

NEWSLETTER: JAN 2020



THE 39 STEPS (AND A FEW MORE): CLIVEDEN'S A THRILLER

Roadrunners' annual pilgrimage to Clivedon and its infamous steps repeated this year, with two loops of this tough course featuring 174 steps.



Editor's Note

Peter Cave

Not many to go from me now. You might have noticed that this edition is late again, so apologies for that. I'm training for an Ironman at the moment, which takes up an extraordinary amount of time, as well as trying to get promoted and manage all the work that comes as normal day-to-day business for me; a very busy time!

If you want to be the next editor, then please get in contact with me or Phil, and we can discuss it with you. Luckily, there is a huge amount of willing to contribute and all the editor does is steer, spellcheck and remove the erroneous comma. Phil also really enjoys his professional image being targeted, with the occasional changing of his profile, its picture or the addition of little friends. If you get bored of that I'm sure you can find someone else.

For the last few newsletters, please continue to send in your emails, articles and news; I would love to do a bumper-edition in my last offering.

Hope you're having a good new year.

newsletter@readingroadrunners.org

Chairman Chat

Phil Reay



Phil joined the club in 2010 and from 2016-18 was the Men's Team captain. Outside of running he works in Marketing, Sales and Business development roles. Phil enjoys long distance running and has completed over 59 marathons, including the ultramarathon Marathon des Sables in 2016.

chairman@readingroadrunners.org

Happy New Year. Happy New Decade. Reading Roadrunners - Welcome to 2020.

The club got off to a magnificent start to the year, with almost a third of our membership participating in the Thames Valley Cross Country League this season. A season which concluded in the club finishing second overall, with the Men winning their league and the Women narrowly missing out on the podium finishing fourth. What I found interesting and pleasing to see, was an equal proportion of Men and Women running, and lots of new faces. Thanks to Peter Reilly and Sam Whalley for organising our home fixture. Thanks also to our Women's Team Captain Sam for organising our hosting of the Berkshire Cross Country Championships. Our Club Cross Country Championship results are currently being validated and will be published before the next edition of the Newsletter.

Such good running performances are born from the work of our team of volunteer coaches. Thanks to each of them for their significant contributions. When Katie was elected to the role of Coaching Co-ordinator, she did indicate she would volunteer for the role for a year. True to her word, Katie will be standing down at the AGM. The committee asked Katie to seek member feedback, review our coaching structure and implement new initiative based on the feedback, and she's delivered above and beyond expectations. I'm particularly impressed with the increase in communication and transparency around what sessions are available and why they benefit our athletes. Together with the newly qualified Leaders in Running Fitness and the new joiner buddy initiative, there is an excellent platform for the next Coaching Co-ordinator. Thank you, Katie.

I mentioned in my update in October that we were in early discussions to understand the viability of Reading Roadrunners taking on the management of Swallowfield 10K. Thanks to our General Secretary Bob Thomas for leading the discussions. After doing our due diligence and meeting with the previous organisers, the committee unanimously agreed to proceed and thus we are transitioning the race organisation to the Club with the goal of staging the race in September this year under the Reading Roadrunner banner. Consequently, and regrettably, after more than 30 years, this means we will no longer stage the Mortimer 10K. It wasn't an easy decision for the committee, but it was ultimately driven by safety concerns regarding a course that necessitates multiple road crossings and requires runners to run for ¼ mile along a 60mph road with no pavement and with their backs to the traffic. Change isn't always easy for a number of reasons but I hope you'll embrace it and the exciting challenge of organising Swallowfield 10K. If you've any questions or are interested in learning more and joining the race committee then please email me.

Our Annual Dinner Dance on 7 March where we'll be presenting the Club Championship Awards before a live band will help us celebrate our achievements and dance the night away. For the first time, we'll be selling tickets for this event online. Please lookout for an email invitation very soon.

The first race in our 2020 Club Championships will be Wokingham Half Marathon on 23 February. The full and final race schedule is being finalised by Bob with input from the Team Captains.

Entries for Bramley 20/10 and Shinfield are open and selling fast. Please see our website for more details.

The Annual General Meeting will take place on 10 March at Sutton Bowls Club. It would be great to see as many of you there as possible with the opportunity to share your thoughts on the club and elect your committee. It's my intention to stand for election again as Chair.

Thanks to Peter Cave for all his work as Newsletter Editor. He took the role on having purchased a new laptop from which he's now had good use. Peter will be standing down as Editor at the AGM and I for one will miss his dry wit and sense of humour. If you're interested in the role then please contact me.

Club membership renewals for 2020/21 are now open. I sincerely hope you've all enjoyed being part of Team Reading Roadrunners and that you will re-join.

Wishing everyone a healthy and happy 2020.

Phil

chairman@readingroadrunners.org

Ladies' Captain's Report

Sam Whalley



Sam joined the club in 2015 just after her first marathon. She has 3 teenagers, 2 dogs and one husband; she works part-time as a secondary school teacher. She is a huge fan of XC running, doesn't mind swimming and is a fair-weather cyclist. When not running, she will quite often be baking.

teamcaptains@readingroadrunners.org

I don't know about you, but it's the time of year where I wake up to email receipts for races I have entered late at night, probably when I've been feeling happy about some exercise I've done. So far, apparently, I've paid for two 10ks, a 10 mile, a half marathon, an 18-mile coastal path off-roader, and an ultra. My finger is hovering over another 10k as I write. Not to mention the marathon I seem to have signed up for about two days after the last time I did it, through the earliest of the extremely early 'early bird' offers. They saw me coming, probably hobbling. It is a nice feeling, though, to have some races lined up, and to have some focus for my training, especially as we head towards the end of the XC season.

The TVXC season finished last weekend, earlier than expected, due to the cancellation of the Tadley fixture that had been scheduled for later this month. Reports on each of the races can be found on our website, and the focus for these has been on team placings and scorers for the club. The women's results for the league were: Metros - 2nd, TVT - 6th, Datchet - 6th, Sandhurst - 3rd, Handy Cross - 3rd, Reading Roadrunners - 3rd, and Bracknell Forest - 3rd. I am delighted that the women's team finished 4th, out of 15 clubs, and that the club overall finished 2nd. This was an excellent result, and I am really grateful to everyone who turned out and participated in the races, whatever their speed. I appreciate that every runner will have given their best, and that is all that I ask. Those who took part in enough races to have qualified for the TVXC club championship can expect to receive a trophy or reward for doing so - keep your eye on your emails for details, and well done!

We have enjoyed great success on the XC championship front. At the SEAA Masters XC champs in Oxford, the women's V40 team of **Sarah Dooley**, **Claire Seymour** and me was 6th, and the V60 team was an incredible 1st! **Jane Davies** retained her title as the fastest V60 female in the south, while **Tracey Lasan** picked up the bronze, and **Cecilia Csemiczky** proved that you don't always need three speedy members to come away with the bling.

