he wouldn't survive 2010, so I continued to drive to Little Chalfont on most days of the week to visit him. During those journeys I used to see countless runners, many of them pounding the A4, and I used to wonder at the time set aside for something that these people had clearly decided was packing a punch on quite a few levels. Armed with the knowledge that if I could find the time, as a single mum working full-time, to visit my dad 4-5 times a week, I could surely find a bit of time to do this intriguing run-stuff. On top of that, I had a couple of friends who had taken up running a couple of years prior and were doing the Reading Half again. So, a little before the Reading Half in 2011, I declared that I would run it in 2012 in support of the hospice which had looked after my dad, who subsequently passed away on 31 March 2011.

I gave myself a few weeks to assist my mum with things, come to terms with losing him after months of sadness and emotional stress, cope with the funeral and then get over a cold, so it was late April when I finally visited the Sweatshop and was kitted out with my first Asics and some Adidas kit (just one set of shorts and one top – wow, how that has changed?!)

I chose a loop to run which (once I bought my first Garmin a few weeks later) turned out to be 4.3k and I still remember smiling to myself as I strode out on that first occasion. Let's face it – April / May is such a lovely time of year to run. It was the first time I'd run since I was 13; immediately I wondered how I'd let so many years go by without the simplicity of lacing up trainers and doing something nice for myself.

I've tried to distil why I still run but there are so many reasons and they are consumed in the comments from loads of you below. Basically, I think I love to challenge myself and every run can be a challenge, even those termed "easy" on the schedule. Setting aside time for me is crucial; it doesn't matter what a demanding boss or client may want or expect. Being outside, alone in my own thoughts or sharing the passion and a chat with a good friend (or fiancé!) cannot be replicated by a gym or swim session. The friendships, laughs and experiences, I'm sure, could not have been found anywhere else either. And the fact that my son has taken it up too gives me comfort: I have demonstrated that one of the best things in life is free. In short, it makes me happy. And that's a good place to be.

So now to the feedback provided by you guys:

Katie Gumbrell - Someone once told me I'd never be able to do it.

Helen Grieves - I was told I was the wrong shape to run - which after chasing a massive purple triangle round London I agree - the barefoot triangle was quicker than me.

Maureen Sweeney - I volunteered at Reading Half Marathon (Kendrick Road water station) back in 1991 and was inspired by ordinary runners of all ages and abilities. I decided there and then I would run it in 1992 the rest (as they say) is history.

Julie Rainbow - It makes me feel happy.

Kerri French - To be free.

Jennifer Dawn - To have time with my thoughts.

Kathy Tytler - I went to visit my friend Elizabeth in New York in 1990, she was training for the New York City Marathon and came back from each training run looking happy. I got home and tried running (with difficulty at first) but returned to visit her in 1994 - and to run New York Marathon.

Joanne Kent - So I can eat more

Darren Lewis - To stay reasonably healthy in body and further from the frayed end of sanity. Hardest efforts and best races are the only times where my focus become truly singular. Eyeballs out, I'm forced to be 100% present and feel alive — blowing hard, firing on all cylinders and free from life's distractions. Brain's other voices temporarily silenced. You only have to be injured to appreciate the freedom running brings. Let alone think about those that are unable to get to riverbanks, hilltops... And (sadly) I quite enjoy being a smug bugger too. 'What did you do at the weekend'? 'Usual stuff, fairly tidy parkrun Sat am, 20 odd miler Sunday'.

Emily Brett - I started running as someone encouraged me to run the Reading Half Marathon 2019. The atmosphere was amazing that I've become addicted to the thrill of running.

Peter Higgs - My Brother made me (mid-life crisis) and it was part of an adventure: race running, mountain biking, and canoeing. Now I love the camaraderie of the running club and running with family and Friends, it's by far the best bit of running - also seeing different places I would never have found if not for parkrun all over the UK and Marathons in foreign climes.

Corinne Rees - I run to keep me sane. It kind of works.

Noora Eresma - I started running in 2003 to look good in my wedding dress. Then my two younger sisters ran a marathon, so I had to do one too. Then one of them did a 100k - and naturally I had to do one, too. Nothing beats good old sibling rivalry. Now I run because I love it. I love the freedom of trails, quietness around you, and just being away from the busy everyday life.

Sarah Bate - Because I want to challenge myself, rather than just sinking into old age.

Stephanie Smith - So I can eat and drink vast quantities!

Ben Fasham - Fewer idiots than in parks football is the main reason I completely switched from football to running. But freedom, time with thoughts and wanting to be healthy for middle-age/parenthood are the big three really.

Alex Bennell - Because I failed to run the kid mile with 6-year-old son at Green Park 10k in 2016 and he was cross because he had to stop to wait for me. So, when he wanted to do the Green Park challenge 3k with me the following Spring, I needed to do a lot better.

Sarah Alsford - To burn calories, me time and feel good about myself.

Andrea Roberson - So I can eat whatever I want!

Vroni Ta-da - I run to keep off the Happy Pills and have been successful for 6 years now. But I can feel it when I haven't been able to run. So, endorphins and Serotonin is what I'm doing it for!!

Sam Whalley - For good physical health. With a family history of heart attacks (my brother even had one two years ago, at 48), I want to do all I can to not be next. The good mental health is a bonus (and an ongoing project!).

