



## READING ROADRUNNERS NEWSLETTER APRIL 2015

We thought we'd with break with tradition this month, so instead of a bunch of you disgracing yourselves in some far-flung foreign location on the cover, we've given it over to Luc Jolly and this rather fine photo of his finish at Reading Half Marathon, setting an amazing time of 1:11:56. Luc is looking more chirpy than anybody at this publication could after running 13.1 miles at that sort of speed - so double congratulations to him.

We have lots to fit in this month, not least of all Claire's debut Captain's Report, which she has managed to get in before running Brighton Marathon - Kerry also tells you all about this year's club charity, the fantastic Me2 Club, inside and you'll also notice a decidedly Sci-Fi theme to things as we gear up for this year's Shinfield Races!

**INSIDE THIS MONTH:  
MAY THE FOURTH  
SHINFIELD SPECIAL!**





## Guest Editor - Darth Vader

SUBJUGATOR OF GALAXIES, LORD OF THE SITH AND THE  
AMERICAN FILM INSTITUTE'S THIRD GREATEST MOVIE VILLAIN\*

Having lost the lower parts of my legs and most of my respiratory system when I was left to die in flames in the lava lakes of Mustafar, I've not been able to indulge in as much running as maybe I'd have liked to. Being the figurehead of the most feared and reviled entity in the galaxy lends itself much better to supporting Chelsea than distance running; however when the Shinfield gang asked if I'd lend my support to this year's event I was only too happy to step up and muck in. Even the Dark Lord enjoys a day out on a Bank Holiday Monday and with the General Election taking care of the level of fear, intimidation and self-serving malevolence in the

universe that week, I'm free for a few hours to dig out the old plimsolls and give it a go. Remember to give us a wave if you see me!

Cheery-bye for now,

Lord Vader

\*Narrowly beaten by Norman Bates and Hannibal Lecter; a crossdresser that lived with his mum and a bloke from Port Talbot. Clearly it's a case of who you know when it comes to these awards.



## Chairman Chat

CARL WOFFINGTON

The Spring Do took place last month and excellent it was too. Thanks to Tina for organising it. Thank you also to Linda Haskins for organising the raffle and Heather Bowley for helping with the ticket draw. The individual trophy presentation went well and everyone seemed pleased with their trophies. We also had a presentation of the TVXC Shields – Mens Team, Ladies Team and Overall League Winners. The food from Top Table was good and we danced to the excellent DJ.

The RR AGM took place. There was a reasonable turnout. The voting of officers and discussions etc went well. Thank you to Alice who stepped down from Social Sec and welcome Amanda Box who has taken over from her. Also, a big thank you to Tina Wilson who has done 3 years as Ladies Captain and hands over to Claire Seymour. Welcome Claire.

We have had two big local races. Lots of RR's in the Reading 1/2 and we marshalled the start. Also lots of

RR's out in the Maidenhead 10. I'll leave the Team Captains and Nigel to cover it in detail. Thanks to Richard Hammerson for leading the marshal team at the Reading 1/2.

The London Marathon is just two weeks away as I write this. RR are supplying 74 marshals this year. Good luck to all RR's that are running.

Just a week after the London is our very own Shinfield 10k. Please try to support this by marshalling and helping if you can. Colin, Tom and Fergal have been canvassing for some weeks now but I'm sure they still have spaces to help. Also, please bring donations of food, cakes etc to sell on our charity tea stall.

We have a Quiz Night in May. Please look out for details and check out RR website Social Page.

Carl



## Ladies' Captain - Report

CLAIRE SEYMOUR

I'm really excited to tell you all that I have taken on the role of Ladies Captain! I have been a member of Reading Roadrunners for approx. 5 years, and over this time I have enjoyed taking part in many of the Team events and Cross Country races, so I decided I would like to take the opportunity to give something back to the club that I love being part of! I would also like to say Thank you to Tina for being a fantastic Captain over the last 3 years, and for getting us all out there at the Team events and XC's, and helping to create the great Team spirit we have within the club! Tina will definitely be a hard act to follow but I'm up for the challenge!

I hope you have all seen the email that Mark (Men's Captain) and myself sent out recently listing the Team events that will be coming up over the summer months. We hope as many of you as possible will be able to take part, and please remember that these events are open to runners of all abilities! They will give you the opportunity to get to know runners that are new to the club, from other groups, or runners that don't always get to the track very often, and more often than not they are followed by a social afterwards, sometimes we have a picnic or a few of us will visit a local pub for refreshments! If you are interested in any of the events that we have listed and would like more information, Please contact us at [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org) or feel free to come and have a chat.

So over the coming months I will look forward to meeting some of you that are new to the club or that I don't already know!

### Reading Half Marathon- Sunday 22nd March

On a lovely spring morning in March, I counted at least 83 Reading Roadrunners ladies that were running and proudly representing the club at this year's Reading Half Marathon! And if you're new to the club and this was your first time running in a Green Vest, I hope you enjoyed the extra support we seem to get running around our home town. I hope you all had a good run on a new 'flat and fast' course!

Ellie Gosling led the RR Ladies home and I believe quite a few ladies ran a PB! With a couple of our ladies also pacing at the event. Well done to everyone.

### Maidenhead Easter 10 \*Club Championship\* – Friday 3rd April

The forecast the night before our first 10 Mile Championship race of 2015 was looking a bit bleak with heavy rain forecast. Luckily it didn't put us RR Ladies off as the conditions turned out to be perfect! Overcast, slightly drizzly and very still, so this made for good race conditions!

We had some great results! A few Ladies achieved a PB, Carrie Hoskins won a prize for 2nd V45 lady, and Carrie was also part of the winning Ladies Team with Sarah Urwin-Mann and Alix Eyles. Well Done to everyone who ran!

I would also like to say Congratulations to Sarah Urwin-Mann and our very own Treasurer Sandy Sheppard who are now Berkshire 10 mile Champions for their age categories after running at Maidenhead! And also to Lesley Whiley who won a Silver in her age category!

### Other races

We have had lots of RR Ladies out and about racing over the last few weeks, and even travelling as far as Cyprus and Rome to run 10K's and Marathons, we also had a good turnout of Ladies at Compton 20/40! Well done to you all!