At the Berkshire County XC Champs the following week, **Shweta Saikumar**, making her debut in a championship race, drew a similar conclusion, as the women's senior team of **Chloe Lloyd**, **Swinda Falkena** and Shweta herself won a team prize for 2nd place. Meanwhile the V35 women collected both gold (for team members **Mel Shaw**, **Helen Pool** and **Sarah Dooley**) and bronze (for team members **Claire Raynor**, **Lesley Whiley** and **Claire Seymour**) - wow! I didn't even know you could have two teams from the same club winning prizes in the same age category; that day, every woman from the club came away with a medal - fantastic! **Katie Rennie** was duty bound to run for her first-claim club that day, but we will welcome her back with open arms next season.

Of course, we don't all live in Berkshire, and Jane Davies was first V60 in the Oxfordshire County XC Champs, not that there was a separate prize for that age group. Well done, again, Jane!

Official XC races are obviously not the only places to get your mud fix. The My Sporting Times winter series was as popular as ever, with the Mapledurham 10, Muddy Welly 5k and 10k, and the Gutbuster 10k and 10 mile being raved about on social media. At Mapledurham, **Sophie Hoskins** was 2nd female in the 10k, and **Julie Rainbow** was 1st V50, at the Muddy Welly, **Carrie Hoskins** was 1st female, and **Julie Rainbow** was 1st V50, and at the Gutbuster, **Carrie Hoskins** was 2nd female in the 10k, and **Julie Rainbow** was 1st V50. Hang on a minute, I see a pattern emerging.... no surprise that Julie Rainbow won the 10k series overall for the three races. Excellent, Julie!

Rita Dykes was the only one of us brave enough for the Dinton Christmas Challenge, coming 5th in the Half Marathon, which was made up of multiple 3.3 mile loops, while Trisha Arnold ran in the Sherfield 10k, which I thought looked very appealing, with just the small matter of a clash with our home TVXC fixture in the way.

On the roads, **Paloma Crayford** achieved an 11-minute PB for her time of 3:52.59 in the Malaga Marathon, her first sub 4 hour time, and attributing this in part to a new job which involves being on her feet all day. I'm certainly going to give this a try, along with whatever **Liz Detenon** is doing to manage to knock 3 hours 32 minutes off her marathon time in the Liverbird Marathon, with her time of 5:09.44. Great running, both!

The Serpentine 10k is a favourite race for those who don't want to double-parkrun on New Year's Day, and gets the ball rolling for the year. There were good runs by **Claire Seymour** and **Veronica Andrew**, with **Helen Pool** stealing the show with her PB of 40.26, which came only days after a parkrun PB, during which she had also stopped to tie her shoelace! Our next team races will be the SEAA XC Championships at Parliament Hill in London on 25th January, and the National XC Championships in Nottingham on 22nd February. However, we have not managed to field a team for the latter, with most people preferring instead to kick off their club championship campaign at Wokingham Half Marathon on the following day. Good luck to Claire Seymour who will be representing us in Nottingham, and to anyone running at Wokingham. More on the club champs next month, no doubt.

If you ever read these reports and wonder how you can get more involved in the team events, you should have received an email inviting you to do just that. Coming up we have a number of road relays, and would love to have more runners:

- 22nd March, Milton Keynes - SEAA Spring 6 Stage Road Relays
- 4th April, Sutton Coldfield - National 6 Stage Road Relays
- 16th May, Sutton Coldfield - Masters Road Relays (over 35s)

Let me know if you are interested in any of these, in person or via teamcaptains@readingroadrunners.org.

In the meantime, just keep on doing what works for you, and Good Luck!

Men's Captain's Report

Jamie Smith



Bio coming!
teamcaptains@readingroadrunners.org

Happy new year to one and all. It's the post turkey/nut-roast time for all of us when the cold hard days of January hit us there may have been less focused training, but a whole heap of merriment and memories being made. New year's is the time for resolutions, since the Babylonians began the tradition 4000 years ago, it is time to be a better version of you...so let's all have a go:

"New Year's resolution is a firm decision to do something or not. So set a goal and get started."

Write it down, put it out there. Own it.

So goal setting, for me, it's is not about a short term approach, the key to a PB is finding a long term project; for me, the first goal is, Bramley 10 miles is not going to be a PB race, I would like a strong race, to build strength, but allow myself the time to do it properly, avoiding injury...it's part of my long term journey.

Ultimately, the goal is a championship place for London 2021: running a half marathon in sub 75.

Running Reading half marathon: a great pointer to see what shape I am in, then looking towards the summer road 10k season and hopefully a PB over this distance. Finally, Valencia marathon, December 2020 PB - Sub 2.55.... I'm playing the long game and that is how running should be.

Two things I will strive for this year. Consistency and patience. What are your goals? Short term and long? What do you want to achieve? These don't have to always be time orientated; it could be a new distance (longer or shorter), completing the club road race championships, running a new race or even helping someone else achieve their goal.

This season's cross-country has continued with great force – seeing the men's team winning the Thames Valley league title by a single point. The club hosted the TVXC league at Ashenbury Park just before Christmas, with a fantastic turnout from both those volunteering and taking part. Many thanks to Sam Whalley and Peter Reilly for all your organisation skills at both this and the Berkshire championships that took place at the same venue the weekend before. I am sure that the mud has finally been washed off, the memories however, will remain. The festive period did not put all runners off of their training, I applaud the many runners taking the New Year's Day opportunity to run a double parkrun,

So, what has else has been going on around the club.

Early December saw 11 club members take to the South of England cross country championships, in Oxford. Tremendous running by all, in-particular stand out runs from **Ed Thorpe** in 9th the MV70 age group and **Tony Page** finishing 10th in the MV45-79 age group. There were podiums places won at the ever-popular Muddy Welly, **Ed Dodwell** 1st M60 (25th place overall) and close behind was **Clive Alderson** in 2nd M60 (27th place)

The equally popular Gutbuster 10mile and 10k race saw a huge turnout from the green vests who clearly had not had enough mud for the year. Showing excellent form **Alex Harris** was 1st in the M50 category, **Ed Dodwell** took the M60 win, and **Clive Alderson** took the M60 age group win in the 10-mile race.

A troop of club runner took to Hyde park on New Year's Day for the Serpentine 10k, **Pete Jewell** throwing back the clock to run within 1 second of his PB set in 2013, finishing 3rd M50 in 37.53. **Lance Nortcliff** with an impressive return to form running 35.16 as he builds up his training towards his next marathon.

Please make sure that you are letting Dave Dibben, myself, Sam Whalley, and your coaches know of your runs, how did they go? What have you been up to? and especially any PBs that are being set. Let's celebrate everyone's successes!

As the cross-country season begins to draw to a close, and mind switch to the road we have many local road races, trails runs and even some track competition to take part in. Mark Worringham and I are looking to put out at least one team in this year's southern road relays; throughout the rest of year there are many relays opportunities to get involved with for example the Ridgeway relays, and master's relays.

So, if you haven't already, sit down and plan you goals and targets for this year, and beyond. Speak to your coaches and any of the experienced runners, use the knowledge they have to help you be the best version of yourself.