Sarah Richmond-De'voy - When I first started running 7 years ago it was to lose baby weight and then to socialise. My husband told me running wasn't a social sport and I'd never make any friends. Now the people I can call my true friends are all people I have met running! It keeps me relatively sane, means I can eat what I like and keeps me fit, the support I've received from my running family has been amazing xxx

Nicola Gillard - Short version: crappy things happened in my life. I nearly fell into a black hole but found running instead and it's been keeping me out of it for the last 6 years! Long version: available upon request if you need a 2 page pull out feature on all the reasons I took up running and still run... oh and why I took up swimming and cycling too... better make that 4 pages...

Saba Reeves - Started a new job in a new area, someone sent an email to ask if anyone fancied taking part in The Great South (1999) sounded like a good way to meet some new people

PS: had to wait until the next month before I could afford to buy some trainers

Simon Brimacombe - To lose myself in me and enjoy the outdoors.

Maria Norville - I started distance running in 1990 simply because walking for fitness was getting boring. Before long I grew to love it - for solitude, for head space, for company, for challenge, for fun, for sight-seeing, for a good natter.

Cathrin Westerwelle - To compete with myself and see what I am capable of ... also to stay sane and burn off all the cake!

Carrie Hoskins - Love it, makes me feel good, love exercising in the fresh air, my happy place!

Alice Katy - I don't worry about PBs and times anymore as I never get the ones I want so just enjoy running for running's sake. It's a massive boost to my system and helps me cope with my anxiety issues x

Lynda Haskins Kevern – I was asked by the RBH charity to run the RHM for their charity, post my breast cancer treatment. Hadn't any idea what I was letting myself in for. Started parkrun and Googled how to train for a half marathon. Absolutely loved it and did it in 2010 which made me want more. From there I met Kerri French who introduced me to RR and although I don't do many PBs or races these days I still love to run which gets me out in the fresh air with great like-minded people. And it keeps my body and mind fit.

Jeanette Allcock - Prior to 2nd Jan 2014, I'd never run, decided to do couch to 5k, for many reasons but too many to put here, if anyone is interested please ask. Now, it's about convincing myself I can do it as well as mental strength, fitness, club time, me time, being brave, friendship, supporting as well as being supported. I definitely have a love/hate relationship with it, but when it's done I love it and feel accomplished.

Ben Hart - Running is "a bit of me time." Nobody else, no distractions, no pressures. Just a chance to enjoy your own company, have a think about what's happening around you and to gain some perspective. Often gives me a clearer head space for when I get back home. Think I can safely say that "runs" in the family.

Katie Elisebeth Macaulay - I started running 4 years ago after my mum was given a terminal cancer diagnosis. It helped me then and still helps me with my mental health now and I feel a lot calmer and able to process what life throws at me after I've run.

Aga Walenkiewicz - I started running 4 years ago to spend more time with a cute runner boy across the corridor from me during my MSc studies (now going to marry him!) I continued running because I've met amazing and friendly people that make me feel like I'm at home here and having family. It also helps me a lot in accepting my body and combats a LOT of stress which I get in the office, I just feel calm and happy.

Anon – Other than to be able to eat more cake than I should, my main reason for running is that it staves off my depression.

Tony Streams – I started running just shy of my 50s after I stopped playing football. I put on over 3 stone in just over 6 months and felt pretty rubbish about myself. I was asked to do a London to Paris bike ride which I got through OK and on the trip, I decided I needed to get fit and somehow I got signed up to do the Great North Run. John Preston told me about parkrun so I went along as well as a couple of Bootcamp sessions a week and not long after I became a RR in December 2010. GNR was done in 2:24:45. I'm now fitter and 4 stone lighter and absolutely love my running.

Laura Chandler – For my mental health, for my own headspace, to clear my head. To get away from everyone else – introvert recharging.

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>

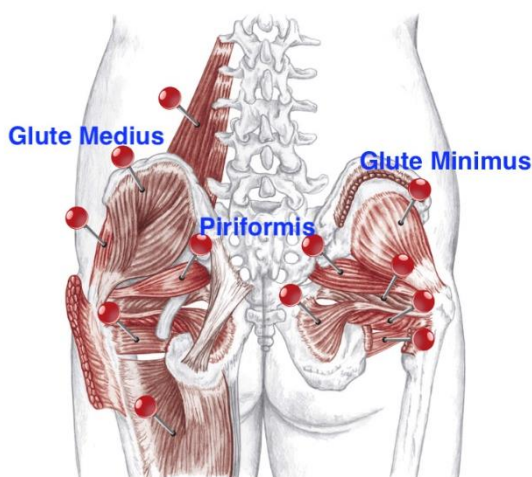
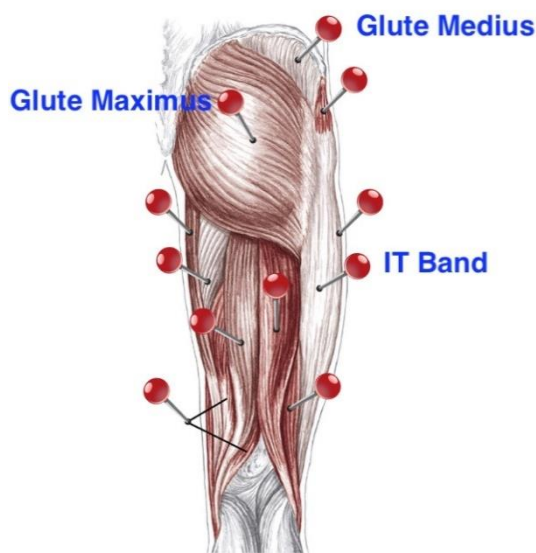
If you read running magazines or articles online the term “glutes” crops up a lot. So, I thought I’d explain a little more about what glutes are and why they are important when you run.

