

# NEWSLETTER: OCT 2019



## BULEY BANISHES DEMONS

Due to the delayed publication, we are fortunate to be able to squeeze in good news from Abingdon marathon, where the other Buley, Chris, came back and set the record straight. Other PBs reported from south Oxfordshire include Wayne Farrugia and Erica Key.



## Editor's Note

### Peter Cave

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Apologies this month for the delayed publication. Those that know me know my actual job can be somewhat taxing and can take impact on my social life to quite an extent. This week, as I'm sure you've seen in the news, has had some high-profile events included in it.

The delay has meant that some more superb running has happened, with Brendan Morris making his own set of deep footprints for others to follow in. Similarly, coach Vroni has practised what she preaches and has smashed nearly all of her own PBs this year. As I write this I see reporting from Abingdon and New Zealand, more best times being smashed.

What a club to be a part of.

As ever, a plea for more articles. I know there are some great writers amongst you and some great stories worth sharing. I've spoken before about wanting articles from people that have used running to benefit them, whether it's their physical or mental health, the social life, their confidence... I'd love to hear from you. I ran it briefly, but if you have any great recipes for runner-friendly food, please send them in!

The newsletter is only as good as its contributors. I just copy and paste. And occasionally change something on Phil's page.

*[newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org)*

## Chairman Chat

### Phil Roy

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*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*

#### **Unity - the state of being united or joined as a whole.**

Unity is the word I'm using to express how I've consistently felt about the club this past month. I was saddened to learn of David Stares passing. David had been a member of the club for 29 years and we've received numerous messages of stories and affection. The lap of honour at track was impeccable and a fitting tribute.

There was a huge turnout of club members at our flagship Autumn event, Mortimer 10K. Thank you to all the volunteers and the local community who work tirelessly for months beforehand and on the day to make this event happen. Thanks also to our sponsors Six Star Running & Fitness and to Barnes Fitness for providing the lead car. Together we raised £1,000 for our club charity First Days.

I was thrilled to learn that we'd sent our largest ever squad to the prestigious SEAA relays at Crystal Palace. No one has done more to raise our profile at this event than Mark Worringham – just six years ago we were finding it a challenge to get one team of six together, and here we are now with 30 green vests representing the club.

Our squad achieved its highest ever placing - a DQ due to an administrative error with the registration system could not over shadow the camaraderie and sense that this is a club on the up. Well done everyone. We'll be back next year stronger than ever.

Our Club Championships are reaching their conclusion following races at Swallowfield 10K and Basingstoke Half Marathon. The former was the final event under the now previous organisers – we are in very early discussions to understand the viability of Reading Roadrunners taking on the management of this event in the future. Meanwhile there is still pride and places to run for in the final two races of our club championship at the Ricky Road and Mapledurham 10 mile races.

When I first joined the club in 2010, there was one person who welcomed me and took me through my induction. He's done the same to hundreds of people who've come through the doors at Palmer Park and has had such a big impact on our club and the running community of the town. I was disappointed to learn that Roger Pritchard will be stepping down as a coach after over 30 years. Roger will still be around the club and I for one will be go to him for words of wisdom on occasions. Thank you for everything you've done coaching for Reading Roadrunners.

Katie has been running open forums to gather feedback from members with regards to coaching. Using the outcome of these forums, listening to feedback from other coaches, and liaising with England Athletics she has developed a plan to make further improvements to what we offer our members. Part of the plan was a call for 12 new volunteers to take their Leaders in Running Fitness course and I was pleased to learn that all the places were quickly taken. Investment in coaching is important to me – we're executing to a plan and I look forward to seeing new coaches putting their new skills into practice.

The Cross Country season has started and already we've experienced larger overall turnouts and a significant increase in the number of women running in the events - long may both those trends continue. We'll host our TVXC League fixture on 22 December – if you'd like to volunteer it's a great way to meet new people, please contact [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

And finally... I know it feels early to mention Christmas, but I've already got my ticket for our club Christmas Party which will take place on Saturday 7 December at Park House, Reading University. Please contact Liz Johnson at [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org) for ticket details. I hope to see many of you there.

## 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*

It appears we are in the thick of marathon season. I got mine out of the way in mid-September, so I'm free to do a lot of XC, and hope to be able to enjoy some post-marathon fitness. I'm sure I will be reminded of this next time I am wheezing around a muddy field.

For me, one of the best things about XC races is that I don't have to worry about my times. Pace is irrelevant, because the courses can vary so much from mile to mile. Instead, there can be personal battles, to get up a hill or speed up towards the end. The whole point is to get past as many people (of your sex) as you can. What do points make? Well, points, but you want to have as low a number as possible.

A few weeks ago, while I was scanning barcodes at parkrun, a club member handed me their finish token, and said, 'I don't scan. It's no fun seeing that you weren't where you used to be.' This resonated with me because, 1) people who don't scan, grr, make the results look untidy (I long for a week without unknowns), and 2) I knew what she meant, currently being slower than I was a few years ago, along with the rest of my household. The thing is, for every year we are trying to get faster, we are also getting a year older. For some, that's good. One day they will hit their peak. But for others, how depressing is it when your PBs have cobwebs? So, what can we do? Well, for a start, we can be realistic about our expectations. We can't hope to run the times we ran when we trained better/harder/smarter, weighed less, or had a different job or home situation. We can perhaps instead aim to run times that are our best this year, or this season, and we can stop comparing ourselves along the same routes and races all the time, to focus on getting better at running hills, or running off road, or just enjoy the fact that we can run.

You all seem to have been running a lot. Among the marathoners, **Sarah Dooley**, **Hilary Rennie** and **Katie Rennie** all achieved PBs in Berlin, **Katherine Sargeant** was 1st F50 in Moscow, and **Mary Janssen** was 2nd F50 in the tough Farnham Pilgrim. **Liz Johnson** was initially disappointed with her time in Berlin, until she remembered that she wasn't even a runner a couple of years ago, and has now run three sub 4-hour marathons in the space of a year. Nothing to be sad about there!

**Claire Marks** was 3rd F50 in the Half Marathon version of the Pilgrim, which **Nicki Randall** also ran. Nicki is a huge fan of trail running, and surely it won't be long before we see her getting a trail marathon under her belt. **Liz Detenon** picked up a PB at the Robin Hood Half, which **Jeanette Allcock** also ran. Jeanette did not have the best race, but ground it out to get round, and is back training at the track already. In the Harwell Half, **Chantal Percival** was 1st female, and **Lesley Whiley** was 2nd F50, while **Rachel Helsby** PBd at Cardiff Half Marathon, **Shweta Saikumar** got a PB in Portland, Oregon, and **Miriam Coleman** got under 2 hours with a PB at Bournemouth. Well done to you all.