Jamie

Reading Roadrunners Annual Dinner Dance

Anne Goodall

Sonning Golf Club, Saturday 7th March at 6.30pm

£36 per person

Dress Code

Men: Dinner Suits / Suits

Ladies: Cocktail Dresses / Evening Dresses

MENU

STARTERS

Butternut Squash & Ginger Soup (gf)
Melon & Parma Ham with Spiced Fruit Chutney
Smoked Salmon Prawn & Cream Cheese Roulade with
Dill & Cucumber Vinaigrette (gf)

MAIN COURSE

Baked Cod Loin Braised Chicory, Tomato Salsa, New Potatoes (gf)
English Roast Sirloin of Beef, Yorkshire pudding
Cauliflower, Spinach & Chickpea Curry (vn) (gf)

DESSERTS

Plum & Ginger Fruit Crumble with Custard
Mixed Berry Eton Mess (gf)
Banoffee Cheesecake, Toffee Sauce

COFFEE & MINTS

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>

Running training is a lot like a layer cake, bear with me as I combine two of my favourite things to explain all about why training for different distances of running events varies!

Many runners I meet to work with individually or through this brilliant running club are doing most of their running at around the same pace - and often that pace isn't gentle enough to properly build endurance base, but at the same time isn't fast enough to improve speed.

The quickest way to improve your running is to work on different running paces in different sessions. This also allows you to work on different aspects of your fitness in each training session, and gives variety to your training which makes things more interesting and challenging; physically and mentally!

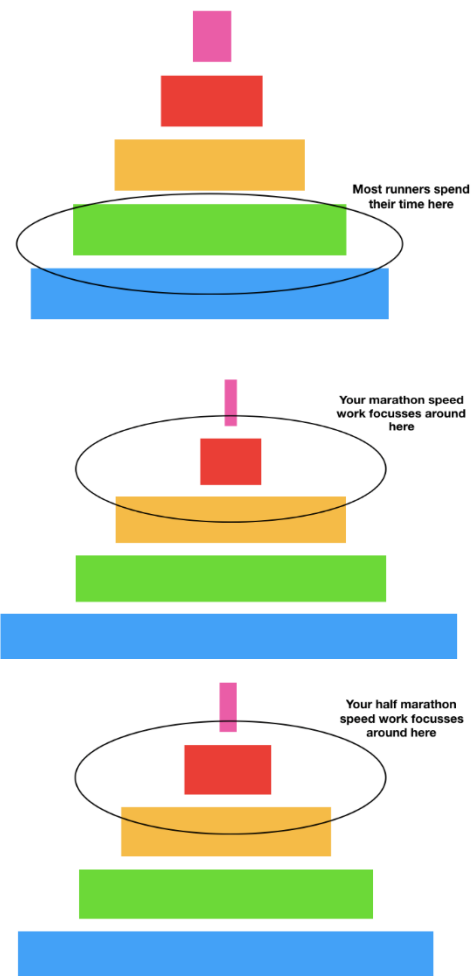
Different training paces have different goals; from conversational, gentle long runs to build endurance to flat out sprints for top end speed, power and good running form. Just doing a few different paces and adding variety into your running will benefit you and your running, almost regardless of what exactly you do, and especially if you do most of your running at one pace at the moment/the rest of the time.

When it comes to training for a specific distance goal the shapes of the cakes and the sizes of the layers start to change; so you spend different amounts of time training at different paces so your sessions throughout the week will be different, and more specific to the event you are training for. The speed work session you do each week (often at track with the club) also varies in terms of the paces, durations and distances you work at for different goals and event distances. It's a sliding scale, and it's still true to say that any speed work will improve your running, but a speed session for a 5k will look (and feel!) quite different to the sort of sessions you do for a marathon.

Marathon speed work spends very little time working at top end speed, perhaps a little sprinkling or none at all. Your gentle long run pace makes up the bulk of your miles and your speed work is a little lower effort level but you have to hold on for longer distance or duration of reps.

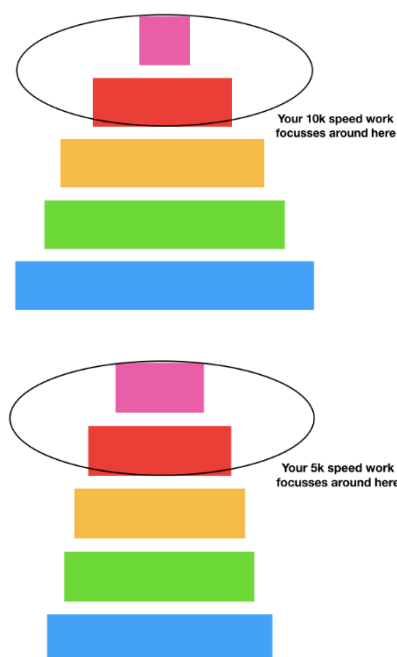
For half marathons the balance starts to shift and the middle layers of your cake become a little more important. Effort level for speed work increases, and duration/distance drops a little. Faster mid-week runs in the middle layers of the cake become more important.

For the 10k the cake looks much more like a tower, with the size of the layers getting closer together. The focus for speed work sessions shifts much more towards the top two effort levels as top end speed becomes more important. To get the most out of your training faster pace mid-week runs are key training sessions now, in addition to speed work.



The 5k cake look very different, especially when you compare it to the marathon and half marathons! You'll be spending a lot of your time in training at the higher effort levels, distance or runs is not as important as pace. Your speed work will be fast and furious a lot of the time and most of your other runs in the week will have different pacing elements to them.

I hope this helps to explain why training plans and speed work sessions look and feel quite different for the different distance events!



A 'Thank You'

Sev Konieczny

I wanted to send the club and its members a big heartfelt thank you for the support in the last 12 months.

It was a year ago (almost to the day) that I got diagnosed with an aggressive type of breast cancer. Priorities changed. 2019 wasn't exactly a great year, but I got through it. Reading roadrunners have been absolutely fantastic at keeping me on the positive track during treatment. You turned up in high numbers, ran or walked to support race for life in April (a few days after London marathon).

I am also very grateful for your generous donations to cancer research, your messages of encouragement, your kind words, the countless laps of Woodford park, your company at parkrun/parkwalk/parkchat.

You are truly a very caring club. THANK YOU!

2020 is looking so much greater already, so to a speedy, injury free, healthy new year. To us! Happy running

Sev x



Understanding your training plan

Katie Gumbrell

Ask three coaches for their opinion about something and you'll end up with (at least) 5 different answers; look at three coaches' training plans on the RR website and hopefully you'll see something like this...