Southern Vets Track & Field League - The Southern vet track and field league is fast approaching, this is a great team event and a fun night out and open to any ladies and men V35+. The events are held on a Monday evening starting at 6.30pm and are a great way to spend a summer's evening! We have great team spirit and it gives you a chance to try something a bit different! You may even find you have a hidden talent, as Tina found out last year in the Discus when she got herself an AW (Athletics weekly) standard!

Events are as follows:

Field events – Discus, Javelin, Long Jump, High Jump, Shot put, Hammer

Track Events – 3000m Walk, 100/200m/400m/800m /1500m/3000m/5000m/Relays + steeplechase for the men.



Dates and venues are as follows:

Monday 4th May – Oxford

Monday 18th May – Tilsley Park, Abingdon

Monday 8th June – Swindon

Monday 29th June – Tilsley Park, Abingdon

If you are interested in taking part or would like more information, please feel free to come and have a chat or contact us at [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org) and we will add you to the mailing lists. Will look forward to seeing some of you there!

And here are a few photos of our ladies taken in 2014!



## New Members

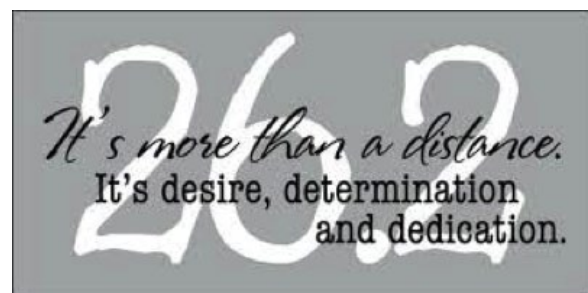
### MARCH 2015

Helen Pool, Eleanor Donoghue, Eleanor Mustoe, Emily Prince, Simon White, Mary Wilson, Ton Anthistle, Ashley Jeggo, Madeline Starks, Susannah Palmer, Chris Manton, Daniel Minns, Loretta Briggs, Ray McGroarty, Iain Wilson and Socrates Christidis.

### Marathon Season

So the Spring Marathon season is with us, and if you are currently training for a Marathon I hope you have enjoyed those final long runs and are enjoying tapering ready for the big day! So I just want to wish you all the best of luck, and I believe there are a few ladies who are running their first Marathon! I really hope you enjoy the challenge of Marathon running and may this be the first of many!

Here is a quote that I found that I think sums up the marathon distance well!



I will look forward to seeing how you all get on! And for those who are running at London I will look forward to cheering you on whilst I'm marshalling (Marshalling/supporting is also something I love to do)

So that sums up my first report as Ladies Captain.

Hope you all have an enjoyable month of running!

Claire

MAY I ALSO REMIND MEMBERS TO PUT A PHOTO IN THEIR RENEWAL CARD AND SIGN THEM BEFORE SEALING THEM DOWN.

Anne  
Mem Sec



## Men's Captain - Report

MARK WORRINGHAM

I shall start this month's column by thanking you all for electing me captain 'officially' at the AGM. This was despite me not actually being present at the meeting, due to an unfortunate combination of ignorance and disorganisation, for which I apologise. I shall attempt to ensure that this combination does not characterise my tenure.

The big event of the month was of course the Reading Half Marathon. As usual, a large proportion of our membership runs this race, and this means PBs and good performances aplenty. There were around 20 PBs amongst the men (at least), including PBs for five of our first seven men home. Luc Jolly led the men home with a fantastic sub-1:12 clocking that puts him among the fastest five ever half marathoners in a Roadrunners vest (credit for that nugget goes to the mental record keeping of Chris Mason, who incidentally is also one of that five). We had an exceptionally strong team out this year, with four men running under 1:14 (in most recent years we usually only have one runner or none at all under this mark). Unfortunately, since the strength in depth of the front of this race has also improved a lot in the last few years, I don't think we are in line for any prizes, but it is nevertheless excellent that so many Roadrunners are mixing it towards the front.

It was good to see PBs being enjoyed by some of the relatively long-standing stalwarts of the club, such as Rupert Shute (1:13:52), Lance Nortcliff (1:19:16) and Gavin Rennie (1:22:52), as well as some of our rapidly improving members like Rob Tan (1:16:31), Ryan O'Brien (1:20:41) and Ben Whalley (1:20:39). Meanwhile, there were also big PBs for Paddy Hayes (1:26:25) and, yet again, for our beloved editor Chris Cutting (1:27:30).

The other big race of the month was the Maidenhead Easter Ten, and this saw five men go under the hour, led home by Tony Carter and Rupert Shute, and with PBs for Rob Tan, Andrew Smith and Ben Whalley. Also setting PBs were Dean Allaway, Gavin Rennie (rewriting his PBs after entering the V50 category, giving hope to us all), Fergal Donnelly and Steven Siddell. The race was also the Berkshire 10 mile championships, and this saw Berkshire medals in various categories for Gavin Rennie (gold), Rob Tan (silver), Nigel Hault (silver, also placing third V60 in the race itself), Alex Harris (bronze) and Brian

Kirsopp (bronze), so it was a very successful day for a number of our runners. The race also counts towards the club championship, and it looks like it's going to be a very competitive year.

Marathon season is also now upon us, and Roadrunners have been popping up in marathon results all over the shop. There have been some very strong results from our men in various glamorous locations, such as Peter Aked's 3:14 in Barcelona, Kenny Heaton's 3:22 in Marseille, and Ashley Middlewick's 3:03 in ... er... Wrexham. A number of our runners have clocked several marathons this month. Pete Morris has two, Paul Monaghan has three, and Martin Bush has managed four, but taking the biscuit yet again is Gary Brampton with eight, including seven on consecutive days. I've made jokes about Gary's multiple marathon achievements in the last two issues of this newsletter, but on this occasion I have run out of jokes, so all I can do is stand back and applaud, making sure of course that I am upwind.

Elsewhere, Luc Jolly and I were lucky enough to be selected to run for Berkshire in the Inter Counties Cross Country Championships in Birmingham early in the month. It was a top experience, watching the stars of the future in the junior races, as they kindly mashed up the course for the senior men's race at the end of the day. In an extremely competitive race, Luc finished 136th and I managed 172nd, both scoring for the Berkshire team (2nd and 5th respectively). A fine day out, although if we had our time again we would probably elect not to go up on the coach at 6 am with all the kids from the athletics clubs.