The glutes (short for gluteus) are muscles in your bum! They control the movement of your leg in relation to your pelvis, so they move the leg around in your hip joint. The hip joint enables your leg to move in all sorts of directions; backwards, out to the side, in across your centre line as well as rotating outwards and inwards - so it makes sense that there are quite a few different glute muscles to manage and control the movement.

In fact, there are three muscles specifically in the “gluteus” group; maximus, medius and minimus. It’s frustrating that so many medical and anatomy terms are in Latin, but it actually is quite straight forward in this case when translated; you have the large, medium and small glute muscles. There are then a whole group of smaller glute muscles.

The gluteus maximus, the biggest muscle, is that muscle that should be working harder than any other leg muscle when you run; but it often gets a little lazy especially if we sit a lot during the day. Its role is to drive your leg backwards from the hip socket. It’s important that this muscle is working well, otherwise runners can have a tendency to use their lower back of the muscle at the back of the thigh (hamstring) to compensate which can lead to pain.

Glute medius and minimus have a dual role; you can see from their position that they are able to drive your leg backwards too but they also attach on the bony bit on the outside of your hip to provide stability to the leg. They control the leg’s side to side movement by trying to keep it from collapsing under you, crossing your centre line or rotating inwards when you run. If you’ve ever seen someone kicking their feet slightly out to the sides or turning their knee inwards when they run then chances are their gluteus minimus and maximus need to be stronger!



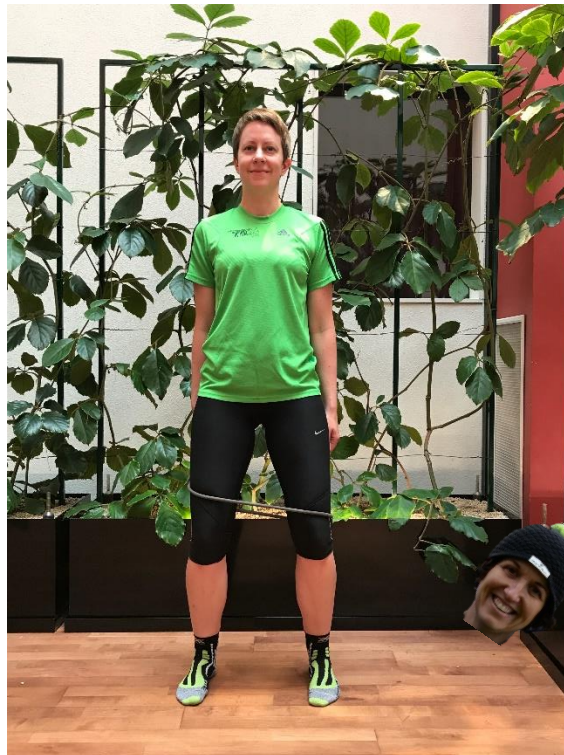
You can see there are a whole host of other smaller muscles that also attach the thigh bone to the pelvis and control the side to side and rotational movement of your leg in the hip socket. One of which is the infamous piriformis. It’s unclear as to why the piriformis is such an enthusiastic muscle; it often ends up doing the job of an underperforming gluteus medius and minimus. The piriformis does run very close to the main nerve (sciatic nerve) that controls the back half of the leg; and in a small but unfortunate portion of the population the nerve goes right through the centre of the muscle. This means that if the piriformis gets tight it can lead to other symptoms further down the leg.

So, what can you do to help your glutes?

1. Strengthen your glute max. The bridge pose is great for this, make sure you're using the glutes not the hamstrings.



2. Strengthen your stabilising glutes. Monster walks with a band are great for this; stepping sideways out and back with knees bent.



3. Use a tennis ball to work in to tight glutes and piriformis with your back against the wall.

#TrainBrave

Lisa Martin - The Trail Running Association

Trailrunner were lucky enough to interview sports nutritionist Renee McGregor about the incredible #trainbrave campaign which has been incredibly successful in inspiring runners and other sports people to share their stories and raise awareness of the risks of ED (Eating Disorders) and RED-s (Relative Energy Deficiency in Sport) in sport.

Visit their website to find out details of upcoming events <https://trainbrave.org/>

When was #trainbrave created and what originally caused you to start the campaign?

#Trainbrave was officially launched last December (2018) but Tom Fairbrother, my co-founder and I started talking at the start of Summer 2018.

I have been working in the field of ED in sport for a while now and Tom heard me on the Bad Boy podcast. Apparently, everything I said on this podcast resonated with him as he had recently written about his own experience and journey of an ED.

So, I guess you could say it was the collaboration of two individuals equally passionate about raising awareness of eating disorders and wanting to change the culture in sport, because of their professional and personal experience.

What are the main aims of the #trainbrave campaign?

The main aims of the campaign are:

- to inspire more athletes to share their stories and raise awareness of the risks of eating disorders and RED-s.
- to provide more resources to athletes, and encourage an open training environment in which athletes of all ages and levels of competition can flourish.
- to empower coaches and clubs to offer more support to athletes by creating an ongoing discussion with all stakeholders working together, and providing more training and resources to help tackle this growing issue.
- to raise awareness of appropriate identification of eating disorders/RED-s by fitness and health professions working with athletes and encourage the medical profession to provide treatment and signposting to relevant services.

