

# NEWSLETTER: DEC 2019



## ALL YOU NEED IS... CROSS COUNTRY

Roadrunners flooded the Berkshire XC championship with green last weekend, braving the cold and mud to show off their talent and balance!



## Editor's Note

**Peter Cave**

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Apologies for the lateness again, my rather busy life is getting in the way. Should this continue then I may have to step back into the shadows and let someone else take over!

A bumper edition last month has led to slimmer pickings this one. Again, as always, I welcome all and any articles: this is YOUR newsletter, so what do you want to read?

Have a wonderful Christmas!

P.S. Thank you to Ed Thorpe, the provider of the front-page photo. I'm afraid to admit anything posted on the Facebook group is fair game for poaching!

*newsletter@readingroadrunners.org*

## 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*

It's the morning after the Christmas Party and I'm as happy as I've ever been to be a member of Reading Roadrunners. It was great to see everyone relaxing and having a fun evening. Thanks to everyone who bought a ticket and thanks also to Liz Johnson and Alice Carpenter for organising.

Earlier in the day on Saturday our Women's V60 team won gold at the SEAA Masters Cross Country Championships. The captains will share more detail but it was yet another superb result in a month which has seen huge participation from our members and wins in the Cross-Country leagues in which we compete. Well done everyone. Keep it up.

This year is our turn to host the Berkshire Cross Country Championships, which will take place on 15 December at Ashenbury Park. Our multi-talented Women's Team Captain, Sam Whalley has been working tirelessly as Race Director for this event. Thanks to her and to those of you who have volunteered. Just one week later on 22 December we host our own TVXC League fixture at the same venue (different course). For this Sam is joined as Co-Event Director by Peter Reilly. Thank you to both of them and the 60 event volunteers. It's always a great day for the club and I hope as many of you will join in and run the event – they're all inclusive, all abilities and it's a great way to meet new people.

It's also been a month when Grant Hopkins decided to step down as Men's Team Captain. Thanks to Grant for his contributions to the club whilst in the role. He was Captain of the Ridgeway Winning Team this year and has always been encouraging of runners across the club, and I'm personally proud of the way he raised awareness of Mental Health in his Captains reports. Congratulations and welcome to the role to Jamie Smith. Jamie has been a pillar of the running community in Reading and RRs for many years. He's especially known for his work supporting runners of all abilities as Event Director of Reading parkrun in the early years and through our competitive Men's teams at the club.

After four years as our Club Kit Managers, Chris and Sarah Drew will be stepping down from the role in March. Thanks to them both for years of volunteering and kitting us out in our Green Vests. We're looking for new volunteers for the role. If you're interested please contact me directly.

Congratulations to all the prize winners in our 2019 Club Championships. Awards will be given out at our Annual Dinner Dance on 7 March – save the date, tickets will be on sale soon.

There will be no track sessions on 25, 27 December or 1 January as Palmer Park Stadium is closed. There will however be a session on 3 January. At our last track session of the year we thought it would be good to do something together as a club, so, on 18 December before the announcements we'll do two laps of the track as one big group. This will be followed after the session with mulled wine and mince pies being served in the foyer, where there will be donation buckets should you wish to make a small contribution to our club charity, First Days.

Thanks for choosing to be part of the club in 2019. Wishing everyone a very Merry Christmas.

Phil

## 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's the evening of the track session that wasn't, and I'm running back home the long way, up and down all the hills between Palmer Park and Southlake. I'm thinking about relative effort. It's the level of effort I am able to put in, given the occasional slipperiness of the pavements, general potential for tripping over in the darkness, and the fact that I am carrying a rucksack containing water, and the Canterbury's, hoodie, hat and waterproof I had worn for the run down to the track. Overkill, I realise, but being totally toastie was the only way I could even contemplate getting myself out of the house on such a cold evening.

Relative effort is my friend these days, since I don't have the ability to run as fast as I could a couple of years ago (or maybe I just don't have the confidence or self-belief?). It's the kind of effort you need for XC running, where you can't really think about minutes per mile, because every mile is different, but instead you can focus on trying to catch the person in front of you, or stay ahead of the person who's on your heels. It is so liberating to not have to look at your watch, and instead listen to your breathing, concentrate on planting your feet carefully and staying upright, and basically just running as fast as you can, for that particular moment. If you haven't tried it yet, you really should, although I would also suggest you practise running up, and down\*, some muddy hills first. \*I need to do more of this bit.

**Jane Davies** started her XC season in style, representing England in the British and Irish Masters XC International in Liverpool, and then holding off Newbury AC the very next day, in the Berkshire, Buckinghamshire and Oxfordshire XC Championships, where **Mel Shaw**, **Helen Pool** and **Sarah Dooley** brought back the vet women's shield that we had only just returned. What an achievement!