In the 10k at Swallowfield, **Sarah Dooley** was 2nd female, and there were PBs for **Noora Eresmaa**, **Stephanie Smith**, **Helen Dixon** and **Suzanne Bate**. **Rita Dykes** was 3rd F65, coming in at 59.05 - wow! Stephanie's sister, **Sarah Bate**, predicts that Stephanie will soon be finishing ahead of her. **Charlotte Gleadhill** set a PB in the Windsor Women's 10k, where there was also a fourth place for **Gemma Buley**. In the O2O 10k, **Lesley Whiley** was first F50. In the Mortimer 10k, **Melanie Shaw** was 2nd female, and got a PB, **Mary Janssen** was 1st F50, and there were also PBs for **Claire Raynor**, smashing a PB that had stood since 2012, **Miriam Coleman**, that must be about five 10k PBs this year, and **Jill Dibben**. What an inspiration - I hope I am still setting PBs in twenty years' time.



On the track, **Helen Pool** was 1st F45 in the Vet AC 10000m championship, with a new PB, while at Track Friday, **Charlotte Gleadhill** and **Hannah McPhee** must have surely been glad to only have to run 12.5 laps, rather than 25, as they notched PBs for 5000m.

**Helen Pool** was also 1st female in the Marlborough Tiny Temple 7, with, perhaps unsurprisingly, a PB, since there aren't very many 7 mile races around, and **Hannah McPhee** added a 15k PB to her collection, at the Dorney Lake Autumn race.

**Jane Davies** kicked off the XC season with the English Masters Inter-Area XC, and was 2nd F60 - impressive stuff. Great to see Jane back racing at her best again, and hope she can join us for some of the club fixtures too.

My report on the SEAA road relays is on our website, so do have a read if you like long stories. Suffice to say here that I was really proud to be captaining such a determined group of women. There were a lot of insecurities on arrival, on seeing the competition, but the A team of **Gemma Buley, Laura Peatey, Mel Shaw** and **Liz Johnson**, the B team of **Aga Faulkner, Sally Carpenter, Claire Woodhouse** and me, and the vet 40 team of **Sarah Dooley, Magda Bennett, Claire Seymour** and **Claire Raynor**, did the club proud. I wonder if we can one day field as many Claires as the men do Chrisses?

I've already reported on the first TVXC fixture at Metros (where the women's team of **Gemma Buley, Mel Shaw, Claire Marks** and **Mary Janssen** was second) and the club championship race, Basingstoke Half Marathon (where **Laura Peatey, Katherine Sargeant** and **Helen Pool** picked up the team prize), so full details can be found on our website.

For me it's now just all about the mud.

#### Upcoming dates:

TVXC - TVT - Sunday 20th October

TVXC - Datchet - Sunday 10th November

Full details of how the XC races work can be found on our website.

Happy running!

## 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*

Autumn is upon us! When non-runners think of this time of year, they picture Halloween, beautiful orange colours from the trees, and pumpkin spice lattes. I'm sure I'm with everyone else who is reading this who pictures the pitch-black nights where we are lacing up and going out and braving the rain, winds, and generally cold weather. I am currently sat on my sofa wrapped up into a blanket, resting my legs post-Berlin and pre-Chicago. After Berlin was the first time I ran pain free since March; I am looking forward to Chicago and major number 4!

**Brian Shave** took the V85 categories by storm yet again with a second-place finish at the British Masters Championships 1500m, then went one better at the Herne Hill Harriers 400m taking an excellent first place. The great wanderers **Martin Bush** and **Pete Morris** made an appearance at the Tallinn 10k (which they used as a warm up for the Tallinn marathon with **Ian Giggs** and **Paul Monaghan**), and **Oliver Watts** and **Mark Andrew** represented the green vests at the Great North run!

Definite bucket list item ticked off, gents. **Gavin Rennie** was first M50 at Farnham Pilgrim marathon, finishing 22<sup>nd</sup> overall! **Stephen Wing** completed the Farnham Pilgrim half marathon, and on the same weekend we had **Andrew Butler** at the New Forest marathon, **Anthony Eastaway** at Wirral half marathon, **Fergal Donnelly** finishing just outside the top 10 at Ash Excellent 8, and **Tom Harrison** and **John Bailey** part of the tram that completed the Thames Towpath Relay, finishing in 69<sup>th</sup> place.



The middle of September saw the return of one of our local races that always has a good turnout; Swallowfield 10k. **David McCoy (Sr)** took home the win, and **Brian Kirsopp** was second M50 in 6<sup>th</sup> place. **Tony Page** rounded off the top 10, also taking home second M40 with a shiny new PB. Great running, **Tony**! There were also PBs for **Jonathon Ridley**, **David Brett**, **Dan Coleman**, **Edward Thorpe** (who was also first M70) and **George Nyamie**. **Alan Freer** was first M60, **Joe Blair** came home as third M60 and **Jim Kiddie** was second M70. I'm always astounded when I see the strength in depth we have at the club, especially with some of the more senior runners. You all inspire me and give me something to aim for in the future! It is always nice to see age grade prizes heading back to the club! **Fergal Donnelly** continued his very impressive running form with a 7<sup>th</sup> place at Marlborough Temple Trail half marathon, and **Ashley Middlewick** took on what he would see as a pathetically small distance to usual at the Truro half marathon. It must have felt like a bit of a warm up compared to the usual escapades! **Colin Cottell** and **Tom Harrison** completed the not-very-flat sounding Butser Hill Challenge! **Fergal Donnelly** took home a very impressive 2<sup>nd</sup> place at the vets 10000m championship! **Fergal**, you need your own column!



Talking of which, we also seen the return of the very successful and popular track 5k and 1 mile. The handicap 5k was jointly won by **Rob Cannings** and **Mark Dibben**, but it was great to see so many working together in pacing groups to help smash PBs (big shout out to **Roman Martin** finally smashing sub 20 with the help of the excellent pacing from 'a sub-20 5k is now slower than my marathon pace' **Matt Davies**!! The 1 mile was won in an unbelievably

quick 5:05 by **Sibrand Rinzema**, who then donned a hi-viz to help out for the 5k. I want to personally thank everyone who came down to help on a Friday evening. Without you, we wouldn't be able to run these fantastic events!



**Sam Whalley** and **Mark Worringham** sorted out the teams and took a bus load down to the SEAA Relays at Crystal Palace, where the men's 'A' team (consisting of **Seb Briggs**, **Rob Corney**, **Matt Richards**, **Sibrand Rinzema**, **Mark Worringham** and **Jack Gregory**) took home an incredible 17<sup>th</sup> place! The men's 'B' team finished 45<sup>th</sup>, and 'C' team took 69<sup>th</sup>. The M50 master's team (consisting of **Brian Kirsopp**, **Colin Cottell**, **Pete Jewell** and **Tony Walker**) took home 13<sup>th</sup> place. Well done to everyone for running for us at such a high-quality race, and thank you to **Mark** for arranging! **Tony Streams** travelled over to Russia to complete the Moscow marathon, and not only came home with

some excellent merch, but also a PB! The vodka must have done the trick! Speedy **Brendan Morris** finished 2<sup>nd</sup> at the New Swindon half marathon, which has put him in excellent stead for Chicago. I wish him luck next Sunday, but I think it will be me that needs the luck more with a planned meet up post marathon for some drinks! [Ed. We are now post-Chicago due to delayed publication; I heard they both nearly died from alcohol poisoning]

We had a large turnout as well at the Harwell half marathon (with **Jim Kiddie** taking home first M70!), and another impressive turnout at Emmer Green 10k. **James Barrett** taking home 3<sup>rd</sup> place, **Richard Hallam-Baker** in 5<sup>th</sup>, and **Pete Aked** in 9<sup>th</sup>! Another month, another victory for **Marcus Fletcher** at Pangbourne 10k, and **Andy Blenkinsopp** coming home in 7<sup>th</sup> place. If it wasn't enough to place 1<sup>st</sup> in one race, **Marcus** also took home first finisher at Mortimer 10k, pipping **Jamie Smith** into 2<sup>nd</sup> place. **Fergal** came home as second M40, and **Nigel Hault** was 1<sup>st</sup> V60. **Rob Corney**, well into his block of training for his England vest at Toronto took home a second place at Windsor half marathon. Go wear that England vest with pride, Rob! Richly deserved.