How prevalent are eating disorders and / or symptoms of REDs among runners?

There is no up to date numbers on the prevalence in runners, but the British Journal of Sports Medicine reported in 2016 that there was a 20% higher prevalence of disordered eating in athletes than the non-athlete population. However, it is important to appreciate that the symptoms of REDs are not often recognised until an individual presents with an injury, recurrent illness or deterioration in performance. There is some very close overlap with over training syndrome, exercise addiction and also Orthorexia where symptoms are often disguised behind "wellness" and "food trends" such as #cleaneating

How can #trainbrave support trail runners with EDs or REDs?

We have already put on a number of free educational sessions for those who have been affected as well as opening up to coaches and health professions. We are constantly updating our website with new resources, including information of clinics and practitioners that can provide support. Our next stage is to build an on line course for coaches to help them with identification, understand how best to communicate with athletes to prevent symptoms and also where to signpost if they notice that an athlete has become affected. We are also

looking to mark our first anniversary with a Conference for health professions, the medical profession and coaches.

How can runners, coaches and clubs access the support available from #trainbrave?

The best way is to keep an eye on our website, twitter and Instagram accounts for up to date studies, information about events and also contact details of clinics and practitioners that can offer appropriate support.

Are there any tips you can offer trail runners on how to maintain or return to a positive relationship with food?

One of the key things to appreciate about dysfunctional relationships with food and training is that they are just the symptom of the underlying deep-rooted problem. Most runners tend to be a certain type of personality – determined, perfectionist, critical, sensitive, obsessive and compulsive. These are the traits that helps them to be focused and achieve results but these same traits can also become their Achilles heel if not managed. No matter how much they achieve, perfectionists are never satisfied, they continue to crack the whip, always trying to prove their worth. Similarly restricting food and over training acts as a method of numbing and containing these difficult feelings of not ever being enough. The first thing a runner needs to work on is enjoying running again and not seeing it as a means of proving their worth. Food is fuel but it is also so much more, it is the glue that keeps many family and friend relationships together. It's about textures, flavours, bringing cultures together, fun and laughter. Food should never evoke anxiety and if it does, you have to ask yourself the question why? What is the driving force for this behaviour? If it's about how others perceive you, then is that real or just your assumption?

Creating a good relationship with food means challenging restrictive behaviours one at a time; of course, this is going to feel uncomfortable to start with but the more you learn to sit with this, and appreciate that nothing awful happens. The more you can learn to create a positive association with eating than one of anxiety and threat, the more normalised this behaviour will become.

Which publication would you most recommend to trail runners wanting to learn more about how to fuel for their sport?

Books like Training Food or those written by Anita Bean are probably the most useful resources about how to fuel. The Health4performance website is a great resource for everyone to spot the signs of REDs and Eating disorders in sport.

What do you class as #trainbrave's biggest successes to date?

All of it –we are so overwhelmed by the support we have had but also by the community we have created. I'm always amazed to see how our little campaign that Tom and I created over a series of telephone calls –we didn't actually meet until the first trainbrave event, has had such a reach, including over in the States.

Thank-you so much to Renee for answering our questions. Don't forget to check out the #trainbrave website <https://trainbrave.org/> for further information.

Lisa Martin of The Trail Running Association recently interviewed Rennee McGregor of #trainbrave. This article was originally published in The Trailrunner (newsletter of The Trailrunning Association) and is reproduced here with their permission.

Runner's Recipes

Sam Whalley

Apricot Crumble

Ingredients

900g fruit, peeled and cored

3tbsp water

Sprinkle of brown sugar

150g flour

100g oats

150g butter or spread

100g brown sugar



Method

1. Put the fruit, water and sprinkle of brown sugar into a pan, and cook gently until soft. Transfer to an ovenproof dish.
2. Sift the flour into a mixing bowl, and stir in the oats and brown sugar.
3. Melt the butter on the hob or in the microwave, and stir this into the dry ingredients.
4. Sprinkle on top of the fruit, and bake for 30 minutes at 180C (gas 4, 350F).

Team Races

Sam Whalley, Grant Hopkins

Date	Event	Team Details	Venue
Sunday, September 22 nd 2019	Southern Road Relays (men's team qualifier for Nationals)	Teams of 6 senior men and 4 vet men/senior women/vet women	Crystal Palace
Sunday, October 6 th 2019	National Road Relays	Teams of 6 men and 4 women - men's team has to qualify	Sutton Coldfield
Saturday, October 19 th 2019 (TBC)	Southern XC Relays	Teams of 4 men and 3 women	Wormwood Scrubs
Saturday, October 26 th 2019	British Masters XC Relays (over 35s)	Teams of 3-6 men/women in 35/45/55/65 age groups (TBC)	Nottingham
Saturday, November 2 nd 2019	National XC Relays	Teams of 4 men and 3 women	TBC
Sunday, November 17 th 2019	Berkshire, Buckinghamshire & Oxfordshire XC Championship	Teams of 6 senior men, 4 vet men, 3 women/vet women	TBC
Saturday, December 7 th 2019 (TBC)	Southern Masters XC Championship (over 40s)	Teams of 3 vet men/women in 40/50/60 age groups	Oxford (TBC)
Sunday, December 15 th 2019	Berkshire XC Championship	Teams of 6 senior men and 3 vet men/senior women/vet women	Woodley
Saturday, January 25 th 2020 (TBC)	Southern XC Championship	Teams of 6 men and 4 women	Parliament Hill
Saturday, February 22 nd 2020	National XC Championship	Teams of 6 men and 4 women	Nottingham
Sunday, March 22 nd 2020 (TBC)	Southern Spring 12/6 Road Relays (men's team qualifier for Nationals)	Teams of 12 men and 6 women	TBC
Saturday, April 4 th 2020	National Spring 12/6 Road Relays	Teams of 12 men and 6 women – men's team has to qualify	TBC
Saturday, May 16 th 2020 (TBC)	British Masters Road Relays (over 35s)	Teams of 3-6 men/women in 35/45/55/65 age groups	TBC
Sunday, June 14 th /21 st 2020 (TBC)	Ridgeway Relay	Mixed teams of 10	Ivinghoe Beacon to Marlborough