**Laura Peatey**, **Mel Shaw**, **Chloe Lloyd**, **Sarah Alford** and **Claire Marks** have been the scorers in the most recent TVXC fixtures, with the women's team finishing 3rd at Sandhurst, and 4th at Handy Cross - fantastic! Chloe has also become a regular in the Hampshire League this season, after dipping her toe in last year, and is going from strength to strength. At last weekend's fixture in Aldershot, the scoring team of second-claimer **Freya Martin**, **Helen Pool** and **Sarah Dooley** was 6th, while the vets team of Helen, Sarah and **Claire Raynor** was 3rd. This was really impressive in such a strong field.

Looking ahead, we have the Berkshire County XC Championships on 15th December, our own TVXC fixture on 22nd December, the Bracknell Forest Runners TVXC on 5th January, and the Hampshire League in Prospect Park on 11th January. If ever there was a chance to have a go at XC, it's now!

Some of you seem to have found other places to run that aren't muddy! Who knew?! **Liz Johnson** had a good run in the Gosport Half Marathon, while **Kerri French** got hot in the Las Vegas 10k. **Lizzie Hogan** and **Veronica Andrew** ran two laps of the Silverstone race track in their 10k, and **Helen Pool** was 3rd female in the Jigsaw 10k, with a new PB of 40.47.

**Swinda Falkena** couldn't resist running the De Ronde Venen Marathon, back 'home', only two weeks after her fabulous performance in the New York City Marathon. Swinda can now be seen enjoying her post-marathon fitness in various XC races in the Thames Valley, always with a big smile on her face.

The big story of the Track Friday event last week was Mel Shaw's first sub-20 5k, an amazing PB of 19.54 - well done, Mel. May you continue to believe in yourself and just get better and better. **Suzanne Bate** put in an excellent run of 27.47. Next stop for Suzanne must be a fast, flat parkrun, I reckon; a PB has to be within reach.

The club champs came to an exciting end with the Mapledurham 10 mile, which, apparently, was a bit muddy. **Donna Saunders** and **Kerry Eastwood** secured the top two spots for the seniors, **Nora Holford**, **Sarah Bate** and **Stephanie Smith** wrapped up the FV50s, and **Liz Atkinson** and **Julie Wing** confirmed their placings in the FV65s. Well done to all the winners; you will be notified of when and where your trophies will be presented.

In the 10k, **Sophie Hoskins** was 2nd female, and **Julie Rainbow** was 1st FV50. Great running!

It really is brilliant to see so many of you running so well. With an XC race almost every weekend at the moment, though, I have kind of neglected to think about the spring road season. I'm off to consult the calendar and set myself some targets.

Merry Christmas, and Happy Running!

## London Marathon: Marshals Draw and Club Draw Results

### Carl Woffington

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Both the Marshals Draw and Club Draw took place during November. Both were held in the Palmer Park bar area after training on Wednesday evenings. The winners are:-

#### Marshals Draw, 6th November 2019

1. Beth Rudd
2. Mark Andrew
3. Anthony Long
4. Pete Morris
5. Annette Russell
6. Tina Woffington
7. Andy Atkinson
8. Sarah Richmond Devoy

#### Club Draw, 20th November 2019

1. Chloe Lloyd
2. Justin Simons
3. Mo Fassihinia
4. Brendon Buxton

## Men's Captain's Report

Jamie Smith

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Bio coming!  
[teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Hello everyone,

I'd like to start this month's report with a word of thanks for our previous team captain Grant Hopkins, from whom I have inherited the honour of men's team captain – I look forward to seeing you out running this cross-country season and many races beyond Grant.

Many of you already know me, but for those who don't, I have been a club member for a fair few years now and involved with running in Reading in various roles over the last 15 years. As store manager at Sweatshop, I was privileged to start the Sweatshop running community, introducing novices and athletes alike to the 5k outrun and various training runs held from the store on a weekly basis.

One of my most proud accolades has been starting up Reading parkrun. It's amazing to see a running community grow and it's wonderful to know that an event its infancy is now in its 10th year.

The most important thing for to me as men's captain is to create an inclusive club for runners of all abilities; to help everyone achieve their goals, whatever they may be. This sense of inclusion is what I hope to nurture in the role of captain, increasing participation across all the various events the club undertakes and driving both your personal goals and our club performance forwards to achieve continued success.

This month we have attended the Hampshire league at both Winchester and Aldershot, whilst also competing in the Thames valley cross country league at Datchet and Sandhurst. Each has already had an individual report, but it is great to see that so many have turned out in what has been some pretty awful conditions. The senior men's team are currently sitting in 6<sup>th</sup> place after 3 fixtures in division 1 of the Hampshire league. The V40+ team are currently sitting in first place in the league, ahead of the well-respected Aldershot team, it would be great to maintain this position for the rest of the season. So, any V40's out there, the next fixture is right on our doorstep at Prospect park (January 11<sup>th</sup>), and what's better is that it is free for club members to run. In the Thames valley cross country league, we have also seen some cracking runs right throughout the field from 1<sup>st</sup> places to 1<sup>st</sup> timers – it has been great to see. We are the host club at the next fixture (Ashenbury Park, Woodley 22<sup>nd</sup> December) with volunteers still required – please see the club Facebook page for more information. The men's team has won the last 2 fixtures, and in 2<sup>nd</sup> place to Datchet. It would be great to see as many club members as possible on the start line for the next fixture.