Reading Roadrunners' Coaching Plan					
Prepared by	Katie Gumbrell		Technical Aims	TBC with individual athletes	
Delivered by	Katie Gumbrell		Fitness Aims	understand how to improve strength and flexibility	
Dates:	This session will help you:	Fundamentals (ABC)	Physical Prep	Technical Drills	Running activities
22-Jan	improve your running endurance	balance - single leg balance	strength exercises for runners	A drills (triple extension): 1. walk with balance (30m) 2. skip 3. fast feet (10m); run (50m)	timed 400m reverse scorpions: 300m fast, 100m slow
29-Jan	improve your running endurance	balance - single leg balance	strength exercises for runners	B drills (dorsiflex): 1. walking toe taps (20m) 2. running toe taps 3. running toe taps into strides (20m, 60m, 100m)	inverted pyramid: 800m; 600m; 400m; 600m; 800m steady pace (200m between each effort)
05-Feb	improve your running endurance	coordination - controlled hopscotch	strength exercises for runners	C drills (landing foot): 1. ankling (20m) 2. calf (20m) 3. knee (20m)	200s: 200m with 30 seconds recovery between each effort

But where does it come from and what does it all mean?

When we're learning to be coaches, we learn about periodisation, England Athletics' preferred model of training. This means that athletes should be coached in a series of training sessions over a period of time in order to achieve their goal; the length of the period of time will depend on where the athlete is now, their goal, the time they can commit to training etc. etc. Those at the very elite end of the performance scale will have a periodisation model which might be over four years (between Olympic Games for instance), but will also have smaller periods of high performance within that cycle (to coincide with Commonwealth Games, World Championships, World Record attempts etc.). The same principles can be applied to us mere mortals, whether our aim is to complete our first 5k or smash our marathon pb.

If you have a 1:1 coaching plan, you might have a MACROCYCLE. This would be an overall plan to show where you are now, your goal and some milestones along the way. The detail for you comes from your MESOCYCLE. This is a period of 6-8 weeks over which time you can expect to make some headway towards your goal. The aim of your mesocycle will depend on where you are in your macrocycle; a daily session plan (sometimes called a MICROCYCLE) will tell you what you're going to do that day to get towards the goal of your mesocycle.

For example, if your aim is to run a marathon in 6 months, you might have a couple of half marathons, a few 10ks, a fortnight's holiday etc. on your macrocycle. Your mesocycle will be the next 8 weeks, in which time you might be aiming to run non-stop for an hour and a half and break an hour for 10k. Your microcycle will be gym-session, which will list the exercises you need to do to develop your overall strength and begin to build in some specific-strength.

Some of our volunteer coaches are willing to provide this level of 1:1 detailed coaching: feel free to ask!

The session plans on the RR website generally follow a mesocycle pattern. While the weekly sessions are individual sessions (microcycle), they follow the principles of periodisation and have overall fitness aims. You might also find some technical aims; these are to do with technique in running and, while they're hard to pinpoint for a whole coaching group, a coach might watch you all and decide to work on one area for that period (e.g. arm action). These aims are at the top of the plan.

On your plan, you might also find:

- This session will help you... an outline of what you're working on in that particular session
- Fundamentals (ABC)... some Agility, Balance or Coordination work, to help you be a better runner
- Physical Prep... some strength work to help you build your specific muscle groups for running

- Technical Drills... skills and techniques to improve your running style, helping you to run more efficiently
- Running activities... the main part of the session

If you've got any questions about coaching at RR, please don't hesitate to send an email to coach@readingroadrunners.org or speak to me on a Wednesday night.

Katie

New Joiners Ideas

Alexa Duckworth-Briggs

Back in August, in my role as Mental Health Champion, I asked club members to give their thoughts and ideas on how we could improve the experience for new joiners to the club. I know it can be a bit nerve wracking for people to turn up for the first time so I asked what we could do to make this first step easier.

I got loads of great ideas back from our brilliant runners, which in the end covered all aspects of the new joiner experience; from finding out more about how to join on the website through to their second session with the club and beyond. Many of the ideas have a more broad positive impact on our club too. A huge thank you to everyone who replied for taking the time, it's been so useful!

I then unleashed my former life as a Project Manager and took all the suggestions and grouped them into categories, the brilliant RRR hive mind came up with lots of great ideas so I've ordered them by the number of people who suggested the same or similar ideas. I've then put every idea that got more than one person suggesting it below and have been tracking actions against them.

It's high time I gave you all an update on progress, so here it is!

If you have any questions or further thoughts let me know on coachalexa@readingroadrunners.org

Idea	Number of Runners who suggested	Action	Status	Owner
Introduce a Buddy System for first few weeks with the club	15	Buddy system being set up	Open	Katie and Alexa
Pairing people with a buddy within the coaching group they join		Coaches asked to do this within their groups at last coaches meeting	Completed	
Ask about goals, and advise new joiners on coaching groups to try	10	Easier to advise now we have goal based coaching groups	Completed	

Idea	Number of Runners who suggested	Action	Status	Owner
Given an introduction to the different coaching groups and what their goals are for all new runners. Include info on the website	9	As above - information clear on the "training session" webpage	Completed	
Meet and greet had great feedback, further suggestions were to make it more visible and have someone to meet outside of barriers at Palmer Park	4	Buddy system being set up	Open	Katie and Alexa
Introduce new members who join coaching groups for their second session. Introduce them to someone to talk to in the group, it can seem "cliquey" and lonely	4	New induction set up introduced and coaches asked to provide buddies in their groups	Completed	
Meet and greet - accompanying runners from arrival through to the start of the first session as this time is awkward for some runners who don't know anyone	3	Buddy system being set up	Open	Katie and Alexa
Opportunity to meet other runners in clubhouse after the session - specific area or contact in the clubhouse to look out for people and welcome them	3		Open	Alexa
Rotate inductions between coaches	2	New induction set up introduced to include this	Completed	
Track notices can increase anxiety and nerves - it's a big group	2	Buddy system being set up which should help here	Open	Katie and Alexa
New-joiners area on the website; Information on how to join, the first session and what to expect	2	New information for the new joiners area of the website - Action with Alexa	Open	Alexa
First session is very athletic focussed and not suitable for runners just starting out	2	Action taken with new induction set up	Completed	

Idea	Number of Runners who suggested	Action	Status	Owner
Printed sheets for new joiners. Ideas to include printed photos of coaches and all the details of races, events, outruns etc	2	Post induction email now sent out - pointing to key info that already exists on the website	Completed	
Non-running visits. People can watch a session and ask questions	2	Not yet started - Action Alexa	Open	Alexa
Induction session is one size fits all	2	Action taken with new induction set up	Completed	
Induction too technical and can be off-putting to new runners	2	Action taken with new induction set up	Completed	

Reading Half Marathon 2020 – Sunday 5th April 2020

Richard Hammerson



Once again Reading Roadrunners have been asked to supply volunteers to marshal the start of the 2020 reading half marathon. We ensure the runners enter the correct starting zones and then walk the runners up for the phase start.

If anyone can stay on after the race, they would be appreciated in the finish area to help out where required.

Please give your name, contact phone number and email address to either me in person or via email, or fill in the details on the form at the entrance desk on Wednesday track sessions.

Please respond by Friday February 14th 2020.