Mark Saunders managed a creditable 11th at the Compton 40 in 6:20. Six and a half hours pretty much constitutes a full day's work in my book, and that's just sitting around on my backside, so I can only admire. A number of Roadrunners completed the accompanying 20, led home by David McCoy. Our only race winner this month was Ben Whalley in the Wokefield 10K, whilst Nigel Hault flew the flag in Cyprus winning the V60 category in the Limassol half marathon.

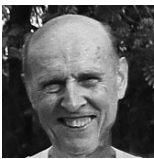
Summer seems to have arrived fairly suddenly this week, so it seems appropriate to start gathering names for the various team events over the summer. If you would like to run any of the following events, please therefore let me (or the respective person) know:

- British Masters Athletics Federation Relays, Sutton Coldfield, 16th May (over 35s – please let Claire or me know by 17th April as the entry deadline is approaching);
- South Downs Marathon Relay, Saturday 20th June (please contact Tom Harrison or myself)
- Runnymede Relays, Saturday 4th July (please contact Claire)
- Ridgeway Relay, Sunday 5th July (please contact Claire or myself, or Cecilia Csemiczky for the old folks' team)
- Bounders Relay, Tuesday 21st July (not Thursday 16th as I mistakenly put in my e-mail!)
- River Relay, date to be announced, usually September.

Next month is the big one of the year for many people, the London Marathon. I'd like to take this opportunity to wish everyone running it the very best of luck, and I very much look forward to following your progress from the comfort of my sofa, maybe with a cup of tea. I'd like to say that I envy you, but that would be woefully inaccurate.

Mark

## Your Committee



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**BOB THOMAS**  
CLUB EX-OFFICIO

### **WELFARE OFFICER: JENNY MILLER**

Jenny is the club's welfare officer. She is not part of the committee and can be contacted directly on 0118 966 2375

## Charity Corner

KERRI FRENCH, CHARITY COORDINATOR

I'm pleased to announce the new club charity for 2015 is a local charity based in Woodley who support children all over the borough called Me2.

### What is Me2 Club?

The Me2 Club is a local charity which enables children and young people with additional needs living in the Wokingham Borough to access mainstream leisure activities. This is made possible by matching children/young people with a volunteer who supports them at their activity each week.

Me2 work with any child/young person who can't access an activity without support. Me2 Club children/young people therefore have a whole range of additional needs including a large number with autism, some with Cerebral Palsy, Downs Syndrome, learning difficulties and many more.

The children/young people attend a wide range of activities in the local community including, Scouts, football, fencing, youth group, drama clubs, ice skating, swimming, Brownies, anything they would like to be involved in!



Please take some time to look at their website for more information [www.me2club.org.uk](http://www.me2club.org.uk)

We hope to have another fantastic charity year supporting another great local cause.

### Fundraising Events

#### Spring Track Mile - Friday 17th April

This is an open track session to members and non-members to come and run a mile as fast as you can.

Cost £2.50 (track fee £1.50 with £1 going to our club charity)

Register & Warm up from 6.30 - 6.55pm

Timed miles at 7pm & 7.15pm

Feel free to invite friends along to experience a track session at a friendly local running club

2 volunteers will be needed on the night to assist with timings





### Car Boot Sales- Prospect Park from 7am

Start on April 18th and are every other Saturday through the summer

- April 18th
- May 2nd, 16th, 30th
- June 13th, 27th
- July 11th, 25th,
- August 8th, 22nd
- Sept 5th, 18th

Contact Geoff Chaffer if you can assist 0118 0118 9663466 or Kerri French 07787 517818

Help is needed from 7am-1pm to do a variety of tasks including car park assistance directing cars into spaces and helping on the Roadrunners stall itself from 9am

### London Marathon Coaches- April 26th

Guess the time of the runner (picked at random) to win a bottle of Champagne £1 per guess

I also need raffle prizes to use at the various social events throughout the year so please feel free to hand them in at the desk on a Weds track night or give to me in person

Sponsorship forms will be on the Reading Roadrunners website soon for any runners that want to collect sponsorship for the club charity, along with the launch of a Just Giving page.

Thanks

Kerri

## Shinfield 10k and Junior Races

Okay, so not quite Stars in Their Eyes, but this year's Shinfield 10k promises to be no less entertaining.

Themed on Star Wars ('May the Fourth be with you') and with guest appearances from Darth Vader, Princess Leia, Chewbacca & Storm Trooper, to name but a few, this year's race could yet prove to be the blockbuster event of 2015!

Recruitment is now underway for the supporting cast- aka the 'extras', 'hi-vis brigade', or the real stars of the show, as we all know the Marshals to be as well as a host of others roles both on 4 May and over the Bank Holiday weekend from Saturday morning on.

Of course we anticipate demand for these critical supporting roles will far exceed supply (in our dreams) and therefore recommend you put your name forward for a Marshalling position.

So, please if you are interested in marshalling, chief marshal, Fergal Donnelly is looking for marshals for the 10k race, which starts at 09.30.

Please email [fergal.donnelly@Getronics.com](mailto:fergal.donnelly@Getronics.com), mobile

07985 875435. Marshals will be required to attend approx one hour beforehand.

Likewise, Tom Harrison still needs volunteers to step forward for the four Junior Races. Please email Tom at [shinfield@readingroadrunners.org](mailto:shinfield@readingroadrunners.org) or (Tel) 0118 988 2515.

We also need people for a range of other assorted roles over the weekend, including working in the finish areas, setting up both before the races, and on Sunday afternoon at School Green, Shinfield (3pm for about an hour), taking entries, loading the van at Palmer Park, on the morning of 2 May (09.00), as well as tidying up after the races and unloading the van at Palmer Park.

To offer your help for any of these essential, please contact Race Director, Colin Cottell by emailing [shinfield@readingroadrunner.org](mailto:shinfield@readingroadrunner.org) (Mob) 07979 195077.

If you haven't helped at a race before, please do consider it. Not only is your support essential to putting on an enjoyable, safe and successful race, I can guarantee that just like our regulars who volunteer year after, you will also get at least as much out of it as you put in.





You can also catch, myself, Tom, and Fergal at the track most Wednesdays.

All races start and finish at Shinfield Health Centre, School Green, Shinfield RG2 9EH,

The 10km race (16+) starts at 09.30, and you can enter by post online or on the day (subject to the race limit of 900 not being reached).