Berlin marathon seen a big PB for **Matt Richards**, easily flying under the 2:30 and finishing in 164<sup>th</sup> place! The Rennies made it a family affair, with **James** smashing a 2:51 for a first marathon at just 17! Dad **Peter** also got a PB, as well as both of the lovely ladies **Katie** and **Hilary**!

Good luck to everybody taking on the first race of XC season (and enjoy **Sam Whalleys** excellent bakes (I've heard shes been approached by GBBO personally!)), as well as people taking on round 10 of the club championships at Basingstoke half!

Stay safe out there this autumn!





## 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>

#### The IT Band

Many runners have heard about IT bands, they get "tight", they need foam rolling, they can cause pain etc. Here I hope to explain a little about what an IT Band really is, what it does, why it sometimes gets cross and how to look after it!

#### What is an IT Band?

Imagine a Giraffe (bear with me on this one...!) it's developed strong thick ligaments that run up and down its neck, so it doesn't have to use as much energy and muscle power to hold its head up - clever!

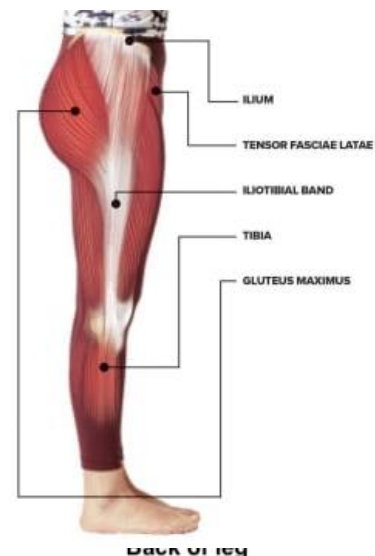
As two legged animals we have developed an IT Band for similar reasons; it's a band of thick ligament like tissue (very strong fascia) that runs down the side of each leg from above the hip to below the knee which helps to keep our legs pointing forwards and stops them from collapsing under us when we stand, walk and run - without using as much muscle power to do so. We are the only animals to have such a well-formed IT Band as we are the only ones that walk so upright and for so much of the time, other primates have much less developed versions.

The "IT" in IT band stands for iliotibial - all this means is that it's a band that runs from your Ilium (the top of your pelvis) to your Tibia (your shin bone). It attached straight onto the bone on your Tibia. However, it connects to your pelvis via two muscles;

- Gluteus Maximus - your biggest bum muscle - see my previous article on the glutes
- Tensor Fasciae Latae or TFL - which literally translates to the muscle that provides tension to the fascia on the outside (of the leg) - does what it says on the tin!

The position of the IT band means it runs over the outside of your knee and over the bony bit on the outside of your hip joint, running down the outer edge of your leg in between.

The IT Band has been studied and tested a lot. The most interesting and relevant test is when they put one on a stress testing machine and put over 800kg worth of force through it before it showed any sign of a slight stretch or damage. I'm afraid it's pretty impossible for any stretching you can do will have any impact at all on the IT Band itself!



#### What does the IT band do?

I mentioned earlier than two of the things the IT band does are keeping our legs pointing forwards and helping to stop them collapsing under us, let's explore this more when it comes to running.

For the more efficient running you want your legs to be moving forwards and backwards from the hip sockets, without much movement at all side to side or rotating. This means more of your energy is spent going forwards (a good thing!) and that less sideways forces are transmitted down the legs into the knees, ankles and feet; knees particularly do not like twisting or sideways forces at all. These sideways or rotational forces can also go upwards into your lower back and beyond.



A strong core and glutes will help control these movements, with each stride we take they adjust our position with each step aiming to keep any sideways or rotational movement in our legs in check. When these muscles aren't doing enough the IT band is left dealing with higher and higher forces and the muscles it attaches to, especially the fairly small TFL muscle, get easily overloaded and tighten up. This leads us on to...

### *Why does the IT band sometimes get cross?*

When these muscles fatigue and tighten up, they pull the IT Band tighter than it should be. This means that instead of gliding over the outside of the knee, leg and hip it can get stuck or rub. This is what causes you pain.

An important thing to say at this point is that it's highly unlikely that you are doing any damage to your IT Band, remember how strong it is. What's more likely to be happening is that as it rubs with each bend of the knee and hip it irritates the tissue underneath causing pain and swelling.

### *How to look after your IT Band?*

If you've been diagnosed with an IT band issue the first question to ask your physio/GP/doctor is why is the IT Band getting angry and whether it's because it's in a position where it's having to do more than it should. A good physio will be able to work with you to strengthen the areas that should be doing more work to "de-load" the IT band.

When analyse running technique I often see weak glutes as a cause here; knees rotating inwards as we land and push off (and feet flicking out as a result) putting much more strain on those IT Band connecting muscles. It can also be worth getting your technique looked at if your IT Band is often grumpy.

Glute strength work is really beneficial for all runners, it adds power and stability to your running - as well as ensuring the knees, feet and ankles are able to work in the way they should; minimising those sideways and rotational movements. This would be my first recommendation on how to look after your IT Band.

Often people ask me about foam rolling your IT band too, where you run the side of your leg up and down the foam roller. It's certainly painful and feels like it's doing something...! Remember how strong that IT Band is though, you are not going to be able to stretch it. In reality by foam rolling like that you are just squishing it into the muscles and tissue underneath - which doesn't help as if it's rubbing it's probably already a little stuck to them.

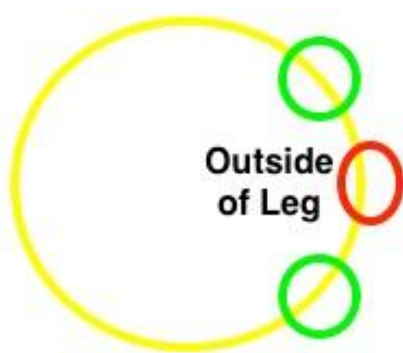
*So, what should you do?*

- Stretch off the glutes and TFL with a knee to chest and a side bend stretch;
- Foam roll up the front of your leg and slightly to the side;
- Foam roll up the back of your leg and slightly to the side.



So, if this was a slice through your leg looking from the top down, you roll on the free points but not the red. This will lift the edges of the IT band away from the muscles underneath and provide some relief.

