

# NEWSLETTER: NOV 2019



## 1-2-3 AT BBO XC

Reading Roadrunners packed out the metaphorical podium last weekend, taking the trophies for 1<sup>st</sup> Veteran Women's Team, 2<sup>nd</sup> Veteran Men's Team and 3<sup>rd</sup> Senior Men's Team. Meanwhile Jack Gregory and Seb Briggs came third overall in any and senior men's category respectively.



## Editor's Note

**Peter Cave**

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A good month for content this month, thank you to all the wonderful people that wrote in and contributed. Thank you also to Peter Reilly for the fantastic photographs in the front-page collage.

I've left Phil's page alone this month (or have I?), maybe there'll be a Christmas special. Katie Gumbrell's race report fits the 'special' category, and has left me with an Aspirin bottle thinking about how to get it in. Ah well, I managed.

Hopefully you are all enjoying the XC season, I've got one more week's rest before my own training starts again.

Have a great month!

*newsletter@readingroadrunners.org*

## Social Secretary

**Elizabeth Johnson**

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### **Christmas Party - Saturday 7th December**

What better way to celebrate the festive season than getting together with your running buds for some seasonal frolics!

£25 for fun, food, fandango-ing and fuzzy festive feelings 🥰

Tickets available at track with cash or cheque or simply by logging into web collect and paying online.

Any questions, give me a shout.

See you there.

Liz x

WebCollect: <https://bit.ly/2XpWkuO>

Don't forget that you can follow Reading Roadrunners online, too!



**@Reading\_Roadrunners**



**@ReadRoadrunners**

## Chairman Chat

### Phil Reay

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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*

I've once again enjoyed reading the stories, seeing the pictures and hearing about the events our members have been doing. What has been particularly exciting is the continued increase in participation at the Cross-Country events where the camaraderie and team spirit is there for all to experience.

The draws for places in the London Marathon always attract a large crowd to the track bar. Thanks once again to Carl Woffington for managing the process and for being our point of contact with the event organisers. Congratulations to all members who were lucky in the draw.

This month we're also introducing Age Category Club Records. Thanks to Claire Seymour and Mark Worringham for proposing the idea and doing the research to provide the initial data.

Final tickets remain for our Christmas Party on 7 December. I'm looking forward to a fun evening celebrating our 2019 achievements. For more information please contact Liz at: [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)

Wishing everyone a great month of running.

Phil

I like to keep up to date with what our members are doing as I've a genuine interest in how people are feeling and in the events they do. Various social media platforms enable me to do this and one post on Instagram this month particularly caught my attention. Thank you to Claire Woodhouse for allowing me to share her post in this Newsletter. I hope it will encourage those of you thinking about joining the Cross-Country events to do so.

## The Season Is Upon Us

### Claire Woodhouse

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It's the start of the cross-country season and I love it! This is Thames Valley league, so basically everyone can have a go and it doesn't have to feel like you're 'racing'. The fact that you're twisting and turning through woods, squelching in mud, climbing hills and in this case, wading through rivers, means that on the whole pace goes out the window. (Obvs if you're a speedster that's not the case, but I'm talking about us mere mortals here.) •

I wanted to use today as a way to get out there, run with other people and get back up over 5 miles without the sometimes-soul-destroying runs alone pounding the streets.

Cross-Country running, proper cross-country running, with not a hay bale in sight, is such a great experience. If you don't finish with burning quads and covered in mud, then you haven't given it a proper go. It's also a nice change from what for most of us is the norm, road running. There are times when you're out there you forget about the fact that you're running and how far you've got to go, because you're concentrating more on not falling over.

As always, it's great to get out there with so many others and run for the club.

## 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*

Brrr, it's a bit chilly. For me, getting out the door to train is a real effort. Of course, it still happens, I mean, I wouldn't not train through the winter, and I certainly have enough cold weather running kit to take me through, but the reduced daytime hours make it more of a challenge. Sure, I can be seen, but can I actually see? My night vision is very poor, and my constant fear is of taking a tumble and being out of action. My approach for the winter season is to get out as early in the day as possible, take advantage of the well-lit track we have available to us in the evenings (don't forget there's a session on Fridays too), cross train at the gym, and to race, race, race. There is an XC race pretty much every weekend at the moment, so if you haven't got involved yet, why not start now?

I have reported on the Hampshire League and TVXC fixtures as and when they have happened this season, and you can read those on the website. Needless to say, I have been really impressed with the turnout for the club so far. It is great when people see how XC can enhance their usual training plan, rather than interrupt it, and, boy, how you will see the benefit when the spring comes!

### Upcoming TVXC races:

24th November - Sandhurst  
1st December - Handy Cross  
22nd December - Woodley  
5th January - Bracknell  
19th January - Tadley

### Upcoming Hampshire League races:

30th November - Aldershot  
11th January - Reading  
8th February - Popham

It's not too late to enter the Berkshire County XC championship, and I have started to take names for the National XC champs, and the Southern, the legendary Parliament Hill.

Away from our usual XC races, some of you have managed to find your own challenges. I don't exactly know what the Maverick Trail races involve, but they just sound hard to me. In the long course, **Chantal Percival** was 3rd female, while **Linda Wright** ran the middle course. If anyone can shed any more light on these, I would love to know what they're all about. Similarly, the Stickler, which **Harriet Turner** ran. **Claire Seymour** was back down in the west country again, taking on the Exmoor Stumble, which is still on my to-do list, while **Nikki Randall** and **Maddy Smith** endured the really tough Gower Marathon and Half Marathon, respectively. Brave women!

Then again, not as brave as **Nora Holford**, **Noora Eresmaa** and **Christina Calderon**, who completed the Centurion Autumn 100 race. That's 100 miles, in case you were in any doubt. For Noora and Christina, this was the final of the four Grand Slam races they have done this year - a huge achievement. Running around the track with Noora this week, I asked her what her secret was, i.e. how was she still running with apparent ease, and remains uninjured, after such huge amounts of running? Her answer: she is very lucky. Between you and me, I think she might be superhuman. Christina has also run two marathons since then too - unbelievable!

I might not have run any huge distances in recent years, but I was chuffed to finally tick the Great South Run off my bucket list. I just hadn't got around to entering it before - timing just hadn't been right - but this year it worked. If I had remembered to check my 10-mile PB beforehand, it would have been even better, but, amateur that I am, I thought I was way off, but actually ended up only 10 seconds away. Sigh. **Vroni Royle** and **Helen Dixon** (now Wing) are far more professional, and both managed to get PBs. I must thank Vroni, for it was seeing that she was not far behind me on one of the about-turns that kept me ploughing on through the difficult miles.

We have seen the last of the major road marathons this month. **Vroni Royle** (again) and **Susan Knight** hit amazing almost-sub-4-hour PBs in Chicago, while **Erica Key** and **Sophie Hoskins** hit their best in Abingdon. Power of 10 tells me that this was also a PB achievement for **Holly Smith** too, but we will await confirmation of that. In Yorkshire, **Carrie Hoskins** and **Jane Davies** represented England, and finished as 2nd FV50 and 3rd FV60, respectively, which just goes to show what an extraordinarily high standard of athlete there was there that day. **Magda Bennett** ran a hard race in Ljubljana, Slovenia, **Kathy Tytler** has been in Snowdonia, and FV70 **Cecilia Csemiczky** ran from Nice to Cannes! **Swinda Falkena** ran her first major and got a PB in New York.

I am so impressed by all of these performances, but I think my favourite marathon PB of this month has to be that achieved by **Angela Burley** in Dublin. Like me, Angela was once a member of the '4 hours and a matter of seconds' club, although for Angela her first sub-4 attempt was 4 hours and one second! This year, she achieved her sub-4 goal with a well-paced 3:58 run in London, and has now smashed that time with a 12-minute PB in Dublin - wow! Also in Dublin, **Carmen Fuentes-Vilchez** got a PB, and **Katherine Sargeant** was 1st FV50 with hers.

**Claire Raynor** took her funny shoes to Windsor for a flat half marathon, and many of you ran a very wet half in Oxford. Well done to **Amy Williamson** for getting a PB in such awful conditions. **Liz Jones** was 1st FV50 in Henley, while **Helen Pool** has achieved not one, but two, half marathon PBs, in the Great West Run, where she was also 2nd FV45, and in Ghent, where she was 2nd female overall. You can read about the adventures of our Roadrunners in Ghent in Andy Atkinson's report on the website. **Liz Atkinson** was also 2nd FV65, and **Lorraine Bailey** was 3rd in that same age category. Other RRs have been in non-marathon action overseas in Valencia.

I have yet to participate in a race outside the UK, but maybe 2020 will be the year. I am thinking in earnest about next year's race calendar, which currently has only one race (a marathon) on it.

We are yet to find out what next year's club championship races will be - general secretary Bob has to wait for dates to be finalised - but we do know that the races for the Berkshire Road Running Championship will be Maidenhead Easter 10, Reading 10k, Wargrave 5, and Maidenhead Half Marathon. Details of how to enter the championship will follow when entries open, in January.

