

NEWSLETTER: SEPT 2019



ENGLAND'S STARS IN ACTION

A superb set of Roadrunners were out representing their country, wearing a white vest instead of the iconic green.



Editor's Note

Peter Cave

Welcome back!

After the month's hiatus, this edition features a plenitude of results, with an ever growing and impressive Improvers' League. 27 minutes off a half-marathon personal best can only mean a serious amount of dedication, perseverance and training. Whilst the time wouldn't grace the season's best table, its purpose is to highlight an individual's achievement *relative to themselves*. We can't all be superb runners, but we can all work hard and improve; as a marathon medal of mine says: "The Race Within". #

So: well done Hannah McPhee! I think anyone will have a hard time beating that this season.

newsletter@readingroadrunners.org

Track Friday Fergal Donnelly

Track Friday – Mile, Handicap 5k, Fun relay

20th September, Palmer park, 1830 hrs



Open to members of all running clubs & abilities
Track Fee £1.50, Min. age 16 yrs.

- 1815: Registration opens
- 1830: Registration closes. Followed by run brief & group pic
- 1845: 'Warm up' mile
- 1900: Handicap 5k - Predict finish time, staggered start, finish close together..
- 1945: Fun 3 x 200m relay (with batons). Teams selected by organisers
- 2000: Clear track



Refreshments - donations to club charity, First Days



Reading Roadrunners



Chairman Chat

Phil Reay



Phil is a keen grass skier, writer of fishing ballads and holds the World Record for balancing a lemon on his nose. Since he was banished from the Knight's Watch, he took up running to avoid the Wildlings in more southern climes.

Rumour has it he used to smuggle gherkins through Peru airport.

You can contact him by sending a raven to: chairman@readingroadrunners.org

Hello everyone. Welcome back after the summer break. I hope you all managed to have some relaxation time with loved ones, and are now looking forward to the runs you have planned for the remainder of the year.

The SEAA Road Relays take place this month and I'm impressed with the size and strength of the teams we're sending. I wish the teams well as they fly the Reading Roadrunners flag and race to qualify for the National Championships in October. Go Green Vests!

I'm equally as impressed with the improvers league introduced by Newsletter Editor Peter Cave. Viewing the percentage improvement of a member's PB makes interesting reading and rewards hard work, dedication and shows the output of the good coaching we have at the club.

I'm writing this following the Clubs Summer Do. Thanks to the team of Elizabeth Johnson, Fiona Ross, Claire Seymour and Alison Wrigley who organised a fun evening which was very well attended.

Big shout out to our General Secretary Bob Thomas, who works tirelessly for the club and on this occasion was instrumental in implementing online payments. We can now expect this method of payment for all socials. With a brewery tour and curryoke scheduled as well as the Christmas Party on 7 December we've an exciting line-up of social events to look forward to.

Many of you will know that long standing members Simon and Fleur Denton have moved to Singapore. The good news is we all have a place to stay on the other side of the world (they won't read this, so I can say that!). The not so good news is that because of the move Simon has stepped down from the committee to which he contributed great balance and reasoned arguments on a number of topics. On a personal level, Simon helped and supported me make the transition to the committee for which I'm thankful for. Both Simon and Fleur volunteered on race committees, marshalled at countless events and brought great fun and laughter to our club socials. We wish them well as they start a new life in Asia. With regard to the committee, we'll operate as a team of nine until the AGM.

To align with England Athletics and UK Athletics guidance, we've been seeking to appoint a Female Welfare Officer. I'm now delighted to share that Nicola Gillard has been appointed to the role. Tom Harrison remains our Male Welfare Officer. We'll update the webpage and create a separate email address for each (thanks Paul Monaghan!). All members are open to contact a Welfare Officer of their choice should they require.

Thanks to Tina Woffington and Sam Whalley for organising the Cross-Country taster session which was well attended. Please check out the Cross-Country fixture list on our website and on the noticeboard at track. I encourage everyone to participate and race in these events. The team spirit is excellent, the club performs well in the races, it's a great way to meet new members and they're open to ALL abilities.

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. Entries to run are now open or if you're available to marshal then please contact Catherine Leather at Mortimer@readingroadrunners.org

Let's go have a wonderful Autumn season.

Phil

chairman@readingroadrunners.org

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

Nothing signifies the end of summer more than.... no, not all those back to school photos, I'm talking about the turning on of the floodlights at Palmer Park. "Nooooo," we cried, and not because we didn't want to see where we were going, but because we knew what it meant: the nights are drawing in, autumn is on its way, and, for me, an end to taking a shortcut through the woods, adding an extra 0.6 miles to my Wednesday evening session.

For those of us restricted to holidays outside of term time, those sunny European runs are becoming a distant memory. We have, of course, completely forgotten that at the time we were way too hot, much slower than we wanted to be (because of the heat), and not able to run as far (because of the heat).

I am always interested in people's holiday running. Sometimes it's non-existent - you know who you are - and sometimes it's more like that of a training camp. I asked **Sarah Dooley**, via Strava, whether she would be doing any resting on holiday, having seen the intensity of her runs. She did rest, but those sessions clearly paid off, as she promptly came back from holiday and achieved two impressive Half Marathon PBs in quick succession, at Burnham Beeches and Maidenhead - that's how it's done, people, not by lying on the beach and eating gelato. This was in addition to a 2nd placed female finish at the 3rd 10k in the Dinton series. I asked **Gemma Buley** why she seemed to be running the same old route while on holiday, and then I realised that so had I, because that's where the pavements were. I wish I could record the same kind of summer success as Gemma though, with a win at Burnham Beeches 10k, and a 5k PB at the Self-Transcendence event in Battersea Park, the latter completing her clean sweep of women's season's bests for the club.

The end of summer means that the track and field season is now pretty much over, and finished for us with the final fixture of the vets league. There were track PBs for **Fiona Ross** (200m), **Helen Pool** and **Katherine Sargeant** (5000m), and a field PB for **Adele Graham** in the discus.

Katherine has continued to come back from her recent hamstring woes with multiple podium finishes - 3rd female at Burford Bolt 10k, and 1st FV50 at both Burnham Beeches 10k and Compton 20, as well as a PB at Maidenhead Half Marathon. Clearly her own training sessions are paying off! **Helen Pool** has maintained her position on many a podium, as 3rd female at her masters club, Vets AC, summer 5k, 1st FV45 at Burnham Beeches 10k and Caterham 10k, and 2nd FV40 at the multi-terrain Harting 10, where **Lesley Whiley** was also 2nd FV50, as she had also been at the intriguingly named Wycombe Hell-Fire 10k. Lesley was also 3rd female at Englefield 10k.

Also on the podium this time round were **Erica Key**, who was first female at one Dinton 10k, and 1st FV40 at another. Erica was first female overall in the series, and **Tracey Hicks** was 2nd. **Nikki Gray** was also 2nd female at the Dinton 10k, while **Catherine Leather** picked up the FV50 series prize for the 5k. **Sandy Sheppard** was 3rd FV60 in the third Dinton 5k, **Gill Gillard** was 3rd F55 at Yateley, **Cecilia Csemiczky** was 1st FV70 at Burnham Beeches Half Marathon, and **Rita Dykes** was 2nd FV70 at Englefield 10k. **Caroline Hoskins** was 1st FV50 at Maidenhead Half Marathon, and **Tracey Lasan** was 2nd FV60. Both also picked up medals as England masters. Well done to you all!

The summer has also seen Half Marathon PBs for **Jenny Boxwell** (Leamington Spa), **Hannah McPhee** (Up Tow Down Flow), **Carmen Fuentes-Vilchez** (Burnham Beeches), and **Liz Johnson**, **Swinda Falkena**, **Alex**

Bennell and **Hilary Rennie** (Maidenhead). There was a 10k PB for **Miriam Coleman** at Burnham Beeches. Fantastic work!

Of course, it's not all about PBs and podiums (podia?). We have seen great performances and friendly competition at the club championship races; Burford Bolt 10k, Burnham Beeches 10k and Headington 5 have all happened since the last newsletter. With Swallowfield 10k (September 15th) and Basingstoke Half Marathon (October 6th) next up.

Others of you have been enjoying the trails, with Snowdonia Marathon and Half Marathon, the Salisbury 54321 Half Marathon, 33k, Marathon and Ultra, Race the Train Quarry 10k, and Compton 20 all featuring. The Round Reading Ultra was again popular this year, while **Noora Eresmaa** and **Christina Calderon** completed the 3rd of their 4 Centurion 100-mile races. I personally cannot even begin to comprehend what kind of physical fitness and mental strength this takes, and wish them both well for their final event.

While trail races can be used to get in those long runs, with company, road races are great for testing out pace for upcoming longer distances or target events. **Kerri French** used Maidenhead Half Marathon as her comeback race, following a recent gall bladder operation. She said, "It was all about getting round with a smile for me. I opted for a very safe jog 4 minutes, walk 1. Now I know I can up it & look forward to taking lots of time off the next half in Las Vegas!" Well done, Kerri, and good luck in Vegas (might be a bit jealous)!

By the time of the next newsletter, my own marathon will be over, and many of you will be tapering. Our XC taster will have happened, and so will Track Friday, the SEAA road relays and our home race, Mortimer 10k. The countdown will be on for XC season, so make sure you have the dates on the calendar. The first events will be TVXC at Metros on 6th October, Hampshire League at Bournemouth on 12th October, and TVXC at TVT on 20th October.

I can't wait!

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

Welcome back, Roadrunners!

I hope you have all had a great summer break. You've been lucky and managed to avoid my ramblings for 8 weeks, but I am back with a vengeance! My summer has been a little strange. A late-night call to the Samaritans one night (more about that later!), and a nice 80mph hit-and-run off my road bike (who said cycling was good for you?) has meant that my running progress is still at a standstill. With Berlin marathon only being 3 weeks away, what can go wrong?! We have had a very good summer, with a great green vest turn out across a large range of races both local, and some not so much!