For full details of all races, as well as details of how to enter please go to

[www.readingroadrunners.org/shinfield.html](http://www.readingroadrunners.org/shinfield.html)

Race entry fees for UKA affiliated runners are as follows:

In advance - £10

On the day - £13

There is also a team competition, with the first four runners for each club scoring, so please make sure you wear your Reading Roadrunners vest. The 10km course has been certified as accurate by UK Athletics Certificate number 2015-13849

All profits from the races will go to the Shinfield Association and Reading Roadrunners' 2015 charity, Me2 Club.

Web-site: [www.readingroadrunners.org/shinfield.html](http://www.readingroadrunners.org/shinfield.html)

Facebook page: <https://www.facebook.com/shinfield10k>



# The Best Investment I Ever Made

Hywel Jones (A short impromptu 'speech' prepared in 1982 while on a course)

"I have a dream" – so said Chris Brasher after he had completed the New York Marathon in 1979.

"I have a dream" he said "to see the streets of London thronged, just as the streets of New York, with millions of people all united in encouraging and assisting thousands of runners, giving their utmost to cover the 26 miles 385 yards on waves of emotion, excitement, fervour, personal tragedy and personal fulfilment".

Now I too had a dream – a dream which had been locked away for almost thirty years apart from the odd occasion when it surfaced into consciousness.

That dream had cost me (or my father) 9d. – the price of admission to the local cinema back in 1952. That 9d was the investment, the eventual return from which could be well over £1million.....how? In one word –longevity!

That 9d. gained me, a lad in short pants, admission to the local cinema, in the days prior to television in Wales, when one saw the Pathe News as part of the programme. On that occasion coverage of the Helsinki Olympic Games was shown, and a Czech named Emil Zatopek, having won the 5K and 10K, went on to compete in his first marathon which he also won, beating Jim Peters after asking him if they were running fast enough.

Why the image of him, a rather ungainly, grimacing runner pounding the sunlit roads of Finland, as clear today as then, was so etched in my mind, I do not know. But there it was, the dream – my dream was born that day – one day I would run a marathon.

Silly ,really, for an eight year old boy back in those days. Almost nobody ran marathons, and I most certainly didn't know of anyone other than Zatopek and Jim Peters. The dream lay dormant, briefly surfacing in 1954 when Jim Peters ran his last marathon in Vancouver. Of those who saw film of it, no-

one can forget the harrowing sight of him collapsing on the track yards from the finish. But who of those who saw the film can remember the name of the winner? I can (must be something about marathons!), though I did have a slight advantage, being on holiday in Scotland and the winner was Scottish.

My 9d. investment received a boost four years later when the Empire Games came to Cardiff and I saw a marathon for real – they were nuts! A sizzingly hot day in July and from 2pm until 5pm they were running from Cardiff to Newport and back – why! An Australian won – but my dream was fading, the reality looked too painful.

As a common or garden member of the school athletics team, I ran in ½ mile and 1 mile races, but no way could I ever think of running a marathon with these supermen. And so the dream (and the investment) was virtually dead and buried.

The sixties came and went although in 1964 I did finish a cross country championship race well behind Jim Alder; subsequently the winner of the 1966 Commonwealth Games marathon, in what I believed would be my last ever competitive race. I joined a finance company, I smoked, I drank, I got married and put on weight, and halfway through the seventies I was fat, and I mean fat.

Redemption through sport came from an unlikely source. A friendly giant (captain of the firm's 1st XV) with whom I worked assumed because I was Welsh, I could play rugby, and so for the next 3 years the 3rd and 4th XVs probably fielded the slowest flanker who had ever donned a pair of rugby boots.

Embarrassment on the rugby field ended when I moved house, the ground was too far away – that was my excuse. The real reason was cowardice; they say quit while you are winning. I quit while most of me

was still intact after a broken finger, 3 broken ribs and a dislocated jaw.

Rugby had done nothing for my weight (and my weight had done nothing for rugby!). The jug in the bar saw to that, though I did stop smoking my thirty a day. During my rugby episode I naturally trained – about once every three weeks when I wasn't injured, a jog for ten minutes sufficed. Not really much of a commitment (or an addition to my investment).

It was now that the cobwebs around the door to my dream were disturbed. When I moved house in 1978, I found myself with immediate neighbours who were marathon runners - flesh and blood people just like me, well with a lot less flesh actually. There were three of them. They soon found out that I was a part time jogger and so if they ran 15 miles in the morning, I was invited to run 5 miles with them in the evening. Once a week to begin with, and gradually I started to enjoy running. 5 miles became 6 and then the magic day of double figures -10 miles, and running became more frequent.

Now that dream, which had cost 9d. was getting closer to fulfilment, although I had not considered the dividend yet. A push was needed and in came Mr. Brasher who had persevered with his dream and against the odds instigated the first London Marathon for March 1981. I entered in September 1980, and in the belief that I would be accepted, trained and lost much weight up and down the A4 in the winter months, before receiving my acceptance on 14 February 1981 – just 6 weeks before the race.

Race day arrived. A 0900 am start on the day the clocks went forward and also Mothering Sunday. I ran and finished in just over 3 hours 30 minutes, in 3,813 place out of 7,747 acceptances and 6,255 finishers. I felt great.

Then reading more about jogging and its benefits, I started to realise what I had done. A marathon run in under 4 hours is regarded medically as an insurance against heart trouble for 10 years – I was on my way

to health and wealth in my old age. Thanks to running, which I will continue, the length of time the firm will be paying my pension will stretch from say 5 years, if I'd remained the overweight, smoking, drinking, non-exercising fellow that I was, to hopefully at least 25 years (I think an age of 85 is a reasonable target).

The extra 20 years of pension I will receive is due to that 9d. visit to the cinema which started the dream. And that 20 years, allowing for inflation etc, will eventually reach the magic £1million. The best investment I have ever made.

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It is now 2015, 34 years after that first London Marathon.

In the intervening years I ran a further 24 marathons, including 11 more in London, saving my 25th for the 25th London in 2005. My next attempt at the distance is pencilled in for 2030, London's 50th.

I am delighted to say my investment is paying dividends after 15 years of retirement and thanks to that 9d cinema admission and Mr. Brasher, I confidently expect the magic figure will be reached. So if you are ever told that running is a waste of time and money just remind people how it can not only benefit charities but also the participants in ways not always apparent.