Until then, stay warm/fit/happy, and generally well.

## 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>

So you've done your training session or race, how do you get the best out of your recovery with the right foods?

#### Re-fuelling

The primary aim here is to replenish glycogen stores and optimise recovery. You need to do this before the next session, otherwise your performance in your next session may be impaired.

Refuel within 2 hours of the end of a session, when you are in a window where the body uses what you eat to recover at 150% of its normal rate. It then drops but is higher than normal for up to 6 hours.

Aim for 1g of high GI carbohydrates per kg of body weight in the first 2 hours after exercise. For a 70g person this is roughly one banana or an oat-based energy bar.

After this 2-hour period there is no conclusive evidence to say if high or low GI (Glycaemic Index) food is best, so have some handy snacks. You should also aim for a further 50g of carbohydrates 2-4 hours post exercise, this as best to be as part of a normal meal.

#### What about protein for recovery?

- Many scientists believe that exercise does not increase your protein requirements, but some sports research suggests otherwise
- Even allowing for increased requirements most people eat far more than is required.
- Two reasons why protein requirements may be higher for exercisers;
  - o amino acids from protein are used during exercise to produce energy
  - o protein use increases to repair and replace muscle proteins that are damaged during exercise

The protein requirements of exercise depend on exercise type with weight training requiring more than endurance training. General protein requirements are 10-20% of your total daily calorie intake, these are the guidelines for increasing this if you are doing a lot of training;

- Low to moderate intensity endurance; walking, easy pace running or cycling  
1.2g of protein a day per kg of body weight
- Moderate to high intensity endurance; tempo pace running or cycling session  
1.2 - 1.6g of protein a day per kg of body weight
- Intermittent demand sports e.g. football, racket sports  
1.4 - 1.7g of protein a day per kg of body weight
- Strength and power training  
1.6 - 2.0g of protein a day per kg of body weight



For a 70kg person doing low intensity exercises they would get their ideal amount of protein from eating 175g canned tuna (40g protein), 50g peanuts (9g protein), one egg (6g protein) and 50g soya beans (14g protein) in a day.

#### Where do you get protein from?

- Nuts and seeds
- Beans and Pulses
- Eggs and dairy products
- Meat and Fish
- Soya

Take a look at my article in the May 2019 newsletter to find out more about the key nutrients for runners!

## Coaching Coordinator

Katie Gumbrell

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### DNF or DNS? That is the question...

#### Did Not Finish:

- got to the start-line, hoped that niggle would go away, it didn't, went home halfway through
- got to the start-line, hoped that long-term injury would go away, it didn't, stopped at a first aid station when knee swelled to twice its usual size, got driven back to the finish in an ambulance, went home
- got to the start-line, felt brilliant, tripped over speedbump in the first mile, cut-open knee, patched up by first aid station, went home

#### Did Not Start:

- felt niggle, did the warm-up, felt niggle again, went home
- woke up, felt terrible, went back to bed
- got to the start-line, tripped over a kerb, got taken to A&E for stitches to a headwound, went home

Any of these scenarios seemingly have the same outcomes: no medal/no result/hard work gone to waste\*.

A coach once told me that it was far better to DNF in a race than to DNS. While I agree to an extent, it's important to consider the bigger picture. Will starting the race raise your anxiety levels to an unbearable state? Will starting the race ensure that your niggle becomes a more significant injury? Will starting the race mean that your family and friends love you more?

Strong self-efficacy and the ability to believe in one's abilities is absolutely key to our success as distance runners: we need to believe we can do it in order to get over the discomfort of running at our 'best pace'. Without self-efficacy, we never try anything hard, go further or faster or even believe we could. Race-nerve is a normal part of training (they are for me, anyway!).

But we need to temper this belief when it comes to injuries and illness, whether of the body or the mind. Nothing is going to help you overcome an injury apart from physical rehabilitation and rest; running a race for which you're not mentally fit isn't going to make you feel better.

Please take care of yourselves and please, please JUST REST!

*(\*Delete according to taste)*

## Athletes Forum

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### Welcome and intros

Present: Colin C, Kate S (Katie G asking questions and taking notes)

Correspondence received from: Peter G; Jamie S; Mark A; Jo K

### Sparkling moments

What makes RR great?

- I think RRs encourage members at both ends of the performance spectrum very well
- I perceive the alignment of coaching needs with the present complement of coaches is very good
- I would willingly pay £2 a session
- The coaches do it well, and I'll continue to say that to them
- Variety of runners (age, size, ability)
- Release from everything else
- Enjoy team events, running with the green vests
- Gives an opportunity to give something to the local community

**Platform**

Committee asked for a review:

- how members would best benefit from coaching provision – e.g. stick with a coach vs. switch around; published coaching objectives vs. exercises
- how we encourage members at both ends of the performance spectrum
- how the coaches are deployed – e.g. buddying?
- the alignment of perceived coaching needs with the present complement of coaches, both in terms of numbers and qualifications
- outline training plan for coach development
- any ancillary material that would enhance members' experience of coaching
- any Committee support that isn't readily obtained
- cost & timescale implications of any recommendations for change
- eclectic mix of coaches, different personalities

**Future perfect**

What do we want coaching at RR to be like?

- Coaches need to be louder and clearer about what's happening at the start of the session – avoiding cliques
- More active meet and greet to support new people, especially considering those who don't come very often (this is much better on a Friday)
- Be really clear about who the new people are and what the coaches are doing to support them
- Coaches should be able to identify and support new members
- Coaches should be clear about the benefits of their session
- Virtual coach, so that athletes can ask questions about their training etc.
- Tailored feedback and coaching
- Performance coach
- Profiles of coaches so that people can have an idea which group to join (why do they do it, etc.)
- Another way of communicating with members because they're not all on Facebook
- How will we know we're doing it well?
- Athletes will be communicating with coaches
- Coaching groups will be focussed on specific goals so that people know which group to join
- Sessions might have alternatives on the road
- Information is made available in advance

**Counters**

What do we do well already?

- Communication is good – emails; lots of information on Facebook (responses from people, even if they don't know them)
- See the sparkling moments!

**Scale**

If perfect is 10 and 0 is not even started, where are we now?

- 7.5

**Affirmations**

Lots of people join and stay, so it can't be that wrong!

**Best foot forward**

What do we need to do to get to the next point on the scale?

- Organise groups
- Make welcomes clear
- Coaches to advance their qualifications – what's being added for more experienced runners?

## Valencia Half Marathon Race Report

Adele Graham

### Running under hot Spanish skies

Looking for a weekend away this autumn, Valencia had some good reports. With ex-Roadrunner Paul Godbold now living just up the coast, it seemed the perfect opportunity for a sunny weekend in Spain.

Team Valencia were Gill & Dave Gillard, Linda Wright, Paul Godbold, his partner Jason, Pauls mum, me and my long-suffering non-running other half Kevin. Runners were myself, Gill, Linda Paul & Jason (Jason running his first ever half marathon) with Kevin, Dave and Pam comprising the support team.

Valencia is a really lovely city. The historic old town has a huge cathedral and medieval towers which were once the old city gates. There is a park running alongside the old town that was once the Turia River. The river was diverted away from the city in the 1960's following extensive flooding, and the river bed was converted into a park.

Friday was a lovely sunny day so we walked down through the park to the expo to collect our numbers and substantial goody bags, passing by the Arts and Science Centre, a collection of amazing futuristic buildings, water and sculptures. Further sightseeing followed, with a few beers & a huge paella for dinner. Pam was given a long-stemmed red rose so she kept us entertained with an impromptu flamenco dance in the street, much to Paul's embarrassment!

Saturday was another glorious day so we toured the old town, visiting the market and cathedral area. As we sat with a bottle of pink wine in the sun, I started to think it might be a bit too warm for a half marathon. There was a great atmosphere in the town centre with a massive drum procession in the evening which was apparently the Valencia Zombie Party – loads of people dressed up in the streets. Following the obligatory pasta dinner, we retired early, taking advantage of an extra hour in bed as the clocks went back.

Race day was again hot and sunny. The race was well organised & we quickly found the toilets & bag drop. Gill & I were in a different starting area to the others, so we made our way to the start. The race started



rather slowly – the first mile was quite crowded. However, the crowds soon thinned out & I started to enjoy the race. The race route takes in lots of the city sights & Gill disappeared away in front of me after a mile or so. I ran a fast first 5k, but then decided to slow the pace as I was finding the heat hard to cope with. I made a point of drinking extra water plus energy drink & filling my hat with cold water at each stop. Even so I started to really slow up at about 9 miles. I passed Paul & Jason at about 10 miles. Paul was running with Jason to help him along and was doing a good job of encouraging him to keep going. I found the last 3 miles were a real struggle, so I was pleased to see the finish line (although I still managed a bit of a sprint finish!)