Elsewhere this month there have been some fantastic running taking place:

There was a PB from **David Clay** at the Gosport Half marathon – 1.31 an excellent result David! There were really positive results at the Mapledurham 10mile/10km which also saw the conclusion of this year's club championship, **Marcus Fletcher** returning to form after recent marathon running to place 2<sup>nd</sup> in the 10mile race. Within the same race there was a sterling run from **Tony Page** to win the MV40; this showed admirable endurance as the day before Tony shot off like a rocket in the Hampshire at Aldershot finishing in 87<sup>th</sup>. Congratulations also to **Brian Kirsopp** also showing a return to form winning the MV50 Category. Within the 10k it was a corking performance from **Ed Dodwell**, which saw him finishing in 10<sup>th</sup> place overall and first MV60!

As we have all become accustomed to **Ashley Middlewick** took part in one of his outrageous runs. Conquering a 50k trail ultra in the Surrey Hills, with 4350ft of climbing. He finished 14th out of 265. Knowing Ashley as we do, that was probably the equivalent to a rest!

Congratulations to all roadrunners who braved the starting line, racing can be a nervy business because it means putting yourself out there, it means potentially failing to run a PB, or improve a time but if you don't turn up, if you don't show a bit of bravery, you never know what you can achieve.

So, as the end of the year (and decade) approaches, there are plenty more races for you to have the opportunity to get involved

Below are the fixtures left in the league cross-country season:

#### **TVXC (Sundays)**

22nd December, Reading Roadrunners

5th January, Bracknell Forest Runners

19th January, Tadley Runners

#### **Hampshire League (Saturdays)**

11th January, Reading

8th February, Popham

#### **South of England Cross country championships at parliament hill Saturday 25th January**

Yep it is a long way to go for a race! In recent years the club has been able to provide a free coach and we should hopefully be able to again this year.

Historically, this is one of the most iconic cross-country races and venues in the country, if not the world. With many international runners past and present having taken to the 15km course. Parliament hill has been used for world and national cross-country championships. If you would like run, please speak to either myself, Sam or email [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org) only thing you need to be aware of is that there is a time limit of 90 minutes for the 15km

#### **Southern 12-stage road relays Sunday 22nd March at a venue to be confirmed (last year it was Milton Keynes).**

This is one to put in the calendar that both previous captain Mark Worringham and I are really looking to target. Sadly, we have not been able to field a team of 12 runners for many years, and a club of our size should be more than capable of fielding at least two teams at this event. This event is 12 legs, and alternates between long legs (usually approx. 5 miles) and short legs (usually around 5K). If you would like to run this or any of the events mentioned above please do come speak to me or email [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Well that's my first opener complete, I look forward to getting to know more of you a lot better, to understand your performances and help you achieve your goals in the long run... I'm also hoping you will find my report writing skills improve over time. Alas, though my baking skills are non-existent, so I'm afraid some of you guys are going to have to step up to help Sam Whalley with that!!

I would like to take the opportunity to wish you and your families a very merry Christmas and hopefully a running filled new year!

Jamie

## 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>*

#### Hydration Tips for Christmas

Hydration is an important topic for runners, especially at times of year where you are losing more water and salts from your body. That happens a lot in hot weather; so why am I talking about it in December? Because it happens when you are drinking alcohol too!

Dehydration occurs when amount of water leaving the body is greater than the amount being taken in, this leads to decrease in circulating blood volume leading to thickening of blood, strain on cardio vascular system with rise in heart rate which hinders performance. Alcohol is a diuretic which means it encourages your kidneys to expel more water from your body than you need to, that's one of the main causes of hangover symptoms in the morning.

It will also mean your training is compromised a little after heavier or more frequent nights of drinking alcohol. If you are dehydrated by as little as 2% your performance will be impaired. If dehydration is 5% aerobic capacity is reduced by 30%.

You also lose electrolytes when you drink alcohol, like you would as you sweat when you run. Again this contributes to hangover symptoms. Handily for us runners that means that the sports drinks and rehydration salts you may have at home can help with a hangover recovery as well as helping your running.

In the absence of sports drinks you can make your own by mixing 50:50 fruit juice with water and a pinch of salt.

Some tips to reduce the impact of alcohol this December;

- Alternate alcoholic and non-alcoholic drinks
- Don't skip on food, this will limit the vitamins and minerals that the alcohol will remove from your body
- Try and pace yourself!
- Drink a large glass of water before bed and have one on your bed side too

Should you run with a hangover? It's a good question, sometimes getting outside and moving will make you feel better. The science shows that running when de-hydrated and with your electrolytes depleted means you are more likely to cramp up and/or have a sub-par run. It's also much harder work for your body. It's best to re-hydrate, eat, recover and then run!