## Never Left In The Shade

LIMASSOL MARATHON, HALF & 10K 2015

Paul Monaghan



Was in the planning for months but eventually all came together as myself & usual suspects Pete Morris, Martin Bush & Tony Streams were joined by Nigel Hault, Peter Higgs, Sheryl Higgs, Phil Reay and brand new recruits Peter (minus his camera) Cook, Kerry Eastwood and Christina Calderon.

Was not off to a good start as Peter Higgs arrived early and was quick to send a pic of hotel swimming pool full of spades & concrete. It was basically undergoing maintenance so seemed like our cocktails by the pool on arrival were now off the agenda. Rebellion was in the air but was hoping the sunny weather and lack of tacky gift shops & Hard Rock cafés (It's an in joke) would win all over.

It was cloudy & wet on Friday's arrival but ideal racing temperature if it would hold. Off to the expo we went only to bump into the Japanese version of the 100 Marathon club. This did seem to bring Pete & Martin to life especially after the free t-shirts they were given and the photoshoot. The expo was empty and I was beginning to wonder if we were the only people entering the race, this really would be a first. My

dreams of a marathon win were squashed as I realised I'd entered the wrong building.

Weather had improved so it was now lunch alfresco style which extended to dinner. We really did have a great evening before the main event with us all swapping stories etc. The main event was now looming nearer but tonight we could let our hair down. By now we'd won over the new recruits as Peter C & Kerry pretended to sneak off the loo but were really booking flights and checking Euro exchange rates.

The Saturday it was a visit to the local castle where we had to endure a Pete Morris bogus history lesson and keep Martin out of the gift shops. A group of friendly people were dishing out free hugs which really were appreciated so we obliged. I was at first apprehensive as once stopped for them in Morocco. It turned out to be free hugs, but they still set me back 500 Dirhams. On our return along the prom Christina & I then christened our club mascot. 'Ronnie Roadrunner' was born to a spray of Cypriot seawater and immediately posed for pics to mark the occasion.

Two friends of ours Donna Richards & Caroline





Jackson were also running so was great catching up with them morning of the race. Donna is churning away marathons and Carolina is definitely in ascendance as had only recently picked up Marathon second ladies prize at Liverpool. All our runners were looking confident so now just a case of hitting the start line after the next 200 pics & videos

The sun was baking making this not quite ideal weather though for the spectators this is always a dream. For some reason the different distances started in waves which would be fine if they weren't just a few minutes apart. We marathoners kicked off first but soon found ourselves being overtaken by 10k & half marathon runners. It was a relatively small field so wasn't that much of a problem until a Mickey Mouse overtook me.

Compared to the recent Wrexham marathon I'd ran this palm tree filled course was a dream, but I soon found myself struggling to retain pace in the heat, the only bonus was there were more water and energy drink stations than probably all of the European marathons combined. This regardless is a race to do as the atmosphere near the beginning & end is great, more of a carnival atmosphere than a race that just

has to be experienced. All of us enjoyed it despite the intense race heat.

On finishing I bumped into Caroline who was waiting ecstatic as she'd managed to nail first ladies prize Marathon prize, so we started hectically to look for



the podium ignoring autograph hunters and Scouse wanabees (OK, that may be a slight exaggeration but you get the picture). She received a trophy as big as the FA cup which raised all our spirits and sent our cameras into overdrive. That combined with drinks & post-race entertainment (no, not Martin) made this one day to remember and was quite emotional for Caroline and me come to think of it. In fact the ladies totally stole the day off us blokes. Sheryl Higgs also in ascendance ran a blinder and smashed her 10K PB, Kerry Eastwood was just superb by sticking it with Cheryl in the heat despite coming back from serious injuries. Both these ladies together with Pete C & Nigel waited and cheered us on near finish to give us marathon plodders a much needed boost. Christina also did brilliantly finishing in a great time and constantly wearing a smile. She also outstayed yours truly together with Martin & Pete on the race evening celebrations, which in itself deserves a medal.

There so much more I could write but time & newsletter space (though not photos) are limited. As

you're probably aware few of us travel abroad to run races & support quite often, and all of you are always more than welcome. New recruit Peter Cook has already booked his next 10 flights... What you waiting for??

### Marathon

Paul Monaghan	3:45:23
Tony Streams	4:08:08
Martin Bush	4:31:23
Christina Calderon	4:34:14
Phil Reay	4:49:14
Pete 'The Train' Morris	4:50:18

### Half Marathon

Nigel Hoult	1:29:09
Peter Higgs	2:02:13

### 10K

Peter Cook	45:01
Kerry Eastwood	1:33:37
Sheryl Higgs	1:33:38 (PB)





# Compton Downland Challenge

SUSIE REES



A rather juvenile take on my first 'Compton Downland Challenge' but I think the photos speak for themselves. Plus it is really sunny outside...definitely not report writing weather!

Easter Saturday saw this year's 19th Compton 20/40, organised by the Compton Harriers Running Club, based

in the heart of the Berkshire downs. Rumour has it, that this really special race may not continue, since the man in charge (Dick Kearns) is stepping down after all these years of organising it. (Fingers crossed it carries on and in the same spirit). Without a doubt, this is definitely a new, all time favourite race for me. Here's why....



**C**adbury's Cream Egg AND a technical t shirt presented at the finish. You then get served an old school lunch of sausage chips 'n' beans followed by rice pudding with a choice of jam or fruit. Amazing!

**O**ne can choose the one loop, 20 miler or go round twice for a staggering 40 big ones. Utmost respect to Mark Saunders and Julia Molyneux for the latter.

**M**any a friendly marshal, serving up jelly beans, peanuts, coke, custard creams, seats and granny blankets!

**P**ete Morris didn't beat me.

**T**ruly wonderful scenery – currently rated at 95% on Runner's World.

**O**nly had to go round once. Phew.

**N**o chance of a PB, so perfect excuse to relax, take in the views and have a good old fashioned natter.

Hope it is on next year, I'll be back.