Burford Bolt 10k took place at the start of July (how long ago does that feel!), and first green vest home was **Marcus Fletcher** in second place. It's great to see him doing so well, as I have seen him at parkrun in Newport and Jamaica Pond in Boston more than at training sessions or races! **Chris Burt** finished in 5th and **Calum Pratt** (good luck on the impending marriage!) in 6th, both comfortably making the top 10.

Joe Blair was first M60 and **Jim Kiddie** was first M70. It is always great to see us competing well in races and in age categories! Didcot 5 also took place on the same day, and **Brian Kirsopp** was second M50 with a PB time of 29.23, and **Graham Tull** was second M60. **Ben Whalley** made the most of a nice vacation in Devon, with a 6th place finish at Barnstaple 10k. We all love a race while we are on holiday! **Paul Monaghan** and **Martin Bush** continued their marathon travels at Moreton. The Vets AC summer series 5k was also around the same time; **Richard Hammerson** taking home third M75 and **Brian Shave** coming home as second V85.

Dinton summer series 5k and 10k race 3 came along with another good turnout for Reading. **Brian Kirsopp** was 6th (and second M50) and **Matthew Davies** was 8th in the 10k, and **Richard Hallam-Baker** just missed out on a top 10, but took home first M40. **David Brett** took home with him a shiny new PB of 40.53! In the 5k race, **David Dibben** was first male RR home (and first M70!), and **Pete Morris** was third M60. **Roger Pritchard** finished as second M70. **Keith Rumboldt** took on Race to the Stones in mid-July, and absolutely flew under 24 hours! I doff my cap to anybody who is crazy enough to take on something so mental. The same weekend as this we had an excellent representation at the Sevenoaks 7, Wycombe Hellfire Half Marathon and 10km, and the Snowdonia Trail Half Marathon and Marathon (surprise surprise, no PBs were attained here!). **Lance Nortcliff** took a very respectable 7th place (and third M45) at the Caterham 10k, and at Elmbridge 10k **Chris Buley** got a PB of 37:32. **Mark Worringham** had an excellent 3rd place finish at the Bristol & West AC Open 5000m.

Towards the end of July, we had another good turnout of green vests at the Up Tow Down Flow Half Marathon. **David Ferguson** finished in 8th position, and **Alex Harris** was first M50 in 12th place. **Brendan Morris** took home a 4th place at the Isle of Wight St Georges 10, and **Rob Corney** took home another first place trophy at the Self Transcendence 5k, with **Chris Buley** attaining another PB of 17.32. It is nice to see the hard work paying off with your times continuing to crash down, Chris!

August started how July left off; another top 10 finish for a Roadrunner. This time **Jamie Smith** finished 9th at the Round Reading 50k Ultra Marathon. St Albans 10k and Harting 10 had a few RR in attendance, and **Chris Burt** took a PB of 17.00 at the Self Transcendence 5k. I'm certain we will be seeing a 16.XX soon! Race 3 of the Yateley 10k saw **David McCoy (Snr)** and **Brendan Morris** take 8th and 9th position respectively, and the conclusion of the Dinton Summer Series saw **Richard Hallam-Baker** take first M40 overall, and **David Caswell** take first M50 overall in the 10k series. Well done gentlemen! In the final 5km race, we had **Matthew Davies** finish 3rd, and **Daniel Lynch** take 4th place. **Ed Dodwell** rounded off the top 10, and was

also first M60. Another strong performance by **David Dibben** saw him take first M70. **Pete Morris** took pride of place at the Pride 10k. Burnham Beaches 10km saw another excellent day, with **Chris Lucas** taking home 2nd place, and **Chris Burt** finishing 3rd, with a shiny new PB (this training with the Corney/Gregory group is really paying dividends!). **Chris Buley** came home in 6th, and **Brian Kirsopp** finished 7th (and first M55). **Ben Whalley** was just outside the top 10 as the first M45, and **David Dibben** showed yet again there's life in the old dog yet as first M70. **Gary Clarke** took away a new PB in the summer sunshine!

Fergal Donnelly finished in an excellent 7th place at Stopsley 10, and we had a good representation at the Salisbury 54321 50k and 33k. Compton 20 saw **Graham Tull** finish as second M60, and we had a few RR 'Race the Train' in Wales; **Paul Young** taking on the Dolgoch 5.5m and **Rob Corney** (2nd overall) and **Peter Reilly** taking on the 14m Rotary. More top 10s were achieved at Henfield Half Marathon by **Fergal Donnelly** (9th), and at Beeches 5k, a 7th place finish by **Brian Kirsopp**. Headington 5 saw more success; **Dave McCoy (Snr)** came home in 6th position, **Lance Nortcliff** just outside the top 10 and second M40, **Alan Freer** second M60 and **David Dibben** first M70. **Tom Wright** smashed a new PB, being the only RR to do so at this event! It's fantastic to see parkrun PBs being smashed as well! **Richard Hallam-Baker** took home 7th at Englefield 10k (yet another great showing for Richard, who has overcome some injury setbacks to set some excellent results and times over the summer) and **Ed Dodwell** was first M60. **Fergal Donnelly** just missed out on another top 10 at the Andover Trail Half Marathon (amazing to see you back putting in some excellent performances, Fergal!), and Maidenhead Half Marathon saw some amazing results, starting off with our superstar **Rob Corney** coming home in first position. You'll need a bigger apartment soon for all your trophies! There were some amazing PBs for **Chris Lucas**, **Marcus Fletcher**, **Matthew Davies**, **Alex Harris**, **Chris Buley**, **Jonathon Ridley**, **Ben Fasham**, **Peter Rennie**, **Ian McGuinness** and **Derek Cheng**. Massive well done to all of you on a great day of running!

Another special mention to **Ashley Middlewick** in here – he deserves a column of his own for his incredible write-ups for the crazy events he does. Not content with completing the 86 mile Ridgeway challenge, he also took on the three-day 135-mile Ring of Fire around the Anglesey Coastal Path! Ashley, you're a machine! I'm excited (like the rest of us) to see what you are going to take on next.

Having a call up for your country is the ultimate accolade, and for two of our males this has happened. **Brian Kirsopp** (again!) proudly wore the white vest at Barry Island 10k, and also finished as second M55. **Seb Briggs** also donned the white vest at Maidenhead half, finishing as third RR. A massive congratulations to you both on your amazing achievement!

As I mentioned slightly further up, I spent a fair amount of time on the phone to the Samaritans a few weeks back. I am an advocate for mental health and have openly talked about it in the past, and will continue to do so. Sometimes we all need someone to talk to, and my apprehension about phoning them in the first place was quickly forgotten about. The work they undertake is absolutely phenomenal and I will happily sing their praises from the rooftops. They don't judge, and allow you to talk to them about as much or as little as you wish. If you ever feel like you want to talk in confidence, phone **116 123, 24/7**.

Don't forget we have the excellent track 5km coming up on 20th September (in place of our usual track session on a Friday!). Handicap, so you don't have to be the fastest to win, but estimate your finishing time in 1-minute increments and the first across the line wins! We also have a track mile before that, and then the 3x200m relay to finish. If you would like to volunteer, speak to Fergal Donnelly! A brilliant event that I will hopefully be able to partake in! Autumn marathons are fast approaching, and XC season is almost upon us.

Best of luck to everyone racing into September!

As Del Boy would say – 'Bonjour'!

Mental Health Champion

Alexa Duckworth-Briggs



I'm Alexa, and I'm the Mental Health Champion for Reading Roadrunners

I have lived experience of mental health problems, both personally and through people I know. I'm passionate about reducing the stigma surrounding mental health; it's another aspect of our overall health just like your digestion or muscles and joints. I also and a huge believer in the positive impact that sports, activity and running has on mental health.

You can contact me on coachalexa@readingroadrunners.org

The Mental Health Champion role has the following key responsibilities;

- Provide crisis contacts to their club/group
- Be a point of contact for anyone experiencing mental health problems to join the club/group
- Encourage and promote conversations about mental health
- Make links with mental health organisations in the community
- Actively promote mental wellbeing and running

You can find out more about the role here (this page also includes information on Mental Health Ambassadors who are people with formal mental health qualifications or professional roles, this isn't what my role is)

<https://www.englandathletics.org/athletics-and-running/our-programmes/runandtalk/mental-health-champions/>

If you feel you need help and support with your Mental Health there are some useful contacts and listening services on the Mind website;

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services>

Mental Health crisis contacts can be found here;

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/>

Coaching Review – Update

Katie Gumbrell, Coaching Coordinator

In April, I was asked, as Coaching Coordinator, to review pretty much everything to do with coaching at RR.

Here's a short update:

Athletes told us what was going well:	We thought about what came next or responded to your comments:	What we're doing now:
Club sessions are available to all	Review how we support new members	Alexa (Mental Health Ambassador) has canvassed members for ideas around coming to track for their first session, as well as the wider induction process
Session plans are published and easy to understand	All sessions need to have clear aims and objectives and be published on the club website	The Coaches are doing this and Paul (Webmaster) is doing a great job of keeping up with it all!
Coaches are knowledgeable and helpful	Publish a 'jargon buster' on the club website	This is on the website – if you've any additions you'd like to make, please let your Coach know
Club has paid for many members to become First Aiders	First aiders are identified at the start of each track session	This is happening every week
Track rules are clear to understand and well-publicised	Members are reminded of track rules regularly, especially during busy Wednesday sessions	Everyone's being reminded of the rules regularly and fewer complaints/comments/suggestions are being received
Athletes like their coaches	Focus coaching groups on specific targets, with scheduled sessions 'off track'	This is on-going and we're working on it; several Coaches have taken sessions in the park over the summer, but it remains to be seen how we get on once it's dark
Athletes valued the opportunity to speak about coaching and possible developments	Hold Athletes' Forum again in October	A tentative date has been set for this of 16th October, subject to Committee approval – look out for details

As ever, if you have anything you'd like to comment on in terms of coaching at Roadrunners, please get in touch. Your comments are always treated confidentially.

Happy running!

Katie

coach@readingroadrunners.org

Why Should You Run XC?

Sam Whalley



- Feel part of a team
- Experience running on different surfaces
- Improve your core strength and agility
- Focus on positions, not times
- Better hill skills
- Sense of achievement
- Fun!