**Front of leg**



**Back of leg**

## Track Friday Results

### Fergal Donnelly

#### Handicap 5k – 20<sup>th</sup> September 2019

(Full results listed in results section)

Posn.	Last Name	First Name	Club	Finish time (race clock)	Time Penalty (outside predicted time)	FINISH TIME	
1	JONES	Martin	RR	32.04	2	34.04	
2	BUTLER	Andrew	RR	34.09	0	34.09	
3	BENNETT	Andy	RR	33.10	1	34.10	
4	MONTAGUE	Clinton	RR	34.11	0	34.11	
5	CANNINGS	Rob	RR	34.14	0	34.14	
5	DIBBEN	Mark	RR	34.14	0	34.14	
7	RENNIE	Gavin	RR	34.18	0	34.18	
8	STEWART	Nick	RJ	34.20	0	34.20	
9	ORGILL	Markus	RR	34.21	0	34.21	
10	WRIGHT	Linda	RR	34.23	0	34.23	
11	ELLIOTT	Andrea	RJ	32.26	2	34.26	
12	CASWELL	David	RR	33.29	1	34.29	
13	PAGE	Tony	RR	34.30	0	34.30	
14	GUO	Liang	RR	33.31	1	34.31	
15	MORRIS	Sam	Gue	33.33	1	34.33	
16	JINADASA	Sahan	RR	33.39	1	34.39	
17	MCPHEE	Hannah	RR	32.45	2	34.45	
18	MARKS	Claire	RR	34.45	0	34.45	
19	GLEADHILL	Charlotte	RR	32.47	2	34.47	
20	BURREE	Kevin	RR	32.49	2	34.49	
21	MARTIN	Roman	RR	34.52	0	34.52	
22	DAVIES	Matt	RR	34.54	0	34.54	
23	HICKS	Judy	RJ	33.55	1	34.55	
24	JONES	Sue	RR	33.56	1	34.56	
25	RIVIERE	Simon	RJ	35.00	0	35.00	
26	CHENG	Derek	RR	35.21	0	35.21	
27	BARKER	Joan	BFR	35.39	0	35.39	
28	APPLEWHAITE	Aisha	RR	35.43	0	35.43	
29	MANTON	Chris	RR	35.48	0	35.48	
30	ELLIOTT	Liam	Gue	36:18	0	36:18	+1 lap
N/A	SHAH	Kate	RR	N/A	N/A	N/A	+1 lap*
N/A	BAKHIT	Anas	RR	N/A	N/A	N/A	-1 lap

\* Runner did not cross finish line in the funnel zone



## We Remember

### Phil Reay

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#### David Stares (1944 - 2019)

It is with deep sadness that I inform you of David Stares passing.

David joined Reading Roadrunners with his wife, Diane, in 1990. He was always cheerful and will be fondly remembered by the many friends he made at the club over 29 years.

David made a huge contribution to the club, especially through his volunteer and charity work. From organising pub runs to driving the van and setting up at Bramley, he gave so much. David was also part of the club delegation that were games makers at London 2012. It was at the Olympics and Paralympics where he marshaled both the Men's and Women's Marathons.

He was instrumental in the car boot sales, which contributed thousands of pounds to numerous club charities over the years. David's charity work didn't end there - via his allotment he regularly brought fruit & veg to sell at the track in the summer months to raise funds.

David ran in so many events over the years representing the Green Vests with pride. He'll be sorely missed and our condolences go to Diane, his family and friends. On Wednesday 9 October, at track, as a club we did a lap of honour in David's memory and the teams will wear black ribbons at the cross-country fixture on Saturday. A plaque will be installed at Palmer Park as a permanent memorial.

Our thoughts are with David's loved ones.



## Helsinki & Tallinn Running Weekend 2019

Paul Monaghan

The idea of running in two countries during one long weekend was just too good to miss. Fly to Helsinki, Finland, do a parkrun and then a boat trip to Tallinn, Estonia to run the marathon. Caroline Jackson and I did our research and this seemed easily possible. We put the feelers out on Facebook and the on website about six months before the marathon to see who would be interested. As usual we were joined by Pete 'The Train' Morris and Martin 'Bushy' Bush, and this time Ian 'IPL' Giggs, Linda Wright and Kingsley Stirling also joined us.

The flight to Helsinki was uneventful and after some sightseeing (Helsinki cathedral was stunning) we took a short boat trip to a small island called Suomenlinna.

The island is basically an 18th century sea fortress. Many soldiers were walking around the island on parade which was quite amusing. We spotted an old brewery which seemed vaguely interesting so we decided to visit and sample the goods. It was here we read on our phones the devastating news: "Tokoinranta, Helsinki parkrun cancelled"; to say we were devastated was an understatement. The other closest parkrun was over 100 miles away but we had to catch a boat and we decided it wasn't worth the risk; we'd just do the marathon. *[Ed. Paul's written an article on the website about Ian Giggs deciding otherwise!]*



The next day's boat trip was great. We thought it would be a small boat but we actually had a ten-deck cruise ship! After leaving the boat at Tallinn Pete Morris was on a mission to do the 10K so he dragged Bushy along to the hotel well ahead of us. There were entries on the day so both managed to enter along with Kingsley who'd booked it in advance. We had to wade through the 10K runners to get to the expo but the atmosphere was electric and it was a sunny day. What a stunning old town this was, even the authentic costumed cheer leaders were giving it loads at the start. We were hoping the weather would be this good for the marathon the following day. We sat at an outside bar near the 10K finish and soaked up the atmosphere.



The following day was race morning and Caroline's birthday. Last year she had her birthday in Bordeaux, France as we had the Medoc marathon and this year, she'd be running one also. Who wants an easy day anyway?

The marathon starts at Viru Gate which was part of the defence system of Tallinn City, was built in the 14th century. I doubt if they had marathons in the 14th century but if they did, they may not have appreciated as much as we did. The gate towers made an amazing view and there was an electrifying atmosphere as the race got under way.

It was a great start as we circled around the old town before heading off into the country. There were a few bands on route which added to the atmosphere. Some of these smaller marathons have more entertainment along the course than the so-called Rock 'n' Roll marathons but don't really advertise it. Friendly marshals and aid



stations were plentiful on this virtually flat and scenic course so it's definitely one I'd recommend.

These marathons don't get any easier whether it's home or abroad. All are 26.2 miles so sometimes it's just the thought of a beer at the end and a decent after party that keeps you going. I'm baffled why we keep running them but at a push I'd say it's the traveling & the people that keep us focused. Believe me it's sometimes difficult to stay motivated so always a good idea to vary the location. Anyway, we finally crossed the finish line and the birthday girl had managed to beat me and everyone else in our crew for that matter. "I've had enough of marathons" were her famous words uttered for the umpteenth time as a bottle of water and flyer for next year was thrust in her hand. Runners from all over Europe were there including one German guy who'd ran over 1,500 marathons. This could well be the best after race party we've attended, although there's some stiff competition from Rome, Paphos, Liverpool and Lanzarote to name but a few. Caroline even ended up pouring beers for other runners. Well: it was her birthday!