(excluding usual TVXC and Hampshire League XC fixtures)

Distances TBC

Add these dates to your diaries/race schedules and email teamcaptains@readingroadrunners.org, or speak to Grant or Sam, if you are interested.

Roadrunners' Race Results

David Dibben

Probably the most prestigious event among the last month's events was the Vitality London 10,000 and unfortunately it was the race which produced the biggest dog's breakfast of results.

Placings given for our 15 quickest finishers are 'gun' positions trawled from that fount of all athletics wisdom, the RunBritain website. The remainder are taken from the event website, and are 'chip' times.

So a runner searching the RunBritain data might find they were as many as 150 places higher up the field than they originally thought and that they 'beat' someone who ran the race more quickly than they did!

Whatever, all the finishing times should be correct.

As a marshal at that event I found it very stressful trying to prevent the public from wandering across the course and body-checking the runners. Amazing how many people in our capital city speak no English whatever, or cannot hear a word you say because they are listening to their music, or have had far too much to drink by 10.30am!

April 27th			31	Anthony Young	37.49
<u>Madrid Marathon</u>			36	Darren Lewis	38.22
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	39	Pete Jewell	38.44
3996	Carmen Fuentes-Vilchez	3:59.30	51	Alex Harris	39.40
May 4th			57	Paul Morrissey	40.17
<u>Gozo Trail 50k (Malta)</u>			69	David McCoy (M40)	40.47
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	75	Colin Cottell	40.58
11	Ashley Middlewick	5:55.13	105	Sarah Dooley (3rd lady)	42.26
May 12th			112	Paul Billing	43.03
<u>Second Sunday 5k</u>			139	Ivan Harding	44.14
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	155	Jamie Smith	44.29
6	Ashley Middlewick	32.56	156	Melanie Shaw	44.29 PB
May 18th			188	Lesley Whiley	45.23
<u>British Masters Road Relays, women over 35</u>			203	Robert Houghton	45.50
<i>Pos</i>	<i>Name</i>	<i>Gun</i>	209	Brian Fennelly	46.00
-	Paloma Crayford	24.36	216	Daniel Coleman	46.07
-	Sam Whalley	25.16	219	Jegsy Ferguson	46.11
-	Claire Seymour	25.35	220	Derek Cheng	46.16
<u>British Masters Road Relays, women over 45</u>			229	Joe Blair	46.45
<i>Pos</i>	<i>Name</i>	<i>Gun</i>	234	Alix Eyles	47.14
-	Helen Pool	21.31	241	David Dibben	47.21
-	Lesley Whiley	23.43	252	Tom Wright	47.44
-	Julie Rainbow	22.41	278	Nelesh Kotecha	48.09
<u>Gutsmuth Rennsteiglauf (Germany)</u>			313	Claire Raynor	48.55
<u>Half Marathon</u>			314	Sarah Harford	49.10
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	332	Darell Robins	49.09
475	Veronika Royle	2:07.55	340	Nora Holford	49.30
<u>Marathon</u>			348	Martin Douglas	49.20
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	447	Alex Bennell	52.20 PB
1258	David Walkley	4:50.07	466	Phil Sharman	52.25
<u>Supermarathon (73.3k)</u>			624	Joe Akem-Che	55.55
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	629	Zoe Browne	55.43
191	Ashley Middlewick	7:26.10	632	Corinne Rees	55.50 PB
May 19th			737	Rob Bursell	57.46
<u>Royal Berks 10k</u>			760	Zoe De La Pascua	58.05
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	805	Robin Bertrand	1:00.03
2	Seb Briggs	33.51 PB	812	Katie Macaulay	59.05
5	David McCoy (Snr)	34.31	850	Clive Bate	59.39
18	Matt Davies	36.10	851	Hannah McPhee	59.39 PB
30	Mark Dibben	37.48	1036	Dominique Felix	1:04.10

1038	Catherine Leather	1:04.11
1052	Hannah Phelps	1:04.48
1094	Divya Samani	1:06.20
1095	Miriam Coleman	1:06.20
1158	Margot Bishop	1:08.05
1352	Julie Wing	1:15.13
1437	Stephen Wing	1:24.02