Hampshire Cross Country League – Saturdays

Women's race – 6km – 1.35pm

Men's race – 10km – 2.30pm

The club pays to be a member of this league, so there is no cost to runners. Club kit must be worn.

We need at least 3 women per fixture, and 4 men, or we will not have full teams. Both senior and vet runners (age 40+) are welcome, and each runner earns individual points over the season, with trophies to be won. The club also rewards those who compete in all 5 fixtures.

Thames Valley Cross Country League – Sundays

Men & women race together – between 8 and 10km – 11am

The cost for club members is £3, payable on the day. Non-members may also run, for £4. Club members must wear club kit to be able to score for the team. A scoring team will consist of 6 male runners (including a minimum of 2 vets) and 4 female runners (including at least 1 vet). Full rules are on the TVXC website.

We also have our own TVXC Club Championship. To qualify, you need to compete in at least 5 of the 8 fixtures. Helping at our home fixture counts as competing. There are also rewards for those who compete in all 8 fixtures.

Reading Roadrunners Summer Relays 2019

Individual Results

Place	Team	Name	Actual	Predicted	Penalty	Team Name
1	O	Dave Browne	00:16:32	00:16:32	0	The Discovery Channel RR Plus
2	S	Renee Whalley	00:15:01	00:15:00	1	Bunch of Whalleys
3	X	Ros	00:17:37	00:17:35	2	Three Hot Ladies
4	MM	T. Canning	00:21:57	00:22:00	3	Fred Bloggs
5	X	Liz	00:22:41	00:22:47	6	Three Hot Ladies
6=	W	Chrisszabo-Hemmings	00:18:02	00:17:55	7	The Fifty Fives
6=	H	Chloe Hoffenden	00:15:37	00:15:30	7	The Huskies A RAC
6=	AA	Minam Coleman	00:18:33	00:18:40	7	Whitley Massif
9=	J	Tony Streams	00:16:53	00:16:45	8	Team Six Star
9=	O	Donna Saunders	00:18:03	00:17:55	8	The Discovery Channel RR Plus
9=	R	Gary Gibbons	00:17:08	00:17:00	8	BFR Mustangs
12=	R	Mark George	00:14:51	00:15:00	9	BFR Mustangs
12=	HH	Rachel Phillips	00:15:21	00:15:30	9	3 Ladies and a Baby!
14	H	Duncan Prior	00:14:20	00:14:10	10	The Huskies A RAC
15	F	Julie Rayfield	00:15:59	00:15:48	11	The Huskies B RAC
16=	N	Ian Giggs	00:13:32	00:13:45	13	IPL Trekers RR
16=	S	Darren Lewis	00:13:02	00:13:15	13	Bunch of Whalleys
18	E	Zoe Browne	00:19:36	00:19:50	14	Are We Nearly There Yet? RR
19	GG	Debbie Forrest	00:16:05	00:16:20	15	Last Lap Lucy
20=	E	Ellen Wilders	00:20:17	00:20:00	17	Are We Nearly There Yet? RR
20=	S	David Dibben	00:16:27	00:16:10	17	Bunch of Whalleys
22	GG	Claire Mills	00:16:32	00:16:50	18	Last Lap Lucy
23=	HH	Sarah Holmes	00:14:11	00:14:30	19	3 Ladies and a Baby!
23=	LL	Royston Cranley	00:17:24	00:17:05	19	Just in Time
25=	A	Richard Hammerson	00:20:34	00:20:54	20	2 Septigenarians & 1 Octogenarian RR
25=	T	Colin Cottell	00:16:59	00:17:19	20	Whistling Rufus RR
27=	B	David Woolnough	00:19:03	00:19:24	21	Six Knees RR Plus Guests
27=	U	John Bailey	00:21:21	00:21:00	21	The Tortoises
27=	Y	Melvin Silvey	00:16:39	00:17:00	21	The 3 S's
30=	EE	Colin McCarlie	00:20:13	00:19:50	23	Scrambled Legs
30=	M	Lynne Lewis	00:27:18	00:26:55	23	Zero to Hero Tilehurst Runs Together
30=	P	Hannah McPhee	00:21:27	00:21:50	23	Too Hot to Handle RR
33	MM	T. Canning	00:20:25	00:20:00	25	Fred Bloggs
34	G	Katie Gumbrell	00:19:34	00:20:02	28	Nags Legs RR
35	W	Deki Christian	00:18:26	00:18:55	29	The Fifty Fives
36	N	Paul Monaghan	00:18:40	00:19:10	30	IPL Trekers RR
37	U	Linda Booth	00:22:42	00:22:11	31	The Tortoises
38=	T	John Fenner	00:17:27	00:18:00	33	Whistling Rufus RR
38=	JJ	Heidi Painting	00:21:27	00:22:00	33	Come Back Queens
40	H	Neil Walker	00:14:54	00:14:20	34	The Huskies A RAC
41=	O	Richard King	00:13:03	00:13:38	35	The Discovery Channel RR Plus
41=	FF	Corinne Callaway	00:19:35	00:19:00	35	The Last 3 SRC Ladies Stay True
43	L	Corinne Rees	00:19:25	00:20:01	36	The Dream Team RR
44=	V	Alison Jones	00:19:12	00:18:35	37	Vintage Sandhurst
44=	L	Alex Bennell	00:19:39	00:19:02	37	The Dream Team RR
44=	V	Jane Pond	00:24:29	00:25:06	37	Vintage Sandhurst
47=	K	David Head	00:21:08	00:21:46	38	Moiras Friends RR
47=	J	Katherine Sergeant	00:15:07	00:15:45	38	Team Six Star
49=	T	Tom Harrison	00:23:28	00:24:07	39	Whistling Rufus RR
49=	BB	Gill Gillard	00:19:09	00:19:48	39	3 G's
51	X	Tracy	00:18:20	00:19:04	44	Three Hot Ladies
52	Y	Jane Silvey	00:28:41	00:27:56	45	The 3 S's
53	CC	Emma Cirenside	00:23:38	00:24:24	46	The Park Plodders
54	P	Aga Walenkiwicz	00:18:52	00:19:40	48	Too Hot to Handle RR
55	J	Ben Fashaw	00:16:11	00:17:00	49	Team Six Star
56	FF	Alisa Loyal	00:17:10	00:18:00	50	The Last 3 SRC Ladies Stay True
57=	P	Caroline Hargreaves	00:21:28	00:22:20	52	Too Hot to Handle RR

57=	U	Lorraine Bailey	00:24:37	00:23:45	52	The Tortoises
57=	G	Chris Cutting	00:14:43	00:13:51	52	Nags Legs RR
60	K	Mike Dimmick	00:19:53	00:19:00	53	Moiras Friends RR
61	Y	Claire Seymour	00:20:06	00:21:00	54	The 3 S's
62=	A	Roger Pritchard	00:21:05	00:22:00	55	2 Septigenarians & 1 Octigenarian RR
62=	JJ	Caroline Stevens	00:17:08	00:18:03	55	Come Back Queens
64	N	Caroline Jackson	00:17:45	00:18:41	56	IPL Trekers RR
65=	GG	Lucy Daniells	00:15:02	00:16:00	58	Last Lap Lucy
65=	MM	Cecilia Csemiczky	00:24:02	00:25:00	58	Fred Bloggs
67	R	Scott Corney	00:14:00	00:15:00	60	BFR Mustangs
68=	F	Yasmin Prior	00:21:09	00:22:10	61	The Huskies B RAC
68=	BB	David Gillard	00:18:53	00:19:54	61	3 G's
70=	HH	Charlotte Phillips	00:20:46	00:21:48	62	3 Ladies and a Baby!
70=	LL	Richard Boese	00:21:08	00:22:10	62	Just in Time
72	L	Morgan Rees	00:14:26	00:15:30	64	The Dream Team RR
73=	F	Joe Hayes	00:13:57	00:12:50	67	The Huskies B RAC
73=	B	Chris Evans	00:18:24	00:19:31	67	Six Knees RR Plus Guests
73=	FF	Becky Moisley	00:20:53	00:22:00	67	The Last 3 SRC Ladies Stay True
76=	JJ	Belinda Tull	00:16:15	00:17:30	75	Come Back Queens
76=	KK	Tony McReery	00:16:45	00:18:00	75	Past, Present and Future
78	G	Kathy Tytler	00:23:29	00:24:45	76	Nags Legs RR
79	Z	Tom Wright	00:15:37	00:14:20	77	A Caz Between Two Wrights
80=	B	Patrick Hall	00:19:46	00:21:09	83	Six Knees RR Plus Guests
80=	E	Laura Batten	00:20:37	00:22:00	83	Are We Nearly There Yet? RR
80=	AA	Pete the train morris	00:20:07	00:21:30	83	Whitley Massif
83	K	Moiras Allen	00:20:35	00:22:00	85	Moiras Friends RR
84	BB	Adele graham	00:20:49	00:22:15	86	3 G's
85=	C	Sandy Sheppard	00:20:31	00:22:01	90	Speedy Sexy Snoozy RR
85=	EE	Peter Reilly	00:21:41	00:23:11	90	Scrambled Legs
87=	PP	Emma Doyle	00:18:42	00:20:13	91	Tilehurst Runs Together 2
87=	AA	Dan Coleman	00:15:51	00:14:20	91	Whitley Massif
89	KK	Talia Painting	00:16:27	00:14:50	97	Past, Present and Future
90	LL	Alison Jones	00:19:37	00:17:55	102	Just in Time
91	C	Brian Kirsoff	00:13:29	00:15:12	103	Speedy Sexy Snoozy RR
92	C	Jim Kiddie	00:19:15	00:21:00	105	Speedy Sexy Snoozy RR
93	CC	Kate Shah	00:22:24	00:24:13	109	The Park Plodders
94	Z	David Caswell	00:19:01	00:17:10	111	A Caz Between Two Wrights
95	Z	Linda Wright	00:22:27	00:20:30	117	A Caz Between Two Wrights
96	W	Sarah Jones	00:26:57	00:28:55	118	The Fifty Fives
97	CC	Jenny Oakley	00:24:07	00:26:06	119	The Park Plodders
98	V	John Barnes	00:21:43	00:24:17	154	Vintage Sandhurst
99	NN	Jackie Dainton	00:18:43	00:21:21	158	Tilehurst Runs Together
100	PP	Sarah Morris	00:26:49	00:24:00	169	Tilehurst Runs Together 2
101	EE	Sarah Alsford	00:16:37	00:19:29	172	Scrambled Legs
102	PP	Claire Rayner	00:22:05	00:25:02	177	Tilehurst Runs Together 2
103	KK	Georgia Walton	00:16:28	00:19:30	182	Past, Present and Future
104	NN	Jackie Dainton	00:20:05	00:23:23	198	Tilehurst Runs Together
105	M	Angela Allen	00:30:04	00:34:00	236	Zero to Hero Tilehurst Runs Together
106	M	Tina Cannings	00:30:43	00:35:00	257	Zero to Hero Tilehurst Runs Together
107	A	Brian Shave	00:33:20	00:38:58	338	2 Septigenarians & 1 Octigenarian RR
108	NN	Paula Kastrouni	00:22:23	00:30:21	478	Tilehurst Runs Together