#### Mental Health at Christmas

Christmas can be a really stressful time of year, whether you live with a mental health problem or not. There's pressure to socialise with friends and family, more temptation to overindulge in food and drink and of course the financial strain that presents and celebrations can put on your bank balance.

My anxiety is always higher at this time of year and the social events are often a cause of a lot of worry. So I thought I'd share some tips for managing your Mental Health over Christmas and staying well.

#### Alcohol

Whilst alcohol may make you feel relaxed initially it is a depressant so drinking too much can make you feel low, and I'm not just talking about hangovers. Aiming to stay within the recommended limits and giving yourself alcohol free days can help both mental and physical health.

### Food

Lots of treats and high sugar foods can lead to a slump in mood later in the day, so it's worth taking notice of the impact food has on you and remembering to eat foods you know will support your health and how you feel.

### Sleep

Late nights, travel and going out will have an impact on sleep, and a lack of sleep has an impact on mental health as well as your overall wellbeing and your running. Aim to get to bed at your usual time most nights if you can.

### Exercise

It's important to remember the mood lifting properties of exercise, whether it's heading out for a run or having a cheeky dance to a Christmas song in the kitchen. It can help give you space from a hectic household too.

### Relax

Make sure you have some time each day just for you. You know what works best for you, but dedicating some time each day to do something you find relaxing will help your mood.

### Talk

Connecting with others is really helpful for our mental health, sharing and listening can help you feel supported and help to support others. Christmas is a great time to get in touch with people you might not speak to regularly too. Christmas volunteering is a great way to connect with others.

With that in mind Nicky Gillard and I are organising another Run and Talk on the last track before Christmas; 18th December. it's an opportunity to meet new people and to talk more.

If anyone wants to help be a listening ear that evening just let me know at [coachalexa@readingroadrunners.org](mailto:coachalexa@readingroadrunners.org)

## Track Friday - PBs Come Sliding Down on Icy Night at Palmer Park

### Fergal Donnelly, Tony Page

It may have been icy underfoot, though you'd never have suspected judging by some of the performances at Track Friday's season finale, on November 29th. The near zero temperatures did force a small number of competitors to drop out, sensibly, however for those remaining it was a night to remember.

The "warm up" Mile, as it's often referred to, was anything but as Sibrand Rinzema sped around in a time of 5:02 mins. University duo Henry Moore and Adam Townsend battled it out for 2nd position, with Moore finishing just 1 second ahead in times of 5:10 & 5:11 mins, respectively. Clinton Montague (5:44) & Shweta Saikumar (7:52) had clearly warmed up, both achieving personal bests. And there were notable performances too from David Clay (5:45) and David Fiddes (6:02). In total, 20 runners completed the Mile.



With the temperature dropping as the evening wore on, amazingly, so too did the times. Ryan Faulkner & Sibrand Rinzema both ran sub 17-minute 5k's, finishing 1st and 2nd in times of 16:49 & 16:59 mins respectively. In 3rd place, was Mark Dibben who ran magnificently to finish in 17:52 mins, smashing his previous best by 51 seconds.

And so the PBs kept coming with Richard Smith (19:57), Emily Hague (23:30), Andy Bennett (24:18) & Shweta Saikumar (25:52) all exceeding their previous bests. A happy, if not relieved, Shweta commented afterwards, "I'm more pleased that I got the 12.5 lap count right". Wise words as miscounting laps is a recurring theme when running 12.5 laps of the track, as was evidenced again on the night.

There was a PB for Mel Shaw also (19:54) who maintained her excellent form, with support from pacer Jamie Smith. And finishing just outside her previous best, Liz Johnson, paced by David Clay in her first Track Friday, in a time of 24:34 mins.



Special mention to Brian Shave, aged 85, and on the come-back trail, running the 3k (special dispensation) in approx. 25 mins. In his heyday, Brian would have run 5 miles in about the same time.

There were good runs also from runs from Richard Hallam-Baker (19:11), Sam Hammond (19:40) and Bill Watson (19:53). Suzanne Bate was cheered on by husband Clive, continuing with her upward trajectory in a time of 27:45 mins. In total 28 runners completed the 5k.

Refreshments in the clubhouse afterwards were gratefully received as were runners' donations to club charity- First Days- in return.

Thanks to all our Volunteers, including young Charlie Manton (regular volunteer) who braced the icy conditions and without whom Track Friday would not be possible.

Season's greetings to all and we look forward to welcoming you all in 2020.

## Roadrunners' Race Results

### David Dibben

Sad to report that this month's results must start with an apology and clarification.

As opposed to the figure published in the November newsletter, Katherine Sargeant's time in the Dublin Marathon should have read three hours, three minutes and 58 seconds. Unfortunately my dyslexic fingers could scarcely believe this stellar performance, a personal best good enough to clinch another age group prize to follow the one she achieved in Moscow five weeks before.

Esteemed coach, many apologies.

