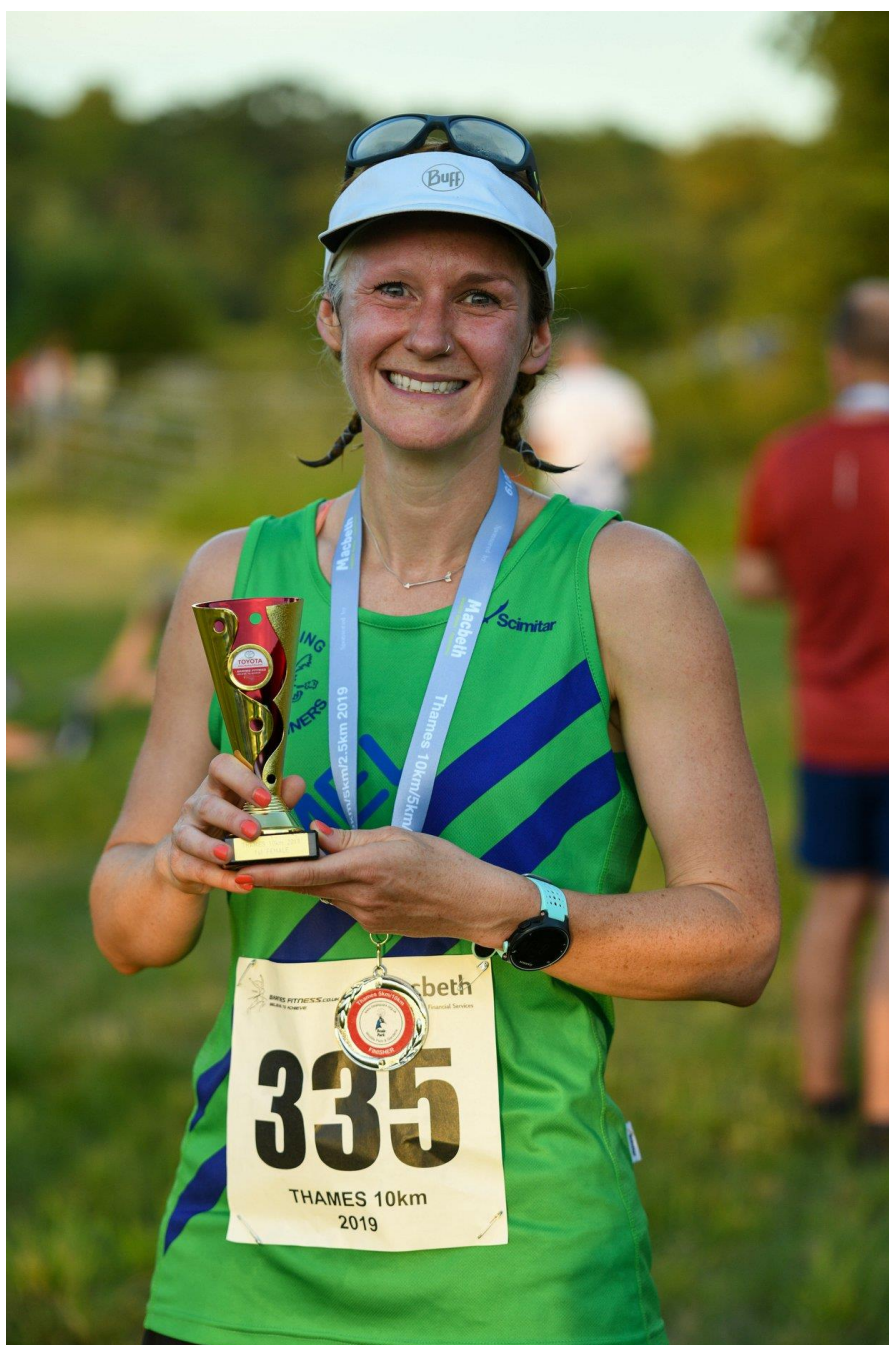


NEWSLETTER: JULY 2019



WILL SHE WIN IT? SHAW SHE WILL!

Injuries do heal and fitness does return as Melanie Shaw proved you can get back to be the best with a superb win at the Thames 10k at Beale Park.



Editor's Note

Peter Cave

A hot summer is upon us and injury still plagues me, resulting in me spending more time on the bike and in water than anything else; the triathlon disease is spreading. The hot weather hasn't stopped everyone else though, and Roadrunners are doing events in their droves still. Alex Warner's report, where he took on a marathon in the Himalayas, makes me wonder how far some of us take our hobbies.

This is the last newsletter before a brief summer hiatus. I've been really grateful for the articles submitted to me thus far, but I would again like to encourage ALL members to submit ANYTHING that they think others would be interested in. Hopefully you've seen the variety I'm after, I'd love to publish some more new and interesting articles in the September issue.

Remember to keep an eye out for Sam! Anyway, must-tache...

newsletter@readingroadrunners.org

Social Update

Elizabeth Johnson

After a busy June of relays, Endure, club championships and the like, it's good to take some time out and spend some time without the trainers on.

This Saturday brings a trip to Ascot where we'll be hoping for as many good finishes as Reading Roadrunners have provided over the past few months.

The next big event will be Dragon Boat Racing at TVP on the 18th August. We have one boat entered at the moment so will be looking to fill that up with 19 eager paddlers and a drummer ASAP! It's a great day out and you can bring the whole family along too to enjoy riverside fun. The price is £25 per person (free to come and watch) and you can book your spot at track on a Wednesday night or by emailing *socialsec@readingroadrunners.org*.

Check out the website and Facebook for more information.

Charity Update

Zoe Browne

Fundraising for this year's club charity First Days Children's Charity has gotten off to a great start. With refreshment sales at events, clock hire, club bar donations, Shinfield massage ladies, to name but a few, we have already collected a massive £1996. To add to it, this week Rockwell Collins have very kindly agreed to donate £500 to the charity. Many thanks go to Peter Higgs for putting First Days forward for the donation! In addition, I raised £1,065 for First Days by running the London Marathon. So that's an amazing total of £3,561 that we have raised as a club. You are all amazing people!

Coming up we have the relays on July 23rd where I will be doing another sweepstake. Bring a pound and guess the time of the fastest team. Whoever guesses the closest wins; you've got to be in it to win it!

I am also hoping to hold a raffle in the near future. If anyone has any prizes they can donate, please give me a shout either at track or by email: *charity@readingroadrunners.org*

With Vroni Royle's help we are hoping to arrange for a donation box to be placed in the foyer of Palmer Park on a Wednesday. Once in place if you have any donations of items from that month's list and are unable to take them to First Days, you could put them there and we will drop them off. As soon as we have arranged this we will let everyone know.

First Days have published their July donations list:

(If you don't have anything on their current donation list but would still like to help, they have an Amazon wish-list set up. You can find it online here: <http://amzn.eu/ec3212O>)

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 an exciting start to the summer. There was a superb club atmosphere and real camaraderie at both Endure24 and the Ridgeway Relays, as over 100 Reading Roadrunners took part across the events. Thanks to Ian Giggs for managing our presence at Endure, and to our captains for organising the teams for the Ridgeway Relays where we retained our title after an exciting race where the lead changed hands several times.