Susie



## South Downs Marathon Relay

Saturday 20th June 2015

This is a great family day out for all levels of runners and we have won on a couple of occasions. The race is from Slindon, near Arundel, along the South Downs Way to the Queen Elizabeth Country Park near Petersfield. Wonderful countryside, some of the sunniest weather in the country and we finish with a picnic on the grass while we watch the full marathon runners, (Pete and Martin?), come steaming in. We shall need four fast runners as we aim to win again with our first team, but we shall also field two or three other teams who will be out there for the sheer joy of running across the Downs in the English countryside.

There are four hilly, undulating Legs, 7.7 miles; 5.4 miles; 7.2 miles and 5.9 miles.

Please email: [mworringham@hotmail.com](mailto:mworringham@hotmail.com) or [tom.harrison13w@btinternet.com](mailto:tom.harrison13w@btinternet.com) if you would like to run.

There is also a full marathon, half marathon and fun run for Juniors.

More details at [www.209events.com](http://www.209events.com)



# Roadrunners Results

## NIGEL HOULT

This month's results are again dominated by two local races. Reading Half Marathon attracted well over 200 Roadrunners, and the conditions obviously suited many of you as 32 recorded PBs, including many of our faster runners. At the time of writing the team results haven't been published, so I'll include these next time if we've won anything. The other big race was the Maidenhead Easter 10 – one of the longest-running races in the country, having started in 1953 – which formed part of the club and Berkshire championships. We had over 60 runners in this, and the still and damp conditions were good for running, with 18 PBs recorded and five runners finishing in under an hour. Our ladies collected the team prize, and Sarah Urwin-Mann, Sandra Sheppard and Gavin Rennie won their age categories in the Berkshire championships (with several others in 2nd and 3rd places) – well done to them, and to everyone else who raced this month.

Having run four marathons last month on consecutive days, this month Gary Brampton went one (or should it be three?) better this time, and did seven marathons in seven days in the aptly named "Week at the knees" – plus another marathon and a 20 mile race as well! This must be some sort of a record; I don't recall any Roadrunners doing more than that in a single month.

Next month we have the Brighton and London Marathons, so good luck to the many Roadrunners who I know have been training for these. I look forward to reporting some more excellent results next month.

### 7th March

#### Groundhog Marathon

Martin Bush	60	4:48:13
Gary Brampton	66	4:56:04

#### Eton Dorney 10k

Ashley Middlewick	5	36:56
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#### Queen Elizabeth Olympic Park 10k

Patrick Hayes	16	39:04	38:55	PB
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#### Inter-Counties Cross Country (Senior Men)

Luc Jolly	136	39:07
Mark Worringham	172	39:59

### 8th March

#### Wrexham Marathon

Name	Pos	Gun	Chip
Ashley Middlewick	22	3:03:10	3:03:05
Dean Allaway	29	3:08:54	3:08:49

Paul Monaghan	60	3:30:42	3:30:37
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#### Wrexham Half Marathon

Ian Giggs	21	1:24:52	1:24:51
Kerri French	390	2:30:22	2:29:21

#### Finchley 20

Graham Tull	156	2:30:47
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#### Milton Keynes Half Marathon

Sarah Urwin-Mann	126	1:32:36	1:32:32	3rd FV40
Chris Campbell	165	1:34:34	1:34:24	
Trisha Arnold	1690	2:24:40	2:24:01	4th FV60

#### Surrey Half Marathon

Paul Carter	982	1:46:21	1:45:22
Jeremy Grand-Scrutton	1527	1:54:40	1:52:34
Justin Watkins	2559	2:13:38	2:10:01

#### Salisbury 10

Angharad Shaw	466	1:27:15	1:26:22
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#### Bearwood 10k

Ed Dodwell	4	38:49
Peter Cook	40	52:59
Antony Streams	44	53:20
Dave Lewis	45	53:20
Roger Pritchard	61	59:11
Ray McGroarty	67	1:02:43

### 14th March

#### Thames Meander Marathon

Paul Monaghan	45	3:27:38	3:27:33
Martin Bush	257	4:58:00	4:57:19

#### Thames Meander Half Marathon

Pete Morris	121	1:51:30	1:51:20
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### 15th March

#### Marseille Marathon

Kenny Heaton	83	3:22:23
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#### Barcelona Marathon

Pete Aked	1706	3:15:03	3:14:25
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#### Larmer Tree Marathon

Julia Molyneux	161	5:16:31
Martin Bush	176	5:45:27
Pete Morris	181	5:53:33

# ROADRUNNERS RESULTS

## Kingston Breakfast Run

### 16 miles

Linda Vinton	575	2:48:04	2:42:27	1st FV60
Justin Watkins	589	2:49:37	2:44:10	

### 8.2 miles

Chris Mortimer	140	1:06:43	1:05:02	
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## Silverstone Half Marathon

George Kinyanjui	352	1:31:27		
Tom Harrison	4036	2:06:48	5th MV70	
Susan McTavish	5105	2:18:42		
Kevin Sheppard	6645	3:35:06		

## North London Half Marathon

Antony Streams	1269	1:49:57	1:47:01	
Amanda Box	2619	2:04:55	2:01:59	PB

## Meon Valley Plod

Sian James	87	3:24:47	1st FV60	
Donald Scott-Collett	155	3:59:04		

## Cholsey Chase

Chris Cutting	19	1:01:55		PB
Alix Eyles	30	1:04:13	2nd F	
Keith Ellis	47	1:08:12	5th MV50	
Katie Gumbrell	68	1:21:17		PB
John Chilton	136	1:27:37	4th MV60	
Juliet Dimmick	156	1:48:54		PB

## 16th-22nd March

### Week at the Knees (7 marathons)

Gary Brampton	Day 1	18	4:59:06	
	Day 2	23	4:49:44	
	Day 3	18	4:43:04	
	Day 4	25	4:45:00	
	Day 5	27	5:09:36	
	Day 6	44	5:27:31	
	Day 7	40	4:51:26	
	Overall	14	34:45:27	

## 21st March

### Dorney Lake Half Marathon

Mary Janssen	104	1:39:29	1:39:21	
Elizabeth Ganpatsingh	180	1:49:52	1:49:36	PB

## 22nd March

### Rome Marathon

Louise Atkinson	8778	4:36:42	4:27:30	PB
Aaron Chai	9269	4:44:28	4:35:17	

## Reading Half Marathon

Luc Jolly	83	1:11:58	1:11:56	PB
Mark Worringham	101	1:13:05	1:13:03	
Rupert Shute	117	1:13:54	1:13:52	PB