Team Results

Place	Team	Name	Penalty	Actual	Predicted	Penalty	Actual	Predicted	Penalty	Actual	Predicted	Penalty	Actual	Predicted	Penalty
1	S	Bunch of Whalleys	31	Renee Whalley	00:15:01	00:15:00	1	David Dibben	00:16:27	00:16:10	17	Ben Fashaw	00:16:11	00:17:00	49
2	O	The Discovery Channel RR Plus	43	Dave Browne	00:16:32	00:16:32	0	Richard King	00:13:03	00:13:38	35	Donna Saunders	00:18:03	00:17:55	8
3	H	The Huskies A RAC	51	Durcan Prior	00:14:20	00:14:10	10	Chloe Horfenden	00:15:37	00:15:50	7	Neil Walker	00:14:54	00:14:20	34
4	X	Three Hot Ladies	52	Liz	00:22:41	00:22:47	6	Ros	00:17:37	00:17:35	2	Tracy	00:18:20	00:19:04	44
5	R	BFR Mustangs	77	Scott Correy	00:14:00	00:15:00	60	Mark George	00:14:51	00:15:00	9	Gary Gibbons	00:17:08	00:17:00	8
6	MM	Fred Bloggs	86	T. Canning	00:20:25	00:20:00	25	Cecilia Cernick	00:24:02	00:25:00	58	T. Canning	00:21:57	00:22:00	13
7	HH	3 Ladies and a Baby!	90	Sarah Holmes	00:14:11	00:14:30	19	Rachel Phillips	00:15:21	00:15:30	9	Charlotte Phillips	00:20:46	00:21:48	62
8	GG	Last Lap Lucy	91	Debbie Forrest	00:16:05	00:16:20	15	Claire Mills	00:16:32	00:16:50	18	Lucy Daniels	00:15:02	00:16:00	58
9	T	Whistling Rufus RR	92	Tom Harrison	00:23:28	00:24:07	39	Colin Cottell	00:16:59	00:17:19	20	John Fenner	00:17:27	00:18:00	33
10	J	Team Six Star	95	Tony Streams	00:16:53	00:16:45	8	Katherine Sergeant	00:15:07	00:15:45	38	Ben Fashaw	00:16:11	00:17:00	49
11	N	iPL Trekers RR	99	Ian Giggs	00:13:32	00:13:45	13	Caroline Jackson	00:17:45	00:18:41	56	Paul Monaghan	00:18:40	00:19:10	30
12	U	The Tortoises	104	Lorraine Bailey	00:24:37	00:23:45	52	Linda Booth	00:22:42	00:22:11	31	John Bailey	00:21:21	00:21:00	21
13	E	Are We Nearly There Yet? RR	114	Ellen Wilders	00:20:17	00:20:00	17	Laura Batten	00:20:37	00:22:00	83	Zoe Browne	00:19:36	00:19:50	14
14	Y	The 3 S's	120	Jane Silvey	00:28:41	00:27:56	45	Melvin Silvey	00:16:39	00:17:00	21	Claire Seymour	00:20:06	00:21:00	54
15	P	Too Hot to Handle RR	123	Caroline Hargreaves	00:21:28	00:22:20	52	Hannah McRhee	00:21:27	00:21:50	23	Alea Walenkovic	00:18:52	00:19:40	48
16	L	The Dream Team RR	137	Morgan Rees	00:14:26	00:15:30	64	Corinne Rees	00:19:25	00:20:01	36	Alex Bennell	00:19:39	00:19:02	37
17	F	The Huskies B RAC	139	Joe Hayes	00:13:57	00:12:50	67	Julie Rayfield	00:15:59	00:15:48	11	Nasrin Prior	00:21:09	00:22:10	61
18	FF	The Last 3 SRC Ladies Stay True	152	Ailsa Loyal	00:17:10	00:18:00	50	Becky Morsley	00:20:53	00:22:00	67	Corinne Callaway	00:19:35	00:19:00	35
19	W	The Fifty Fives	154	Chrissabo-Hemmings	00:18:02	00:17:55	7	Deki Christian	00:18:26	00:18:55	29	Sarah Jones	00:26:57	00:28:55	118
20	G	Nags Legs RR	156	Kathy Tyder	00:23:29	00:24:45	76	Chris Cutting	00:14:43	00:13:51	52	Kate Gumbrell	00:19:34	00:20:02	28
21	JJ	Come Back Queens	163	Belinda Tull	00:16:15	00:17:30	75	Heidi Painting	00:21:27	00:22:00	33	Caroline Stevens	00:17:08	00:18:03	55
22	B	Six Knees RR Plus Guests	171	Patrick Hall	00:19:46	00:21:09	83	David Woolnough	00:19:03	00:19:24	21	Chris Evans	00:18:24	00:19:31	67
23	K	Molra's Friends RR	176	David Head	00:21:08	00:21:46	38	Molra Allen	00:20:35	00:22:00	85	Mike Dimnick	00:19:53	00:19:00	53
24	AA	Whitley Massif	181	Pete the train morris	00:20:07	00:21:30	83	Miriam Coleman	00:18:33	00:18:40	7	Dan Coleman	00:15:51	00:14:20	91
25	LL	Just in Time	183	Royston Cranley	00:17:24	00:17:05	19	Richard Boese	00:21:08	00:22:10	62	Alison Jones	00:19:57	00:17:55	102
26	BB	3 G's	186	Adele graham	00:20:49	00:22:15	86	David Gillard	00:18:53	00:19:54	61	Gill Gillard	00:19:09	00:19:48	39
27	V	Vintage Sandhurst	188	Alison Jones	00:19:12	00:18:35	37	John Barnes	00:21:43	00:24:17	154	Jane Pond	00:24:29	00:25:06	37
28	CC	The Park Plodders	274	Kate Shah	00:22:24	00:24:13	109	Jenny Oakley	00:24:07	00:26:06	119	Emma Crenside	00:23:38	00:24:24	46
29	EE	Scrambled Legs	285	Colin McCaule	00:20:13	00:19:50	23	Sarah Alsford	00:16:37	00:15:29	172	Peter Reilly	00:21:41	00:23:11	90
30	C	Speedy Sexy Snoozy RR	288	Brian Kiroff	00:13:29	00:15:12	103	Sandy Sheppard	00:20:31	00:22:01	90	Jim Kiddie	00:19:15	00:21:00	105
31	Z	A Car Between Two Wights	305	Tom Wright	00:15:37	00:14:20	77	Linda Wright	00:22:27	00:20:30	117	David Caswell	00:19:01	00:17:10	111
32	KK	Past, Present and Future	354	Georgia Walton	00:16:28	00:19:30	182	Tania Harding	00:16:27	00:14:50	97	Tony McReery	00:16:45	00:18:00	75
33	A	2 Septagenarians & 1 Octogenarian RR	413	Roger Pritchard	00:21:05	00:22:00	55	Richard Hamner	00:20:34	00:20:54	20	Brian Shave	00:33:20	00:38:58	338
34	PP	Tilhurst Runs Together 2	457	Emma Doyle	00:18:42	00:20:13	91	Claire Rayner	00:22:05	00:25:02	177	Sarah Morris	00:26:49	00:24:00	169
35	M	Zero to Hero Tilhurst Runs Together	516	Tina Cunnings	00:30:43	00:35:00	257	Angela Allen	00:30:04	00:34:00	236	Lynne Lewis	00:27:18	00:26:55	23
36	NN	Tilhurst Runs Together	834	Jackie Dainton	00:18:43	00:21:21	158	Paula Kastrouni	00:22:23	00:30:21	478	Jackie Dainton	00:20:05	00:23:23	198

Solo Running

Elizabeth Johnson

Being a member of a running club is great. As soon as you join you basically have a ready-made pool of running buddies at your disposal for keeping you company on your runs.

However, there will be that time when you really want to get out there and run but your Whatsapp message is met with a wall of silence. For most of us, the prospect of a solo run is no big deal but I'll admit that, from time to time, it fills me with dread. "How will I stop myself from getting bored?", "What if something happens to me?" are just some of the questions that fill my already addled brain!

With summer beginning to fade and autumn looming ominously on the horizon, the question of running in the dark and safety is also added into the equation. Mostly it's just common sense but here are some tips (plundered from the world wide web and definitely not exhaustive) to make your solo running experiences fun and most importantly safe.....

1. Plan ahead

The simplest thing you can do is tell someone what your plans are. Tell them where you plan to run and when you expect to be back. Consider running loops closer to home rather than a lengthy out and back.

2. Stick to well-trodden paths

Whilst there is nothing better than getting out there and exploring new routes and trails, it's best to save these for group outings. Run in places where you are likely to bump into (not literally, we don't want any injuries) fellow humans or routes that you know well and are comfortable with. If it's dark, well-lit areas are always a plus.

3. Be visible – never assume that you'll be seen

If it's dark, crack out the head torch, lights and reflective clothing. Be sensible about when and where you cross roads, and run on roads facing oncoming traffic. It's less painful in the long run to stop at a designated crossing and pause the watch for a few seconds to cross safely than spending the next six weeks in a plaster cast because you got nudged by a car.