The Cross Country Club Championship results have been finalised. My apologies this has taken longer than originally anticipated. The initial results were calculated based on four events due to a late cancellation of the final fixture. However, whilst there was some logic to this, our rules stated five results to count in the Championship tables. We have done two things to address the situation; firstly the results have been re-calculated based on five races, and secondly we've re-written the rules to include allowances for cancelled events in future seasons. The updated rules will be implemented from the 2019/20 season onwards. The list of winners and updated rules can be found in this newsletter. Congratulations to all the prize winners.

Mental well-being is as important to me as physical well-being. Our membership and development body, England Athletics, has a #RunAndTalk programme which aims to improve mental health through running. As an affiliated club we're able to nominate a Mental Health Champion and I'm delighted to share that on behalf of Reading Roadrunners: Alexa Duckworth-Briggs has volunteered for and will perform the role. The role of a Mental Health Champion is to support people to access the mental wellbeing benefits of running, remove stigma and get people talking about mental health. The Mental Health Champion will:

- promote mental wellbeing through running by supporting the aims of #RunAndTalk;
- work to support our members improve their mental health through running;
- support new people who are experiencing mental health problems to start running, get back into running or continue running.

I'm looking forward to our club social at Ascot Races on 13th July. Thank you Liz Johnson for organising. We have also been working hard in the background to secure party venues, but unfortunately have been let down by a couple of places. We do however expect an end of summer party in early September as well as an early announcement of our Christmas Party. The Dragon Boat racing is back in August and there's a brewery tour also in the works for September.

Thanks to Chris Manton for managing the teams and our participation in the Vets Track and Field League. The final fixture of the season takes place on 14 July at Palmer Park and we hope as many of you can make it as possible to compete or support the team.

Our Summer Relays take place in Woodford Park on 23 July starting at 7:15pm. This fun all-inclusive event is open to members, family and friends at a cost of £5 per person. Anyone can win! Predicted times must be submitted prior to the event with no watches to be worn. The winning team will be the one closest to their predicted times. Thanks to Kerri French for her work as Event Director.

And finally, our flagship Autumn event, Mortimer 10K takes place on 29 September. With an 8k walk and a 3k children's run it's a fun day out for the whole family made possible by our team of volunteers. If you're available and would like to marshal then please contact Catherine Leather on mortimer@readingroadrunners.org

Wishing you and all your loved ones a wonderful, sunny summer.

Phil

Women's 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

In a week where I have become an armchair expert in both tennis and women's football, I have to ask: when did we all become so judgemental? Or as my teens would say, 'judgey'. As England play the USA in the semi-final of the world cup, I'm invited to use an app to rate a player. Is it not enough that they are playing for their country?

It really grates on me, as a mother of teenagers whose participation in exercise varies from week to week. But not because they don't want to do it, more because they don't always feel like they can be at their absolute best, and are conscious of how that looks to other people. I expect we have all had days when we haven't been able to catch or keep up with someone one day, and then being able to do so on another. And we remember how we feel on both of those days. What we don't all experience is someone coming up to us afterwards and saying, 'What was wrong with you today?'

So why should we care what other people think? No one except you knows how you feel at any given moment in time, and sometimes you might just feel like trying a different pace, or running with a friend, or, get this, just going for a run. I am in awe of those who can treat a race like a 'party at the back'. Good for you - you're celebrating being able to run the distance, and I never ever hear you moaning that you've had a bad race. But there are some of us who feel we have to make excuses if we haven't run a PB. I don't know how much longer I can play the 'I've been injured' card, but does it matter to anyone else anyway?

Usually my reports focus on PBs and positions, because that's the data I have available, and I don't know every single female member of the club in person. But that doesn't mean I'm not interested or don't care.

There were PBs aplenty at the penultimate vets league fixture of the season, with **Hannah McPhee** running her first ever 100m, **Fiona Ross** achieving a PB in that event, and both **Fiona** and **Kerry Eastwood** PB-ing in the 400m. **Kerry** and **Hannah** have also tried their hand (well, bodies) at field events this year, which is really impressive. It's not too late to have a go, either, with the final fixture at Palmer Park on Sunday 14th July, in the afternoon. Contact Chris Manton if you are interested. Or come along to support or help - all welcome.

The Dinton 5k and 10k series continues to be popular with many of you. I like to marshal here if I can, because of being paid in ice-cream, but unfortunately am only available for one this year. There were podium places for **Erica Key** and pacer **Jane Copland** in the 10k, and an age category prize for **Tracey Hicks**. **Sally Carpenter** was 4th in the 5k, and since I know Sally is suffering from an iffy knee at the moment, this must've been a great performance.

The Thames 5k and 10k races at Beale Park were the scene of a huge comeback for **Mel Shaw**, who, having been out injured for months, was first female. After all the hard work Mel has put into her recovery, this was such fantastic news to hear - well done!



In other 10k news, **Lesley Whiley** was 2nd FV50 at the Samaritans 10k, and **Gill Gillard** was 3rd FV55 in Yateley. **Hannah McPhee** raced at both the Samaritans event and at the Beat the Boat 10k the following day - brave. The only times I have run two races on a weekend, I have wished the second race was at least a mile shorter, about a mile from the end!



The Forest Five looks to have been a great success. I have yet to try this one, not being a fan of evening races, but maybe it's one for the future. **Zoe Browne** was first female RR to finish, and **Trisha Arnold** was first FV65. As David has reported, **Gill Manton** recorded a huge PB (who does that on a hilly off-road course?!), and **Miriam Coleman** and **Angharad Shaw** both had great races, despite both having run legs of the Ridgeway Relay only days before. (My full report on the Ridgeway race is on the club website.)

Katie Gumbrell has continued her run as first female RR home in the Hungerford Harey 8, and the Inkpen Gibbet 10k. Apparently that one's hilly and ends with beer. Katie was joined in the Harey 8 by **Nicola Gillard** and **Holly Towers**, who I know both cycled the 30-odd miles to the race as well - wow! No doubt some 8 miles PBs too? I have only 'raced' 8 miles once, and that was the GRIM challenge, so I don't think being up to my neck in water in December will have troubled my Run Britain

ranking in any way.

The only half marathons I have heard about this month are not for the faint-hearted. **Liz Detenon** endured both the company of ~~Pete Morris~~ and the Martian Trail course, while **Nicki Randall** took on the notoriously beautiful but brutal North Devon AONB version, on my home turf in the west country. Good work, both of you.

Other strange distances you have tackled this month have been the Race to the Kings - well done **Vroni Royle** and **Sarah Richmond-Devoy** on that one - and the many solo laps completed at Endure 24. **Jo Sollesse**, **Kathy Tytler**, **Caroline Jackson**, **Donna Saunders**, **Trisha Arnold** and **Kerry Eastwood** all completed between one and three marathons' worth of laps - well done to you all! I hear that **Noora Eresmaa** also completed several laps at Endure 24, despite having run the South Downs Way 100 (miles), with **Christina Calderon**, only a week before - impressive stuff!

We don't keep track of parkrun performances, officially, unless it is a club record, but well done to **Claire Woodhouse** on her first post-second-baby parkrun.

As we go to press, it is the weekend of the Runnymede Relays and the Burford Bolt, both among my favourite races, and the latter being the first of the 10k races in this year's club championship. Check the current standings, and know your competition, at readingroadrunners.org/club-championships/

Run well and enjoy - you're doing brilliantly!

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

What a month June was for our superstars in the green vests! No faffing from myself this month: let's get straight into what went on!