The organisers have confirmed free running places in the 2021 race for the 2020 marshal's

Many thanks,

Richard

Phone: 01189 694057

Email: richvalhammerson@gmail.com

12 months in Coaching

Katie Gumbrell

A year ago, I was asked to take the Coaching Coordinators' role temporarily and was subsequently voted in by the coaches following the AGM (as the only candidate!). A few weeks later, the Committee charged me with reviewing all things coaching at the club. I took a sabbatical from my own coaching responsibilities and spent time watching sessions, speaking with members and looking at how we could do things differently. Alexa has also had a significant hand finding information to feed into the review, asking athletes about their experiences of coming to the track for the first time. The coaching group as a whole has also been fantastic: we've met regularly, discussed changes and implemented as much as we can; you know that we're all volunteers, trying our best to help you to be better runners.

England Athletics have quite a strict idea of how coaching should be done and, while we're not in a position to offer the 1:12 coaching ratio they suggest, we're not doing too badly.

Some of your sparkling moments...

- All of the volunteers at RR
- Training, socialising and competing together ("I feel like a member of royalty!")
- Chance to speak about coaching and possible developments
- RR is more than the track and training sessions
- Club sessions are available to all
- Coaches plan sessions which are really good and push you
- Coaches are knowledgeable and helpful
- You value communication about sessions and what's coming up
- RRs are inspirational!
- Club is inclusive
- RRs is good value for money ("I'd happily pay £2 a session!")
- Sessions have a good variety to them

Some of your suggestions...

- More active meet and greet to support new people: buddies, overcoming 'geek speak'
- Remember that not all members are on Facebook; communicate sessions and planning elsewhere
- Be really clear about who the new people are and what the coaches are doing to support them
- Give clarity to sessions, so that athletes know the benefit
- Coach targeted at a specific upcoming event
- Coaching that follows on for more than just a Wednesday track session
- All coaches should post/communicate what they're going to do
- First aiders should be identified at the start
- Identify the coaches during the briefing
- Do more outside the track ("running on a track teaches you to run on a track")
- Identify and appoint a performance coach for high-achieving athletes
- Have sessions which are based on time or effort rather than distance
- Set a maximum group number, to allow for individual feedback
- Stagger starting times to ensure that the track isn't so busy, e.g. short/sharp session starting at 7pm
- Offer more support for social runners
- Ensure sessions are clear and not in 'geek speak'

So far, we have...

- Reviewed/rejigged the induction process

- Generated a list of buddies to support new members (you will be put to good use very soon!)
- Most sessions have clear aims and objectives and are published on the club website
- Published a 'jargon buster' on the club website
- Identified First Aiders at the start of each track session
- Reminded athletes of track rules regularly, especially during busy Wednesday sessions
- Focussed most coaching groups on specific targets (scheduled sessions 'off track' are coming!)
- Held athletes' forum meetings in June and October

In the future, we hope to...

- Ensure that informal coaching/run leading remains available to social runners
- Continue to communicate with our competitive athletes, so that their performance needs are being met
- Ensure that the team of 'buddies' are utilised well, to support newer and first-time members
- Add profiles of coaches to the website, so that people can have an idea which group to join
- Help you to understand necessity to train specifically for goals if those are what you have
- Encourage you to communicate your athlete goals to the coaches, so that sessions are planned in an athlete-centred way
- Hold Athletes' Forum again in May/June

What a year!

THANK YOU to all of the Coaches, Coaching Assistants, Leaders in Running Fitness, those who have committed to starting that coaching journey, and to those who have stood down this year for all their time: Alan, Alexa, Angela, Angelique, Art, Catherine, Cathrin , Caz, Claire M, Claire S, Higgsy, Justin, Katherine, Kathy, Lee, Lesley, Liz, Nicola, Nicole, Nigel, Roger, Sarah D, Sarah W, Sian, Tom, Tony and Vroni.

Onwards and upwards!

Roadrunners' Race Results

David Dibben

The first season of the club's new Improvers League came to an end in sensational style on the very last day of 2019.

If we had an award for 'improver of the year' it would surely go to Liz Detenon, whose performance at the Liverbird Marathon was a PB by the little matter of THREE hours 32 minutes and 18 seconds.

Liz's only previous race over the 26.2 miles distance was a trail event in Snowdonia, so she obviously found the flatter Merseyside course much more to her liking.

That Liverbird fixture was the start of a run of four marathons in six days for the legendary Martin Bush, despite his being hampered by a foot injury.

December 7th

South of England Masters XC Championships

Women 40-44

Pos	Name	Gun
7	Sarah Dooley	28.03
9	Claire Seymour	34.15

Women 45-49

Pos	Name	Gun
18	Sam Whalley	32.18

Women 60-64

Pos	Name	Gun
1	Jane Davies	28.46
3	Tracey Lasan	30.09

Teams: Roadrunners 1st

Women 40-44

Pos	Name	Gun
7	Sarah Dooley	28.03

Women 65-69

Pos	Name	Gun
9	Cecilia Csemiczky	45.53

Men 45-49

Pos	Name	Gun
10	Tony Page	35.21
22	Fergal Donnelly	38.14
29	Bryan Curtayne	45.33

Men 50-54

Pos	Name	Gun
24	Mark Andrew	41.15
28	David Fiddes	43.32

Men 55-59

Pos	Name	Gun
19	Pete Jewell	39.08
20	Gavin Rennie	39.28

Men 70+

Pos	Name	Gun
9	Eddie Thorpe	34.14
11	Jim Kiddie	34.16
12	Ken Beck	36.04

Lanzarote Marathon

Pos	Name	Chip
71	Brian Kirsopp	3:28.06
383	Paul Monaghan	4:38.31
384	Caroline Jackson	4:38.31

441	Martin Bush	4:52.36
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493	Pete Morris	5:09.10
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December 8th

Grim Challenge (8 miles)

Pos	Name	Chip
104	Joe Blair (2nd M60)	1:15.49

Tadley Xmas XC

Pos	Name	Chip
71	Nick Adley	1:02.25

December 12th

Dinton Xmas Challenge (Half Marathon)

Pos	Name	Chip
5	Rita Dykes	2:21.12

December 15th

Berkshire Cross Country Championships

Men's race

Pos	Name	Gun
3	Jack Gregory	34.15
14	Sibbrand Rinzema	36.21
15	Brendan Morris	36.24
22 (8)	Jamie Smith	37.49
24	Chris Burt	38.12
27	Chris Lucas	38.29
28 (11)	Lance Nortcliff	38.31
30 (12)	Tony Page	38.42
32	Calum Pratt	38.47
33	Ryan Faulkner	38.58
46 (21)	Pete Jewell	42.19
47 (22)	Andy Blenkinsop	42.26
49 (24)	Brian Kirsopp	43.12
65 (40)	Nick Adley	56.15

* Vets positions in brackets

Berkshire Cross Country Championships

Women's race

Pos	Name	Gun
13 (5)	Melanie Shaw	45.40
15 (6)	Helen Pool	46.38
17 (7)	Sarah Dooley	48.00
18	Chloe Lloyd	49.10
25	Swinda Falkena	53.17

* Vets positions in brackets

Muddy Welly 10k

Muddy Welly 5k

December 22nd

Men's scoring: 1 Corney, 2 Gregory, 4 Paviour, 5 Rinzema, 9 Apsey, 20 Page. Total: 41.