And apologies in advance to anyone missing from the Mapledurham 10 results. The organisers didn't list many runners' clubs, and when they did they were mostly incorrect.

#### November 16th

##### British and Irish Masters XC International

Pos	Name	Gun			
91	Jane Davies (3rd F60)	25.53	456	Kevin Jones	1:40.10
			713	Liz Johnson	1:48.45
			937	Jim Kiddie	1:56.08

##### Larnaca Marathon

Pos	Name	Chip
181	Paul Monaghan	4:40.50
182	Caroline Jackson	4:40.50
206	Martin Bush	4:55.08
228	Pete Morris	5:05.15

#### November 17th

##### Berks, Bucks and Oxon XC Championships

##### Ladies race

Pos	Name	Gun
9	Chantal Percival	21.23
20	Laura Peatey	22.50
21 (5)	Mel Shaw	22.53
23 (7)	Helen Pool	22.59
27 (9)	Sarah Dooley	23.19
32 (12)	Jane Davies	23.53
37	Chloe Lloyd	25.09
39 (16)	Lesley Whiley	25.43
43 (19)	Claire Raynor	26.17
46 (21)	Sam Whalley	26.38
48 (23)	Toni McQueen	27.42
52 (27)	Claire Seymour	29.19

\* Vets placings in brackets

Roadrunners' teams: 6th, 7th, 11th, 13th.

Roadrunners vets: 1st, 5th, 7th.

##### Men's Race

Pos	Name	Gun
3	Jack Gregory	32.49
12 (3)	Seb Briggs	33.58
20	Brendan Morris	34.50
21	Sibrand Rinzema	34.56
32 (6)	Jamie Smith	35.42
35	Chris Burt	35.56
46 (16)	Tony Page	36.50
47 (17)	Lance Nortcliff	37.06
55 (22)	Pete Jewell	38.55
56 (23)	Andy Breakspear	38.56
58 (25)	Richard Usher	39.59
69 (32)	Ian Giggs	41.33

\* Vets placings in brackets

Roadrunners' teams: 3rd, 8th.

Roadrunners vets: 2nd, 5th.

##### Gosport Half Marathon

Pos	Name	Chip
254	David Clay	1:31.32 PB
351	Pragash Nantha	1:35.33

#### November 24th

##### Thames Valley XC League (Race 4, Sandhurst)

Pos	Name	Gun
5	Chris Burt	35.46
6	Jamie Smith	35.52
8	Sibrand Rinzema	36.11
10	Mark Apsey	36.35
24	Fergal Donnelly	38.16
30	Brian Kirsopp	39.20
31	David Ferguson	39.23
32	Matt Davies	39.37
41	Stuart Hyslop	40.09
42	Paddy Hayes	40.11
45	Chris Buley	40.24
47	Richard Usher	40.34
52	Markus Orgill	41.02
71	Ian Giggs	42.14
82	Justin Simons	43.09
83	Bill Watson	43.10
90	Richard Hallam-Baker	43.25
94	Laura Peatey	43.53
96	Melanie Shaw	43.56
120	Matthew Curtayne	45.34
122	Matthew Atwal	45.37
125	David Fiddes	45.45

146	Bryan Curtayne	47.11
148	Dan Stockwell	47.17
151	Robert Houghton	47.31
161	Chloe Lloyd	48.15
172	Dan Coleman	48.49
180	Graeme Fancourt	49.21
184	Sarah Alsford	49.32
189	Sally Carpenter	49.39
208	Clive Bate	51.07
215	Brian Fennelly	51.32
218	Swinda Falkena	51.48
219	Dan Rickett	51.49
234	Gill Gillard	52.34
240	Sam Whalley	53.19
245	Jo Sollesse	53.42
255	Andy Atkinson	54.27
256	Andy Breakspear	54.31
267	Ros Crawford	55.34
270	Jim Kiddie	55.45
271	Edward Thorpe	55.48
275	Art Atwal	55.54
280	Martin Douglas	56.17
284	Gary Clarke	56.36
287	Cullum Ross	56.57
311	Aleid Busser (guest)	58.26
315	Andrea Bennett	59.03
323	Miriam Coleman	59.38
333	Lynda Haskins	1:00.40
347	Chris Manton	1:01.49
349	Adrian Wadham (guest)	1:01.58
351	Anthea Batchelor	1:02.20
352	Shweta Saikumar	1:02.45
356	Rebecca Simons	1:02.55
365	Sandy Sheppard	1:03.56
372	Charlotte Gleadhill	1:04.53
373	Sarah Richmond-De'voy	1:05.19
374	Suzanne Bate	1:05.20
380	John Bailey	1:05.54
385	Angharad Ross	1:06.50
392	Amy Fancourt	1:08.22
403	Liz Atkinson	1:10.43
404	Peter Higgs	1:10.44
408	Lorraine Bailey	1:12.40
409	Paul Young	1:12.54
410	Cecilia Csemiczky	1:13.53
425	Sophie Higgs	1:42.30
426	Gill Manton	1:42.31