First race up this month was a biggie, and yet another 100-miler that our chairman **Phil Reay** completed. Phil completed the South Downs Way 100 in a phenomenal 28 hours, and is becoming the go-to man to talk anything ultra! The Dinton summer series race 2 was well attended as always by us, with it being so local, and in the 10k **Calum Pratt** was the first RR home in 6th position, **Mark Dibben** was the second M40 home in 7th, and **Richard Hallam Baker** made it three in the top 10, finishing in 9th position. **David Caswell** was third M50. In the 5km race, **Ed Dodwell** was the first M60, and **David Dibben** was the first M70. Yet again another successful Dinton race day for the green vests.

On the same day as Endure, **David Clay** put on a very impressive show and got a PB at the Ranelagh Harriers Richmond 10k. David commented that it is pancake flat, so perhaps one for next year for any PB chasers?

On to Endure... I have headed down to Aldermaston to spectate at Endure for the last 2 years, and every time I am in awe. I could write pages and pages about all the different teams that take on the challenge, but I will keep it short and sweet with some shout-outs for the solo athletes. We had six wonderful men taking on the solo challenge of as many laps in 24 hours as possible, and they were **Paul Monaghan**, **Ashley Middlewick**, **Stewart Wing**, **Donald Scott-Collett**, **Pete Morris** and **Brendan Morris**. After setting off and completing the first 5 laps at a sub-3 hour marathon pace, Brendan eventually slowed a little and ploughed through and completed 20 laps, which meant he earned his 100-mile t-shirt. Not too shabby on no specific ultra-training! Brendan has since been seen back at track, working back on his speed work ready for autumn marathon season!

Also on this hectic weekend we had four teams take on the Ridgeway Relays, of which I was tasked with taking on one of the shorter legs for the A-team. My only previous run for the last 4 weeks prior to Ridgeway was a 5 mile out-and-back recce with **Rob Corney**, who had no sympathy for me when my heart rate was rocketing up at over 190 bpm! Luckily on the day I had a phenomenal team to carry me, and we defended the title we won last year by well over 8 minutes! Our B-team, ladies and vets also did extremely well on the day in very tough racing conditions. The personal best front has been rather thin this month, owing to the smaller number of races at this time of year as well as



a multitude of team events going on, but **Tom Beasley** snuck in a PB at Weybridge 10k. Well done Tom! **David Brett** also achieved a PB at Bracknell 10k and also his first ever podium, taking home third place overall! A fantastic start to your RR running career! This month we have had representation across a lot of races, including Leith Hill 10, Hungerford Harey 8, Giants Head Marathon, Whitchurch 10k, Thame 10k, Beat the Boat 10k, Inkpen Gibbet 10k, Martian Trail Half Marathon and Yateley 10k.

Parkrun is not usually mentioned in my article, due to the sheer amount of people attending every week (plus it would mean Mr parkrun himself **Ian Giggs** would be featured heavily every month for his well known travel escapades!), but we had two very impressive stats this month. **Rob Corney** achieved the fastest UK parkrun of the week at Dulwich, in 15.04, and he was joined on the top 10 list by **Jack Gregory**, who also achieved this at Dulwich! **Ben Paviour** this weekend also took the VM-45-49 age category record at

Reading parkrun at Thames Valley park in an unbelievable 16.25. That record will take some beating I'm sure.



To sign off, I would like to quickly like to talk about something that has personally affected me in 2019. Mental health has a stigma, which exists mainly as people do not understand mental illness and because people can have a negative attitude or belief towards it. Mental Health awareness week was in May, but it made me realise that having a mental illness is not something to be ashamed of, and it is not something that should be hidden away and forgotten about. I have finally opened up to a few people over the last few weeks and the support I have received has been heart warming. A massive thank you to everyone who has given me a shoulder to cry on, an ear to listen out with and a hug when required. If anyone ever wants a chat, my door is always open for you.

It is ok to not be ok.

Sadly, too often, the stigma around mental health prevents people who need help from seeking it. But that simply doesn't make any sense. Whether an illness affects your heart, your arm or your brain, it's still an illness, and there shouldn't be any distinction. We would never tell someone with a broken leg that they should stop wallowing and get it together. We don't consider taking medication for an ear infection something to be ashamed of. We shouldn't treat mental health conditions any differently. Instead, we should make it clear that getting help isn't a sign of weakness — it's a sign of strength — and we should ensure that people can get the treatment they need.

Everest Marathon Race Report

Alex Warner

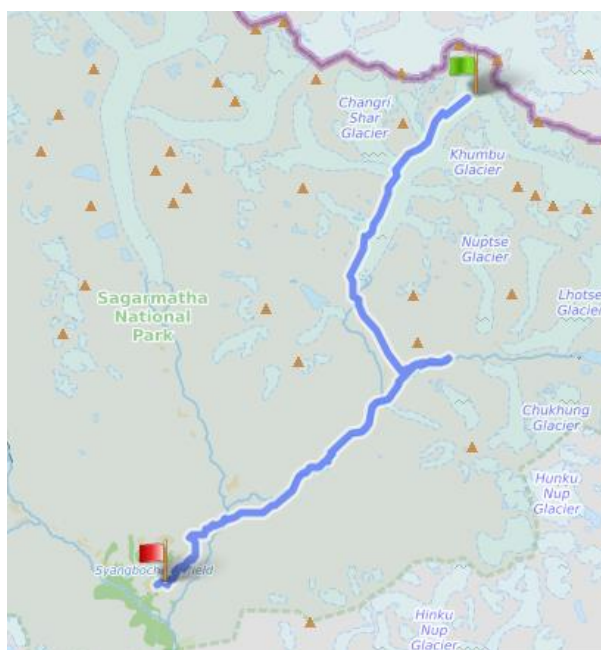
It is often said that *the hardest part of a marathon is not getting to the finish line, it is getting to the start line* and in this case, at the Everest Marathon 2019, it could not have been truer. The following race report tells the story of my time in the Himalayas; it is not a race report as such, more so an adventure report, punctuated by photos. This really is an event like no other.

Those following my journey will have known that my 2019 preparation has been good; plenty of consistent training miles, a Sub3 Marathon training event and many hours spent training at high altitude thanks to an altitude simulator. In hindsight though, the one thing that I had not really prepared for was the Everest terrain, I had done limited amounts of trail and XC running. I make no secret of the fact that I underestimated just how hard this event was going to be. The 'About' section of the Everest Marathon website paints a picture of what I had to contend with on race day:

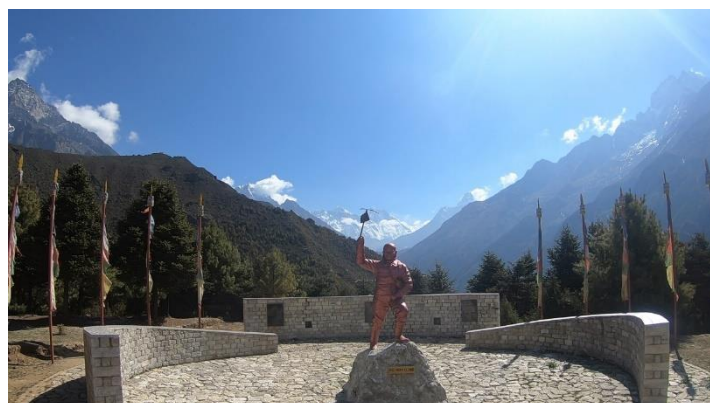
Tenzing Hillary Everest Marathon is an international high-altitude adventure sports event held from Mt. Everest Base Camp, criss-crossing the high Sherpa trails of Khumbu valley on May 29th every year. This event celebrates the historical ascent on Mt. Everest by late Tenzing Norgay Sherpa and Sir Edmund Hillary on 29th May 1953... Tenzing Hillary Everest Marathon is not just a running event - it is truly a once in a lifetime experience.