Roadrunners: 1st.

Women's scoring: 10 Shaw, 12 Peatey, 15 Davies, 20 Lloyd. Total: 57.

Roadrunners: 3rd.

Overall: Roadrunners =1st.

Sherfield 10k

Pos	Name	Chip
80	Steve Dellow	1:01.59
221	Trisha Arnold	1:34.19

December 29thGutbuster 10 miles

Pos	Name	Chip
10	David Ferguson	1:10.14
25	Justin Simons	1:14.16
30	Andrew Butler	1:15.12
33	Andrew Morgan	1:16.05
35	Clive Alderson (1st M60)	1:16.11
54	David Caswell	1:19.40
117	Tim Lynam	1:27.36
137	David Walkley	1:30.05
144	Joe Blair	1:30.46
203	Jo Sollesse	1:37.13
209	Andy Atkinson	1:38.20
212	Nora Holford	1:38.21
226	Naomi Gardner	1:39.30
227	Stuart Wylie	1:39.31
264	Sarah Harford	1:45.19
278	Tony Long	1:48.24
279	Lee Hinton	1:48.26
280	Ian McGuinness	1:48.26
281	Simon Brimacombe	1:48.27
282	Holly Towers	1:48.27
283	David Lennon	1:48.26
284	Scott Gillespie	1:48.26
289	Peter Higgs	1:49.02
305	Nick Adley	1:52.36
307	Justin Watkins	1:53.15
311	Sarah Richmond-De'voy	1:53.32
318	June Bilsby	1:55.34
356	Liz Atkinson	2:11.29

Gutbuster 10k

Pos	Name	Chip
9	Alex Harris (1st M50)	44.44
10	Ed Dodwell (1st M60)	45.20
11	Caroline Hoskins (2nd lady)	46.03
24	Sophie Hoskins	49.54
27	Julie Rainbow (1st F50)	51.11
46	Alex Bennell	56.09
70	Cullum Ross	58.02
86	George Nyamie	59.12
111	Chris Manton	1:02.18
129	Kira Moffat	1:04.07
130	Laura Batten	1:04.35
132	Rebecca Simons	1:04.54
146	Shweta Saikumar	1:05.34
147	Sara Lopez	1:06.01

148	Alice Carpenter	1:06.02
175	Angharad Ross	1:09.12
252	Annette Russell	1:19.05
278	Gill Manton	1:46.36
280	Sophie Higgs	1:46.37

My Sporting Times Winter 10k series

Pos	Name	Chip
6	Julie Rainbow (1st lady)	2:27.09

My Sporting Times Winter long series

Pos	Name	Chip
5	Clive Alderson (1st M60)	3:13.29
8	Andrew Butler	3:16.18
26	Joe Blair (2nd M60)	3:48.27
38	Jo Sollesse	4:05.18

Gloucester 10 miles

Pos	Name	Chip
57	Fergal Donnelly	1:06.06

December 31stLiverbird Double Marathon, Day 1

Pos	Name	Chip
108	Liz Detenon	5:09.44 PB
110	Pete Morris	5:09.46
116	Martin Bush	5:24.05

January 1st, 2020Liverbird Double Marathon, Day 2

Pos	Name	Chip
48	Martin Bush	5:23.53

Serpentine New Year's Day 10k

Pos	Name	Chip
25	Lance Nortcliff	35.16
51	Ashley Middlewick	37.42
53	Pete Jewell (3rd M50)	37.53
85	Mark Andrew	40.21
86	Helen Pool (2nd F45)	40.26 PB
153	Dean Allaway	44.46
249	Claire Seymour	50.06
481	Veronica Andrew	1:10.13

January 4thEnigma Winter Clockwise Marathon

Pos	Name	Chip
39	Martin Bush	5:00.59

January 5thOxfordshire Cross Country Championships

Pos	Name	Gun
13	Jane Davies	30:33

Thames Valley XC League (Race 7, Lightwater)

Pos	Name	Gun
2	Jack Gregory	35.46
6	Chris Burt	37.37
7	Mark Apsey	37.47
12	Lance Nortcliff	38.25
17	Jamie Smith	39.06
19	Calum Pratt	39.12
23	Oliver Atwal	39.32

32	Brian Kirsopp	40.10
37	Fergal Donnelly	40.22
47	Markus Orgill	41.19
49	Andy Blenkinsop	41.27
65	Gavin Rennie	42.31
68	Paddy Hayes	42.40
74	Chantal Percival	43.19
77	Stuart Hyslop	43.38
86	Richard Usher	44.19
87	Justin Simons	44.20
96	Pete Aked	44.46
100	Laura Peatey	45.02
102	Melanie Shaw	45.20
111	Bill Watson	45.48
115	Ian Giggs	45.55
132	Graeme Fancourt	46.59
136	Alan Freer	47.09
150	Dan Stockwell	47.43
160	David Fiddes	48.01
167	Simon Peralta	48.42
171	Colin Cottell	48.57
172	Matthew Curtayne	49.02
174	Chloe Lloyd	49.09
191	Renee Whalley	49.45
192	Claire Marks	49.50
202	Robert Houghton	50.20
225	Dean Allaway	50.59
230	Ian Horritt	51.08
236	Bryan Curtayne	51.21
256	Sarah Alsford	52.07
257	Ben Fasham	52.09
260	David Walkley	52.14
303	Sam Whalley	54.59
304	Angela Burley	55.04
309	Claire Woodhouse	55.16
331	Jo Sollesse	56.31
341	Brian Fennelly	57.01
344	Will Guest	57.13
348	Dan Rickett	57.19
349	David Worthey (guest)	57.20
351	Chris Manton	57.22
356	Andy Breakspear	57.39
366	Art Atwal	58.05
367	Andy Atkinson	58.06
377	Eddie Thorpe	58.56
391	Ros Crawford	1:00.07
408	Claire Seymour	1:00.59
433	Gary Clarke	1:02.54
464	Nick Adley	1:05.11
484	Charlotte Gleadhill	1:07.35
487	Anthea Batchelor	1:08.18
448	Liz Fleming	1:08.20
505	Sandy Sheppard	1:10.26
509	Amy Fancourt	1:10.36
511	Peter Higgs	1:10.46
512	Aisha Applewhaite	1:11.39
518	Agata Beban (guest)	1:12.47
519	Toby Caton (guest)	1:12.48

520	Nancy Greenslade (guest)	1:12.49
535	Pete Morris	1:15.42
536	Liz Atkinson	1:15.50
539	Cecilia Csemiczky	1:16.01
542	Lucy Bolton	1:16.32
551	Paul Young	1:18.33
555	Tom Harrison	1:19.51
556	Catrin Westerwelle	1:19.53
557	Kerri French	1:21.30
566	Sophie Higgs	1:38.54
567	Gill Manton	1:46.50

Men's scoring: 2 Gregory, 6 Burt, 7 Apsey, 12 Nortcliff, 17 J Smith, 31 Kirsopp. Total: 75.

Roadrunners: 1st.