First to finish was Gill (1:58:52) and then me (2:14:03), Paul and Jason (2:34:53) and Linda (2:39:01). I was quite pleased with my time, given it was so hot (and I never run well in the heat).

A slow walk back to the apartment was followed by celebratory cava & dinner at a local restaurant.

Overall, I would certainly do this race again – Valencia is a fantastic city & the race was really well organised; a fast, flat course with great support throughout.



## Ultra-Race Hallucinations

Kathy Tytler

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*I was walking up a country road towards a sunny place on top of a hill that had some buildings and possibly people....I knew I was in trouble and needed help. At the top of the hill I climbed over a gate and walked into the centre of a playing field where I lay down in the early morning sun to try and get some warmth. My feet hurt a lot and I was in pain and cold but I was confused because I had died and had become a ghost.....this is how my race ended.*

Not the introduction to a horror story, but the first paragraph of his Thames Ring 250 report by Ernie Jewson,

Any long-distance events resulting in lack of sleep can cause hallucinations. My longest is two nights without sleep on the LDWA 100s. Many people do not go through the second night on this event, but I joke that the hallucinations are better on the second night. Often the hallucinations are such that you realise what you are seeing is not real; a figment of the imagination or a disconnect between the eyes and the brain; but extreme fatigue can make these sights seem real. They are not always frightening; in fact, the brain seems to accept some of the most surreal visions without question.

One year I was convinced that I saw Elvis sitting on a stile, complete with guitar in a field in Shropshire. Nothing really odd about that, except that talking to walkers at the end of the event others had seen him as well.

From trees that look like people or wild animals to whole casts of Disney Characters dancing along the path in front, hallucinations are a bonus – especially going into the second night.

On a wide forest track in Scotland my friend Pat kept bending down to pick non-existent plastic bags off the ground.

In mid Wales I came down off rough moorland onto a black tarmac road. I was convinced it was a void – that there was nothing there – despite the fact that Pat was already walking on it. Carefully I tested it with one foot before putting my whole weight on it.

Later Jack was to come across the same thing, but he made so much fuss that his two walking companions were convinced that he'd lost it and ensured that he was pulled out at the next checkpoint for his own safety.

Mistaking a tarmac road for a void can lead to a scary moment, but the consequences of mistaking the still dark water of a canal would be much more serious

On the TR250 the later finishers go through 3 or 4 nights with minimal sleep.

Mandy Foyster was with Paul Mason between Milton Keynes and Nether Heyford when:

*I soon realised we were not alone on the towpath as the trees were suddenly filled with wriggling monkeys and sinister goblin like figures.*

and on the road near Bilston Tunnel;

*I saw amazing animals like large weasels leaping in front of me in the middle of the road before they disappeared once more into my imagination.*

After leaving Lower Heyford, Paul Mason reports;

*The next hour after leaving the checkpoint I had the most horrific hallucinations, seeing a person every 30 seconds, some of them directly in front of me, like ghosts, suddenly vanishing when I blinked. It was 5am and the sun was coming up and there wasn't a soul about apart from me and the ghosts.*

Ricard McChesney described;

*...two white cars on top of each other immediately in front of me ... which prevented me from continuing ...*

Not all strange things that you see on a long run are hallucinations:

You may have seen the queen waving to her subjects alongside the Thames at Windsor, or someone wearing goggles and a snorkel making her way down the Oxford canal – that was Mandy Foyster on The TR250.



Paul Mason came face to face with a naked rambler;

*Suddenly as I came around a corner a man wearing no clothes came towards me. He saw me and said in an embarrassed voice, "Oooh sorry, naturist," and put a small black cloth over his manhood. Had I just imagined this? I turned round to see the gentleman walking away from me stark naked!*

On the Ridgeway 86, August Bank Holiday weekend, strange lights seen from around Bury Down looking back towards Reading could be the laser show at The Reading Festival.

So, what happened to Ernie?

*The sun was coming up at this time and as beautiful as the countryside looked, I wasn't happy. I had many mixed emotions and confusions and came to the strange realisation that I had died, and although this in itself didn't scare me, but as a ghost I couldn't understand why I felt so much pain and coldness as I had always felt that when you die there is no longer any pain and if this is what it was like to be dead I wanted no part of it...*

*...then my phone rang and it was Debbie. I was shocked as I thought somehow all connection with the outside world was lost...*

*Maxine turned up in the van and I gave her a big hug and felt very emotional as if I was being brought back from a somewhat beautiful living hell.*

After a rest, some food and the company of other runners, the TR250 participants recovered from the mental effects of their hallucinations. Physical recovery from aches, pains and blisters can take a bit longer.

*[Extracts from TR250 race reports by Ernie Jewson, Mandy Foyster, Paul Mason and Richard McChesney used with their permission. The full reports can be found on the Thames Ring 250 Facebook page.]*

## The importance of #Run&Talk... and of course, listening too.

Nicola Gillard

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I was asked to write this piece by our very own Perry White (bonus points if you get the reference), I suspect because of the following reasons: 1) he knows me; 2) he knows I like to talk and 3) he knows I've never been shy of sharing how finding running at a tough point in my life supported me through that time. In fact, it still does. I'm sharing my experience as I've seen what both running and talking can do, the magic it can weave. They are two juxtaposed activities that come together perfectly and can make such a difference to people's mental wellness. It's worked for me and I am passionate about providing the opportunity for others to benefit in the same way. It's why I've taken on the role of Female Welfare Officer at the Club and am embarking upon becoming a coach at the club too. It's also why you will have seen me leading a walk round Palmer Park a month or so ago during Mental Health Awareness week. All of this learning and insight has come at a price and it may help if I share my own experience of how running has helped me. Now, just like my Friday Facebook posts I warn you this won't be short; I would advise making a cup of tea around about now. And perhaps a biscuit too.

If you are comfortable, then I shall begin. For those who know this story you can skip a couple of paragraphs though!

It's 2013. I was 5½ months pregnant with my second child and I had just moved to Oman in the Middle East. This was supposed to be a great family adventure and we were going to make memories to last a lifetime. Well we did that alright as I will never forget the moment when three weeks after arriving in the country, so did my second child rather unexpectedly. The '12 weeks early' sort of unexpected. I hadn't even had the chance to find a doctor yet or visited any of the hospitals. As fate would have it there was a hospital next door to our compound, so once I couldn't ignore any longer that I had indeed gone into labour, help was on hand. From that point on things started to get rather frightening, very quickly. I arrived at the hospital at 5.30am and by 11am Pippa had been born. I will skip a lot of the detail of her first few days in this world, but they were dark days and no one seemed sure she would survive. I'd already had a baby and I knew this was supposed to be a time of happiness, snuggly new-born cuddles and not a lot of sleep. Instead I had to wait 10 days for my first cuddle and even then, it was full of wires, tubes, beeps from machines and a baby that practically fit within the palm of my hand. This wasn't how it was supposed to be. And I felt so very, very alone. Not only was I thousands of miles away from my family and my friends but my only support was my husband. I'll spare you the details, but our marriage was coming to an end and he was struggling with his own internal issues, he was not able to support me even in the smallest of ways. To this day I still can't remember him ever holding my hand or giving me a hug. The result was I buried a lot of things very deep, put on my big girl pants and just kept on moving through each day as best I could.

For six weeks I tried to split myself in two and failed abysmally at it. I couldn't be at the hospital with Pippa and at home with Luke (who was only 3½ years old and didn't really understand what was going on). They both needed me and only one could have me at a time. Home was a melting pot of stress, fear, sadness and anger – it was a very unhappy place to be.

A bleed on the brain later, the doctors in Oman delivered a prognosis of lifelong disabilities for Pippa and at that point it was decided that we needed to bring her home to the UK. Once that was achieved, Pippa's Dad returned to Oman for work, and Luke and I carried on the best we could for the next seven weeks that she spent on the Buscot Ward at the RBH. The staff there were angels and supported me as well as caring for Pippa. Until the day I die I don't think I will ever have said thank you enough for what they did; they saved my daughter and stopped me from slipping into a very dark place.

Just as Pippa came out of hospital my marriage came to an end. Luckily for me it is at this point that I found running! The neonatal wards charity (Babies in Buscot, BIBS) were looking for unsuspecting and naïve people to sign up and run the Reading Half Marathon to raise funds for the ward. They found me (and our lovely Coach Vroni too as it happens), and I eagerly signed up. A month or so later, the reality of what I had decided to do as a newly single parent with a 3-year-old and a 4-month-old baby to look after sunk in and

the fear descended. As luck would have it, I was having a chat with my then brother-in-law and he suggested I try out a session on a Wednesday night at Palmer Park with his running club. Yes, you guessed it; Reading Roadrunners! And that people turned out to be one of the best impulse based decisions I've ever made. On a simplistic level it gave me the motivation I needed to keep on training and getting out during the winter months; as we all know fresh air, sunlight and being in a natural rather than man made environment are all scientifically proven to help people with their mental well-being.