However, what the above does not tell you is the journey you have to undertake to get to the start line at Everest Base Camp (EBC) and the conditions you would have to endure along the way. To get to EBC you trek for a fortnight for between 5 and 7 hours each day. The Everest Marathon involves retracing steps that you take on the way up, only instead of having a fortnight, you do it in one go!

Following a flight into the 'World's Most Dangerous Airport', Lukla, we set off on the trek.



Lukla (2850m) > Phakding (2610m) > Namche Bazar (3443m) – Along the way to Namche you have to cross many 'swing bridges'. Not really ideal for those with fear of heights! A good test nonetheless as you would be required to run back across on race day. The Tenzing Norgay Memorial in front of the Nuptse Ridge, Mount Everest and Lhotse (right picture - left to right)



Namche Bazar > Khumjung (3780m) > Tengboche (3875m) – Pictured below with Ama Dablam



Tengboche > Pangboche (3930) > Dingboche (4410m)

My ankle after a training run gone wrong. Unfortunately, I had a fall and told by the Race Director that I was withdrawn from the race and going to be medically evacuated the following morning... You can imagine how I reacted to this. They say that altitude heightens emotions.



Dingboche > Lobuche (4910m) > Gorak Shep (5140m)

The biggest #PlotTwist in my adventure was that my 'medical evacuation' on horseback turned into continuing my trek on 'Hope' - the name I gave to the horse - only on the way up again after a lot of bargaining with the Race Team.

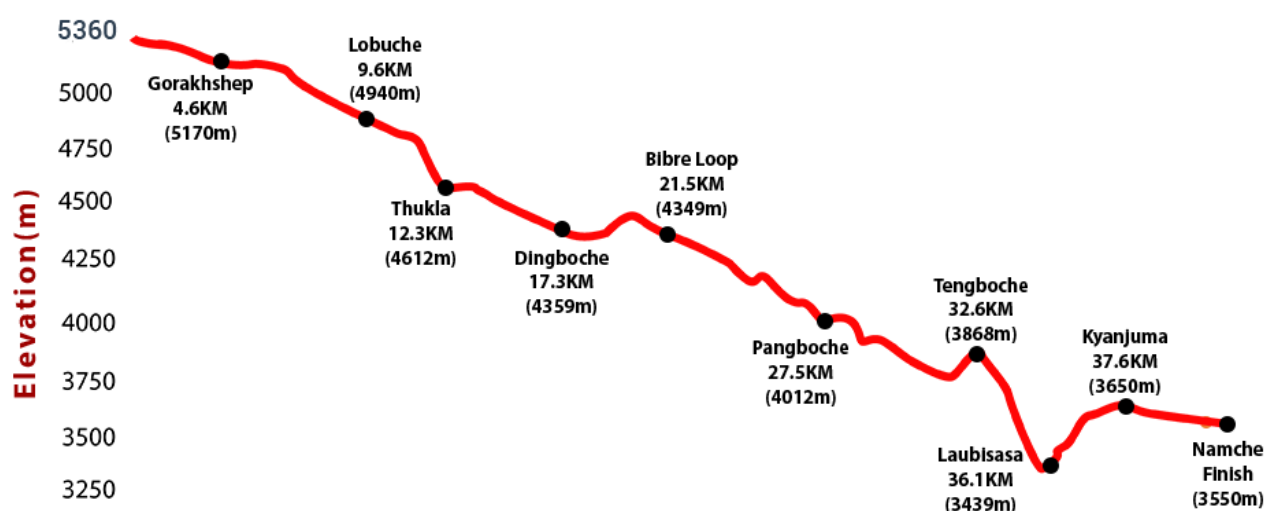


Gorak Shep > EBC (5365m)

My first photos at EBC, having travelled on horseback for 2 days to enable my ankle to rest, then making the final journey under my own steam using walking poles as crutches.



There were acclimatisation days when you crossed each of 3000m, 4000m and 5000m and then two rest days at EBC before the race. The below is the profile of the course- All downhill, easy!



The day before the race they do a 'Fake Start' so that international media can capture photos and enable them to get down to publish. This is the actual start line, only 24 hours early.

Race Day

For those who do not know (and have not picked this up from my photos), EBC is a glacier so the ground beneath your feet is either; (1) frozen and slippery (2) melting and slippery or (3) wet and slippery. None of which are ideal when you are walking delicately, assisted with poles. Nonetheless, I was going to take part! Adding to the difficulty underfoot, the very few narrow paths at the start of the Marathon made for an interesting bottleneck only 30 seconds into the race.



Within 5 minutes of the start and still on EBC we were, again, halted only this time for passing Yaks. You can see from the background that there is not an alternative route, and you certainly do not have right of way up here. I had a total of 5 Yak crossings on the day.



Not striking my finest selfie pose, but you do get a great view of EBC and Everest in the background of this one. There is also a Marathon course here. Not the best of terrains to try and 'pole' across, but it really is stunning scenery. There are parts lower down that you can run, but unfortunately due to my ankle I was walking the entire course.

There were circa 250 entrants to the Everest Marathon. Only 200 started and I was delighted to cross the line in [not quite a PB] a time of 9 hours 52 minutes, placing

in the top two thirds of finishers.

Whilst I was not able to compete, I really was delighted to have gotten around the course in one piece!

Returning to the UK I was x-rayed and relieved to hear that I had no breaks. However, I do have ligament damage to my left ankle, which is why I have not been able to attend Wednesday Track sessions to tell my story personally. I am currently having very 'sci-fi' laser treatment to try and support recovery and hope to make a return sometime in July. You will all see my race t-shirt at Track very soon.

This is an event that I will never forget. The scenery is breath-taking... or that may have been the altitude. For those adventurers amongst you, I would strongly recommend this event. If you want to see or hear more, or are interested in taking this on, I would be delighted share my full experience (and share some of the detail I have chosen to omit from the above).

I will hopefully see you all very soon.



Surrey Hill Races

Nigel Hoult

The Surrey Hill Races are an event organised by South London Orienteers that may be best described as a cross between an orienteering event and a running race: on the one hand, everyone on the same course starts together, but on the other, the route is not marked, and you have to navigate between checkpoints. This means that you are free to choose your own route, although there is a well-established optimum choice. It's a long-running event (excuse the pun!), now in its 40th year, and has been held over the same distances every year since 1981, except that one course was cancelled and the others changed in 2001 because of Foot and Mouth. There are three options:

- The Surrey 6 (about 10k or 6 miles)
- The Leith Hill 10 (about 16k or 10 miles)
- The Three Summits Challenge (about 30k or 18 miles)

It's a small, well-organised event (109 runners across all three races), and I'm a bit surprised that more club members don't take part: as far as I'm aware, the last Roadrunners to attempt it were Ray Johnstone in 2008, and Kevin Varney and myself in 2006.

This year I ran the Leith Hill 10, the same distance as before. The race starts just south of Dorking by a school which serves as the event centre, and (as the name suggests) goes to the top of Leith Hill: at 294m the second highest point in south-east England, just beaten by Walbury Hill near Newbury (297m). There are nine checkpoints to visit (the last two being the same as the first two), and you record your visit using a small electronic tag which is hired for free to those who don't have one of their own. This has the advantage that, when you finish, you get a record of your split times at all the checkpoints.