Women's scoring: 5 Percival, 11 Peatey, 12 Shaw, 30 Marks. Total: 58. **Roadrunners:** 4th.

Overall: Roadrunners 2nd.

Season's final position: Roadrunners 2nd.

Enigma Winter Anti-Clockwise Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
39	Martin Bush	5:24.42

January 11th

Hampshire XC League (Race 4, Prospect Park)

Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
13	Freya Martin	20.47
37	Hannah Green	23.30
44 (8)	Helen Pool	24.01
46	Mel Shaw	24.19
52 (11)	Jane Davies	24.52
62	Chloe Lloyd	25.58
73 (24)	Emma Paton	26.12
85 (29)	Sam Whalley	27.32
93 (34)	Alex Bennell	28.24
102 (41)	Claire Seymour	30.02
132 (62)	Cecilia Csemiczky	38.33

** Vets scoring in brackets*

Women's scoring: 13 Martin, 37 Green, 44 Pool. Total 94. **Roadrunners:** 5th.

Women's vets scoring: 8 Pool, 11 Davies, 24 Paton. Total 43. **Roadrunners:** 3rd.

Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
10	Jack Gregory	33.44
23 (2)	Ben Paviour	34.41
33 (5)	Mark Worringham	35.41
37	Mark Apsey	36.01
57	Chris Burt	37.03
59	Brendan Morris	37.17
68 (15)	Andrew Smith	37.56
82 (20)	Lance Nortcliff	38.56
105	Ben Ashby	40.17
111 (33)	Pete Jewell	40.42
113	Stuart Hyslop	40.48
133	Calum Baugh	43.13

142	Liang Guo	43.50
149	Ashley Middlewick	44.29
160	Rob Cannings	45.38
163	Wayne Farrugia	45.47
173	Clinton Montague	46.49
196	Dan Rickett	53.04
204	Nick Adley	59.37

* Vets scoring in brackets

Men's scoring: 10 Gregory, 23 Paviour, 33 Worringham, 37 Apsey, 57 Burt. Total 160. **Roadrunners:** 6th.

Men's vets scoring: 2 Paviour, 5 Worringham, 15 A Smith. Total 22. **Roadrunners:** 1st.

Anglesey Coastal Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
70	Maddy Smith	2:00.18

January 12th

Woodcote 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Chris Lucas	35.55
9	Brian Kirsopp (2nd M50)	38.18
17	Fergal Donnelly	38.57
18	Tony Page	39.09 PB
22	Jake Dellow	59.54
35	Ashley Middlewick	41.46
42	Kevin Burree	42.04
44	Ed Dodwell (1st M60)	42.20
66	Sarah Dooley (1st F40)	43.42
76	Colin Cottell	44.34
81	Jane Davies (1st F60)	45.22
113	Bryan Curtayne	47.51
122	Liz Jones	48.04
137	David Dibben	48.54
150	Joe Blair	49.51
163	Julie Sugden	50.29 PB
224	Steve Dellow	53.32
250	George Nyamie	54.56 PB
285	Robert Hele	57.17
315	Christina Calderon	59.21
331	Andrew Small	1:01.07
361	Phil Reay	1:03.35
363	Caroline Hargreaves	1:03.52
368	Socrates Christidis	1:04.20
395	Veronica Andrew	1:11.24
398	Julie Wing	1:15.54
399	Linda Wright	1:16.12
405	Jill Dibben	1:18.41

408	Kathy Tytler	1:21.06
<u>Cliveden 10k</u>		
<i>Pos</i>	<i>Name</i>	<i>Chip</i>
45	Ian Giggs	46.27
53	Markus Orgill	47.25
59	Alasdair Marnoch	48.08
256	Elizabeth Gatpansingh	58.54
299	Saba Reeves	1:00.37
300	Chris Manton	1:00.41
371	Sarah Bate	1:04.13
430	Sarah Richmond-De'voy	1:07.52
431	Veronika Royle	1:07.52
476	Andrea Marnoch	1:10.49
487	Justin Watkins	1:11.26
496	Zoe Browne	1:13.01
497	Leanne Home	1:13.02
498	Pete Morris	1:13.03
566	Lucy Bolton	1:22.28
588	Gill Manton	1:38.28
589	Kerri French	1:41.29

2019 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

2019 Season's Improvers

<i>Dist</i>	<i>Name</i>	<i>PB Margin</i>
Mara	Liz Detenon	3:32.18
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

2019 Club Championship results

Bob Thomas

Well done to everyone who took part in the 2019 Club Championship and the Marathon Championship. I recorded 499 results and a total distance of 7,300Km across the 12 races. Meanwhile, I recorded 309 marathon results, with a total distant just short of 13,000Km.

Congratulations to all the trophy winners...

Club Championship trophy winners

Senior men		Senior ladies		Age grade	
1	David McCoy	1	Donna Saunders	1	Brian Kirsopp
2	David Walkley	2	Kerry Eastwood	2	Katherine Sargeant
3	Chris Burt	3	Hannah McPhee	3	Alan Freer

Men Vet 40		Ladies Vet 40	
1	Tony Page	1	Katherine Sargeant
2	Paul Kerr	2	Helen Pool
3=	Andrew Butler	3	Suzanne Bate
3=	Bryan Curtayne		

Men Vet 50		Ladies Vet 50	
1	Brian Kirsopp	1	Nora Holford
2	David Caswell	2	Sarah Bate
3	David Fiddes	3	Stephanie Smith

Men Vet 60		Ladies Vet 60	
1	Alan Freer	1	Linda Wright
2	Joe Blair		

Men Vet 70		Ladies Vet 65	
1	David Dibben	1	Heather Bowley
2	James Kiddie	2	Liz Atkinson
		3	Julie Wing

Marathon Championship trophy winners

Senior men

- 1 Rob Corney
- 2 Matt Richards
- 3 Brendan Morris

Senior ladies

- 1 Gemma Buley
- 2 Nikki Gray
- 3 Marion Loiseau

Men Vet 40

- 1 Mark Worringham
- 2 Seb Briggs
- 3 Jamie Cole

Ladies Vet 40

- 1 Katherine Sargeant
- 2 Erica Key
- 3 Sarah Dooley

Men Vet 50

- 1 Alex Harris
- 2 Gavin Rennie
- 3 Brian Kirsopp

Ladies Vet 50

- 1 Caroline Hoskins
- 2 Mary Janssen
- 3 Nora Holford

Men Vet 60

- 1 Alan Freer
- 2 Brian Fennelly
- 3 Peter Morris

Ladies Vet 60

- 1 Jane Davies
- 2 Sian James
- 3 Kathy Tytler

Men Vet 65

- 1 Andrew Atkinson

Ladies Vet 65

- 1 Liz Atkinson
- 2 Julie Wing

Men Vet 70

- 1 David Dibben
- 2 Paul Jenkins

Ladies Vet 70

- 1 Cecilia Csemiczsky

Men Vet 80

- 1 Tom Harrison

The races for the 2020 Club Championship will be published shortly. The first race will be the Wokingham Half Marathon.