4. Use technology

Take a mobile phone with you. Many smart phones have an ICE function that can be accessed by anyone from your lock screen should the worst happen where you can also capture an emergency contact, important health information, blood group etc. It's also handy if you get lost or into difficulty as, signal permitting, you can hop onto Google maps, call a friend, or order a taxi to get you home. Similarly, contactless payment is a doddle to set up so should you need an emergency snack or drink, you have a means of paying (some Garmins also support contactless payment too).

5. Carry ID

If you're not taking your phone, try to carry some form of ID. Whether it's just your details jotted down on a bit of paper or your parkrun bracelet/band which has your name, ICE and health info on it, something is better than nothing. A small amount of cash is always useful too.

6. Be aware of your surroundings

Try to limit your distractions. If you have to run with music, don't have it too loud or run with only one ear bud in. Cars, especially electric ones, can creep up on you very easily as can cyclists. Look ahead of you and anticipate the movements of others – some people are very good at coming to a dead stop in the middle of a path without warning.

7. Make your run personal

If you are on your own, you have no one else to please but yourself so to make the run personal to you. Use solo runs to practice target paces or to do intervals, hill reps etc.

8. Take a furry friend

No human company, take your dog if you have one and they are not too lazy. Even better if they have Lassie like tendencies and can alert passers-by should something terrible befall you!

9. Be confident

No matter how you are feeling, look confident, strong and happy.

Mount Etna Trail Marathon

Andrew Butler

Having decided with Suzanne that we would go on a Scilly trip this summer, we later spotted there was a Trail Ultramarathon up Mount Etna. This meant changing the dates slightly, but it seemed like a good plan. The build up to the run was slightly tricky as we tried to cram too much running into too few days. This was harder for Suzi having been out injured for 2 and a half months earlier in the year. The key training weekend included on the Saturday a 20-mile training run (including Ian's 500th Parkrun) followed by the hilly, largely off road, Hellfire Half on the Sunday.

The final weekend was a tapering one but still incorporated some trail running work and equipment try-outs (Trail Gaiters being a requirement for Etna).

We'd decided to stay in Taormina with the run being in Linguaglossa; we'd (incorrectly it turned out) assumed that the short distance would be a relatively inexpensive taxi ride on the day, it turned out to be a hugely expensive one instead.

We'd arrived in Taormina a few days before and we had (eventually) figured out that they wanted us to collect our race packs on the Friday; cue a long time planning a journey there via public transport in the Tourist Information centre, then a couple of phone calls to the race organisers, at first being informed we would need to stay in Linguaglossa for the "race briefing", then eventually being told there was no need to go the day before at all, as long as we turned up early enough.

With a very early cab booked, we spent a lot of time on race prep the previous night, giving my feet some serious attention: cutting the tape strips I use to avoid blisters, laying out the exact kit, filling the hydration pack and populating my race vest with all the "required" items of the race organisers and many of the "optional" items, making sure it all fit! A few worries about headtorches, as it specifies "spare batteries" and mine is rechargeable, but I had an old spare so packed that.

We arrived very early in Linguaglossa, over an hour before the race start. Having been told several times they would check our equipment, and of the need to take ID, it was interesting to note they didn't bother with either at all - the worry about headtorches and bandage length/width was unnecessary! They were very friendly and helpful which was great, and gave us a pre-race goodie bag which included a t-shirt, chocolate, biscuits, pesto and a few other bits. We gave it to them to store as we had nowhere else to put it.

Just before the start the local cafe opened, just in time for my (occasional) tradition of a pre-race espresso with lots of sugar. I discussed with Suzi our plans for the race: the ideal aim being to start and finish together.

I was fairly pumped on the start line, and following a briefing (including the important bits in English), some rock songs to get everyone going...we were off!





I'd set up my (new) Garmin device to use "UltraTrac" mode (to make sure it lasted all day) and also downloaded the 52km route to it, which seemed sensible to avoid getting lost, and set it to follow the route.

These choices soon turned out to be poor ones. Garmin decided that it would do pace in kms (I think, still actually not sure) and additionally, was (incorrectly) measuring the distance in kms (more on that later).

Started out with Suzi and all the other competitors, a fairly mixed field from various parts of Europe. The start was all road in Linguaglossa. Pacing was

difficult with the excitement of the start (and I now know the tech issues) but I managed to slow us down to what I felt was reasonable. After the brief road section (which had started to go up!) it was out into fields and vineyards with some tricky obstacles to negotiate; a gate/ hole in a wall meaning we had to wait and later an actual wooden ladder to climb up. This first section was largely easy terrain, but we soon got out into a rock-strewn path with larger rocks mixed with smaller ones that was extremely difficult to actually run (though I got the technique later). There was a first aid station round about here, with water, nuts, coke, little snacks, etc: pretty good. I had remained more or less with Suzi for most of the first section, then it was out into the woods for some actual trail running as most people would understand it. I was feeling pretty strong, so got ahead a bit, mixed in with the trail were some hard "cobblestones" which again were hard to run on.

I came out of the woods, with all of it winding uphill to the 2nd aid station. I picked up some wonderful, delicious fresh watermelon and waited for Suzi (who needed to empty stones out of her shoes), and advised her to have the watermelon also.

Leaving the aid-station it was a short road section then back out into the trails. I began to struggle a little here, the relentless nature of the hilly terrain and various surfaces to run on beginning to take their toll. I reined the pace back in a little; Suzi was feeling stronger and was ahead for much of this section and we were largely managing to "run" it. I think around this point I started taking the shot blocks as well as lots of water. I eventually had recovered and took over ahead, before the brutal scramble more or less straight up through a rocky half-made track to the 3rd aid station. Great supplies again here, nuts, crisps, watermelon, other fruit, water, toast and marmalade, blocks of cheese, etc. I refilled my front water bottle,



waited for Suzi and came back down the track, making sure to call out as it was such a tough climb and you basically couldn't see the top. By that point Suzi was suffering badly from chaffing around her shorts. She asked for medical assistance and Vaseline (in English) and received a (mostly useless) stick on bandage – it fell off five minutes later. Despite having a small medical kit, I regretted not having my Compeed gel stick which would have been handy.

At about 24km (watch already completely inaccurate) we tried to fill up stuff as much as we could, as there was no "official" aid station from there until 36km. We could see on the profile the next section was likely to be fairly brutal, up to the summit.

Leaving the aid station was a little confusing, the markers seemed to have run out, but we found the way down the road a little then off into the woods. This was a hugely mixed path, almost all up, with large rocky sections, some woodland trails, some "cobbles" some of it "runnable", other bits walking pace or a scramble. Vegetation was getting less and less as we got higher and higher, eventually emerging on the volcano. This was actually the peak next to Etna. It was very hard going, and I could only walk but I was still feeling good. Had the occasional break for a picture or two, spoke to some other competitors (with them asking/saying "is this the peak for us?"). Terrain was becoming loose volcanic rock, meaning a huge amount of effort was required to keep plodding forwards. Though my pace was down to a steady plod, I was still overtaking a few other competitors in this section, and was still feeling good... until I saw peak we had yet to climb, again covered in loose gravel, with the way marked route seeming to follow the hardest way up.

Having been crushed by this sight, I stopped by a rock for a "Cliff Bar" type cookie, took on lots more water and another energy cube or two. I couldn't let Suzi face the sight alone, so after a bit began back down the trail to meet up. She said late she was pleased to see my bright orange top! Suzi was also pretty crushed from seeing the route we had to take so I took her to my rock, had a little chat, made her take some energy stuff and we were then both able to keep going.

I was feeling alright again started passing people on this final, hard, gravelly climb.

We eventually reached our "peak" which was along quite a sharp ridge. Thank god: as rumoured, one of the race organisers was there with plenty of water. I made some poor decisions here; it seemed like a hassle so filled my two bottles and drank lots of water, but didn't refill my hydration pack. Normally I can feel with my hand how full it is; because of all the stuff in the race vest I couldn't do this.

Suzi made it up too and was grateful to see the water man. We took several pictures here, a really spectacular volcanic landscape, really moon-like & unusual and Etna was erupting: an amazing place to be doing an Ultra.



We watched a few people on the next section before setting off - it was straight down, running down what I would call volcanic scree (little tiny stones). It was possible, and great fun to run down it, but you needed to lean back a bit, trust in your shoes and go for it, letting gravity do lots of the work so you were running / sliding downwards. After a while I got the technique and was able to speed up and overtake people!

Once at the bottom of this main section of scree, I stopped with "the Spaniard" I'd met on the way up and another lady, took off gaiters, shoes and socks, and emptied everything of stones / dust / ash.

Suzi struggled a little more than me – she found it hard and hated it. We meet up again, Suzi did her socks and shoes, and we were off for a bit more scree running, this time slightly harder as big stones were mixed in with it.

After both emptying our shoes again it was out into the "badlands" section. We were able to run a bit here on and off, as there were dry river beds to cross/climb over. These required scrambling and using trees as support which almost had me on my hands and knees.

Once through there suddenly there was another uphill to do, in the forest and on what would be ski slopes in the winter.

That was very hard and we were both reduced to a slow plod - my quads were more or less gone, and I basically couldn't run uphill any longer. Coming through there there was some debate about my watch since we both desperately needed the next aid station, having run out of water completely. (Over the day I think I drank almost 8 litres). Luckily my Fenix 5 was wrong, meaning the aid station was nearer than it said it

was. Good lesson here: fill up everything when you can, and never rely on the useless "UltraTrac" mode (should be called "UltraCr*p").

Once finally down the dry ski slopes we found the excellent, well-stocked aid station at would normally be the bottom of a ski slope.

Here things got pretty emotional, with Suzi eventually deciding to pull out, as she was suffering from bad chaffing, severely painful cramp, blisters, sore toes and dehydration.

It was hard saying goodbye as the plan had been to finish together. The organisers were nice, initially calling a medic for Suzi. They did take the mick with a little joking around but we'd established there be a way back from there.