All good things must come to an end so the next day it was a case of Caroline and I cramming in as many sights as possible. We fought our way through hordes of selfie-stick-carrying tourists to visit Freedom Square, Maidens Tower, Toompea Castle and the excellent St Alexander Nevsky cathedral before finally heading to the boat port to catch the floating hotel back to Helsinki and then our flight home.

All in all, a great trip with great pals. Marathons abroad can be difficult especially in scorching hot weather (though I must admit to secretly enjoying the pain). But as always, the excuse to meet more like-minded people and experience a different country & culture is an absolute bonus.

Next port of call Palma with Majorca marathon in a couple of weeks.

As always, anyone who wants to join us or other roadrunners on a running jaunt abroad then give us a shout on Facebook or visit Runners on the Road on our website.





## Roadrunners' Race Results

### David Dibben

The results department this month salutes two of the legends of Reading Roadrunners.

It's great to see our most senior active member, Brian Shave, competing again. After a busy July racing in Vets AC 400, 800 and 1500 metres championships as well as their 5k road race, Brian finished second in the British Masters V85 1500 metres.

He followed that up with an age category victory at 400m in an open meeting staged by his first-claim club, Herne Hill Harriers.

Next, he was back on the Palmer Park track racing in the Track Friday Mile, his performance earning the warmest applause of the night from club colleagues.

Already a legend, although more than half a century younger than Brian, Ashley Middlewick continues to rack up astonishing performances in the ultras.

After his 21hrs 35mins on the Ridgeway and 32hrs 6mins in Anglesey, Ashley's next trick was a trip to Cornwall for a respectable 1hr 28mins in the Truro Half Marathon.

Ashley is one of the very few people I know who needs to get out LESS!

\* Every effort is made to verify these results with official figures. Just for once, however, I have gone deliberately off-piste by publishing the accurate (and superb) times of our A team at the SEAA relays, rather than the nonsense on that organisation's website.

#### August 10th

##### British Masters Championships 1500m (V85)

Pos	Name	Gun
2	Brian Shave	12.34

##### Herne Hill Harriers Open (V85) 400m

Pos	Name	Gun
1	Brian Shave	2.21.1

#### August 21st

##### Watford Open Graded Meeting 1500m

Pos	Name	Gun
2	Jack Gregory	4:10.16

#### August 30th

##### Ring O' Fire Ultra Coastal Marathon (135m)

Pos	Name	Gun
14	Ashley Middlewick	32:06.45

#### September 7th

##### Dorney Lake Autumn 15k

Pos	Name	Chip
7	Hannah McPhee	1:38.38 PB

##### Tallinn 10k

Pos	Name	Chip
4602	Pete Morris	1:35.32
4603	Martin Bush	1:38.20

#### September 8th

##### Great North Run

Pos	Name	Chip
2260	Oliver Watts	1:38.34
2613	Mark Andrew	1:39.51

8023	Vroni Royle	1:54.47 PB
41231	Margot Bishop	3:27.02

##### Farnham Pilgrim Marathon

Pos	Name	Chip
22	Gavin Rennie (1st M50)	3:39.48
55	Mary Janssen (2nd F50)	3:59.43
65	Nikki Gray	4:07.57

##### Farnham Pilgrim Half Marathon

Pos	Name	Chip
80	Claire Marks (3rd F50)	1:49.53
301	Nicki Randall	2:26.13
391	Stephen Wing	3:42.07

##### Tallinn Marathon

Pos	Name	Chip
582	Ian Giggs	3:36.05
1180	Caroline Jackson	4:03.54
1225	Paul Monaghan	4:06.08
1730	Pete Morris	4:39.51
1938	Martin Bush	5:00.39

##### Tallinn Half Marathon

Pos	Name	Chip
3267	Linda Wright	2:40.23

##### New Forest Marathon

Pos	Name	Chip
340	Andrew Butler	4:06.47

##### Wirral Half Marathon

Pos	Name	Chip
594	Anthony Eastaway	2:23.53

##### Little London 10k

Pos	Name	Chip
64	Kerry Eastwood	1:08.56

Ash Excellent Eight

Pos	Name	Chip
12	Fergal Donnelly	55.46

Thames Towpath Relay

Pos	Name	Gun
5.7m	Lorraine Bailey	59.42
4.8m	Linda Booth	46.58
6.5m	Tom Harrison	1:08.47
4.9m	Cecilia Csemiczky	54.08
5.2m	John Bailey	50.00

**Roadrunners placing: 69th.**

**September 15th**Swallowfield 10k

Pos	Name	Chip
1	David McCoy (Snr)	35.17
6	Brian Kirsopp (2nd M50)	39.00
10	Tony Page (2nd M40)	39.33 PB
12	Paul Kerr	39.32
21	Jonathan Ridley	41.07 PB
25	Sarah Dooley (2nd lady)	42.30
30	Alan Freer (1st M60)	42.46
31	David Brett	42.52 PB
33	David Caswell	43.18
42	Stewart Wing	44.24
44	David Fiddes	44.36
46	Dan Coleman	44.57 PB
61	Joe Blair (3rd M60)	47.28
70	Stuart Jones	48.30
102	Tim Miller	51.44
103	Tracy Jenkins	51.50
114	Noora Eresmaa	52.57 PB
118	Donna Saunders	53.07
120	Edward Thorpe (1st M70)	53.19 PB
121	Miriam Coleman	53.26
125	Jim Kiddie (2nd M70)	54.01
139	George Nyamie	54.59 PB
142	Sarah Bate	55.21
157	Stephanie Smith	55.56 PB
164	Christina Calderon	56.35
169	Helen Dixon	57.05 PB
178	Adele Graham	58.13
189	Phil Reay	58.50
191	Rita Dykes (3rd F65)	59.04
207	Heather Bowley	1:01.33
214	Sandy Sheppard	1:02.49
217	Suzanne Bate	1:03.01 PB
225	Linda Wright	1:04.58
245	Laura Chandler	1:09.42
251	Kerry Eastwood	1:12.05
252	Mark Dibben	1:12.05
261	Kingsley Starling	1:15.06
262	Julie Wing	1:16.28
268	Stephen Wing	1:27.01