**Men's scoring positions:** 5 Burt, 6 J Smith,  
8 Rinzema, 10 Apsey, 23 Donnelly, 29 Kirsopp.  
Total: 81.

**Roadrunners:** 1st.

**Women's scoring positions:** 10 Peatey, 11 Shaw, 22  
Lloyd, 27 Alsford. Total: 70.

**Roadrunners:** 3rd.

**Overall:** Roadrunners 1st.

### San Sebastian Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1835	Caroline Jackson	3:59.12
2128	Paul Monaghan	4:19.43
2207	Martin Bush	4:31.24
2231	Pete Morris	4:35.05

### Silverstone 10K

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
52	Mark Andrew	42.10
200	Elizabeth Hogan	46.15
1522	Veronica Andrew	1:10.42

### Jigsaw 10K

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Pete Jewell (1st M50)	38.11
35	Helen Pool (3rd lady)	40.47 PB

### **November 29th**

#### Track Friday 5k

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Ryan Faulkner	16.49
2	Sibrand Rinzema	16.59
3	Mark Dibben	17.52 PB
4	Julius Ulrich (Univ)	18.02
5	Henry Stiff (Univ)	18.10
6	Henry Moore (Univ)	18.30
7	Ashley Doyle (Shinfield)	18.49
8	Richard Hallam-Baker	19.11
9	Sam Hammond	19.40
10	Jamie Smith	19.53
11	Bill Watson	19.53
12	Mel Shaw	19.54 PB
13	Richard Smith	19.57
14	Caitlin Tevendale (Univ)	20.39
15	Clinton Montague	20.41
16	Thomas Hutton (Univ)	20.43
17	Jack Wilson (Univ)	20.58
18	Liz Johnson	22.14
19	David Clay	22.14
20	Emily Hague	23.30
21	Rainbow Wang (Univ)	23.45
22	Chris Manton	23.49
23	Andy Bennett	24.18 PB
24	Liz Ganpatsingh	24.34
25	Christabel Vellacott (Univ)	24.37
26	Shweta Saikumar	25.52
27	Simon Riviere (Joggers)	26.38
28	Sonia Majchrzak (Joggers)	27.01
29	Suzanne Bate	27.47

#### Track Mile

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Sibrand Rinzema	5.02
2	Henry Moore (Univ)	5.10
3	Adam Townsend (Univ)	5.11
4	Clinton Montague	5.44 PB
5	David Clay	5.46
6	David Fiddes	6.02
7	Mark Dibben	6.27
8	Richard Hallam-Baker	6.27

9	Ashley Doyle (Shinfield)	6.40	5	Brendan Morris	34.20
10	Richard Smith	6.44	7	Sibrand Rinzema	34.45
11	Clive Bate	6.54	10	Jamie Smith	35.12
12	Chris Manton	7.02	17	Fergal Donnelly	36.25
13	Emily Hague	7.17	25	Ryan Faulkner	37.18
14	Andy Bennett	7.35	27	Kevin Wheeler (guest)	37.20
15	Liz Ganpatsingh	7.40	44	Paddy Hayes	39.05
16	Shweta Saikumar	7.52	47	Monty Gershon (guest)	39.19
17	Simon Riviere (Joggers)	7.56	58	Ben Whalley	39.54
18	Sonia Majchrzak (Joggers)	8.05	59	Chris Buley	39.56
19	Suzanne Bate	8.35	61	Gavin Rennie	40.05
20	Rainbow Wang (Univ)	8.42	69	Markus Orgill	40.29
			75	Ian Giggs	40.41
			81	Dan Whittaker	41.15
			84	Bill Watson	41.33
			90	Justin Simons	41.57
			96	Laura Peatey	42.40
			107	Mel Shaw	43.02
			116	David Fiddes	43.55
			124	Simon Peralta	44.24
			132	Chris Cutting	45.07
			156	Robert Houghton	46.16
			158	Graeme Fancourt	46.40
			163	Sarah Alsford	47.03
			174	Claire Marks	47.36
			200	Swinda Falkena	48.52
			211	Angela Burley	49.47
			225	Claire Woodhouse	50.49
			233	Andy Breakspear	51.25
			260	Sam Whalley	53.31
			261	Martin Douglas	53.32
			277	Ros Crawford	54.47
			283	Jim Kiddie	55.09
			290	Chris Manton	55.29
			296	Eddie Thorpe	55.54
			298	David Ferris	56.18
			311	Claire Seymour	58.04
			312	Lynda Haskins	58.10
			316	Katie Gumbrell	58.37
			322	Rebecca Simons	59.15
			336	Charlotte Gleadhill	1:00.02
			342	Claire Rayner (Guest)	1:01.22
			343	Emma Doyle	1:01.23
			350	Sandy Sheppard	1:02.09
			364	Peter Higgs	1:05.12
			367	Sally Caldwell	1:05.53
			368	Liz Fleming	1:05.57
			369	Amy Fancourt	1:05.59
			393	Cecilia Csemiczky	1:13.02
			399	Gill Manton	1:36.15
			400	Sophie Higgs	1:36.16