Secondly the people I met through the club became friends, friends who have listened to me on more than one or two long runs about the ups and downs of my life. They've supported me through becoming a single parent; my divorce, buying and selling a house; my return to work and a couple of bad experiences with bullying and idiotic work colleagues; nightmare projects; and more recently losing my beloved Mum (known to many as Nanny Biscuit Tin). They've also been there for each and every injury that I've had and helped me through the disappointment of each subsequent failed marathon attempt...! [Attempt number 4 is currently scheduled for an unknown city in 2020, so watch this space].

The shorter version of all of that is the Club has provided me with a safe place during some troubled times. The friends I have made helped me rebuild my confidence after my heart was broken, when I was questioning my professional ability to do my job, when I questioned my ability to be a good Mum and listened when I needed someone to let me release all the sadness, anger and unfairness of life. We've shared endless cups of tea and coffee in various cafes around Reading, a few drunken Christmas parties and we've taken part in team events which have made me feel a part of a family. We don't share blood or DNA but we do share so much else. I'm pleased to say that they have also been there for some very happy times too and given me the courage to take on challenges that I never thought I could achieve.

Running or any exercise for that matter (for example I now swim and cycle too as injury has introduced me to triathlons!) is a coping mechanism and there is a wealth of scientific research out there which shows keeping your body occupied while your brain starts to process trauma, pain, emotions and problems is a very effective strategy. But sometimes it won't be enough on its own. I know it hasn't always been enough for me and I have had to seek support from my GP and subsequently a counsellor and will continue to do so whilst I need that extra support. But running and talking is a great place to start and it is why I am a big supporter of the **#RunandTalk** initiative.

So next time you see me, if you need someone to listen then just let me know. I also do a very good line in talking about nonsense if you just need someone to distract you away from your thoughts for a while. I am currently on another injury induced running ban but I will be walking... and still talking... and most importantly of all still listening in the meantime.

Nicola

P.S. I always forget this part; Pippa is now fine! She's 6 and a loving, smart and sharp little minx of a girl, she is in fact my mini-me. She can often be found at Roadrunner events marshalling or handing out medals along with her big brother Luke. She is also partial to chocolate from goody bags at the end of races or biscuits at Track Friday's... so don't say I didn't warn you!

**If you need help...** For immediate help please do reach out to a friend, family member or see your GP if you feel able to do so. If you have already been given a Crisis Line number from a health professional, call it. If you are under the care of a mental health team and have a specific care plan that states who to contact when you need urgent care, follow this plan.

**The Samaritans** has a free to call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence. Call them on 116 123.

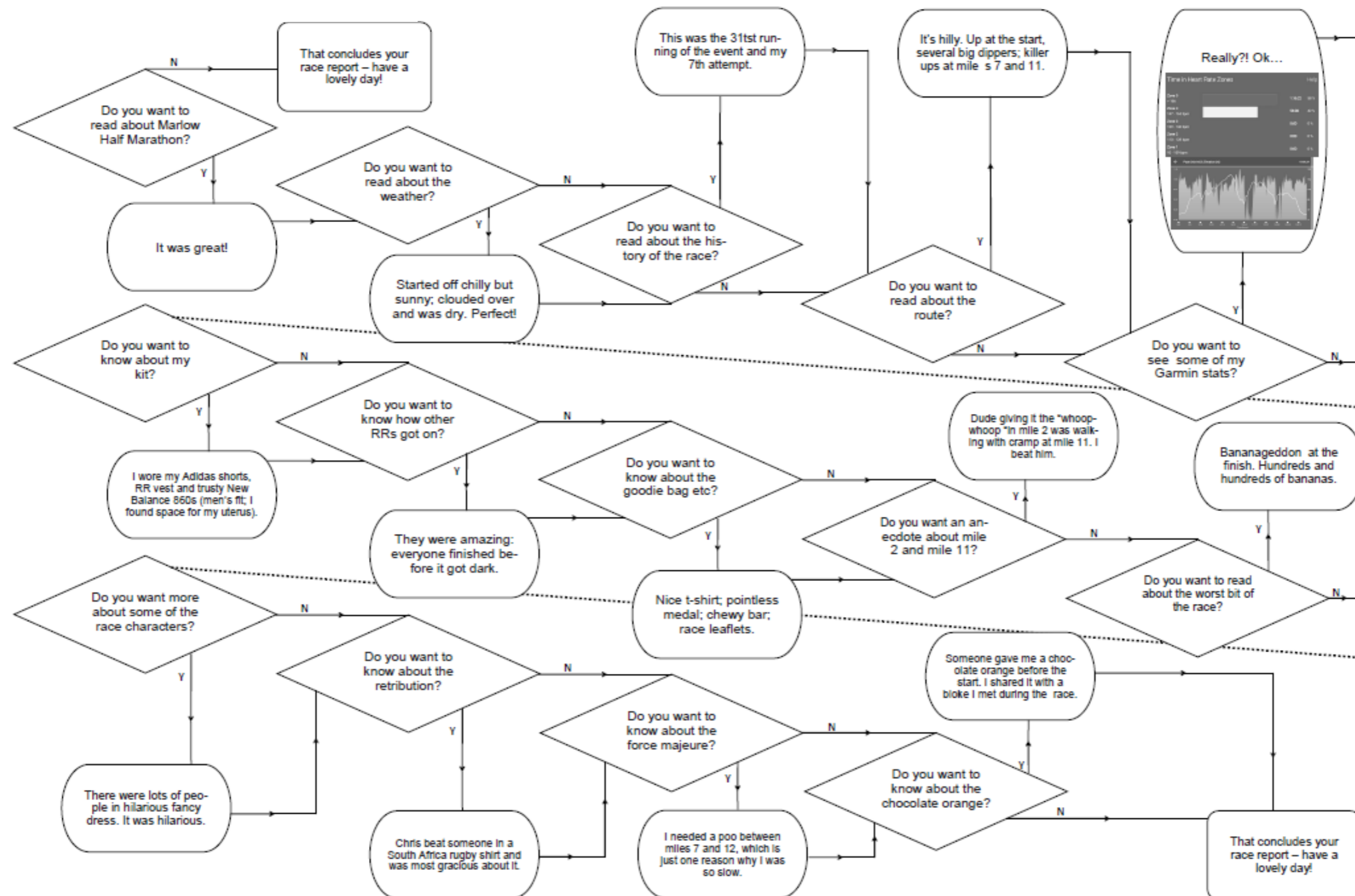
**For those interested to find out more about mental wellness and self-care...** If you want to find out more about the #RunAndTalk campaign take a look at the England Athletics website: <https://www.englandathletics.org/athletics-and-running/our-programmes/runandtalk/>

The charity **Mind** has an amazing website full of practical advice [www.mind.org](http://www.mind.org) or you call them on 0300 123 3393, Text 86946 or email [info@mind.org](mailto:info@mind.org)

**CALM** provide an online chat service at <https://www.thecalmzone.net> or you can call them on 0800 585858

**Berkshire West Your Way** have a self-referral service for access to mental health specialists, this can be a good route if you know you need help but aren't ready to talk to someone who might know you <https://www.together-uk.org/projects/berkshire-west-your-way>

## Katie Gumbrell



## Club Veteran Records

Mark Worringham, Claire Seymour

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Veteran athletes. When I was a teenage club runner in the 1990s, veteran runners were a uniquely intimidating sight. These were remnants of the 1970s running boom, and rejoiced in the associated look of long straggly hair, headbands, stained string vests with a neckline somewhere below the nipples, a thick layer of body hair in anatomically unusual locations, and glorious moustaches, usually flecked with spittle. Sometimes they even topped this off with glasses so thick they could stop a bullet. These men had lived, and lived hard.

In those days, with the rest of my life at my feet, I could never imagine that I myself would become one of these characters one day. Yet, time has mercilessly crept up, and here I am, pushing well into my 40s and still unable to gracefully retire from running. No doubt younger runners regard me with the same mix of reverence and horror with which I once looked upon those moustachioed warriors.

The upside to ageing in running is that you can choose to measure your performance against people of your own age, and pretend that everyone else does not exist. Unless you beat them, of course, in which case they definitely do exist. Claire Seymour and I were recently discussing the possibility of keeping track of club records for veteran age categories. Reading Roadrunners has a real tradition of strong veteran performances across the age groups, from Sarah Gee running for the full England team as a W40 and still sitting very close to the top of the all-time UK W45 rankings for a variety of distances, through to current England age group representatives such as Carrie Hoskins and David Dibben, as well as Tom Harrison's frequent position at the top of the V80 rankings in the UK. You only have to come to the track on a Wednesday to realise that the older age groups form the backbone of the club. It would be good to recognise that.

I can't speak for Claire's motivations, but there is also a side benefit for me in seeing my name back up in lights now that Rob Corney has gone and broken the proper club records I used to have.