Richmond Marathon

Pos	Name	Chip
456	Sam Whalley	4:08.01

Marlborough Temple Trail Half Marathon

Pos	Name	Chip
7	Fergal Donnelly	1:33.01

Marlborough Tiny Temple 7

Pos	Name	Chip
5	Helen Pool (1st lady)	51.05 PB

Truro Half Marathon

Pos	Name	Chip
23	Ashley Middlewick	1:28.03

Butser Hill Challenge

Pos	Name	Chip
28	Colin Cottell	47.08
80	Tom Harrison	1:12.37

**September 18th**Vets AC 10000m Championship

Pos	Name	Gun
2	Fergal Donnelly	37.43 PB
15	Helen Pool (1st F45)	42.03 PB

**September 20th**Track Friday 5k

Pos	Name	Gun
1	Rob Cannings	19.14 PB
1	Mark Dibben	19.14
3	Gavin Rennie	19.18
4	Tony Page	19.30
5	Liang Guo	19.31
6	Kevin Burke	19.49
7	Roman Martin	19.52
8	Matt Davies	19.54
9	Andrew Butler	20.09
10	Clinton Montague	20.11 PB
11	Markus Orgill	20.21
12	David Caswell	20.29
13	Derek Cheng	21.21
14	Claire Marks	21.45
15	Chris Manton	22.48
16	Sam Morris (guest)	23.33
17	Martin Jones	24.04
18	Sahan Jinadasa	24.39
19	Andy Bennett	25.10
20	Nick Steward (Joggers)	25.20
21	Simon Riviera (Joggers)	26.00
22	Aisha Applewhaite	26.43
23	Charlotte Gleadhill	26.47 PB
24	Hannah McPhee	27.45 PB
25	Judy Hicks	28.55
26	Linda Wright	30.23
27	Joan Barker (Bracknell)	30.39
28	Andrea Elliott (Joggers)	32.26
29	Sue Jones	32.56
30	Liam Elliott (guest)	36.18

\* Please see separate feature in this newsletter for handicap results from this race.

Track Friday Mile

Pos	Name	Gun
1	Sibrand Rinzema	5.05

2	James Barrett	5.21	-	Ian Giggs	21.56
3	Ian Giggs	5.26	-	Lance Nortcliff	20.03
4	Terry Dowling (Bracknell)	5.30	-	Tony Page	21.18
5	Brian Kirsopp	5.35	-	Andy Mutton	23.02
6	Mark Dibben	5.37	-	Ollie Watts	22.37
7	Kevin Burree	5.46	Final position: 69th		
8	Markus Orgill	5.49	<u>Roadrunners M50 Masters</u>		
9	Clinton Montague	5.51 PB	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
10	Liang Guo	6.04	-	Brian Kirsopp	21.06
11	Gavin Rennie	6.06	-	Colin Cottell	22.45
12	David Fiddes	6.07	-	Pete Jewell	21.58
13	David Caswell	6.25	-	Tony Walker	21.52
14	Chris Manton	6.42	Final position: 13th		
15	Martin Jones	6.44	<u>Roadrunners Ladies A</u>		
16	Andrew Butler	6.54	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Tony Page	6.57	-	Gemma Buley	17.25
18	Rob Cannings	6.58	-	Laura Peatey	18.53
19	Chloe Lloyd	6.58	-	Mel Shaw	18.55
20	Liam Elliott (guest)	6.59	-	Liz Johnson	20.43
21	David Dibben	7.00	Final position: 32nd		
22	Matt Davies	7.19	<u>Roadrunners Ladies B</u>		
23	Roman Martin	7.19	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
24	Sahan Jinadasa	7.25	-	Aga Faulkner	21.38
25	Anas Bakhit	7.35	-	Sally Carpenter	22.23
26	Nick Steward (Joggers)	7.38	-	Claire Woodhouse	23.01
27	Andy Bennett	7.47	-	Sam Whalley	22.35
28	Simon Riviere (Joggers)	8.02	Final position: 54th		
29	Aisha Applewhaite	8.13	<u>Roadrunners Ladies W40 Masters</u>		
30	Charlotte Gleadhull	8.53	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
31	Joan Barker (Bracknell)	9.13	-	Sarah Dooley	19.01
32	Kate Shah	9.15	-	Magda Bennett	19.57
33	Judy Hicks (Joggers)	9.18	-	Claire Seymour	22.52
34	Andrea Elliott (Joggers)	9.25	-	Claire Raynor	21.33
35	Brian Shave		Final position: 7th		
12.05			<u>Moscow Marathon</u>		
<b>September 22nd</b>			<i>Pos</i>	<i>Name</i>	<i>Chip</i>
<u>SEAA Relays</u>			595	Katherine Sargeant (1st F50)	3:07.28
<u>Roadrunners Men's A</u>			1163	Tony Streams	3:19.15 PB
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	<u>New Swindon Half Marathon</u>		
-	Seb Briggs	18.20	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Rob Corney	16.59	2	Brendan Morris	1:13.52 PB
-	Matt Richards	17.36	132	David Ferguson	1:32.39
-	Sibrand Rinzema	18.24	795	Donna Saunders	1:55.13
-	Mark Worringham	18.05	<u>Hull Marathon</u>		
-	Jack Gregory	17.47	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
Final position: 17th			237	Caroline Jackson	4:05.59
<u>Roadrunners Men's B</u>			328	Paul Monaghan	4:20.43
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	625	Pete Morris	5:40.55
-	David McCoy (Snr)	18.37	<u>Harwell Half Marathon</u>		
-	Ryan Faulkner	19.28	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Chris Lucas	19.03	10	Fergal Donnelly	1:31.56
-	Jamie Smith	19.22	13	Michael Hibberd	1:34.11
-	Matt Davies	19.25	21	Chantal Percival (1st lady)	1:36.03
-	Chris Burt	19.31	25	Chris Cutting	1:39.08
Final position: 45th			33	David Caswell	1:43.20
<u>Roadrunners Men's C</u>			54	Lesley Whiley (2nd F50)	1:50.24
<i>Pos</i>	<i>Name</i>	<i>Chip</i>	71	Helen Pool	1:55.41
-	Chris Buley	20.26	112	Jim Kiddie (1st M70)	2:03.36



118	Katie Gumbrell	2:09.43
146	Julia Molyneux	2:20.53
171	Trisha Arnold	2:30.43

Emmer Green 10k

Pos	Name	Chip
3	James Barrett	39.47
5	Richard Hallam-Baker	41.20
9	Pete Aked	43.25
23	David Dibben	48.38
30	Bryan Curtayne	50.11
34	Joe Blair	50.55
39	Brian Fennelly	51.30
65	Miriam Coleman	54.06
66	Dan Coleman	54.05
70	Steve Dellow	54.56
79	Andy Breakspear	55.27
108	Ken Beck	58.35
195	Kingsley Starling	1:19.48

Great East Run

Pos	Name	Chip
216	Bill Watson	1:38.37

Winchester Half Marathon

Pos	Name	Chip
511	Sarah Harford	1:55.46
754	Nikki Gray	2:04.28

Finch Coasters Tough 10

Pos	Name	Chip
38	Liz Fletcher	1:53.18

Finch Coasters New Woodland 5

Pos	Name	Chip
27	Sarah Richmond-De'voy	53.55
28	Suzanne Bate	53.57

Pangbourne 10k

Pos	Name	Chip
1	Markus Fletcher	36.40
7	Andy Blenkinsopp	40.59
17	Chris Thomas	45.28
63	Saba Reeves	53.04
73	Rebecca Evans	54.30
96	George Nyamie	57.02
170	Linda Wright	1:10.02
174	Katie Gash	1:10.52

September 28thWindsor Women's 10k

Pos	Name	Chip
4	Gemma Buley	39.42
64	Sam Whalley	50.19
102	Claire Seymour	52.10
157	Sarah Bate	54.56
294	Charlotte Gleadhill	58.17 PB
418	Sara Lopez	1:00.06
868	Louise Brookes	1:06.53