Plymouth Half Marathon

Pos	Name	Chip
236	Brian Kirsopp	1:35.57

Windermere Marathon

Pos	Name	Chip
1	Rob Corney	2:29.55

Richmond Marathon

Pos	Name	Chip
210	Pete Morris	4:49.39
232	Martin Bush	5:04.00

Hook 10

Pos	Name	Chip
73	Kevin Jones	1:18.29

Binfield 10k

Pos	Name	Chip
17	Nikki Gray	39.30 PB
32	Erica Key	42.17
36	Andrew Butler	43.18 PB
55	Grant Hopkins*	45.02
139	David Legg*	50.00
148	Judith Ritchie	50.23
262	Brooke Johnson*	54.46
311	Sarah Richmond-De'voy	56.55
395	Paul Carter*	59.49
400	Kevin Strong	1:00.05
500	Angela Burley*	1:05.02
567	Carmen Fuentes-Vilchez*	1:09.55
637	Gill Manton	1:28.46

* pacers

May 20thVets Track and Field League, Match 2W35 Triple Jump

Pos	Name	Dist
5	Kerry Eastwood	6.84m

W50 Triple Jump

Pos	Name	Dist
5	Adele Graham	5.49m

W50 Shot

Pos	Name	Dist
4	Adele Graham	5.89m

W50 200m

Pos	Name	Gun
5	Adele Graham	38.1

W35A 3000m

Pos	Name	Gun
3	Helen Pool	12:01

W35B 3000m

Pos	Name	Gun
5	Claire Seymour	14:18.5

W50 Discus

Pos	Name	Dist
6	Adele Graham	9.53m

M35A 200m

Pos	Name	Gun
8	St John Ford	30.0

M35B 200m

Pos	Name	Gun
8	Ian Giggs	31.1

M50 200m

Pos	Name	Gun
6	David Fiddes	31.5

M60 200m

Pos	Name	Gun
4	Nigel Hoult	35.6

M50 Javelin

Pos	Name	Dist
6	Nigel Hoult	11.14

M35A 800m

Pos	Name	Gun
8	Tony Page	2:29.0

M35B 800m

Pos	Name	Gun
3	Ian Giggs	2:24.4

M50 800m

Pos	Name	Gun
6	David Fiddes	2:40.7

200m (non-scoring)

Pos	Name	Gun
-	St John Ford	28.4

Triple Jump (non-scoring)

Pos	Name	Dist
-	St John Ford	9.01

(Club record)

800m (non-scoring)

Pos	Name	Gun
-	Chris Manton	2:44.9 PB

May 24thTrack Friday 5k

Pos	Name	Chip
1	David McCoy (Snr)	16:28
2	Mark Worringham	16:44
3	Matt Davies	17:29
4	Joshua Talib (Uni)	17:41
5	Mark Dibben	19:12
6	Paul Mackenzie (Finch)	19:25
7	Magda Bennett	19:56
8	Rob Cannings	20:12
9	Geoff Barlow (Tri20)	20:24
10	Dean Allaway	20:46
11	Roman Martin	21:18
12	Derek Cheng	21:53
13	Katie Rennie	22:21
14	James Rennie	22:21
15	Huw Wright	22:40
16	Jegsy Ferguson	22:51
17	Anas Bakhit	23:16
18	Martin Douglas	23:22

19	Paloma Crayford	24:06
20	Fiona Ross	25:38
21	Helen Dixon	25:39 PB
22	Simon Riviere (Joggers)	25:53
23	Stephanie Smith	26:38
24	Kate Shah	27:57
25	Nick Adley	28:40
26	Rachel Helsby	28:42
27	Mark Rice (Guest)	28:43
28	Sarah Walters	28:45 PB
29	Aisha Applewhaite	28:45
30	Tom Harrison	29:34
31	Andrew Lenaghan (Joggers)	31:27
32	Kerri French	35:06

* results unofficial due to laps not verified

May 25th

Rock 'N' Roll Liverpool 5k

Pos	Name	Chip
155	Martin Bush	31.00

May 26th

Edinburgh Marathon

Pos	Name	Chip
5	Matt Richards	2:33.06
2292	Brian Fennelly	4:09.47
7023	Dave Wood	5:56.10

Edinburgh Half Marathon

Pos	Name	Chip
2411	Sara Lopez	1:49.33 PB
6074	Alice Carpenter	2:09.00
10117	Laura Chandler	2:42.47

Sonning 10k

Pos	Name	Chip
4	Stephen Ridley	37.13
5	Jamie Smith	37.24
8	Jamie Cole (1st M40)	37.57
13	Alex Harris (1st M50)	40.49
17	Daniel Whittaker	42.25
18	Ed Dodwell (1st M60)	43.20
19	David Legg	43.22
20	Sophie Hoskins (1st lady)	43.35
22	Stuart Bradburn	44.35
28	Julie Rainbow (2nd F50)	45.26
41	Stewart Wing	47.52
42	Vince Williams	47.59
48	Huw Wright	48.51
50	Dave Brown	49.05
80	Sarah Harford	52.06
87	Sahan Jinadasa	52.36
100	Robert Hele	52.58
140	George Nyamie	56.38
173	Sarah Hicks	59.40
196	Kim Stevens	1:02.22
267	Julie Wing	1:19.20
272	Stephen Wing	1:26.02