Therefore, Claire and I are trying to work out the best performances for the club across the age categories. This is a challenging thing to do, and this article therefore asks for your help in identifying what the current records are. We do not have access to all the information that we need. We have used the Power of 10 site and other online sources, but these only go back reliably to about 2010, and before then a lot of the necessary information would have been in printed results which might be in a shoebox in the back of a cupboard somewhere.

We have kept this to 10-year age bands starting at 40 for the time being, as it would otherwise be a monumental task. For the same reason, we have kept to the traditional road distances of 5K/parkrun, 5 miles, 10K, 10 miles, half marathon, 20 miles and marathon, which form the focus for most of our members. If necessary, further categories can be added in the future, but for now this is already a sizeable task.

The rules are the same as for the usual club records – i.e. first claim Reading Roadrunners, on a measured course. For new records, that would also mean wearing club kit (or county/international kit), but in practice, we have no way of checking this for past performances. We have also treated parkruns differently between us – Claire has separated parkruns and 5Ks as per the club records, whilst I have counted parkruns as 5K, because otherwise there would be very few performances over that distance at all. This difference was not by design, but we would welcome any comments on the best way to proceed.

Therefore, we present below the best-known Reading Roadrunners performances so far, accepting that these are heavily weighted towards more recent performances due to the availability of results. We are asking anyone who knows of any superior performances to please let us know by the end of January 2020 if possible, by e-mailing [claireseymour1@sky.com](mailto:claireseymour1@sky.com) (female) or [mworringham@hotmail.com](mailto:mworringham@hotmail.com) (male). At that point, we will make the records 'official'.

**Female****W40**

parkrun	18:31	Liz Hartney	29/05/2010	Reading parkrun
5K	19:23	Sarah Urwin-Mann	19/07/2011	Horton
5 miles	29:41	Sarah Gee	11/05/2008	Marlow 5
10K	34:32	Sarah Gee	12/09/2010	Goodrich
10 miles	57:21	Sarah Gee	02/04/2010	Maidenhead Easter 10
Half marathon	1:14:45	Sarah Gee	10/10/2010	Peterborough
20 miles	2:04:49	Sarah Gee	15/02/2009	Bramley 20
Marathon	2:38:14	Sarah Gee	23/05/2010	Edinburgh Marathon

**W50**

parkrun	18:32	Carrie Hoskins	30/03/2019	Woodley parkrun
5K	20:02	Tracey Lasan	12/04/2009	Dorney
5 miles	33:45	Lesley Whiley	11/09/2011	Peasemore 5
10K	38:23	Carrie Hoskins	15/04/2018	Woodley 10K
10 miles	1:03:42	Carrie Hoskins	30/03/2018	Maidenhead Easter 10
Half marathon	1:24:17	Carrie Hoskins	18/02/2018	Wokingham Half Marathon
20 miles	2:14:19	Carrie Hoskins	11/02/2018	Bramley 20
Marathon	2:57:56	Carrie Hoskins	20/10/2019	Yorkshire Marathon

**W60**

parkrun	20:56	Jane Davies	05/10/2019	Lowestoft parkrun
5K	<i>No mark</i>			
5 miles	36:38	Jackie Jeffrey	07/05/2006	Marlow 5
10K	44:05	Jane Davies	06/01/2019	Woodcote 10K
10 miles	1:13:51	Jackie Jeffrey	09/02/2006	Bramley
Half marathon	1:36:00	Sian James	13/09/2015	Bristol Half Marathon
20 miles	<i>No mark</i>			
Marathon	3:26:33	Jane Davies	20/10/2019	Yorkshire Marathon

**W70**

parkrun	30:58	Christine Usher	06/11/2010	Reading parkrun
5K	<i>No mark</i>			
5 miles	<i>No mark</i>			
10K	<i>No mark</i>			
10 miles	<i>No mark</i>			
Half marathon	2:09:48	Christine Usher	19/11/2006	Jersey

20 miles	<i>No mark</i>			
Marathon	4:30:54	Christine Usher	02/12/2007	Luton Marathon

**W80**

parkrun	38:36	Christine Usher	05/01/2019	Bracknell parkrun
5K	<i>No mark</i>			
5 miles	<i>No mark</i>			
10K	<i>No mark</i>			
10 miles	<i>No mark</i>			
Half marathon	<i>No mark</i>			
20 miles	<i>No mark</i>			
Marathon	<i>No mark</i>			

**Male****M40**

5K	15:40	Mark Worringham	19/10/2019	Dulwich parkrun
5 miles	27:25	Lance Nortcliff	04/09/2016	Overton 5
10K	32:39	Mark Worringham	03/09/2017	Cardiff 10K
10 miles	57:15	Keith Russell	11/02/2018	Bramley 10
Half marathon	1:10:21	Mark Worringham	24/02/2019	Wokingham Half Marathon
20 miles	1:56:40	Seb Briggs	11/02/2018	Bramley 20
Marathon	2:28:57	Keith Russell	19/11/2017	Valencia Marathon

**M50**

5K =	17:52	Pete Jewell	06/09/2014	Reading parkrun
5K =	17:52	Alex Harris	24/08/2019	Woodley parkrun
5 miles	29:24	Brian Kirsopp	07/07/2019	Didcot 5
10K	36:39	Brian Kirsopp	03/02/2019	Chichester 10K
10 miles	1:00:52	Edward Dodwell	21/03/2008	Maidenhead Easter 10
Half marathon	1:19:25	Edward Dodwell	10/02/2008	Wokingham Half Marathon
20 miles	2:13:12	Gavin Rennie	15/02/2015	Bramley 20
Marathon	2:49:00	Alex Harris	20/10/2019	Yorkshire Marathon

**M60**

5K	19:31	Nigel Hoult	29/10/2016	York parkrun
5 miles	31:26	Roy MacNeil	29/05/2006	Kintbury 5
10K	39:36	Nigel Hoult	15/05/2016	Royal Berkshire 10K

10 miles	1:05:10	Nigel Hoult	18/04/2014	Maidenhead Easter 10
Half marathon	1:27:01	Nigel Hoult	16/03/2014	Fleet Half Marathon
20 miles	2:48:47	David Dibben	11/02/2018	Bramley 20
Marathon	3:14:51	Nigel Hoult	06/12/2015	Malaga Marathon

**M70**

5K	22:21	David Dibben	14/09/2019	Reading parkrun
5 miles	37:24	David Dibben	25/08/2019	Headington 5
10K	44:56	Roy MacNeil	12/06/2011	Wargrave 10K
10 miles	1:16:36	Roy MacNeil	20/03/2011	Maidenhead Easter 10
Half marathon	1:43:12	David Dibben	27/03/2019	Fleet Half Marathon
20 miles	3:03:23	David Dibben	17/02/2019	Bramley 20
Marathon	3:56:25	David Dibben	28/04/2019	London Marathon

**M80**

5K	27:02	Tom Harrison	13/05/2017	Reading parkrun
5 miles	44:58	Tom Harrison	07/05/2017	Marlow 5
10K	59:03	Tom Harrison	12/08/2017	Pride Run 10K
10 miles	1:35:38	Tom Harrison	19/02/2017	Bramley 10
Half marathon	2:03:17	Tom Harrison	02/10/2016	Bournemouth Half Marathon
20 miles	<i>No mark</i>			
Marathon	4:46:47	Tom Harrison	23/04/2017	London Marathon

Track Friday  
Fergal Donnelly



1815 - 1830 hrs - REGISTRATION / 1845 hrs - MILE / 1900 hrs - 5KM



# TRACK FRIDAY

29th November, Palmer park stadium



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

Refreshments in clubhouse afterwards – donations to club charity, First Days

## Exmoor Stagger & Stumble Race Report

Claire Seymour

'Dunkery Beacon' at the summit of Dunkery Hill is the highest point on Exmoor, and in Somerset where the Beacon itself rises to 1705ft, and each year towards the end of October Minehead Running club challenge runners to take on the 'Exmoor Stagger', a classic trail race of around 16 miles and 3600ft of ascent! It's certainly not for the faint hearted! with its gruelling, rocky terrain, steep ascents and descents and every other natural obstacle you can think of, mud, tree roots, leaves covering hidden rocks, weather conditions etc.

So, what draws back a small (slightly diminished over the years) group of RR's to take on this challenge year after year? Minehead running club class returning runners as 'loyal addicts' and in the case of Peter Aked and Andy Brakespear this is very true, I can't remember exactly but I think they have both returned around 18-20 times with various different groups of RR's, and I love hearing their stories as to how the course has changed over the years. For myself and Lance Nortcliff this was our 9th year! Although I have only taken on the Stagger once (but to definitely be repeated at some point when I'm feeling brave enough!) I normally opt to take on the shorter 'fun run' with Andy in more recent years, with a distance of 10K and 1000ft of descent! this race is not to be underestimated!