Bob Thomas

Committee Minutes

January

Tuesday 7th January 2020 – 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

Vroni

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

None.

CHAIRMAN'S REPORT

Phil wished everyone Happy New Year.

Commenting on the excellent turnout for this season's TVXC League, Phil noted that we increased participation in the events over last year, with 25% of all male & female members having run in at least one event. The men's team won, and the Club came overall second in the League.

Alan Freer is working on the XC Championship results, which should emerge shortly.

The Club staged two successful events at Ashenbury Park during December, namely: the Berks XC Championship and the Club's TVXC event. Phil thanked Sam Whalley for organising the former and Sam and Peter Reilly for organising the latter event.

We also held the Club's Christmas Party in December, which was well attended by over 90 members, held at a new venue for the Club on the University campus. Phil thanked Liz & Alice for organising this very successful social event.

Phil announced that, as planned, Katie Gumbrell will stand down as Coaching Co-ordinator at the AGM. The Committee asked Katie to consider how to re-structure coaching to make it better able to meet members' aspirations, a task at which she has excelled. Katie has delivered a much-improved coaching organisation, which will provide an excellent platform for the next Coaching Co-ordinator to take forward, for which Phil thanks her.

Finally, Phil noted that entries for both Bramley and Shinfield races are open.

TREASURER'S REPORT

Jill provided completed accounts for December together with the year-end balance. Jill is working on an overview to present at the AGM.

GENERAL SECRETARY'S REPORT

Car parking. Yet another meeting on car parking at the stadium. Introduction of the meters has been delayed probably until the spring. Roadside parking restrictions have been introduced so we may find the car park busier than usual.

2020 AGM. Bob has booked the Sutton Bowls Club for the AGM, which will be held on 10Mar20.

Swallowfield 10K. Members may be aware that the present organisation behind the Swallowfield 10K stood down after their final event in September 2019. Bob has been talking to the organisers since then and, with the unanimous approval of the Committee, is about to commence transitioning the race organisation to the Club with the objective of staging the race in September this year under the RR banner.

Consequently, and regrettably, after more than 30 years, this means that we will no longer stage the Mortimer 10K. This has not been an easy decision, which has been driven solely by safety concerns regarding a course that necessitates multiple road crossings and requires runners to run for ¼ mile along a 60mph road with no pavement and with their backs to the traffic.

As well as risks to the runners, the road crossings are stressful for marshals, not helped by many runners ignoring their advice on when to cross.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that four new members joined during December and pointed out that it is time to start the subscription renewals process.

SOCIAL SECRETARY'S REPORT

Dinner Dance. Anne reported that she has booked the band, Pink Fish, for the 2020 Dinner Dance on 7Mar20.

It was agreed that members will be able to book the event online this year. Bookings will open once the menu options are confirmed.

Spring Do. Liz intends to stage this year's Spring Do in May – either the 2nd or 16th TBC.

COACHING REPORT

Induction process. Katie reports that she has 21 offers from members to act as "buddies" for newly joining members.

Wednesday outruns. Members have been advised by email that from 8Jan20 there will be outruns from the stadium as an alternative to attending a coaching session. This is a brand-new initiative that will undoubtedly evolve with experience.

Athlete survey. Katie has analysed feedback from her athletes' surveys of what members want from coaching. The outcome will be presented in the newsletter.

ANY OTHER BUSINESS

Championship trophies. Bob sought agreement to go ahead with purchasing trophies for the 2019 Club and Marathon Championships, which was forthcoming.

London Marathon marshalling. Phil raised that he considers the way the Club approaches allocation of marshalling opportunities outdated and non-inclusive as it is essentially only available to members attending the stadium on the evening when the sign-up sheet is posted.

Bob explained that he has already worked with Carl to create an online event to replace the sign-up sheet. However, it was observed that this could be further improved by removing the first-come-first-served element.

Hence it was agreed that the method used this year will be to open an online event for a period of several days to allow members to register their interest. If this results in more expressions of interest than there are marshalling places available, a ballot will be held to assign the places.

Member payment options. Bob raised for discussion his concerns with some of the payment options presently available to members.

Cash/cheque payment for socials. It is proving quite difficult to account for social events and consuming large amounts of effort maintaining payment records. Bob proposed that we should cease to take cash or cheque payments for social events unless the member paying is not able to pay online. This was agreed.

Cash/cheque payment for membership. Bob explained that the administration of new and renewed membership payments at the desk is time consuming and prone to error, whereas online payment results in much reduced and, in some cases, no administrative overhead. He proposed that we should cease to accept membership payments at the desk.

Whilst there was a majority in favour of the proposal it was not unanimously accepted. Bob felt that this was a big decision and should not be decided on a majority vote and will therefore put a proposal to the AGM for it to decide.

BACS transactions. Whilst payment by BACS transaction should be straightforward, there are several ways in which they cause avoidable administrative overhead, e.g. members raise an order to pay by BACS, which they fail to do; or they fail to apply the correct WebCollect code as their payment reference so the system cannot correlate the payment with the member; having not provided the correct code, they pay from a bank account that is in a different name from the name by which we know the member.

Bob suggested that we cease to accept payment by BACS and rely solely on the GoCardless Direct Debit facility, which suffers from none of these drawbacks. The benefit of this is that the Direct Debit is a single-phase transaction that is processed entirely automatically with no need for manual intervention.

Bob proposed that the handling fee presently charged for the GoCardless service should be absorbed by the Club.

After reassuring the Committee that this facility provides for a single payment only rather than the recurring payments for which utility companies use Direct Debit, this was agreed.

This change will be in place for the forthcoming membership renewals.

Newsletter editor. Alice reported on behalf of Peter Cave that he intends to stand down as the newsletter editor at the AGM. Changes in Peter's work patterns is making it increasingly difficult for him to juggle the editor role with his other commitments.

Club Championship. Bob will launch the 2020 Club Championship later this month and confirms that the first event will be Wokingham Half Marathon. The Marathon Championship started on New Year's Day and will continue until the end of the year.

CLUB VACANCIES

Members are invited to contact Phil in the first instance if they would like to volunteer for any of the following Club roles:

- Coaching Co-ordinator
- Club kit organiser
- Newsletter Editor

Katie, Chris & Sarah, and Peter are standing down at the AGM.

DOOR ROTA

08Jan	Anne & Jane	15Jan	Anne & Shirley	22Jan	Anne & Claire
29Jan	Anne & Shirley	05Feb	Anne & Jill	12Feb	Anne & Shirley

DATE OF NEXT MEETING

4th February 2020

CONTACT:

Chairman, Phil: chairman@readingroadrunners.org

Membership Secretary, Anne: membership@readingroadrunners.org

Secretary, Bob: gensec@readingroadrunners.org

Treasurer, Jill: treasurer@readingroadrunners.org

Social Secretary, Liz: socialsec@readingroadrunners.org

Coaching co-ordinator, Katie: coach@readingroadrunners.org

Website / Media, Paul: webmaster@readingroadrunners.org

Team Captains, Sam & Grant: teamcaptains@readingroadrunners.org