**November 30th**Hampshire XC League (Race 3, Aldershot)Ladies Race

Pos	Name	Gun
19	Freya Martin	24.12
44 (5)	Helen Pool	27.04
56 (9)	Sarah Dooley	28.07
65	Chloe Lloyd	28.26
94 (34)	Claire Raynor	30.27
116 (49)	Sam Whalley	32.01
121 (53)	Alex Bennell	32.35
132 (60)	Claire Seymour	33.25
162 (80)	Cecilia Csemiczky	43.05

*\* Vets placings in brackets***Women's scoring:** 19 Martin, 44 Pool, 56 Dooley. Total: 119. **Roadrunners:** 6th.**Women's vets scoring:** 5 Pool, 9 Dooley, 34 Raynor. Total: 48. **Roadrunners:** 3rd.Men's Race

Pos	Name	Gun
46 (3)	Mark Worringham	35.34
53	Mark Apsey	35.54
56	Jamie Smith	36.02
66	Chris Burt	36.32
87 (10)	Tony Page	37.40
96 (14)	Lance Nortcliff	37.54
97 (15)	Andrew Smith	37.57
111	Calum Pratt	38.51
134 (31)	Pete Jewell	39.39
141 (36)	Alex Harris	39.54
156	Chris Buley	40.54
208	Ian Giggs	44.27
262 (126)	Pete Morris	56.03
270	Nick Adley	65.54

*\* Vets placings in brackets***Men's scoring:** 46 Worringham, 53 Apsey, 56 J Smith, 66 Burt, 87 Page. Total: 308. **Roadrunners:** 6th.**Men's vets scoring:** 3 Worringham, 10 Page, 14 Nortcliff. Total: 27. **Roadrunners:** 2nd.**December 1st**Thames Valley XC League (Race 5, Handy Cross)Ladies Race

Pos	Name	Gun
1	Jack Gregory	33.21

5	Brendan Morris	34.20
7	Sibrand Rinzema	34.45
10	Jamie Smith	35.12
17	Fergal Donnelly	36.25
25	Ryan Faulkner	37.18
27	Kevin Wheeler (guest)	37.20
44	Paddy Hayes	39.05
47	Monty Gershon (guest)	39.19
58	Ben Whalley	39.54
59	Chris Buley	39.56
61	Gavin Rennie	40.05
69	Markus Orgill	40.29
75	Ian Giggs	40.41
81	Dan Whittaker	41.15
84	Bill Watson	41.33
90	Justin Simons	41.57
96	Laura Peatey	42.40
107	Mel Shaw	43.02
116	David Fiddes	43.55
124	Simon Peralta	44.24
132	Chris Cutting	45.07
156	Robert Houghton	46.16
158	Graeme Fancourt	46.40
163	Sarah Alsford	47.03
174	Claire Marks	47.36
200	Swinda Falkena	48.52
211	Angela Burley	49.47
225	Claire Woodhouse	50.49
233	Andy Breakspear	51.25
260	Sam Whalley	53.31
261	Martin Douglas	53.32
277	Ros Crawford	54.47
283	Jim Kiddie	55.09
290	Chris Manton	55.29
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312	Lynda Haskins	58.10
316	Katie Gumbrell	58.37
322	Rebecca Simons	59.15
336	Charlotte Gleadhill	1:00.02
342	Claire Rayner (Guest)	1:01.22
343	Emma Doyle	1:01.23
350	Sandy Sheppard	1:02.09
364	Peter Higgs	1:05.12
367	Sally Caldwell	1:05.53
368	Liz Fleming	1:05.57
369	Amy Fancourt	1:05.59
393	Cecilia Csemiczky	1:13.02
399	Gill Manton	1:36.15
400	Sophie Higgs	1:36.16

**Men's positions:** 1 Gregory, 5 B Morris, 7 Rinzema, 10 J Smith, 17 Donnelly, 41 Hayes. Total: 81**Roadrunners:** 1st.**Women's positions:** 7 Peatey, 9 Shaw, 23 Alsford, 26 Marks. Total: 65.**Roadrunners:** 4th.**Overall:** Roadrunners joint 1st.