For me, it's the views at the top when on a clear day, you can see for miles across the Bristol Channel, the camaraderie between the runners and it has a special feel about it being autumn, with the golden colours in the woods and crunchy leaves underfoot! And really sets me up for the XC season ahead! And for the guys I would say the achievement of getting to the finish unscathed! whether they had the legs on the hills, particularly the Ascent up through Grabbist hill, whether they had put in enough training! And whether they will have severe DOMs for a few days, or in Lance's case for a week afterwards! and the competitive side always comes out, who could finish on the first page of the printed results, and be first RR home! And whether there was an age group trophy involved! (Sadly, for the first time in many years there wasn't this year, but it's only a bonus and not why they take part) and finally whether anyone can get close to long time winner of the race for several years! James Baker, who certainly needs challenging! Anyone up for this!?

When we return to the College (race village) after the race! an amazing spread of homemade cakes, sandwiches and hot drinks awaits the hungry runners! Definitely worth taking part for! And well-earned after such a tough but enjoyable few hours!



So, if you enjoy trail running, a low-key event with no pressure at a cost of around £16 for the Stagger and £12 for the Stumble (bargain) why not come and join us next year! I love the fact that Minehead running club always welcome the green vests, and every year we always get a special thank you for travelling down and taking part which means a lot, and I'm sure they would be thrilled to see a few more of us there. So, if you're interested in finding out more information you can chat to any one of us about it, and you never know you may enjoy it so much, that you decide to follow in the footsteps of Peter and Andy as myself and Lance certainly have!

## Roadrunners' Race Results

### David Dibben

Tourette's Hill will decide the outcome of the final three titles in this year's club championship.

the most exciting dust-up in the last event of the season — the Mapledurham 10 — should be in the men's V50 group, where Brian Kirsopp, David Caswell and David Fiddes have been battling it out all season.

All three still have a chance of overall victory but Brian has the added incentive of knowing that a win will possibly earn him the 'all racers by age grading' title as well.

There could also be a close finish in the men's V40 group, where current leader Tony Page will be anxious about a possible challenge from Ben Whalley.

The only issue left to be resolved for the ladies is the senior title. Donna Saunders is out in front but is no doubt wondering whether Gemma Buley will be fit to race.

Incidentally, why do they call that dreaded climb Tourette's Hill? No Roadrunner would use bad language, would they?

\*For the avoidance of doubt, this newsletter never publishes results from duathlons, triathlons or park-runs.

#### October 12th

##### Hampshire XC League (Race 1, Bournemouth)

##### Ladies Race

Pos	Name	Gun
56 (12)	Sarah Dooley	26.34
88	Chloe Lloyd	28.33
113 (38)	Sam Whalley	29.59
132 (48)	Claire Seymour	31.31
134 (50)	Alex Bennell	31.37
181 (80)	Cecilia Csemiczky	40.04

\* Vets placings in brackets

**Women's scoring:** 56 Dooley, 88 Lloyd, 113

Whalley. Total: 257.

**Roadrunners:** 16th.

**Vet women's scoring:** 12 Dooley, 38 Whalley, 48

Seymour. Total: 98.

**Roadrunners:** 5th.

##### Men's Race

Pos	Name	Gun
43	Jamie Smith	34.41
47	Mark Apsey	34.52
69	Chris Burt	36.09
74 (9)	Andrew Smith	36.15
79 (10)	Lance Nortcliff	36.48
108 (22)	Pete Jewell	38.37
141 (46)	Tony Page	40.06
161 (59)	Colin Cottell	41.44
195	David Walkley	44.31

\* Vets placings in brackets

**Men's scoring:** 43 J Smith, 47 Apsey, 69 Burt,

74 A Smith, 79 Nortcliff. Total: 312.

**Roadrunners:** 8th in Division One.

**Vet men's scoring:** 9 Smith, 10 Nortcliff, 22

Jewell. Total: 41.

**Roadrunners:** 1st

#### Autumn 100

Pos	Name	Gun
74	Nora Holford	23:36.22
116	Noora Eresmaa	26:33.19
141	Christina Calderon	27:26.19

#### Maverick Trail Innov-8 (Long)

Pos	Name	Chip
33	Chantal Percival (3rd lady)	1:53.11
141	Bryan Curtayne	2:17.11

#### Maverick Trail Innov-8 (Middle)

Pos	Name	Chip
154	Linda Wright	1:38.25

#### October 13th

##### Chicago Marathon

Pos	Name	
198	Brendan Morris	2:34.45 PB
5747	Mark Andrew	3:24.04 PB
6858	Simon Denton	3:28.27 PB
12264	Fleur Denton	3:48.24
14395	Grant Hopkins	3:54.40
16490	Vroni Royle	4:00.02 PB
16570	Susan Knight	4:00.14 PB
19668	Ian McGuinness	4:11.06 PB
25727	Catherine Leather	4:32.07
40854	Anthony Eastaway	5:51.14

##### Eden Project Marathon

Pos	Name	
43	Ian Giggs	3:52.13

##### Eden Project Half Marathon

Pos	Name	
167	Dean Allaway	1:50.16

##### Henley Half Marathon

Pos	Name	
38	Pete Aked	1:34.49
114	Liz Jones (1st F50)	1:45.03
127	Ollie Watts	1:47.28
251	Joe Akem-Che	1:58.50
265	Jim Kiddie	1:59.45

410 Socrates Christidis 2:28.16  
 412 Peter Glass 2:37.05

Oxford Half Marathon

Pos	Name	
119	Alex Warner	1:25.23
207	Michael Hibberd	1:28.48
338	Andrew Butler	1:32.03 PB
515	Clinton Montague	1:35.44 PB
721	Paul Billing	1:40.11
935	Dave Thornton	1:42.08
1477	Sarah Alsford	1:48.49
1682	Jo Sollesse	1:50.12
1707	Amy Williamson	1:49.35 PB
2314	Sarah Bate	1:58.29
2452	Gary Clarke	1:54.57
2624	Andrea Bennett	1:58.21
5608	Stephanie Cook	2:26.35

Great West Run

Pos	Name	
86	Fergal Donnelly	1:30.21
145	Helen Pool (2nd F45)	1:34.36 PB

Palma Marathon

Pos	Name	
662	Paul Monaghan	4:51.39
663	Caroline Jackson	4:52.14
690	Martin Bush	4:54.59

Palma Half Marathon

Pos	Name	
989	Pete Morris	1:57.53

Palma 10k

Pos	Name	
1096	Lynda Haskins	59.51
1461	Sandy Sheppard	1:04.17

Tadley 10

Pos	Name	
8	Brian Kirsopp (1st M50)	1:03.47
56	Stuart Wylie	1:23.44
65	Saba Reeves	1:25.33
81	Laura Batten	1:32.20
98	Sarah Richmond-De'voy	1:39.22

Greenham Trust 10k

Pos	Name	
21	David Caswell	44.16

Second Sunday 5

Pos	Name	
3	Ashley Middlewick	34.17

Henley 10k

Pos	Name	
19	Sammy Phillips	49.20

Windsor Lakeside Half Marathon

Pos	Name	
54	Claire Raynor	1:46.50

**October 19th**Great South Canine Run

Pos	Name	Chip
3	Manny Whalley (and Ben)	8.40

**October 20th**Thames Valley XC League (Race 2, TVT)

Pos	Name	Chip
1	Matt Richards	30.44
2	Sibrand Rinzema	31.13
6	Jamie Smith	32.11
11	Chris Burt	33.20
18	David Ferguson	34.13
26	Darren Lewis	34.56
30	Fergal Donnelly	35.50
34	Andy Blenkinsop	36.06
52	Ian Giggs	37.05
53	Paddy Hayes	37.16
56	Richard Usher	37.21
67	Richard Hallam-Baker	37.59
76	Bill Watson	38.40
79	Colin Cottell	38.53
81	Justin Simons	38.56
90	Mel Shaw	39.30
100	Peter Bowles (guest)	40.00
101	Alan Freer	40.05
128	Dan Stockwell	41.44
136	Simon Peralta	42.00
141	David Walkley	42.15
150	Robert Houghton	42.30
165	Stuart Jones	43.21
174	Lesley Whiley	43.50
177	Ian Horritt	43.55
179	Sally Carpenter	43.57
186	Stuart Wylie	44.12
188	Bryan Curtayne	44.14
194	Swinda Falkena	44.24
199	Sarah Alsford	44.38
201	Chloe Lloyd	44.46
231	Angela Burley	46.17
262	Jo Sollesse	48.28
270	Ros Crawford	49.04
276	Clive Bate	49.30
279	Michael Howard	49.38
283	Jim Kiddie	49.55
323	David Ferris	52.16
324	Sean Hollins (guest)	52.20
329	Tina Woffington	52.56
338	Lynda Haskins	54.10
353	Sandy Sheppard	56.38
365	Suzanne Bate	57.42
366	Amy Fancourt	58.00
375	Maureen Sweeney	59.18
376	Caroline Hargreaves	59.38
378	Sally Caldwell	59.40
380	Jon Bailey	59.55
384	Liz Fleming	1:00.35
394	Charlotte Gleadhill	1:01.18
399	Liz Atkinson	1:02.20
400	Alison Wrigley	1:02.26
401	Tom Harrison	1:02.42
404	Peter Higgs	1:03.36
408	Lorraine Bailey	1:04.01