The start is a short sharp climb to the ridge along The Nower, and I set off at a steady pace along with most of the runners on my course going straight up to the ridge; a few took an alternative route but I doubt it offered any improvement other than avoiding any congestion. I was reduced to a walk on the last bit of this climb, but spurred on once I saw the temple at the top come into view, this being our first checkpoint.



I then followed some others who seemed to know the way (and I confess I wasn't really sure where I was), until hitting the road which led to the second checkpoint. After this, the route-finding was easy and the ground good underfoot, and I made good progress through the next two checkpoints, walking a little of the steeper terrain. From here there was a multitude of alternative paths but I managed to follow the one I'd chosen as far as the first minor summit near Coldharbour. After that, it was a fairly steep descent followed by what seemed like an even steeper climb to the highest point by the tower on Leith Hill, which was packed with other walkers and cyclists. I was quite pleased to make this in just under 46 minutes, as my target for the whole course was 90 minutes and I knew the rest was largely downhill, although a little longer than the way up.



There are many tracks leading down from Leith Hill, and I took some care to make sure I went the right way. Even so, I wasn't confident of how far I'd gone, and branched off left where I didn't need to which cost me a bit of added distance. The next couple of legs weren't too bad, although I had to get past a number of people doing their D of E awards which wasn't that easy on narrow tracks. It was after checkpoint 7 (where I was only 21 seconds down on my time from before) that things

began to go wrong. The route out of there was very narrow, and although I turned the right way, I left the path too soon and ended up on a wide but slippery track – it was at that point that I wished I'd worn trail shoes! However, the view down towards Dorking was quite clear, and I was soon able to get back on course,

joining another runner which helped. We carried on essentially together for about a kilometre, at which point I was about to go the wrong way but he called out to me in time – sportsmanship in this event is very good! Navigation after that was easy, and I managed to keep him in sight and not miss the turning back towards checkpoint 8, which I'd almost done the time before. It is here that the route choices multiplied – I guess The Nower is a popular walking area for people from Dorking and there are loads of paths. The other guy turned off the road early, but I'd already decided that it might be hard running that way, and opted to follow the road a bit further, accepting a bit more climb at the end which I assumed would be a wide and heavily-used track. Wrong! There were lots of tracks and no clear route, so I just followed the policy of always heading uphill, and although the last bit was a struggle up a very steep slope, I came out in exactly the right place – at almost the same time as the guy I'd been following! It happened that there was an orienteering event going on at the same time, and I punched at the checkpoint for that before realising my mistake. The other guy was about to do the same so I told him – one good turn deserves another! The last bit should have been straightforward but we both missed the right turning. He headed down a rough slope that I didn't want to risk so I carried on a bit further, taking a somewhat zig-zag route and costing me a couple of minutes. It was a relief to see the finish, and even more to have a drink of water – there had been only one drink station on the course.

Back at the school we had our tags read to check that we'd actually completed the course. There was a live results display, and I was amazed to see that I was in 4th place, although that dropped to 7th as others who'd taken more time to recover had checked in. There were amazing trophies for the overall winners – carved oak models of the tower on Leith Hill – but all the prize winners got a choice of various alcoholic refreshments or chocolate as well, so I was pleased to come away with a bottle of cider as first V60. We also got a rather unique wooden medal.



Summer Relays

Kerri French

Tuesday 23rd July 2018 at 7.15pm

Distance: 3556 metres/2.2 miles per leg. All off road, on paths and trails within the park.

Race Entry £5.00 per team member (over 14s only)

Please note we are not able to provide food, feel free to bring your own picnic to have in the park afterwards.

Entry forms available from Reading Roadrunners desk from 10th July.

Guest teams, friends and family welcome. Entries will be available on the night so please allow plenty time to register. Organise your own team or enter as an individual, we will put you in a team. This is an ideal event, whatever your running pace.

Rules Teams of three, any gender - over 14. Your predicted times must be submitted prior to the event. No watches to be worn. The winning team will be the one closest to their predicted times. If a team has fewer than 3 members any other member can run to the predicted time submitted.

Prizes will be awarded to the winning team and the individual who ran closest to their predicted times.

Venue: Woodford Park, Haddon Drive, Woodley, RG5 4LY

Please note. Car parking is available at the Leisure Centre and in the Woodley Library car park. Please try and car share if you can.

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>

Why does the first part of your run feel harder?

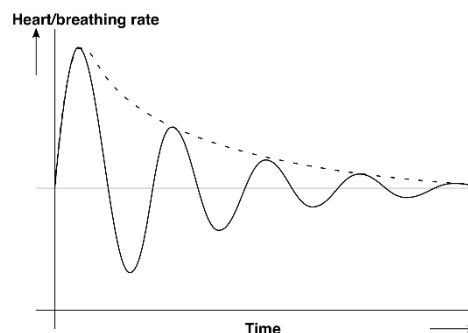
Runners of all levels talk to me about the fact the first 5-10 minutes of their run always feels a little harder than the rest. For runners starting out it's often a reason they find the start of their running journey challenging. So, I thought I'd explain a little about why this happens and what you can do to prevent it.

The key point here is that our bodies breathing, heart rate and energy systems work on a bit of a time lag. You might have noticed this if you try to sprint for a train, you can run for 10, 15 or even 20 seconds feeling fine and all of a sudden (usually once I'm on the train) my heart and breathing rate go through the roof and I pant embarrassingly next to another passenger for a while to get my breath back!

Your brain is constantly monitoring the chemicals in your blood and reacting accordingly. It monitors CO₂ (carbon dioxide) which our muscles create as they work and is taken via the blood stream to the lungs to be exhaled. Before you start running your body is in a nice rhythm of breathing and heart rate to meet the amount of CO₂ you need to expel

from your body each minute. Once you start to run your body doesn't do anything to change the heart and breathing rate straight away... It only knows something needs to change when the CO₂ levels in your blood get high enough to trigger an alarm in your brain, which tells your heart and lungs to speed up their work to clear this CO₂ backlog. The problem is by this time your body is playing catch up and has to work harder to clear the CO₂ in your muscles and blood stream and get the level back down to the desired range.

Heart and breathing rate spike in response to this build up, the backlog clears, heart and breathing rate slows a little (perhaps a bit too much), CO₂ levels spike again and the cycle continues until the body works out the right breathing and heart rate for your effort level and settles into that. That's the point the run becomes more comfortable. Of course, when you change your effort level by going uphill, or running faster the body has to find that equilibrium all over again; this process is usually a little faster as you are already breathing at a faster rate than at rest.



A similar story plays out with the by-products of our energy release process in the muscles building up in the blood stream, being noticed by the brain and a sudden effort to clear them out through the kidneys. The process needs time to settle from being reactive to the alarm going off in the brain to finding the right level to work at to keep you running.

So: what can you do about it?

The key to improving this is a thorough warm up, you are aiming to gradually awaken and increase your heart rate, breathing rate, and energy production processes at the start of the run. This more gradual start reduces the volume of the alarm bell, the size of that first spike of all the processes kicking in and the time it takes for your body to find the right rhythm to work at.

Start out gently, perhaps with a brisk walk and moving up the gears into a gentle, conversational, run and gradually faster over a 501- minute period. The faster your intended pace for the run you are doing (e.g. intervals) the longer the warm up should take to gradually build to the effort level you want to train at. You'll know from track sessions that the warm ups are longer and more thorough for high intensity interval training.