September 29thWindsor Half Marathon

Pos	Name	Chip
2	Rob Corney	1:08.32

604	Lizzie Hogan	1:45.55
2319	Danlu Tong	2:10.44
2782	Emily Brett	2:19.05
3328	Jenny Boxwell	2:33.43

English Masters Inter-Area XC

Pos	Name	Gun
18	Jane Davies (2nd W60)	25.32

Mortimer 10k

Pos	Name	Chip
1	Marcus Fletcher	35.55
2	Jamie Smith	36.04
9	Fergal Donnelly (2nd M40)	39.00
12	Richard Hallam-Baker	40.01
24	Nigel Hoult (1st V60)	42.32
26	Melanie Shaw (2nd lady)	42.57 PB
35	Clinton Montague	43.57
38	Dean All-away	44.58
45	Mary Janssen (1st F50)	46.14
51	Robert Houghton	46.57
53	Claire Raynor	47.04 PB
55	Dan Coleman	47.18
64	Brian Curtayne	48.28
70	Stuart Wylie	49.02
103	Miriam Coleman	52.47 PB
111	Sarah Harford	53.06
131	Christina Calderon	55.07
138	Kira Moffat	56.15
166	Lynda Haskins	58.55
178	Hannah McPhee	1:00.53
182	Suzanne Bate	1:01.04
202	Linda Wright	1:04.07
226	Jill Dibben	1:15.46 PB
231	Julie Wing	1:17.37
233	Kerri French	1:18.35
234	Stephen Wing	1:23.50

Robin Hood Half Marathon

Pos	Name	Chip
3692	Pete Morris	2:15.16
3768	Elizabeth Detenon	2:16.06 PB
5095	Jeanette Allcock	2:35.21

Warsaw Marathon

Pos	Name	Chip
542*	David Ferguson	3:28.12
*	Placing in men's race	

Berlin Marathon

Pos	Name	Chip
164	Matt Richards	2:28.47 PB
641	David McCoy (Snr)	2:43.22
1210	James Rennie	2:51.35 PB
2764	Brooke Johnson	3:03.45
3724	Dan Brock	3:10.40
405*	Sarah Dooley	3:16.19 PB
5433	Clive Alderson	3:19.58
661*	Karen Grinsted	3:24.53
8166	Peter Rennie	3:30.46 PB
11231	Mike Grinsted	3:43.05
1898*	Katie Rennie	3:44.26 PB
13088	Grant Hopkins	3:49.29

13193	David Clay	3:49.52	149	Mary Janssen	47.35
2547*	Liz Johnson	3:51.12	157	Graeme Fancourt	48.18
27478	Nora Holford	3:52.53	158	Bryan Curtayne	48.21
7725*	Hilary Rennie	4:37.03 PB	171	Ian Horritt (guest)	49.13
24704	Matthew Brown	4:40.42	183	Chloe Lloyd	49.53
29809	Anthony Eastaway	5:46.16c	190	Stuart Jones	50.26

\* Placings in ladies' race

#### Barnstaple Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
96	David Walkley	3:56.40	207	Dan Rickett	51.05

#### October 6th

#### Basingstoke Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
19	Brian Kirsopp (3rd M50)	1:26.30	213	Peter Reilly	51.56
34	Tony Page	1:28.28 PB	216	Seb Janssen (guest)	52.03
46	Ben Whalley	1:31.04	235	Michael Howard	54.07
49	Laura Peatey (1st sen lady)	1:31.17	244	Andy Breakspear	54.33
51	Katherine Sargreant (1st F50)	1:31.20	245	Jim Kiddie	54.34
53	Fergal Donnelly	1:31.44	249	Claire Woodhouse	55.06
85	David Caswell	1:36.05	250	Andy Atkinson	55.07
107	Chris Thomas	1:38.04	288	Edward Thorpe	58.15
131	David Fiddes	1:40.16	290	Lynda Haskins	58.54
132	Tony Streams	1:40.27	291	Sean Collins (guest)	58.55
134	Tony Long	1:40.32	296	Anthea Batchelor	59.42
155	Helen Pool	1:42.31	300	Christina Calderon	1:00.13
181	David Dibben (1st M70)	1:43.59	328	Sandy Sheppard	1:03.23
207	David Walkley	1:45.05 PB	338	Liz Fleming	1:05.38
234	Lizzie Hogan	1:47.12	342	Charlotte Gleadhill	1:05.54
309	Joe Blair	1:52.02	346	Phil Reay	1:07.10
397	Nora Holford	1:56.45	353	Amy Fancourt	1:07.50
426	Derek Cheng	1:58.35	354	Sally Caldwell	1:08.47
428	Sam Whalley	1:58.19	357	Cecilia Csemiczky	1:09.34
442	Tim Miller	1:58.59	358	Liz Atkinson	1:09.37
463	Donna Saunders	2:00.00	361	Alison Wrigley	1:10.43
477	Alex Bennell	2:00.35	362	Peter Higgs	1:10.48
598	Anthony Young	2:09.16	365	Paul Young	1:10.15
800	Hannah McPhee	2:29.07	369	Alex Jennings	1:22.54
834	Linda Wright	2:35.23			

#### Thames Valley XC League, Race 1 (Metros)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>			
2	Jack Gregory	34.09			
5	Chris Lucas	35.56			
38	Andy Blenkinsopp	40.12			
42	Ian Giggs	40.48			
49	Gavin Rennie	41.12			
50	Markus Orgill	41.13			
55	Richard Usher	41.34			
65	Gemma Buley	42.11			
66	Richard Hallam-Baker	42.12			
77	Bill Watson	42.56			
92	Matthew Curtayne	44.07			
95	Alan Freer	44.27			
96	Mel Shaw	44.30			
101	Clinton Montague	44.44			
128	Dan Stockwell	46.27			
145	Robert Houghton	47.18			
147	Claire Marks	47.22			

149	Mary Janssen	47.35
157	Graeme Fancourt	48.18
158	Bryan Curtayne	48.21
171	Ian Horritt (guest)	49.13
183	Chloe Lloyd	49.53
190	Stuart Jones	50.26
197	Swinda Falkena	50.41
207	Dan Rickett	51.05
213	Peter Reilly	51.56
216	Seb Janssen (guest)	52.03
235	Michael Howard	54.07
244	Andy Breakspear	54.33
245	Jim Kiddie	54.34
249	Claire Woodhouse	55.06
250	Andy Atkinson	55.07
288	Edward Thorpe	58.15
290	Lynda Haskins	58.54
291	Sean Collins (guest)	58.55
296	Anthea Batchelor	59.42
300	Christina Calderon	1:00.13
328	Sandy Sheppard	1:03.23
338	Liz Fleming	1:05.38
342	Charlotte Gleadhill	1:05.54
346	Phil Reay	1:07.10
353	Amy Fancourt	1:07.50
354	Sally Caldwell	1:08.47
357	Cecilia Csemiczky	1:09.34
358	Liz Atkinson	1:09.37
361	Alison Wrigley	1:10.43
362	Peter Higgs	1:10.48
365	Paul Young	1:10.15
369	Alex Jennings	1:22.54