415 Paul Young 1:06.21  
425 Kathy Tyler 1:12.06

**Men's scoring:** 1 Richards, 2 Rinzema, 6 Smith,  
9 Burt, 23 Lewis, 26 Donnelly. Total: 67.

**Roadrunners 1st.**

**Women's scoring:** 8 Shaw, 30 Whiley, 32  
Carpenter, 37 Falkena. Total: 107.

**Roadrunners 6th.**

**Overall: Roadrunners 4th.**

#### Great South Run

Pos	Name	Chip
32	Jack Gregory	52.58 PB
90	Calum Pratt	58.40
285	Ashley Middlewick	1:04.48
424	Nikki Gray	1:07.42
473	Jeremy Laming	1:07.45
769	Andrew Tucker	1:11.03
1437	Stewart Wing	1:15.44
2738	Chris Manton	1:21.35
2803	Sam Whalley	1:21.50
3000	Katherine Foley	1:22.31
3468	Lee Hinton	1:24.17
3469	Vroni Royle	1:24.17 PB
3945	Pete Morris	1:25.54
4346	Martin Douglas	1:27.08
6036	Lin Morton	1:32.23
7937	Helen Dixon	1:37.53 PB
7987	Sarah Richmond-De'voy	1:38.01
8001	Elizabeth Detenon	1:38.02
10742	Catherine Douglas	1:46.46
11513	Linda Wright	1:49.36

#### Abingdon Marathon

Pos	Name	Chip
95	Chris Buley	2:57.27 PB
215	Gavin Rennie	3:10.31
225	Erica Key	3:12.05 PB
239	Tony Page	3:13.35 PB
266	Wayne Farrugia	3:16.54 PB
274	Kenny Heaton	3:17.42
452	Sophie Hoskins	3:39.45 PB
458	Ben Fasham	3:40.39 PB
512	Simon Brimacombe	3:47.29 PB
562	David Lennon	3:53.47
594	Brian Grieves	3:57.21
794	Holly Smith	4:31.47

#### Yorkshire Marathon

Pos	Name	Chip
85	Marcus Fletcher	2:47.43 PB
95	Alex Harris	2:49.00 PB
195	Caroline Hoskins (2nd F50)	2:57.56
269	Daniel Lynch	3:05.25
656	Jane Davies (3rd F60)	3:26.33

#### Auckland Marathon

Pos	Name	Chip
39	Gary Tuttle	2:55.32 PB

#### Amsterdam Marathon

Pos	Name	Chip
268	Matt Davies	2:47.18 PB

#### Bruges Marathon

Pos	Name	Chip
-	Markus Orgill	3:23.03 PB

#### Poznan Marathon

Pos	Name	Chip
2175	Brian Kirsopp	3:57.38

#### Chelmsford Marathon

Pos	Name	Chip
323	Paul Monaghan	4:11.41
324	Caroline Jackson	4:11.41

#### Fleet 10k

Pos	Name	Chip
75	Nigel Hoult (3rd M60)	41.35

#### Exmoor Stagger

Pos	Name	Chip
22	Lance Nortcliff (2nd M45)	2:18.01
43	Pete Aked	2:29.01

#### Exmoor Stumble

Pos	Name	Chip
40	Andy Breakspear	1:01.00
63	Claire Seymour	1:11.06

#### Water of Life Half Marathon

Pos	Name	Chip
160	Julie Wing	3:02.43

#### Water of Life 10k

Pos	Name	Chip
162	Stephen Wing	1:28.0

#### **October 26th**

##### Beachy Head Marathon

Pos	Name	Chip
1765	Martin Bush	6:58.03

#### **October 27th**

##### Rickmansworth 10

Pos	Name	Chip
1	David McCoy (Snr)	57.55
4	Chris Burt	58.46 PB
13	Tony Page	1:03.59 PB
26	Ashley Middlewick	1:06.41
43	Chantal Percival (3rd lady)	1:09.03
58	Alan Freer (2nd M60)	1:13.08
76	David Fiddes	1:14.48
81	David Caswell	1:15.18
91	Bryan Curtayne	1:18.25
97	David Dibben (1st M70)	1:19.12
115	Joe Blair	1:21.10
145	Chris Manton	1:24.48
171	George Nyamie	1:27.58
197	Gary Clarke	1:30.22
211	Clive Bate	1:33.26
257	Suzanne Bate	1:42.26

258	Pete Morris	1:42.29
313	Gill Manton	2:21.38
<u>Dublin Marathon</u>		
<i>Pos</i>	<i>Name</i>	<i>Chip</i>
850	Katherine Sargeant (1st F50)	3:05.08 PB
1539	Calum Baugh	3:16.10 PB
1815	Tony Streams	3:19.08 PB
4780	Dan Brock	3:46.07
4830	Angela Burley	3:46.02 PB
7270	Carmen Fuentes-Vilchez	3:59.09 PB
11740	Christina Calderon	4:31.45
13152	Phil Reay	4:44.22
13199	Sahan Jinadasa	4:44.42
13637	Paul Carter	4:48.48
13632	Sara Lopez	4:49.39

Ghent Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
55	Fergal Donnelly	1:25.57
128	Helen Pool (2nd lady)	1:32.02 PB
207	Mark Andrew	1:35.50
968	Dan Rickett	1:54.47
2055	John Bailey	2:26.17
2087	Liz Atkinson (2nd F65)	2:28.31
2138	Lorraine Bailey (3rd F65)	2:37.10

Frankfurt Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
110	Mark Worringham	2:30.59 PB

Snowdonia Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
175	Kenny Heaton	3:32.26
2276	Kathy Tytler	6:51.56

Valencia Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
9616	Gill Gillard	1:58.52
13259	Adele Graham	2:14.03
15219	Linda Wright	2:39.01

Liubljana Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
11*	Magda Bennett	3:45.18

\* Age group placing

The Stickler (10m trails)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
388	Harriet Turner	1:58.28

**November 2nd**Mission Mount Somers Half Marathon (NZ)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
16	Gary Tuttle	2:44.59

**November 3rd**New York City Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
764	Sibrand Rinzema	2:51.55
1371	David McCoy (Snr)	2:58.35
10835	Swinda Falkena	3:47.38 PB
46430	Dave Wood	5:42.05

Nice-Cannes Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
203	Tony Walker	3:12.01
1245	Andrew Butler	3:45.11
2285	David Walkley	4:06.02
3525	Pete Morris	4:33.18
4187	Martin Bush	4:51.37
5086	Cecilia Csemiczky	6:03.29

Marlow Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
33	Richard Usher	1:32.06
64	Chris Cutting	1:35.42
93	Daniel Whittaker	1:39.01
152	Alan Thomas	1:43.26
241	Ben Fasham	1:48.32
293	Joe Blair	1:51.44
317	Nick Adley	1:53.34
571	Katie Gumbrell	2:12.25
638	Jennie Whitehead	2:21.38
683	Nora Holford	2:29.35
717	Julie Wing	2:58.53

Marlow 7

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
12	Fergal Donnelly	46.00
16	Caroline Hoskins (2nd lady)	46.34
34	Ed Dodwell (1st M60)	50.37
52	Sophie Hoskins	52.17
67	Marion Loiseau	53.37
79	David Dibben (1st M70)	55.12 PB
81	Julie Rainbow	55.19
280	Diane Hodder	1:06.35
309	Stephanie Smith	1:07.58
318	Rita Dykes (2nd F70)	1:08.40
349	Sarah Richmond-De'voy	1:11.10 PB
449	Hannah McPhee	1:18.22
450	Sarah Walters	1:18.39
463	Anthony Eastaway	1:19.31
464	Amanda Dingle	1:19.18
505	Linda Wright	1:23.53
527	Jill Dibben	1:31.41 PB
543	Gill Manton	1:39.39

Rivermead 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
53	Laura Batten	56.18
70	Socrates Christidis	59.38
77	Thanga Satheeskumar	1:01.26

**November 9th**Hampshire XC League (Race 2, Winchester)Ladies Race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
23	Freya Martin	26.52
62 (8)	Helen Pool	30.19
76 (15)	Sarah Dooley	30.51
94	Chloe Lloyd	32.15
118 (34)	Claire Rayner	34.12
150 (53)	Alex Bennell	36.31
171 (64)	Claire Seymour	39.17

175 (67) Kira Moffat	39.36
212 (97) Cecilia Csemiczky	48.47
<i>* Vets placings in brackets</i>	

**Women's scoring:** 23 Martin, 62 Pool, 76 Dooley. Total: 161.

**Roadrunners:** 8th.

**Vet women's scoring:** 8 Pool, 15 Dooley, 34

Rayner. Total: 57.