The other thing to consider is your own breathing rate. I know, for example, that when I was running at a gentle, conversational pace, I took three steps for an in breath and 3 steps for an out breathe. Check in with what your breathing rate is compared with your footfall and you can then proactively start breathing at this rate at the start of your run; this can help the body to find its equilibrium faster.

Reading Roadrunners Cross Country Club Championship Rules

Phil Reay

The Club Cross Country Championship is based on the TVXC League races. These are held on Sunday mornings through the winter months. In principle, eight fixtures should take place in a full season, each staged by a different participating club. To qualify for inclusion in the Club XC Championship, each Club participant shall compete in a minimum number of TVXC league races during the season, as laid out below. Helping at the Club's home fixture shall count as a qualifying run in the Club XC Championship. Club XC Championship points shall be awarded to helpers and calculated as an average value of their race results during the season.

On occasion, one or more fixtures have been cancelled by the host club. Qualification for inclusion in the XC Championship shall be in accordance with the following table:

Number of fixtures taking place	Participation for inclusion in the Championship
8 or more	5 races
5 - 7	4 races
4 or fewer	Championship cancelled

Scoring System

The scoring system applies the race finishing position of each member as points. The runner coming 1st in the race is assigned 1 point; the 152nd runner to finish is assigned 152 points, regardless of club affiliation. For each RR member, their best scores for the season are added to give a total using the qualifying number of races from the table above. The member with the lowest total number of points is the winner.

Championship Awards

Awards will be made in separate age categories for men and women to each of the members with the 1st, 2nd and 3rd least points, as laid out below.

Men	Women
Senior	Senior
Vet 40	Vet 40
Vet 50	Vet 50
Vet 60	Vet 60
Vet 70	Vet 70

Additional Awards

Should the Club win the TVXC league, a Club memento will be awarded to each member who qualified for inclusion in the XC Championship.

Subject to at least five fixtures having taken place, an award will be made to any member who runs in all TVXC League races throughout the season, which may include volunteering at the Club fixture. In addition, also subject to the minimum five fixtures proviso, any member who runs in each of the Hampshire League races will receive a similar award. These awards will be a gift voucher from a running-related shop.

Applicability

The rules stated herein shall have effect from the start of 2019-20 XC season.

Cross Country Fixtures

Sam Whalley

It might be summer still, but it's never too early to get these winter event dates in your diary!

Sunday 1st Sept:	XC Taster (TBC)
Sunday 6th Oct:	TVXC, Metros
Saturday 12th Oct:	Hampshire XC League, Bournemouth
Saturday 19th Oct:	SEAA XC Relays, Wormwood Scrubs
Sunday 20th Oct:	TVXC, Thames Valley Triathletes
Saturday 26th Oct:	BMAF Masters XC Relays, Nottingham
Saturday 2nd Nov:	National XC Relays, Mansfield
Saturday 9th Nov:	Hampshire XC League, Winchester
Sunday 10th Nov:	TVXC, Datchet Dashers
Sunday 17th Nov:	BBO XC Championships (TBC)
Sunday 24th Nov:	TVXC, Sandhurst Joggers
Saturday 30th Nov:	Hampshire XC League, Aldershot
Sunday 1st Dec:	TVXC, Handy Cross Runners
Saturday 7th Dec:	SEAA Masters XC Championships, Oxford
Sunday 15th Dec:	Berkshire County XC Championships, Woodley *volunteers needed*
Sunday 22nd Dec:	TVXC Reading Roadrunners *volunteers needed*
Sunday 5th Jan:	TVXC, Bracknell Forest Runners
Saturday 11th Jan:	Hampshire XC League, Reading
Sunday 19th Jan:	TVXC, Tadley Runners
Saturday 25th Jan:	SEAA XC Championships, Parliament Hill
Saturday 8th Feb:	Hampshire XC League, Popham
Saturday 22nd Feb:	National XC Championships, Nottingham

Coaching Review

Katie Gumbrell, Coaching Coordinator

As I'm sure you know, the committee asked me to review coaching at RR and, while it's been hard to take a break from actual coaching, it's been a real pleasure to be able to talk with runners and the coaches about their experiences. Over the last month, I've had meetings with the coaching team and a self-selected group of athletes.

Here are some of the common themes, highlights and questions left to answer:

Shared sparkling moments – what makes RR/coaching great

- Coaches who know what you can achieve and push you
- Seeing people achieve what they thought they couldn't
- Opportunity to share knowledge
- Motivational to run with people and get guidance from coaches
- Supporting the club
- It's a special club because we train together
- Sense of pride to be part of the green vests

Shared future perfect – what coaching would be like if it was perfect

- Athletes know and understand what's on offer
- Coaching that follows on for more than just a Wednesday track session
- More running off-track
- Coaches with few enough athletes to coach, rather than group-manage

We'll know we're doing this because:

- The track will be used well
- Individual targets will be met – feedback from athletes is clear
- Athletes will be sure about what they're doing and what their session is about
- Coaches will adapt sessions for the athletes who are there

Shared counters – what we do well already

- Coaches are highly qualified and plan sessions which are really good
- Always find someone else at your pace
- Sharing a group – easier to manage different abilities/paces
- Coaches are always there, whatever the weather!
- Roadrunners win things – we're known as a good, fast club!
- All members are encouraged

Best foot forward – what we need to do next

Think about the induction process and how it feeds into coaching

Q: How do we communicate what new members are looking for and match them best with a coach/group?

Ensure that all runners are supported at all events

Q: How do we develop the sense of club-community that means all runners have someone to cheer them over the finish line?

Think about how we communicate and support all of our members with their changing goals

Q: How can we ensure that the coach/athlete ratio allows coaches to develop performance-related relationships with the athletes who have these kinds of goals?

Lots of positive messages and lots to think about. As ever, if you have anything you'd like to say/ask about the coaching side of RR, please email me:

coach@readingroadrunners.org

Roadrunners' Race Results

David Dibben

Congratulations to Gill Manton for coming out on top of the Newsletter's inaugural Improvers League table with the biggest PB of the month.

At the Forest Five, Gill chopped well over four minutes off her previous best for five miles, a mark which had stood for seven years.

Another to celebrate a big PB in June was David Clay, with more than a minute off his 10k mark at the Ranelagh Harriers' Richmond race.

David's time of 40.18 would probably have been good enough for a top-ten finish in a lot of local races. Go up to the London area and take on the quick guys and that time puts you back in 145th!

Moving on to Endure 24, I have only covered individual competitors and, as no clubs were mentioned in the official stats, apologies if any Roadrunners have been missed out.