David Evans	122	1:14:02	1:13:54	
Harry Gee	152	1:15:43	1:15:39	PB
Robert Tan	181	1:16:37	1:16:31	PB
Tony Carter	202	1:17:22	1:17:13	
Lance Nortcliff	263	1:19:31	1:19:16	PB
Alex Warner	317	1:20:47	1:20:34	
Andrew Smith	318	1:20:47	1:20:38	
Ryan O'Brien	324	1:20:55	1:20:41	PB
Jamie Cole	325	1:20:57	1:20:43	PB
Ian Gosling	362	1:22:21	1:22:07	
Alan Wilson	366	1:22:23	1:22:10	
Gavin Rennie	397	1:23:07	1:22:52	PB
Richard Usher	428	1:23:57	1:23:47	
Ellie Gosling	437	1:24:03	1:23:50	PB
Ben Whalley	444	1:24:41	1:20:39	PB
Gary Tuttle	457	1:24:40	1:21:39	PB
Duncan Mollison	462	1:24:47	1:24:26	PB
Ian Giggs	468	1:24:54	1:24:48	
Andrew Poole	470	1:24:57	1:20:54	
Andy Blenkinsop	483	1:25:21	1:25:11	
Andrew Morgan	490	1:25:29	1:25:16	
Alex Harris	515	1:26:05	1:25:51	
Gareth Goodall	570	1:27:41	1:27:24	
David Ferguson	571	1:27:42	1:24:32	
Brian Grieves	578	1:27:45	1:24:40	
Richard Charley	628	1:28:45	1:28:27	
Caroline Hoskins	629	1:28:46	1:25:44	PB, 5th FV45
Elaine Laver	666	1:29:25	1:26:19	
Dean Allaway	674	1:29:35	1:29:15	
Patrick Hayes	695	1:30:02	1:26:25	PB
Liang Guo	717	1:30:28	1:27:08	
Steven Siddell	724	1:30:34	1:27:15	
Julian Sherman	726	1:30:36	1:30:21	
Sarah Urwin-Mann	773	1:31:15	1:28:02	
Chris Cutting	792	1:31:29	1:27:30	PB
Alix Eyles	832	1:31:56	1:28:37	
Chris Mason	853	1:32:09	1:29:06	
Andy Stanbury	909	1:32:43	1:29:40	
Fergal Donnelly	985	1:33:23	1:29:55	
Alice Leake	988	1:33:24	1:29:30	PB
Colin Cottell	1020	1:33:44	1:30:16	
Alasdair Marnoch	1030	1:33:52	1:30:39	
Melvin Silvey	1048	1:34:15	1:31:03	
Robert Cant	1059	1:34:21	1:30:38	
Peter Graham	1061	1:34:23	1:29:13	
Belinda Tull	1071	1:34:32	1:31:16	
Dwayne Stewart-Power	1113	1:35:03	1:31:58	
Kenny Heaton	1126	1:35:13	1:31:45	
Alan Freer	1148	1:35:22	1:32:07	
Simon Palmer	1208	1:36:02	1:32:31	
Mark Walker	1257	1:36:34	1:32:54	
Mark Smith	1294	1:36:55	1:32:12	
David Marsden	1302	1:36:59	1:33:19	
Graham Tull	1326	1:37:15	1:33:57	
Paul Monaghan	1354	1:37:35	1:34:07	