There was about nine miles to go, so once I had the restorative power of water, shock blocks, Coke, etc, I was feeling I'd be able to make the end by the cut-off.

I started running again, along the road which felt great, with a quick phone call to check Suzi had bus money in case it was needed.

I was actually feeling really good as the trail started downwards and overtook 10 to 15 competitors on the lovely "normal" woodland trail. It was hard to keep an eye on my pace with the watch all screwy, so I mostly had to run on "feel". After a while the trail turned into cobbles, then a more rocky, stony section. After a very brief stop at the 2nd to last aid station, water was all I needed, there was another wood section (fantastic) which was mostly downhill.

I got back out into the rocks and having refused to run similar sections on the way out, by now and with determination to beat the 15hr 30 minute cut off, I was finding a way.

Eventually the trail became more familiar and I was still passing and catching up with people.

I stopped at the final aid station, filled my bottle with what I though was water (but was either a weird energy drink or salts), had a few nuts and I was off. At this point (needing to know how much running was left) it was very hard mentally and impossible to "pace" correctly since the watch was indicating complete nonsense - I'd probably run more than the route having gone back down the trail a few times to meet Suzi, and the watch was way under the actual kilometre count.

A local man in a pick-up truck seemed very angry with me as I came under a bridge and I largely ignored his Italian shouting, seeing him again later as I came into Linguaglossa and he beeped me.

By now I knew I was near the finish and able to pick up the pace for a while. The very end was hard, with a choice of a busy road or similarly busy pavement, and I had to shout at a few people who though encouraging me needed to get out the way.

I came over the line with the crowd cheering and Suzi there to take my picture (having been taken down in a private car in the end). I was hot, dusty, dehydrated and exhausted, but delighted to finish having been out for 12 hours and 26 minutes. The medal and reception were fantastic, but overall it was such a hard day.

Perhaps the final word to 'the Spaniard' (who left the race at 32km):

"I've down ultras before, but this: this is something else".



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>*

Recovery run, or a recovery something else?

A recovery run has no training focus (like improving speed or endurance) its sole purpose is to speed up recovery from longer or more intense training sessions. By getting your muscles warm with exercise, your legs moving and increasing circulation, the theory is that this clears by products from your muscles and reduces muscle soreness.

A recovery run should be run at an easy pace. This means you should be around 50% of your maximum effort, and 50% of your maximum heart rate. It should feel weirdly easy. If you were running with someone alongside you, you'd be able to have a full-on conversation with them without interruptions for breathing. It may involve walking up the hills, that's allowed to keep in that 50% effort zone. The top mistake many runners make it to run their recovery runs too fast, negating the recovery impact they were looking for.

It's important to know that 50% effort will change according to terrain, weather, how tired you are from previous runs, what you've eaten recently, how much sleep you've had, how fit you are, etc. So, try to get in tune with the effort level as it feels to you, not just focussing on the same recovery run pace stats all the time.

The recovery run should also be pretty short, definitely one of the shortest runs you do in a week. You should return home feeling refreshed and energised and not like it's taxed your body at all.

I personally like going off road for a recovery run too, a more forgiving surface of grass or springy woodland trail is ideal as it reduces the forces on your joints. Some people even go without the GPS watches on recovery runs, but this is quite personal as it depends how in tune you are with your 50% effort pace.

To get similar benefits to the recovery run, however, I'm a great believer in doing a recovery "something else" instead. The biggest factor in running injuries is the high impact nature of the sport, and recovery runs are still high impact. You can get the same recovery benefits by doing something else that compliments your running training; here are some ideas;

- Swimming for core strength, glute engagement and flexibility
- Cycling for leg strength
- Walking to stretch out the legs
- Cross trainer/elliptical trainer at the gym to practice good form
- Yoga for balance, strength and flexibility
- Pilates for core strength and control

Whatever exercise you choose the same rules still apply about 50% effort and heart rate and a short duration. Getting out for a recovery "something else" can give you the same recover benefits, whilst working on areas that will improve your running and also reduces the impact on the bones and joints too. So, it's worth considering!

Remember each run in your training plan should have a specific focus, be it recovery, the long run to build endurance, a particular speed session. If you find yourself running at a similar pace in most of your runs consider re visiting your training plans or getting a coach to help you come up with a training structure that gives you more bang for your buck!

Roadrunners' Race Results

David Dibben

After its month's annual leave, our mag returns with a bumper list of results. But I'm sure there could be a lot more!

I'm finding it more and more difficult to collate this data because members seem increasingly loathe to share. It's a sign of the times that runners prefer to announce results on their personal social media pages accessible only to a select group of chums.

Some of the stuff below was sourced only after third-hand tip-offs from Strava feeds.

Please remember that there's a huge amount of reflected glory washing around in this club. Roadrunners get a lot of pleasure from seeing other Green Vests do well!

And we're disappointed if we miss the chance to praise our team-mates. We all want to know when a colleague has the honour to be selected to wear an England vest. So please share the joy... we're delighted for you, Alex Harris!

Never forget that the surest to spread the goodwill is to mail your details to results@readingroadrunners.org.

July 7th

Burford Bolt 10k

Pos	Name	Chip
2	Marcus Fletcher	39.26
5	Chris Burt	40.51
6	Callum Pratt	40.58
17	Andrew Butler	46.55
24	Katherine Sargeant (3rd lady)	48.09
26	David Caswell	48.49
28	David Fiddes	49.24
29	Paul Billing	49.27
33	Tony Streams	50.50
36	Bryan Curtayne	51.17
37	David Walkley	51.20
48	Joe Blair (1st M60)	53.33
54	Peter Reilly	54.37
60	Nora Holford	56.45
75	Clive Bate	59.40
76	Chris Manton	59.49
77	Andy Atkinson	1:00.39
81	Jim Kiddie (1st M70)	1:01.55
92	Stephanie Smith	1:05.52
101	Kerry Eastwood	1:09.36
108	Hannah McPhee	1:13.30
111	Caroline Hargreaves	1:13.57
117	Liz Atkinson	1:16.57
122	Linda Wright	1:18.52
123	Julie Wing	1:33.53
124	Gill Manton	1:38.05
125	Suzanne Bate	1:38.05

Didcot 5

Pos	Name	Chip
15	Brian Kirsopp (2nd M50)	29.23 PB
75	Graham Tull (2nd M60)	35.24

Tadley 10k

Pos	Name	Chip
38	Dan Coleman	46.53

52	Pete Morris	49.14
95	Miriam Coleman	55.34

Barnstaple 10k

Pos	Name	Chip
6	Ben Whalley	38.43
81	Sam Whalley	

Leamington Spa Half Marathon

Pos	Name	Chip
1253	Jenny Boxwell	2:14.55 PB

Moreton Marathon

Pos	Name	Chip
100	Paul Monaghan	6:15.45
101	Caroline Jackson	6:15.45
122	Martin Bush	6:39.11

July 9th

Vets AC Summer Series 5k

Pos	Name	Chip
27	Helen Pool (3rd lady)	19.45 PB
59	Richard Hammerson (3rd M75)	27.28
70	Brian Shave (2nd V85)	43.47

July 11th

Dinton Pastures Summer Series 5k (Race 3)

Pos	Name	Chip
30	Sally Carpenter	23.30
33	Agnieszka Walenklewicz	23.33
35	David Dibben (1st M70)	23.36
43	Pete Morris (3rd M60)	24.17
50	Tracy Jenkins	25.10
65	Rachel Helsby	26.29
68	Catherine Leather	27.00
87	Roger Pritchard (2nd M70)	28.49
106	Sandy Sheppard (3rd F60)	29.29
108	Nick Adley	29.32
117	Caroline Hargreaves	30.03
118	Elizabeth Dentenon	30.02
125	Hannah McPhee	30.58
167	Sarah Richmond-De'voy	34.38
168	Annette Russell	34.38

188	Jenny Vertigan	36.44
203	Gill Manton	38.44
205	Suzanne Bate	38.44

Dinton Pastures Summer Series 10k (Race 3)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Brian Kirsopp (2nd M50)	38.43
8	Matthew Davies	38.52
13	Richard Hallam-Baker (1st M40)	40.02
16	David Brett	40.53 PB
20	Michael Hibberd	41.20
22	Ian Giggs	41.36
25	Robert Cannings	41.58
31	Daniel Whittaker	43.12
32	Sam Hammond	43.20
34	Erica Key (1st lady)	43.26
36	Sarah Dooley (2nd lady)	44.06
46	David Caswell	45.16
53	Stuart Bradburn	46.20
88	Tracey Hicks	50.15
109	Jean-Yves Bourges	51.18
113	Vroni Royle	52.16 PB
160	Aisha Applewhaite	56.25
162	Diane Hodder	56.32
196	Clive Bate	59.46
206	Katie Macauley	1:00.36
231	Elizabeth Fleming	1:04.03

July 13thRace To The Stones (100k overnight)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
555	Keith Rumboldt	22:49.09

July 14thSevenoaks 7

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
68	Ian Giggs	49.18

Wycombe Hell-Fire Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
51	Mark Andrew	1:36.56
67	Colin Cottell	1:39.15
109	Fergal Donnelly	1:43.35
121	Ben Fasham	1:45.19
163	Andrew Butler	1:49.40
173	Bryan Curtayne	1:50.32
568	Julie Wing	3:10.10

Wycombe Hell-Fire 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
50	Peter Rennie	49.38
51	Lesley Whiley (2nd F50)	49.49
60	Katie Rennie	50.48
178	Hilary Rennie	1:01.00
329	Caroline Hargreaves	1:10.39
432	Stephen Wing	1:38.15

Snowdonia Trail Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
221	Brian Kirsopp	5:59.33
308	David Walkley	6:23.55
604	Pete Morris	8:42.56
605	Elizabeth Detenon	8:42.57

Snowdonia Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
602	Tina Woffington	3:59.40
603	Catherine Leather	3:59.40
611	Jennifer Holmes	4:02.15
639	Sara Lopez	4:16.13
640	Alice Carpenter	4:16.14
670	Kerry Eastwood	4:36.11
685	Kathy Tytler	4:49.32
707	Trisha Arnold	5:25.56