June 3rd

Vets Track and Field League, Meeting 3

M35A 100 metres

Pos	Name	Gun
8	John Fenner	14.5 PB

M50 100 metres

Pos	Name	Gun
5	David Fiddes	14.8 PB

W35A 100 metres

Pos	Name	Gun
6	Hannah McPhee	20.7 PB

W35B 100 metres

Pos	Name	Gun
6	Fiona Ross	17.5 PB

W50 100 metres

Pos	Name	Gun
4	Adele Graham	17.6

M60 400 metres

Pos	Name	Gun
3	Nigel Hoult	77.7

W35A 400 metres

Pos	Name	Gun
7	Kerry Eastwood	87.0 PB

W35B 400 metres

Pos	Name	Gun
5	Fiona Ross	84.2 PB

W50 400 metres

Pos	Name	Gun
5	Adele Graham	93.9

M35A 1500 metres

Pos	Name	Gun
6	Ian Giggs	4.54.7 PB

M50 1500 metres

Pos	Name	Gun
5	David Fiddes	5.30.1

M60 1500 metres

Pos	Name	Gun
4	Nigel Hoult	5.50.4

M35A 5000 metres

Pos	Name	Gun
7	Lance Nortcliff	17.38.3
n/s	Ben Paviour	16.19.8

M50 5000 metres

Pos	Name	Gun
3	Pete Jewell	19.15.0

M35 long jump

Pos	Name	Dist
8	John Fenner	3.87m

W35 long jump

Pos	Name	Dist
6	Kerry Eastwood	3.15m PB

W50 long jump

Pos	Name	Dist
5	Adele Graham	2.48m

M50 shot putt

Pos	Name	Dist
7	David Fiddes	6.08m

W35 shot putt

Pos	Name	Dist
n/s	Hannah McPhee	5.43m PB

W35 hammer

Pos	Name	Dist
4	Gill Manton	14.69m PB

W50 hammer

Pos	Name	Dist
3	Adele Graham	17.14m

W35 javelin

Pos	Name	Dist
7	Hannah McPhee	5.45m PB

Pos	Name	Dist
n/s	Kerry Eastwood	12.07m PB

W50 javelin

Pos	Name	Dist
5	Adele Graham	11.54m

June 9th

South Downs Way 100

Pos	Name	Chip
198	Noora Eresmaa	26:05.07
261	Phil Reay	28:03.33
262	Christina Calderon	28:03.34

Leith Hill 10

Pos	Name	Chip
7	Nigel Hoult	1:29.29

June 13th**Dinton 10k (Race 2)**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Calum Pratt	39.07
7	Mark Dibben (2nd M40)	39.46
9	Richard Hallam-Baker	40.41
20	Daniel Whittaker	43.04
24	Ian Giggs	43.48
25	Erica Key (1st lady)	43.51
26	David Caswell (3rd M50)	43.59
28	Stuart Bradburn	44.38
33	Jane Copland (2nd lady, pacer)	44.52
34	Robert Cannings	45.14
43	Richard Charley	46.51
69	Tracey Hicks (2nd F40)	50.05
89	Jean-Yves Bourges	52.22
111	Nikki Gray	54.32
116	Clive Bate	55.45
183	Elizabeth Fleming	1:02.44
216	Leanne Home	1:06.26
248	Amy Brunsdon (pacer)	1:12.37

Dinton 5k (Race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
12	Ed Dodwell (1st M60)	20.58
28	Sally Carpenter	23.16
36	David Dibben (1st M70)	23.55
41	Agnieska Walenkiewicz	24.11
50	Pete Morris	25.20
57	Catherine Leather	26.24
61	Nick Adley	27.01
101	Hannah McPhee	29.26
133	Caroline Hargreaves	31.16
141	Sarah Walters	32.07
142	Helen Dixon	32.07
143	Anthony Eastaway	32.05
181	Cathrin Westerwelle	34.52
184	Jenny Oakley	34.57
201	Sarah Richmond-De'voy	37.27
202	Rachel Allaway	37.57
220	Jenny Dimmock	40.30
221	Gill Manton	40.31

June 16th**Ranelagh Harriers Richmond 10k**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
145	David Clay	40.18

Endure 24 Solo (men)

<i>Pos</i>	<i>Name</i>	<i>Laps</i>
7	Brendan Morris	20
26	Pete Morris	17
45	Donald Scott-Collett	15
50	Stewart Wing	15
75	Ashley Middlewick	13
84	Paul Monaghan	12

Endure 24 Solo (ladies)

<i>Pos</i>	<i>Name</i>	<i>Laps</i>
12	Jo Sollesse	15
32	Kathy Tytler	13
41	Caroline Jackson	12
54	Donna Saunders	10

57	Trisha Arnold	10
76	Kerry Eastwood	6

Ridgeway Relay**Roadrunners A team**

<i>Leg pos</i>	<i>Name</i>	<i>Time</i>
3	David McCoy (Jnr)	1:06.44
2	Mark Apsey	41.56
16	Laura Peatey	1:17.10
7	Grant Hopkins	40.31
1	Chris Lucas	1:02.36
1	Rob Corney	57.03
10	Gemma Buley	1:07.38
1	Lance Nortcliff	49.44
1	Mark Worringham	1:06.52
5	Matt Davies	1:00.48

Team position: 1st**Roadrunners B team**

<i>Leg pos</i>	<i>Name</i>	<i>Time</i>
34	Dan Coleman	1:31.57
15	Ben Fasham	53.02
19	Derek Cheng	1:22.53
10	Clinton Montague	42.03
26	Belinda Tull	1:27.08
9	Rupert Shute	1:15.52
26	Bryan Curtayne	1:13.29
35	Angharad Shaw	1:22.17
3	Ben Whalley	1:11.46
19	Ollie Watts	1:11.07

Team position: 15th**Roadrunners Ladies**

<i>Leg pos</i>	<i>Name</i>	<i>Time</i>
33	Sarah Dooley	1:29.29
38	Miriam Coleman	1:15.36
5	Gary Tuttle	1:07.19
12	Sophie Hoskins	42.37
34	Liz Jones	1:33.36
8	Chris Buley	1:15.03
34	Claire Seymour	1:28.39
40	Belinda Drew	1:35.47
35	Alice Carpenter	1:45.04
33	Liz Johnson	1:19.00

Team position: 32nd**Roadrunners Vets**

<i>Leg pos</i>	<i>Name</i>	<i>Time</i>
28	Alan Freer	1:24.58
27	Susan Knight	1:01.00
40	Tom Harrison	1:51.18
22	Julie Rainbow	45.30
19	David Fiddes	1:23.38
20	Colin Cottell	1:23.56
3	Brian Kirsopp	1:03.30
22	Peter Reilly	1:06.22
22	David Caswell	1:27.00
7	Pete Jewell	1:01.49

Team position: 23rd**June 19th****Forest Five**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
48	Matthew Curtayne	35.46

52	Simon Peralta	35.57
72	Andrew Butler	37.16
102	Bryan Curtayne	39.20
132	Chris Manton	40.46
235	Zoe Browne	45.43
274	Jo Rippingale	47.50
275	Rachel Helsby	47.50
307	Miriam Coleman	49.23
308	Pete Morris	49.15
331	John Bailey	50.32
344	Angharad Shaw	51.00
349	Judith Ritchie	51.49
379	Bob Thomas	53.03
382	Martin Bush	53.13
397	Tom Harrison	53.43
401	Hannah McPhee	54.23
402	Suzanne Bate	54.23
407	Trisha Arnold (1st F65)	55.56
430	Maureen Sweeney	55.43
431	Lorraine Bailey	56.07
494	Gill Manton	67.16 PB

June 23rdHungerford Harey 8

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
25	Richard Usher	57.13
35	Chris Cutting	58.48
51	Graeme Fancourt	1:02.57
102	Pete Morris	1:15.19
114	Katie Gumbrell	1:19.02
128	Nicola Gillard	1:23.04
129	Scott Gillespie	1:23.04
132	Holly Towers	1:25.44
133	Ian McGuinness	1:25.45
147	Julie Wing	1:59.09

Giants Head Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
99	David Walkley	5:26.26

Whitchurch 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Brian Kirsopp	42.47