Rock 'N' Roll Liverpool Marathon

Pos	Name	Chip
251	Ian Giggs	3:25.34
334	Tony Page	3:30.35

1103	Caroline Jackson	4:01.55
1555	Paul Monaghan	4:19.56
2457	Martin Bush	4:59.26
3071	Anthony Eastaway	6:03.57

Maverick Half Marathon

Pos	Name	Chip
61	Bryan Curtayne	2:33.32

Great Birmingham 10k

Pos	Name	Chip
101	Brian Kirsopp	38.37

Treforest 10k

Pos	Name	Chip
16	Grant Hopkins	40.18

May 24th

Westminster Mile

Pos	Name	Chip
-	Dean Allaway	6.08
-	Chris Manton	6.25 PB
-	Sam Whalley	7.03
-	Gill Manton	11.24 PB
-	Kerri French	11.30

May 27th

Vitality London 10000

Pos	Name	Chip
29	Rob Corney	30.29 PB
117	Jack Gregory	32.41
211	James Rennie	34.00 PB
221	David McCoy (Snr)	34.10 PB
260	Chris Lucas	34.51 PB
453	Chris Burt	36.48 PB
514	Mark Dibben	36.49 PB
627	Pete Jewell	38.18
662	Chris Buley	37.59 PB
663	Gemma Buley	37.59
780	Brian Kirsopp	38.42
782	Brooke Johnson	38.36 PB
838	Nikki Gray	39.11 PB
1244	Laura Peatey	41.14 PB
1289	Helen Pool	41.34
1321	Sarah Dooley	41.42 PB
2645	Peter Rennie	45.16 PB
2977	Robert Houghton	46.10
3201	Liz Johnson	46.42 PB
3604	Carmen Fuentes-Vilchez	47.41 PB
3840	Angela Burley	48.10 PB
3902	Susan Knight	48.17 PB
3980	Nelesh Kotecha	48.27
4522	Phil MacKenzie	49.27
5482	Claire Seymour	51.08
6411	Roger Ganpatsingh	52.47
6884	Suzanne Drakeford-Lewis	53.33
7080	Andy Atkinson	53.51
7151	Hilary Rennie	53.58 PB
8130	Ashlee Jewell	55.34
9517	Tina Woffington	57.47
10497	Sandy Sheppard	59.13
12512	Caroline Hargreaves	1:02.33
14711	Liz Atkinson	1:07.05

18502 Jenny Dimmick 1:22.45
 18508 Gill Manton 1:22.47

May 31stMadeira Ultra

Pos	Name	Chip
57	Ashley Middlewick	9:32.08

June 2ndHull Half Marathon

Pos	Name	Chip
54	Brian Kirsopp	1:25.08
178	Helen Pool	1:37.28

Hull 10k

Pos	Name	Chip
43	Fergal Donnelly	40.55

Kintbury 5

Pos	Name	Gun
3	David McCoy (Snr)	27.43
21	Colin Cottell (2nd M50)	33.05
24	Richard Usher	33.36
39	Chris Cutting	34.41
44	Matthew Curtayne	35.22
53	Brian Curtayne	36.31
54	Graeme Fancourt	36.37
63	Joe Blair	37.25
73	Tom Wright	38.47
102	Steve Dellow	41.36
132	Katie Gumbrell	45.59
156	Tom Harrison	50.50
164	Linda Wright	53.42
173	Pete Morris	58.46

Phoenix Gold Marathon

Pos	Name	Chip
71	Martin Bush	5:20.19

June 4thYateley 10k (Race 1)

Pos	Name	Chip
3	David McCoy (Snr)	34.34
7	Brendan Morris	35.32
8	Jamie Smith	36.08
39	Ian Giggs	39.10
93	Nigel Hoults (1st M60)	41.55
148	Sam Hammond	44.22
200	Kevin Jones	46.09
348	Martin Douglas	49.36
455	Alex Bennell	52.22
507	Gill Gillard	53.59
548	Alice Carpenter	55.02
686	Adele Graham	1:00.24
696	Ashlee Jewell	59.41
707	Nick Adley	59.34
708	Caroline Hargreaves	1:00.03
753	Justin Watkins	1:01.38
768	Lucy Bolton	1:02.28
788	Anthony Eastaway	1:03.35
791	Trisha Arnold	1:03.41
846	Angelique Haswell	1:08.55

June 8thRun Dorney Half Marathon

Pos	Name	Chip
15	Mark Dibben	1:30.37
16	Laura Peatey (2nd lady)	1:30.38PB
27	Sarah Dooley	1:35.40

June 9thComrades Marathon

Pos	Name	Chip
-	Liang Guo	8:56.44
-	Simon Denton	9:35.04
-	Sian James	10:39.23

Hampshire Hoppit Marathon

Pos	Name	Chip
155	Tony Long	4:38.34
265	Caroline Jackson	5:19.03
266	Paul Monaghan	5:19.03
287	Sarah Richmond-De'voy	5:26.52
288	Vroni Royle	5:26.51
358	Kathy Tytler	6:54.55

Hampshire Hoppit Half Marathon

Pos	Name	Chip
3	David McCoy (Snr)	1:24.23
30	Chris Buley	1:39.42
31	Gemma Buley	1:39.43
38	Mark Andrew	1:42.34
41	Andrew Butler	1:43.16
45	Alan Freer (1st M60)	1:44.50
50	David Caswell	1:45.45
63	Justin Simons	1:49.19
83	David Fiddes	1:52.12
95	Elizabeth Hogan	1:54.43
101	Bryan Curtayne	1:55.12
161	Joe Blair	2:02.30
206	David Dibben	2:11.48
224	Peter Reilly	2:13.33
288	Tina Woffington	2:23.02
302	Harriet Turner	2:24.45
310	Pete Morris	2:25.17
389	Kira Moffat	2:38.29
435	Kerry Eastwood	2:51.53
446	Clive Bate	3:00.30
447	Suzanne Bate	3:00.30
473	Linda Wright	3:23.01