Vets Track and Field League, Match 4W35 Shot Putt

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
5	Gill Manton	5.79m

W50 Shot Putt

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
4	Adele Graham	6.02m

W35 Discus

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
1	Gill Manton	16.10m

W50 Discus

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
7	Adele Graham	13.07m PB

W50 800metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	Tracy Jenkins	3.10.2

W35A 200metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
6	Fiona Ross	35.3 PB

W50 200metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	Adele Graham	36.6

W50 Triple Jump

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
4	Adele Graham	5.77m

W35A 5000metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Helen Pool	19.57.7 PB

W35B 5000metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	Claire Seymour	23.56.0

W50 5000metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Katherine Sergeant	19.37.6 PB

Women's 4 x 200m Relay

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
5	Roadrunners (Hannah McPhee, Tracy Jenkins, Adele Graham, Fiona Ross)	2.38.5

M50 Discus

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
6	Brian Grieves	10.16m

M35A 800metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
5	Tony Page	2.27.8

M35B 800metres

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
4	David Fiddes	2.42.6

M50 800metres

Pos	Name	Gun
5	Alan Freer	2.51.3

M60 800metres

Pos	Name	Gun
2	Nigel Hoult	2.47.9

M50 Triple Jump

Pos	Name	Dist
3	Mark Andrew	8.74m

M35A 200metres

Pos	Name	Gun
8	Chris Manton	31.7

M35B 200metres

Pos	Name	Gun
5	John Fenner	29.7

M50 200metres

Pos	Name	Gun
6	David Fiddes	31.2

M35 Javelin

Pos	Name	Dist
7	Alan Freer	14.70m

M50 Javelin

Pos	Name	Dist
5	David Fiddes	15.77m

M60 Javelin

Pos	Name	Dist
7	Nigel Hoult	11.00m

M35A 3000metres

Pos	Name	Gun
2	Mark Worringham	9.22.5

M35B 3000metres

Pos	Name	Gun
3	Lance Nortcliff	10.00.8

M50 3000metres

Pos	Name	Gun
5	Tony Streams	12.23.6

M60 3000metres

Pos	Name	Gun
2	Alan Freer	12.22.9

Men's 4 x 200m Relay

Pos	Name	Gun
7	Roadrunners (Tony Page, Brian Grieves, Tony Streams, Mark Worringham)	2.16.3

Vets League Non-scoring performancesWomen's Shot Putt

Pos	Name	Dist
-	Hannah McPhee	3.99m

Women's Discus

Pos	Name	Dist
-	Hannah McPhee	6.90m

Men's 800metres

Pos	Name	Gun
-	Mark Worringham	2.22.0

Men's 3000metres

Pos	Name	Gun
-	Tony Page	11.12.00

Men's 200metres

Pos	Name	Gun
-	Brian Grieves	37.00

Women's 2000metres walk

Pos	Name	Gun
-	Gill Manton	15.58.2

July 20thBMC Grand Prix 5,000metres

Pos	Name	Gun
9	Jack Gregory	15:20.95

July 21stCaterham 10k

Pos	Name	Chip
7	Lance Nortcliff (3rd M45)	36.28
28	Helen Pool (1st F45)	42.49
80	Claire Seymour	52.52

Elmbridge 10k

Pos	Name	Chip
45	Ryan Faulkner	36.38
59	Chris Buley	37.32 PB
86	Gemma Buley	39.07
288	Agnieszka Walenkiewicz	48.21

July 27thBristol & West AC Open 5,000metres

Pos	Name	Chip
3	Mark Worringham	15:29.74

July 28thUp Tow Down Flow Half Marathon

Pos	Name	Chip
8	David Ferguson	1:23.33
12	Alex Harris (1st M50)	1:27.24
37	Fergal Donnelly	1:33.23
64	David Caswell	1:37.17
95	Dan Coleman	1:40.22
147	Dean Allaway	1:46.35
164	Caroline Jackson	1:48.03
224	Paul Monaghan	1:53.25
237	Pete Morris	1:55.01
292	Alex Bennell	1:59.11
378	Miriam Coleman	2:09.10
386	Corinne Rees	2:09.44
475	Caroline Hargreaves	2:18.00
524	Hannah McPhee	2:26.01 PB

Isle of Wight St George's 10

Pos	Name	Chip
4	Brendan Morris	1:01.49

July 29thSelf Transcendence 5k

Pos	Name	Chip
1	Rob Corney	15.05
49	Chris Buley	17.32 PB
73	Gemma Buley	18.29 PB

August 3rdRound Reading Ultra Marathon (50k)

Pos	Name	Chip
9	Jamie Smith	4:12.27
51	Calum Baugh	5:31.40
74	Paul Monaghan	5:58.31

75	Caroline Baugh	5:58.31
77	Andrew Butler	6:01.00
81	Joanne Sollesse	6:05.45
109	Pete Morris	6:57.38
119	Kathy Tytler	7:25.07
122	Kerry Eastwood	7:39.52
128	Cecilia Csemiczky	9:41.58

North Downs Way 100 (102.9m)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
171	Noora Eresmaa	17:08
183	Christina Calderon	17:17

August 4thBarry Island 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
46	Brian Kirsopp (2nd M55)	37.47

St Albans 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
465	Julie Wing	1:17.28
474	Stephen Wing	1:26.59

Harting 10 (MT)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
20	Fergal Donnelly	1:11.50
68	Helen Pool (2nd F40)	1:23.11
70	Lesley Whiley (2nd F50)	1:23.18

August 5thSelf Transcendence 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
33	Chris Burt	17:00 PB

August 7thYateley 10k (Race 3)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	David McCoy (Snr)	35.16
9	Brendan Morris	35.29
19	Lance Nortcliff	37.01
34	Darren Lewis	38.26
79	Ian Giggs	41.57
87	Nigel Houlit	42.48
215	Kevin Jones	47.17
378	Claire Seymour	51.34
380	Alex Bennell	51.32
414	Gill Gillard (3rd F55)	52.55
565	Nick Adley	58.23
618	Adele Graham	1:00.05
749	Justin Watkins	1:08.29

August 8thDinton Summer Series 10k (Race 4)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Richard Hallam-Baker	40.50
14	David Brett	41.12
19	Ryan Faulkner	42.07
20	Ian Giggs	42.25
23	Robert Cannings	43.21
26	Daniel Whittaker	43.43
27	Nikki Gray (2nd lady)	43.42
30	Erica Key (1st F40)	44.02
34	Jane Copland (pacer)	44.47
43	David Caswell	45.41
47	Richard Charley	46.05

48	Tony Long	46.23
81	Tracey Hicks	51.12
113	Jean-Yves Bourges	53.55
184	Katie Macaulay	1:02.17
198	Elizabeth Fleming	1:03.40

Series awards:

Ladies: 1st Erica Key 2nd Tracey Hicks.

M40: 1st Richard Hallam-Baker.

M50: 1st David Caswell.

Dinton Summer Series 5k (Race 4)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Matt Davies	18.04
4	Daniel Lynch	18.49
10	Ed Dodwell (1st M60)	20.26
27	Nick Adley	23.20
28	Chris Barkus	23.21
32	Swinda Falenka	23.27
33	Pete Morris	23.31
35	Agnieszka Walenkiewicz	23.29
41	David Dibben (1st M70)	24.16
43	Sally Carpenter	24.22
52	Vroni Royle	25.35
60	Catherine Leather	26.30
102	Sandy Sheppard	29.53
108	Hannah McPhee	30.25
126	Keith Russell	32.21
149	Sarah Richmond-De'voy	34.35
150	Annette Russell	34.35
209	Gill Manton	40.34

Series award: F50: 1st Catherine Leather**August 10th**Pride 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
701	Elizabeth Detenon	59.12
703	Pete Morris	59.14

August 11thBurnham Beeches 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Chris Lucas	35.34
3	Chris Burt	35.49 PB
6	Chris Buley	37.41
7	Brian Kirsopp (1st M55)	37.58
11	Ben Whalley (1st M45)	39.05
12	Gemma Buley (1st lady)	39.13
21	Tony Page	40.21
22	Katherine Sargeant (1st F50)	40.46
25	Laura Peatey	41.23
34	Helen Pool (1st F45)	42.33
36	Jonathan Ridley	42.34 PB
41	Alan Freer	43.02
42	Tony Streams	43.09 PB
49	David Caswell	44.09
56	Derek Cheng	44.51 PB
57	Ben Fasham	44.55 PB
74	Joe Blair	46.42
77	Robin Lomax	46.58
80	David Dibben (1st M70)	47.12
105	Nick Adley	49.34

126	Sam Whalley	51.08
162	Miriam Coleman	53.26 PB
172	Andy Atkinson	54.12
195	Jim Kiddie	55.21
202	Gary Clarke	55.50 PB
207	Catherine Leather	55.56
280	Clive Bate	58.43
338	Sandy Sheppard	1:01.16
501	Liz Atkinson	1:11.38
502	Veronica Andrew	1:11.39

Burnham Beeches Half Marathon

Pos	Name	Chip
52	Sarah Dooley	1:33.14 PB
180	Carmen Fuentes-Vilchez	1:48.04 PB
193	Susan Knight	1:49.10
220	Daniel Coleman	1:51.14
350	Colin McCarlie	2:00.58
412	Tracey Hicks	2:06.42
569	Cecilia Csemiczky (1st F70)	2:35.38
584	Laura Chandler	2:39.08

Stopsley 10

Pos	Name	Chip
7	Fergal Donnelly	1:11.14

Salisbury 54321 50k

Pos	Name	Chip
270	Lorraine Bailey	8:54.36
271	Linda Booth	8:54.35
273	Estelle Chase	8:54.36
274	John Bailey	8:55.59

Salisbury 54321 42k

Pos	Name	Chip
144	Sarah Richmond De'voy	5:48.58
202	Julie Wing	7:44.24

Salisbury 54321 33k

Pos	Name	Chip
135	Julia Molyneux	5:18.19
153	Peter Higgs	6:18.12
154	Suzanne Bate	6:18.13
162	Stephen Wing	6:36.41