Mapledurham 10 miles (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Marcus Fletcher	1:03.41
7	Tony Page (1st M40)	1:06.46
9	Brian Kirsopp (1st M50)	1:09.04
25	Clive Alderson (1st M60)	1:13.56
30	Paul Kerr	1:15.11
39	Andrew Butler	1:17.29
44	David Caswell	1:17.53
73	Chris Thomas	1:21.47
90	Tony Long	1:23.34
98	David Walkley	1:24.42
101	Derek Cheng	1:24.52
104	Stuart Wylie	1:24.58
122	Joe Blair	1:26.57
200	Jo Sollesse	1:34.20
201	Donna Saunders	1:34.20
206	Nora Holford	1:35.28
227	Gary Clarke	1:37.40
236	Nicki Randall	1:38.19
243	Andy Atkinson	1:39.15
258	Sarah Bate	1:42.19
259	Tim Miller	1:42.20
273	Ian McGuinness	1:45.21
274	Holly Towers	1:45.21
275	Simon Brimacombe	1:45.21
276	Lee Hinton	1:45.21
277	Vroni Royle	1:45.21
278	Scott Gillespie	1:45.21
289	Rita Dykes	1:47.29
295	Stephanie Smith	1:48.35
296	Sarah Richmond-De'voy	1:48.53
333	Pete Morris	2:01.42
335	Liz Atkinson	2:03.47
338	Kerry Eastwood	2:04.50
339	Julie Wing	2:27.29

Mapledurham 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
10	Ed Dodwell (1st M60)	45.23
23	Sophie Hoskins (2nd lady)	48.30
25	Julie Rainbow (1st F50)	49.29
59	Cullum Ross	56.02
115	Kira Moffat	1:02.14
116	Lauren Prior	1:02.22
165	Angharad Ross	1:07.46
227	Sue Jones	1:21.09

**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

### December

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**Tuesday 3<sup>rd</sup> December 2019 – 8.00pm**

#### THE COMMITTEE

Phil Reay	(Chairman)	Liz Johnson	(Social Secretary)
Alice Carpenter	( <i>ex-Officio</i> )	Paul Monaghan	(Social Networks/Web)
Bob Thomas	(General Secretary)	Vroni Royle	( <i>ex-Officio</i> )
Jill Dibben	(Treasurer)	Claire Seymour	( <i>ex-Officio</i> )
Anne Goodall	(Membership Sec)		

#### APOLOGIES FOR ABSENCE

Bob, Anne

#### MINUTES OF THE PREVIOUS MEETING

The minutes of the previous meeting were proposed by Liz and seconded by Alice..

#### AGM

Tuesday 10th March, 7pm was agreed.

#### CHAIRMAN'S REPORT

Phil thanked Grant for his contribution at Mens's Team Captain and welcomed Jamie Smith who has taken over.

Chris and Sarah Drew are stepping down from Kit duties at the AGM. Phil thanked them for their four years' volunteering and will lead an active search to find new volunteers for the role.

Mince pies and mulled wine will be available in the foyer of Palmer Park after the track session on Wednesday 18th December with charity buckets available for any contributions to First Days. Members should note there will be no track sessions on 25 and 27 December or 1 January.

Well done to the Captains for encouraging huge turnouts at the Cross Country fixtures and for leading the Club to victory in the last two TVXC races.

#### TREASURER'S REPORT

Jill provided completed accounts for November and commented that 10 members had now signed up for coach courses.

In regard to any new investment for the Treasury Bond, of the options for a fixed term of 3-6 years or otherwise instant access, the latter was preferred and Jill will enquire about suitable products.

The Club charity donation will be discussed at the next committee meeting.

#### GENERAL SECRETARY'S REPORT

Bob has entered the names of the winners of the Club's four guaranteed LM places into the portal, which they have each taken up.

Bob has set Web Collect to give memberships taken out between now and end-Feb to run through to 1Mar20.

#### MEMBERSHIP SECRETARY'S REPORT

Anne reported that ten new members joined during October, noting new members joining during Anne reported ahead of the meeting that three new members joined in November.

#### SOCIAL SECRETARY'S REPORT

Liz reported that 89 members are coming to the Christmas Party. There will be a DJ, a buffet is included and the venue will be decorated beforehand.

#### COACHING REPORT

Vroni reported that with members now having completed coaching courses, personalised high viz vests would be beneficial and an initial order of 6 was agreed.

Sarah Dooley has also put her name forward for coach training. This has been approved.

Following new induction arrangements, Vroni also proposed 6 'buddy' vests (not personalised) for use by volunteers and the committee agreed.

Vroni advocated a shared responsibility between induction coaches and their respective groups with a view to new members being mentored in the early stages.

A survey is being sent to current members to establish what coaching requirements are needed for Q1 2020. Feedback to the coaches allows them to put together a program that meets the needs of our athletes. Our Leaders in running fitness are currently undergoing their qualifications and coaches are looking forward to the assistance at track. Each LIRF has agreed to lead 12 outruns per year.

Consideration would now be given to assigning places for the new coaching assistants.

There had previously been a request for the Club to provide track bottoms for coaches but it was felt this would not be appropriate. Coaches have been provided with warm jackets.

Announcements prior to the Wednesday track session appeared to be working well, particularly with first aiders now identified beforehand, but a review would need to be undertaken for Friday sessions.

#### ANY OTHER BUSINESS

Following requests from individuals, it was considered that the RR social media was not appropriate for people to advertise their own business ventures and members should be advised.

#### DATE OF NEXT MEETING

7<sup>th</sup> January 2020

#### CONTACT:

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