Wargrave 5

Pos	Name	Chip
26	Ed Dodwell (1st M60)	33.23
33	Paul Billing	34.10
47	Magda Bennett	35.23
63	Mark Smith	36.27
68	Lesley Whiley (1st F50)	36.47
90	Alex Eyles	38.25
95	Mo Fassihinia	38.58
97	Jacqueline Smith	39.04
107	Ros Crawford	39.38
110	Sam Whalley	39.44
140	Tracy Jenkins	41.48
162	Joanne Kent	43.36 PB

237	Paul Smith	49.58
259	Emma Grenside	53.02

Checkendon 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Brian Kirsopp (1st M50)	39.53

Chiltern Chase 15k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Fergal Donnelly	1:07.31
114	Joanne Gill	1:32.16

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	Rob Corney	30.29
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

June

Tuesday 5th June 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

Liz, Simon

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Junior membership. Bob has revised the membership application form, the online application form and the Club Rules and Constitution to state that Junior membership applies to those members who are 16 or 17 years old.

The Club does not accept applications for membership from anyone below the age of 16.

CHAIRMAN'S REPORT

Good start. Phil observed that the new Committee had been in place for 90 days and has been quite busy, calling out particularly:

- Published new & revised procedures
- Extended the Club's social media
- Published a social calendar
- Completed outstanding 2018 accounts
- Appointed a newsletter editor
- Initiated a fundamental review of the Club's coaching provision

Phil reported positive feedback from members, particularly regarding:

- A growing understanding of intended outcomes from coaching sessions.
- More members are trying out different coaching groups, which is to be encouraged.
- Pub runs are being well attended with many new members getting involved.
- A plethora of PBs and team trophies.

Phil noted the strong Club representation at the Vitality 10K, both by runners and marshals, and thanked Carl for organising the marshals and transport.

Coming up. The next big team event will be the Ridgeway Relay. Whilst not running personally, Phil will be out and about on the course to encourage our teams.

Happy Birthday Sid! On behalf of himself and the Committee, Phil wished Sid Gibbs a very happy 90th birthday.

TREASURER'S REPORT

Bank accounts. Jill reported that she has completed the outstanding 2018 financial accounts and submitted them for audit. This has been a mammoth task that Jill undertook retrospectively following her election to the Committee in April this year. Jill wished to thank the several members who helped her to achieve this.

Shinfield accounts. Jill reported that the accounts for the 2018 & 2019 Shinfield race are now complete.

Travel expenses. The Club annually sponsors team entry into several races throughout the year. Where agreed, the Club will reimburse travel expenses for shared transport at a rate of 30p per mile.

GENERAL SECRETARY'S REPORT

London Marathon coaches. Bob has confirmed that the revised timings for the coaches he proposed at the May meeting are viable. The Committee agreed that timings for the 2020 LM coaches will be:

	Out	Return
Bus 1	06:00	16:30
Bus 2	07:00	18:00
Tower	07:00	18:00

It is recognised that some runners will be inconvenienced by needing to wait longer for their return trip than has previously been the case, but it will be less likely that runners allocated to later start pens will miss the buses altogether.

MEMBERSHIP SECRETARY'S REPORT

Following the 17 new members who joined during April, Anne reported that a further 17 joined during May.

SOCIAL SECRETARY'S REPORT

Phil reported on behalf of Liz.

Socials schedule. Upcoming social events will include:

- Ascot races on 13 July
- Dragon Boat racing in mid-August
- Brewery trip during September
- Xmas Party on 7 December

Subject to successful prototyping, it is intended that social events scheduled after July will be bookable online as well as at the track.

COACHING REPORT

Vroni presented Katie's report.

Coaches' qualifications. New requests to qualify as coaches remain suspended awaiting the outcome of Katie's review of the Club's coaching provision. The Club encourages the coaches to develop their skills and, to that end, Pete Higgs will undertake his CiRF (Running Fitness) qualification in September.

Coaching review. Katie has a mandate from the Committee to delve into any and all aspects of coaching and to make recommendations for change accordingly and is well into her data gathering phase. Katie hopes to table some early recommendations during the summer.

Track safety. Once again, Katie draws attention to repeated infringement of the Club's track safety rules. Yet another reminder of the rules will be published in the newsletter. Katie has asked the coaches to remind members to comply and to intervene when they note misuse of the track.

The Committee wishes to avoid sterner measures but, unless members comply with the simple rules, some form of sanction will be needed.

ANY OTHER BUSINESS

Welfare provision. Noting that both England Athletics & UK Athletics recommend that clubs should provide both male and female Welfare Officers, the Committee agreed that we should try to recruit a female Welfare Officer. Any lady member who may be interested in taking up the role is asked to speak to Phil in the first instance.

CLUB VACANCIES

Welfare Officer (lady member only)

DOOR ROTA

5 th June:	Anne, Phil	19 th June	Anne, Shirley	3 rd July	Anne, Shirley
12 th June	Anne, Claire	26 th June	Anne, Sandy	10 th July	Shirley, Jill

NEXT MEETING

2nd July 2019, 7.30pm

CONTACT:

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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