Salisbury 54321 21k

Pos	Name	Chip
223	Linda Wright	3:28.39

August 17thCompton 20

Pos	Name	Chip
22	Katherine Sargeant (1st F50)	2:58.29
24	Tony Streams	2:58.34
30	Graham Tull (2nd M60)	3:00.23
47	Dan Brock	3:07.23
56	Sarah Dooley	3:14.56
60	Liz Jones	3:19.36
91	Sam Whalley	3:46.02
132	Pete Morris	4:24.22

Race The Train Dolgoch (5.5m)

Pos	Name	Chip
123	Paul Young	1:02.21

Race The Train Quarry (10k)

Pos	Name	Chip
102	Mel Silvey	57.07
210	Tina Woffington	1:05.57
399	Linda Wright	1:34.35

Race The Train Rotary (14m)

Pos	Name	Chip
2	Rob Corney	1:22.33
578	Peter Reilly	2:41.29

South Downs Midnight Marathon

Pos	Name	Chip
70	Andrew Butler	5:05.28

August 18thHenfield Half Marathon

Pos	Name	Chip
9	Fergal Donnelly	1:32.34

August 21thBeeches 5k

Pos	Name	Chip
7	Brian Kirsopp	19.15
80	Sandy Sheppard	30.35

August 24thRidgeway Challenge 86 miles

Pos	Name	Gun
31	Ashley Middlewick	21:35.59

August 25thHeadington 5

Pos	Name	Chip
6	David McCoy (Snr)	28.14
12	Lance Nortcliff (2nd M40)	29.25
66	Ian Giggs	33.29
71	Alan Freer (2nd M60)	33.58
80	David Caswell	34.20
105	David Fiddes	35.40
107	Graham Tull	35.33
137	David Dibben (1st M70)	37.24
147	Brian Fennelly	37.35
151	Joe Blair	38.03
169	David Walkley	39.01
174	Tom Wright	38.54
230	Claire Seymour	41.43
234	Stephen Dellow	42.16
235	Peter Reilly	42.10
250	Andy Atkinson	43.00
270	Alex Bennell	43.52
275	Jim Kiddie	44.01
280	Gary Clarke	44.12
305	Clive Bate	46.01
372	Heather Bowley	51.47
381	Suzanne Bate	52.56
385	Liz Atkinson	53.44
429	Julie Wing	1:01.43
436	Jill Dibben	1:08.03
438	Stephen Wing	1:10.25
439	Gill Manton	1:11.29

Englefield 10k

Pos	Name	Chip
7	Richard Hallam-Baker	45.05

15	Ed Dodwell (1st M60)	47.12	747	Ian McGuinness	1:46.58 PB
42	Lesley Whiley (3rd lady)	53.54	786	Huw Wright	1:48.45
71	Nick Adley	59.34	804	Derek Cheng	1:49.47 PB
209	Rita Dykes (2nd F70)	1:18.41	813	Agnieszka Faulkner	1:49.55
225	Andrea Marnoch	1:21.04	939	Matthew Brown	1:54.07
243	Linda Wright	1:25.52	966	Angela Burley	1:55.07
262	Kerry Eastwood	1:35.45	1014	Alex Bennell	1:57.06 PB
263	Peter Higgs	1:35.54	1020	Claire Seymour	1:57.02
265	Trisha Arnold	1:38.16	1088	Hilary Rennie	1:59.07 PB

North Ayrshire 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
51	Helen Pool	43.30	1117	Catherine Leather	2:01.09
			1300	Shweta Saikumar	2:12.22
			1380	Stephanie Smith	2:17.05
			1405	Nick Adley	2:18.28
			1464	Anthony Eastaway	2:28.08
			1513	Linda Wright	2:35.48
			1553	Kerri French	2:53.45
			1558	Julie Wing	2:58.36

September 1stMaidenhead Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Rob Corney	1:07.53
30	Sibrand Rinzeema	1:14.32
35	Seb Briggs	1:15.05
51	Chris Lucas	1:16.11 PB
60	David McCoy (Snr)	1:17.08
66	Marcus Fletcher	1:17.45 PB
72	Matt Davies	1:18.00 PB
78	Jamie Smith	1:18.07
98	Ryan Faulkner	1:20.00
109	Alex Harris	1:20.51 PB
160	Gary Tuttle	1:23.11
170	Chris Buley	1:24.06 PB
185	Lance Nortcliff	1:23.45
207	Caroline Hoskins (1st F50)	1:26.19
248	Brian Kirsopp	1:27.42
253	Katherine Sargeant	1:27.54 PB
342	Erica Key	1:31.48
350	Sarah Dooley	1:32.05 PB
352	Nigel Hoult	1:32.29
369	Tony Streams	1:33.20
407	Ian Giggs	1:34.42
410	Clive Alderson	1:34.53
432	Jonathan Ridley	1:35.29 PB
487	Ben Fasham	1:37.54 PB
509	Peter Rennie	1:38.39 PB
538	Tracey Lasan (2nd F60)	1:39.33
555	Magda Bennett	1:39.05
659	Swinda Falkena	1:43.43
680	David Clay	1:45.12
701	Kevin Jones	1:46.14
703	Liz Johnson	1:45.17 PB
716	Katie Rennie	1:46.32

Andover Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
11	Fergal Donnelly	1:39.33

Season's BestsLadies

5k	Gemma Buley	18.29
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
Marathon	Gemma Buley	2:59.09

Men

5k	Rob Corney	15.05
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
Marathon	Rob Corney	2:19.13

Improvers' League

<i>Dist</i>	<i>Name</i>	<i>PB Margin</i>
HM	Hannah McPhee	-26.17
10k	Miriam Coleman	-2.46
5m	Brian Kirsopp	-0.47
5k	Chris Burt	-0.25

Committee Minutes

September

Tuesday 3rd September 2019 – 7.30pm

THE COMMITTEE

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

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

APOLOGIES FOR ABSENCE

Paul

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

XC Championship rules. The Committee agreed a revision to the XC Championship rules to clarify how race cancellations affect the scoring mechanism. The new rules will be posted on the Club website.

CHAIRMAN'S REPORT

Social calendar. Phil thanked Liz for the efforts she has made to get the social calendar off to a great start, including introducing online booking.

Results service. Phil remarked on the positive response to the recent introduction of an improvers section to the Club results service and thanked Dave Dibben for implementing the initiative. Claire and Mark Worringham have been working on a further extension of the service to implement Club records in vet age categories, which should be launched later this year. Phil noted that both initiatives promote the Club's inclusivity ethos.

Welfare. Phil received three expressions of interest from lady members regarding the new Club post of Female Welfare Officer. The Committee voted unanimously in favour of the position being offered to Nicola Gillard. Phil thanked the other candidates for putting their names forward, and congratulated Nikki on her appointment.

Nikki joins Tom Harrison to offer welfare support to Club members, all of whom may approach either Welfare Officer as they choose, regardless of gender.

In addition, members are free to contact Alexa Duckworth-Briggs, the Club's Mental Health Champion.

SEAA Road Relays. Phil wished well the teams heading for this year's SEAA Road Relays in their bid to qualify for the National Championships and remarked that this is probably the largest and strongest team the Club has fielded at this event.

TREASURER'S REPORT

Jill has circulated completed accounts for July and August to the Committee, reporting that recent social events incurred small losses.

Jill is finally in receipt of a debit card for the Club accounts.

Jill reported that Gavin Rennie intends to step down from his role as account auditor. Phil expressed his thanks to Gavin for the many years of service he has given the Club in this role.

GENERAL SECRETARY'S REPORT

Car parking. Bob attended another inconclusive meeting with Reading Sports & Leisure in July, along with representatives of the other clubs based at Palmer Park. RSL's intention is to impose car parking charges from some time in October. We have been advised that the first three hours will be free of charge with a cost of 50pph thereafter. However, the document enabling this change states two hours, which barely covers a track session.

No information is available on the technology to be used so it is impossible to predict the impact of 120+ members arriving at the stadium in the space of 20 minutes. All that we know is that it will not be ANPR.

Outsourcing stadium operations. The same meeting advised that RSL's facilities management contractor will be selected during September and will start work in January. (There have been several previous forecasts.)

RSL advised that construction of a 25m pool at the site has been approved. It will be located to the right of the existing building as you approach it. The car park will be completely re-designed and should make more spaces available.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that five new members joined during July and a further seven during August.

SOCIAL SECRETARY'S REPORT

Recent events. Liz reported that both the recent social events, Ascot race day and Dragon Boat racing, were well attended and were well received.

Upcoming events. Liz looks forward to the Summer Do being equally successful at the Magpie & Parrott on 6th Sept, and particularly wanted to thank Fiona and Claire for their help with organising the event.

A brewery trip is scheduled for 14th Sept and will be pay on the door.

The Christmas Party will be held on 7th Dec at a new venue for the Club: The University of Reading. Alice has been researching venues and is impressed with the location and menu (buffet).

Finally, Alice Kerr has been looking into staging another karaoke event, yet to be confirmed.

COACHING REPORT

Vroni presented the coaching report on behalf of Katie.

Katie reports having received good feedback on the new format for track announcements and for better visibility of coaches' training plans and objectives.

As part of her overhaul of the Club's coaching provision, Katie is keen to take feedback from a wide cross-section of the membership. To that end, she is holding a series of "Athlete Reviews": short meetings in which members can express their feedback and/or ideas on improving the coaching provision. The next one will be held on 16th Oct at the track 20:00-20:30. Members who have yet to express their opinions are encouraged to attend or to email Katie at coach@readingroadrunners.org.

Coaches' qualifications.

The next local courses to achieve the status of Leader in Running Fitness (LiRF) will be held in October and January. It is envisaged that the Club will send six aspiring coaches to each of these events.

ANY OTHER BUSINESS

Nothing to report.

DOOR ROTA

4 th Sept	Anne, Shirley	25 th Sept	Anne, Claire
11 th Sept	Anne, Janice	2 nd Oct	Anne, Liz
18 th Sept	Anne, Shirley	9 th Oct	Anne, Shirley

NEXT MEETING

8th October 2019

CONTACT:

Chairman, Phil: chairman@readingroadrunners.org

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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