#### Chester Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
66	Andrew Smith	2:54.46

#### Reading 020 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	David McCoy (Sen)	35.42
12	Ed Dodwell (2nd M60)	42.49
14	Jonathan Ridley	43.22
24	Richard Charley	45.07
50	Lesley Whiley (1st F50)	48.42
63	Sally Carpenter	49.43
72	Sarah Harford	49.59
96	George Nyamie	53.29
120	Rob Bursell	56.19

#### Cardiff Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7221	Rachel Helsby	2:01.58 PB

#### Bournemouth Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
184	Sam Terrell	3:28.13
488	Paul Gell	3:54.04
923	Mark Smith	4:19.42
1500	Natalia Palsovicova	4:53.30
1584	Jennie Whitehead	4:15.15

**Bournemouth Half Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
33	Lance Nortcliff	1:20.37
216	Colin Cottell	1:33.40
346	Tracey Lasan	1:38.29
489	Dan Coleman	1:41.39 PB
870	Pete Morris	1:48.48
1180	Claire Seymour	1:53.45
1460	Miriam Coleman	1:57.15 PB
2911	Tom Harrison	2:22.04
3023	Catherine Leather	2:55.02
3338	John Bailey	2:34.50
3425	Lorraine Bailey	2:38.04

**Bournemouth 10k**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
62	Rob Cannings	40.54 PB
1006	Socrates Christidis	59.27
1414	Anthony Eastaway	1:04.59

**Portland Half Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1103	Shweta Saikumar	2:01.54 PB

**Season's Bests**

<u>Ladies</u>	
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

<u>Men</u>	
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

**Improver's League**

<i>Dist</i>	<i>Name</i>	<i>PB Margin</i>
Mara	Hilary Rennie	-1:25.30
HM	Hannah McPhee	-26.17
10k	Helen Dixon	-3.26
5m	Brian Kirsopp	-0.47
5k	Chris Burt	-0.25



## Committee Minutes

### October

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**Tuesday 8<sup>th</sup> October 2019 – 7.30pm**

#### THE COMMITTEE

Phil Reay (Chairman)  
Alice Carpenter (*ex-Officio*)  
Bob Thomas (General Secretary)  
Jill Dibben (Treasurer)  
Anne Goodall (Membership Sec)

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

#### APOLOGIES FOR ABSENCE

Alice, Vroni

#### MINUTES OF THE PREVIOUS MEETING

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

#### MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

None.

#### CHAIRMAN'S REPORT

Phil commenced the meeting by imparting the sad news of the recent death of David Stares, a member of 29 years standing, a keen runner, a prolific volunteer and charity fund raiser. David leaves his wife, Dianne, also a long-term member.

Mortimer 10K & 3K. Phil expressed his thanks to all the members who volunteered in successfully staging the races at Mortimer at the end of September.

SEAA Relays. 30 members took part in this year's SEAA Relays, with the men finishing overall 17th, the best result the Club has ever achieved at this event.

Roger Pritchard. Roger has decided to step down as a coach, having served for 30 years in the role and as the Club's most highly qualified coach. Phil thanked Roger for his overwhelming contribution to the Club.

Katie is considering how to re-organise coaching to cover new member induction, which Roger has managed in recent years.

Coaching development. Having approved expenditure on 12 places in UKA's Leader in Running Fitness (LiRF) courses at a previous meeting, Phil was pleased to report that all 12 places have been taken up.

Run & Talk session. In her role as Mental Health Champion, Alexa has initiated Run & Talk sessions, which she intends to hold quarterly, the first of which took place in September.

TVXC League. The first race in this season's Thames Valley XC League took place on 6Oct over a course in Hillingdon boasting prominent water features. The Club was represented by 49 members, 19 of whom were ladies: both numbers up on previous attendance at the Metros event.

Socials. Phil expressed his thanks to Liz and the volunteers who helped her stage the recent successful Summer Do.

#### TREASURER'S REPORT

Jill handed completed accounts for September to the Committee.

As explained in previous meetings, Jill has engaged a consultant to advise on the most effective financial management for the Club, particularly regarding potential tax liabilities. The consultant has advised that the Club should consider applying to HMRC to be granted Community Amateur Sports Club (CASC) status.

Bob observed that there are implications to this, not least regarding probable insistence by HMRC on changes to the Club's constitution that may not find universal favour. Bob will assess the rules for membership of the CASC scheme and report back.

#### GENERAL SECRETARY'S REPORT

Car parking. Reading council has advised that car parking charges will be introduced at Palmer Park by the end of October. Up to three hours parking will be free of charge and will cost 50pph thereafter, with a £2 charge for overnight parking.

There is still no information forthcoming on the technology the council will deploy nor on the likely impact in terms of queuing for tickets, which will be required even for the free parking period.

#### MEMBERSHIP SECRETARY'S REPORT

Anne reported that eight new members joined during September.

#### SOCIAL SECRETARY'S REPORT

Events. Liz reported that the Summer Do and the brewery trip took place since the last meeting and both had been successful. Liz is now focusing on the Christmas Party, which is open for booking, including online through the WebCollect service.

#### COACHING REPORT

This section précisés Katie's coaching report, which was not received in time to discuss at the meeting. Lee Hinton has completed the Mental Health Awareness for Sport & Physical Activity online course. All 12 places approved by the Committee for LiRF training have been taken up. On Roger Pritchard's decision to stand down as a coach, Katie wished to thank Roger, on behalf of countless coaches who have benefitted from his advice and support over many years. Athletes' forum. So far, five athletes have come forward with ideas or have volunteered to attend the forum scheduled for 16Oct.

#### ANY OTHER BUSINESS

TVXC co-ordination. Phil reported that Sam Whalley & Peter Reilly will liaise with the TVXC League on behalf of the Club for the new XC season and will co-manage the Club's TVXC event on 22Dec.

Andy Blenkinsop has offered to manage the Club's results again this season.

#### DOOR ROTA

9 <sup>th</sup> Oct	Anne, Shirley	30 <sup>th</sup> Oct	Anne, Claire
16 <sup>th</sup> Oct	Shirley, Christina	6 <sup>th</sup> Nov	Anne, Janice
23 <sup>rd</sup> Oct	Anne, Alice		

#### NEXT MEETING

12<sup>th</sup> November 2019

#### CONTACT:

Chairman, Phil: [chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

Membership Secretary, Anne: [membership@readingroadrunners.org](mailto:membership@readingroadrunners.org)

Secretary, Bob: [gensec@readingroadrunners.org](mailto:gensec@readingroadrunners.org)

Treasurer, Jill: [treasurer@readingroadrunners.org](mailto:treasurer@readingroadrunners.org)

Social Secretary, Liz: [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)

Coaching co-ordinator, Katie: [coach@readingroadrunners.org](mailto:coach@readingroadrunners.org)

Website / Media, Paul: [webmaster@readingroadrunners.org](mailto:webmaster@readingroadrunners.org)

Team Captains, Sam & Grant: [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)