Weybridge 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
671	Tom Beasley	59.34 PB

Race To The King (53.5miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
533	Sarah Richmond-De'voy	16:13.07
534	Vroni Royle	16:13.07

June 29thBracknell Samaritans 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	David Brett	41.27 PB
18	Chris Thomas	46.05
35	Lesley Whiley (2nd F50)	50.31
90	James Talbot	58.46
98	George Nyamie	59.32
166	Hannah McPhee	1:06.25
213	Judith Ritchie	1:13.01
230	Cecilia Csemiczky	1:15.38

Bracknell Samaritans 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
49	Richard Hallam-Baker	26.38
209	Suzanne Bate	41.24

June 30thThame 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
98	Graham Tull	44.05
393	Gill Gillard	54.52
608	Adele Graham	1:01.41

Beat The Boat 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
176	Chris Manton	51.48
264	Jo Rippingale	55.56
399	Hannah McPhee	1:01.11
680	Gill Manton	1:27.09

Inkpen Gibbet 10k

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
17	Richard Usher	47.52
22	Chris Cutting	48.58
32	Graeme Fancourt	52.00
95	Katie Gumbrell	1:05.41

Martian Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
108	Elizabeth Detenon	2:18.31
109	Pete Morris	2:18.31

North Devon AONB Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
307	Nicki Randall	2:38.00

July 3rdYateley 10k (Race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	David McCoy (Snr)	35.17
96	Ian Giggs	42.40
98	Paul Morrissey	42.42
202	Kevin Jones	46.55
328	Martin Douglas	50.32
442	Alex Bennell	53.37
469	Gill Gillard	54.45
518	Alice Carpenter	56.00 PB
643	Adele Graham	1:01.06
669	Nick Adley	59.31
766	Justin Watkins	1:07.07
803	Caroline Hargreaves	1:11.22

July 4thThames 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Brian Kirsopp (2nd M50)	41.25
8	Michael Hibberd	42.17
15	Ed Dodwell (1st M60)	43.47
20	Melanie Shaw (1st lady)	45.54
96	George Nyamie	58.32

Thames 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Andrew Webber (1st M50)	22.27
12	Tom Wright	23.57
30	Nick Adley	30.07

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

Improvers' League

<i>Dist</i>	<i>Name</i>	<i>PB Margin</i>
5m	Gill Manton	-4.44
10k	David Clay	-1.15

Cross Country Championship Results 2018/19**Phil Reay**

The initial results were calculated based on four events due to a late cancellation of the final fixture, however, whilst there was some logic to this our rules stated five results to count in the Championship results. To align with the rules at the start of the 2018/19 season, the results have been re-calculated based on five races.

Congratulations to all the prize winners.

Category	1st Place	2nd Place	3rd Place
FSen	Gemma Buley	Liz Fletcher	Kerry Eastwood
FV40	N/A	N/A	N/A
FV50	Mary Jansson	Maureen Sweeney	N/A
FV60	Liz Atkinson	N/A	N/A
FV70	N/A	N/A	N/A
MSen	Chris Burt	Paddy Hayes	Ian Giggs
MV40	Vince Williams	Scott Gillespie	N/A
MV50	Keith Ellis	Peter Reilly	Peter Higgs
MV60	Michael Howard	Andy Atkinson	Paul Young
MV70	Jim Kiddie	N/A	N/A

The rules for our Cross Country Championships have been re-written to include allowances for cancelled events in future seasons. The updated rules will be implemented from the 2019/20 season onwards.

Committee Minutes

July 2019

Tuesday 2nd July 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

Vroni

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Nothing to report

CHAIRMAN'S REPORT

Recent Races. Phil reflected on the great weekend in which the Club retained the title for the Ridgeway Relay and put in strong performances at Endure 24. 40 members took part in the Ridgeway Relay and over 100 across both events.

Mental Health Champion. Alexa has stepped forward for the post of Mental Health Champion for the Club, as defined by England Athletics. Her application was unanimously endorsed by the Committee.

Alexa will be able to register her position with EA later in July.

This role is not to be confused with the vacancy for a female Welfare Officer, which we still need to fulfil.

Newsletter. Phil noted lots of positive feedback regarding the newsletter and again thanked Pete for creating such a professional and interesting publication.

XC Rules. As there was some disagreement on how the Club XC Championship should have been conducted last season owing to the reduced number of fixtures that took place, the rules have been revised.

The revised rules will be published in the newsletter and on the website; laying out how the Championship will be conducted should fewer than eight fixtures take place during the season.

TREASURER'S REPORT

Jill presented her completed accounts for June and the final accounts for the Shinfield 10K.

Jill continues to progress her application for a debit card with Nat West, which still appears not to understand the notion of customer service.

GENERAL SECRETARY'S REPORT

SEAA AGM. Bob reported that this year's SEAA AGM will be held in London on 8Sep19.

Car parking. It appears that Reading Council will imminently impose car parking charges at Palmer Park. Phil received notification of this separately from the council staff with whom Bob met on several occasions, including at a formal council meeting, and who made assurances that we would be kept informed. We clearly have not been.

We have no information to share with members at this time.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that 15 new members joined during June.

SOCIAL SECRETARY'S REPORT

Socials schedule. Upcoming social events will include:

- Ascot races on 13 July
- Dragon Boat racing on 18 August
- Brewery trip during September
- Xmas Party in December

Liz noted that the new Instagram account has already gained over 200 followers and is being used quite heavily.

COACHING REPORT

Phil presented Katie's report. Katie held a coaches' meeting on 26Jun19.

Coaches' qualifications.

- Katherine Sargeant is progressing her Coach in Running Fitness. Qualification supported by Roger.
- Pete Higgs will be working with different coaches in preparation for his course in September.
- Paul Carter awaits a suitable opportunity to join a Coaching Assistant's course.

Katie asked the Committee to ask EA whether they would be willing to run a course locally if we had enough members needing the training.

ANY OTHER BUSINESS

England/GB vests. Sam asked the Committee to consider whether the Club should subsidise kit for members who have qualified to represent England and GB, as was mooted at the AGM.

The Committee saw two sides of this argument. The vote on whether to proceed with this initiative was narrowly in favour on a split decision. The Club will reimburse members who have qualified to represent England and GB in a running discipline for the full cost of their running vest only. This subsidy to take effect from 1Jan20.

Pub run safety. Phil raised the issue of safety at pub runs following a nasty fall taken by Claire at the last event, when there was no first aid kit available and, bizarrely, nobody had a charged phone.

Phil would like to encourage pub run leaders to carry a first aid kit and a charged phone. There is a bum-bag style kit available.

Simon Denton. Simon announced that he was standing down from the Committee as he and Fleur are about to move to Singapore. Whilst none of us could see the benefits of that over remaining in Reading on the Committee, Phil thanked Simon for volunteering for the Committee and we all wished them well for the future.

CLUB VACANCIES

Welfare Officer (lady member only). Any lady member who may be interested in taking up the role is asked to speak to Phil in the first instance.

DOOR ROTA

3 rd July	Anne, Shirley	24 th July	Anne, Claire	14 th August	Anne, Shirley
10 th July	Anne, Jill	31 st July	Anne, Sandy	21 st August	Anne, Claire
17 th July	Anne, Shirley	7 th August	Anne, Jane	28 th August	Anne, Sandy

NEXT MEETING

3rd September 2019

CONTACT:

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Secretary, Bob: *gensec@readingroadrunners.org*

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