**Roadrunners:** 4th.

#### Men's Race

Pos	Name	Gun
34	Jack Gregory	33.54
60 (4)	Mark Worringham	35.13
63	Mark Apsey	35.23
68	Jamie Smith	35.32
74	Brendan Morris	35.50
86	Chris Burt	36.47
105 (13)	Tony Page	37.40
115 (18)	Lance Nortcliff	38.07
118 (20)	Andrew Smith	38.13
144	Matt Davies	39.44
160 (45)	Pete Jewell	40.15
181 (56)	Ben Whalley	41.31
210 (78)	Mark Andrew	42.53

*\* Vets placings in brackets*

**Men's scoring:** 34 Gregory, 60 Worringham, 63 Apsey, 68 J Smith, 74 Morris. Total: 299.

**Roadrunners:** 5th.

**Vet men's scoring:** 4 Worringham, 13 Page, 18 Nortcliff.

Total: 35.

**Roadrunners:** 1st.

#### Gower Marathon

Pos	Name	Chip
118	Nicola Randall	7:06.00

#### Gower Half Marathon

Pos	Name	Chip
152	Maddy Smith	2:56.39

#### **November 10th**

##### Phoenix Remembrance Day Marathon

Pos	Name	Chip
196	Martin Bush	5:37.52

##### Thames Valley XC League (Race 3, Datchett)

Pos	Name	Gun
9	Chris Burt	35.00
23	Fergal Donnelly	36.22
35	Tony Page	37.05
43	Andy Blenkinsop	37.59
47	Brian Kirsopp	38.04
49	Darren Lewis	38.09
61	Monty Gershon (guest)	38.44
64	Stuart Hyslop	38.52

66	Gavin Rennie	38.54
73	Richard Usher	39.17
80	Markus Orgill	39.29
82	Matt Davies	39.44
102	Michael Hibberd	40.10
112	Ian Giggs	40.32
120	Richard Hallam-Baker	40.54
124	Justin Simons	41.09
126	Bill Watson	41.16
128	Matthew Curtayne	41.19
143	Alan Freer	42.11
201	David Fiddes	44.35
205	Bryan Curtayne	44.43
206	Sarah Dooley	44.44
210	Claire Marks	45.00
214	Renee Whalley	45.15
221	Ian Horritt	45.33
222	Stuart Jones	47.17
244	Chloe Lloyd	46.20
264	Sarah Alsford	47.03
267	Kevin Jones	47.17
270	Brian Fennelly	47.26
277	Sally Carpenter	47.41
292	Pete Morris	48.25
296	Angela Burley	48.36
303	Stewart Wing	48.50
327	Jo Solesse	49.48
359	Martin Douglas	51.30
366	Ros Crawford	51.37
372	Will Guest	51.52
373	Edward Thorpe	51.59
380	Jim Kiddie	52.17
388	Gary Clarke	52.36
390	Andy Breakspear	52.38
392	Gill Gillard	52.40
403	Andy Atkinson	53.16
405	Shweta Saikumar	53.21
407	David Ferris	53.32
410	Art Atwal	53.40
421	Michael Howard	54.22
453	Lynda Haskins	56.26
461	Tina Woffington	57.06
486	Sandy Sheppard	59.22
492	Julie Slaughter	1:00.31
493	Sally Caldwell	1:00.33
495	John Bailey	1:00.49
500	Rebecca Simons	1:01.02
501	Charlotte Gleahdill	1:01.08
502	Heather Bowley	1:01.29
505	Liz Fleming	1:01.42
541	Tom Harrison	1:04.51
542	Andrea Marnoch	1:05.04
543	Liz Atkinson	1:05.06
549	Helen Wing	1:05.28
555	Lorraine Bailey	1:06.56
559	Peter Higgs	1:07.59
576	Julie Wing	1:20.39

**Men's positions:** 9 Burt, 23 Donnelly, 34 Page, 42 Blenkinsop, 46 Kirsopp, 48 Lewis. Total: 202.

**Roadrunners:** 5th.

**Women's positions:** 31 Dooley, 33 Marks, 34 R Whalley, 45 Lloyd. Total: 143. **Roadrunners:** 6th.

**Overall:** Roadrunners 6th.

### Season's Bests

#### Ladies

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	Caroline Hoskins	2:57.56

#### 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

### Season's Improvers

<i>Dist</i>	<i>Name</i>	<i>PB Margin</i>
Mara	Hilary Rennie	1:25.30
HM	Hannah McPhee	26.17
10m	Chris Burt	5.05
10k	Helen Dixon	3.26
5m	Brian Kirsopp	0.47
5k	Chris Burt	0.25

## Committee Minutes

### November

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**Tuesday 12<sup>th</sup> November 2018 – 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

Paul, Phil, 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 was unable to attend the meeting but provided the following points by email:

- Phil has enjoyed reading the stories of members' runs and adventures over the autumn season, noting many PBs: well done to everyone and thanks to the coaches.
- Phil thanks Carl for organising the ballots for London Marathon places.
- Commenting on the huge turnouts at XC fixtures, Phil notes that Club teams are well placed in both the Hants and TVXC Leagues at the halfway stage. Thanks are due to Sam for her continued efforts in creating such a strong team and encouraging members to participate.

#### TREASURER'S REPORT

Jill provided completed accounts for October and reported that she needs to pay an invoice for £198 regarding financial consultancy reported in previous meeting minutes.

Jill will task the consultant with verifying the 2019 accounts in the New Year.

Jill said that she wants to investigate opportunities for restructuring the Club's finances, with which the Committee concurred.

#### GENERAL SECRETARY'S REPORT

Car parking. There is no further information on Reading Council's intention to implement car parking charges at Palmer Park, the last advice on which was that the new arrangements would commence at the end of October.

London Marathon coaches. Bob advised that he has booked coaches to take marshals and runners to the 2020 London Marathon. There will be three coaches, all leaving from and returning to Palmer Park, as follows:

- 06:00 to Charing X station, returning 16:30 from Belvedere Rd.
- 07:00 to Charing X station, returning 17:30 from Belvedere Rd.
- 07:00 to Tower of London, returning 18:00 from Fenchurch St.

The cost will be £17 per seat. In recent years London Marathon has refunded the coach fee for marshals.

Xmas track closures. Club sessions will not take place on 25Dec, 27Dec or 1Jan.

Brighton Marathon. The now familiar offer from the Brighton Marathon for guaranteed places for England Athletics members was communicated to members during October. There are ten places available at £75

each. There are also free entries for members whose Power of 10 records show that they have achieved required threshold times since 1Jan18.

#### MEMBERSHIP SECRETARY'S REPORT

Anne reported that ten new members joined during October, noting new members joining during December to March will be subscribed through to March 2021.

Anne noted that England Athletics will increase its affiliation fee by £1 per head from 1Apr20. The Committee voted to pass this additional charge on to members but to retain the Club membership fee for each membership category for another year.

#### SOCIAL SECRETARY'S REPORT

Xmas party. Liz reported that tickets for the Christmas party are selling well and had recently made more tickets available online.

Dinner Dance. Anne reported that she has booked the band, Pink Fish, for the 2020 Dinner Dance.

#### COACHING REPORT

First timers. Katie is trialling a new approach to inducting new joiners. Rather than having a dedicated induction coach, coaches will take it in turn to host new joiners within their group, following a briefing on basic track etiquette and safety. Katie is also setting up a group of volunteers to engage with new joiners prior to the announcements at the track and to buddy new joiners as they enter coaching groups.

Second timers. Katie wants to encourage volunteers to buddy new members on their initial visits to help them settle in.

Survey. Katie intends to initiate an online survey to invite members to say what they want from the coaching groups.

#### ANY OTHER BUSINESS

Performance awards for Hants XC. Bob tabled an item on behalf of Sam Whalley asking the Committee to consider making awards for top ten performances at the Hants XC League, recognising the quality of the field in which our members are competing.

This was discussed at some length. The Committee did not approve Sam's request as it would benefit only a small group of athletes and would raise expectations that the benefit could be extended to other prestigious events.

The discussion broadened into considering a more inclusive initiative to recognise achievement and to inspire performance and motivation.

Anne suggested that we consider reinstating the "RR of the Month" award.

In addition, Alice suggested that we could provide seminars on running-related themes such as nutrition, recovery from injury, health.

Alice undertook to put together a proposal for future consideration.

Vet records. Claire reported that she and Mark Worringham have researched Club records in vet age categories and believe that they have identified most, but not all, vet records. They are ready to publish and set up a scheme to maintain the records.

#### DOOR ROTA

13 <sup>th</sup> November	Anne & Claire	4 <sup>th</sup> December	Shirley & Jane
20 <sup>th</sup> November	Shirley & Heather	11 <sup>th</sup> December	Anne & Shirley
27 <sup>th</sup> November	Shirley & Janice/Jane	18 <sup>th</sup> December	Anne & Shirley

DATE OF NEXT MEETING

7<sup>th</sup> January 2020

It has not been possible to schedule a quorate meeting during December.

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