# ROADRUNNERS RESULTS

Peter Cook	1359	1:37:37	1:33:21		Donald Scott-Collett	4284	2:02:03	1:48:36	PB
Claire Marks	1363	1:37:41	1:34:16		Barry Baker	4357	2:02:31	1:49:25	
Gavin Collins	1367	1:37:43	1:33:02		Kristin Brandl	4381	2:02:42	1:49:28	
Philippa White	1371	1:37:46	1:33:07		Sarah Pachonick	4387	2:02:45	1:49:30	
David Caswell	1413	1:38:08	1:34:19		Andrea Roberson	4636	2:04:05	1:50:45	
Eugene McSorley	1414	1:38:08	1:34:46		Angela Burley	4646	2:04:07	1:50:26	
Erica Key	1437	1:38:20	1:34:17		Jacqueline Smith	4679	2:04:17	1:50:45	
Rebecca Stark	1517	1:38:55	1:34:17		James Kiddie	4774	2:04:59	1:51:59	
Simon Denton	1553	1:39:13	1:34:53		Sara Morgan	4860	2:05:34	1:50:02	
Paul Gell	1563	1:39:18	1:34:49		Richard Morgan	4952	2:06:11	2:01:16	
Sian James	1623	1:39:59	1:36:05	2nd FV60	Tracy Jenkins	4998	2:06:35	1:51:53	
Paul Milnes	1635	1:40:11	1:36:17		Michael Wesley	5018	2:06:39	2:02:43	
Ashley Middlewick	1652	1:40:21	1:35:52		Samantha Taylor	5175	2:07:38	2:03:03	
Peter Felgate	1655	1:40:25	1:35:51		Arun Padha	5254	2:08:02	1:58:12	
David Legg	1714	1:40:56	1:36:38	PB	Zaid Yousif	5372	2:08:37	1:54:57	
Antony Collins	1748	1:41:14	1:37:21		Nelesh Kotecha	5377	2:08:38	1:53:22	
Tracey Lasan	1777	1:41:33	1:38:09	3rd FV55	Robert Hele	5389	2:08:41	1:53:21	
David Lennon	1794	1:41:40	1:37:18		Paul Carter	5407	2:08:48	1:56:46	
Claire Woodhouse	1803	1:41:43	1:37:33	PB	Angharad Shaw	5412	2:08:50	1:54:07	PB
Ben Smith	1828	1:41:48	1:38:38		Antony Streams	5420	2:08:51	1:54:09	
Sam Hammond	1830	1:41:50	1:37:16		Kim Stevens	5546	2:09:35	1:54:08	
Katherine Sargeant	1869	1:42:08	1:37:51		Claire Seymour	5553	2:09:38	1:54:56	
Wayne Farrugia	1902	1:42:20	1:37:48		Martyn Brand	5570	2:09:44	1:56:31	
Dave Lewis	1950	1:42:35	1:38:18		Ray McGroarty	5711	2:10:42	1:48:32	
Roger Ganpatsingh	1956	1:42:38	1:38:01	PB	Peter Reilly	5735	2:10:50	1:55:36	
Tim Hogarth	2187	1:44:23	1:39:44		Dave Brown	5854	2:11:41	1:51:13	
Brooke Johnson	2252	1:44:42	1:40:09		Donna Saunders	5981	2:12:23	2:02:55	PB
Andrew Runnacles	2307	1:44:59	1:40:40		Paul Godbold	6064	2:12:52	1:57:24	
Andrew Breakspear	2368	1:45:39	1:41:20		James Meston	6171	2:13:31	1:58:42	
Melanie Shaw	2465	1:46:39	1:42:30		Jeremy Grand-Scrutton	6248	2:13:57	1:59:01	
Daniel Stockwell	2469	1:46:41	1:43:38		Ginika Okoye	6271	2:14:10	1:59:54	
Kevin Sangster	2477	1:46:46	1:42:05		Christina Calderon	6358	2:14:40	1:58:28	
Elizabeth Jones	2545	1:47:24	1:42:34		Ni Joe Akem-Che	6454	2:15:19	1:53:53	
Nick Robey	2632	1:48:08	1:44:00		Danielle Milbank	6595	2:16:11	2:02:50	
Callum Harling	2647	1:48:19	1:43:49		YiWen Hon	6775	2:17:14	1:55:23	PB
Natalie Bravo	2702	1:48:46	1:44:15		Yvonne Edwards	6835	2:17:35	2:02:53	
Fleur Denton	2714	1:48:52	1:43:52		Katie Gumbrell	7065	2:18:51	1:58:47	PB
Gemma Stobie	2830	1:49:39	1:44:48		Sandra Sheppard	7066	2:18:51	1:58:41	
Lee Hinton	2832	1:49:39	1:45:01		Steve Simmons	7107	2:19:03	1:57:47	
Brian Fennelly	2899	1:50:16	1:45:22		Dinah Alshamma	7235	2:19:41	1:57:13	
Paul Jenkins	3000	1:51:21	1:47:45		Emma Chesswas	7422	2:21:01	2:06:42	
Simon Davis	3001	1:51:22	1:46:42		Hannah Hicks	7436	2:21:07	2:12:05	
Christopher Miller	3113	1:52:41	1:47:46		Ray McGroarty	7632	2:22:29	1:59:53	
Joanne Cocksey	3168	1:53:11	1:44:11		Lucy Simpson	7763	2:23:22	2:02:42	
Julie Rainbow	3204	1:53:31	1:48:45		Christine Callaghan	7903	2:24:09	2:14:23	
Sarah Morgan	3227	1:53:41	1:48:51		Emma Needham	7905	2:24:09	2:08:26	
Ade Podbury	3243	1:53:49	1:48:43		Steven Jane	8021	2:24:53	1:56:50	
Jessica Gray	3399	1:55:09	1:50:00		Anthony Stuart Collins	8054	2:25:04	2:02:35	
John Bullock	3621	1:57:05	1:43:44	PB	John Preston	8168	2:25:43	2:12:27	
Chris Mortimer	3651	1:57:22	1:52:58		Irene Liming	8345	2:26:41	2:04:54	
David Hammond	3792	1:58:28	1:45:14		Andy Dingle	8424	2:27:11	2:06:17	PB
Dave Wood	3803	1:58:33	1:44:21		Nicky Nash	8428	2:27:13	1:59:10	
Cindy Goslar	3804	1:58:33	1:44:20		Mary Carol De Zutter	8643	2:28:39	2:01:33	PB
Helen Taylor	3945	1:59:40	1:44:46		Emily Kermode	8718	2:29:13	2:07:43	
Tom Stagles	4009	2:00:13	1:46:48		Chantal Percival	8721	2:29:13	2:07:43	
Peter Higgs	4126	2:01:06	1:47:38	PB	Amanda Box	9133	2:31:54	2:11:44	
Susie Rees	4273	2:01:58	1:46:14						

## ROADRUNNERS RESULTS

Martin Bush	9134	2:31:54	2:09:41	
Clare Rutterford	9307	2:33:11	2:12:14	
El Deighton	9413	2:34:02	2:07:01	PB
Justin Watkins	9670	2:35:59	2:14:48	
John Bowley	9719	2:36:22	2:14:26	
Heather Bowley	9721	2:36:23	2:14:27	
Sarah Drew	9771	2:36:48	2:09:28	PB
Darren Batchelor	9826	2:37:10	2:06:58	
Lynda Haskins	10205	2:40:14	2:10:57	PB
Moya Kelleher	10229	2:40:25	2:12:37	
Susannah Palmer	10509	2:42:31	2:14:07	
Sarah McGowan	10512	2:42:31	2:14:07	
Pete Morris	10600	2:42:59	2:15:34	
Rita Dykes	10701	2:43:57	2:16:51	
Camilla Cunningham	10938	2:46:18	2:32:47	
Julie Thompson	11062	2:47:21	2:18:35	
Liz Atkinson	11088	2:47:39	2:19:08	
Shirley Holmes	11119	2:47:56	2:26:15	
Rachel Sutton	11150	2:48:13	2:20:24	
Russell Prentice	11257	2:49:05	2:28:13	
Malin Thomas	11380	2:50:26	2:28:48	
Kingsley Starling	11408	2:50:48	2:21:44	
Sev Konieczny	11518	2:52:18	2:22:07	
Kerri French	11519	2:52:20	2:22:10	
Paul Kerr	11528	2:52:25	2:24:08	
Alice Johnson	11529	2:52:25	2:24:08	
John Bailey	11667	2:53:33	2:26:08	
Cindy Edwards	11674	2:53:36	2:24:18	
Catherine Leather	11694	2:53:55	2:23:47	
Chris Cox	11931	2:57:01	2:27:26	
Frank Cooper	11990	2:57:42	2:29:02	
Juliet Dimmick	11994	2:57:45	2:27:36	PB
Lorraine Bailey	12168	3:00:09	2:32:54	
Tom Harrison	12240	3:01:14	2:28:37	
Emma Grenside	12379	3:04:18	2:34:05	
Ellen Togher	12417	3:04:51	2:43:48	
Robert Cant	12668	3:10:41	2:39:53	
Ann McKinnon	12891	3:18:14	2:45:34	
Palee D'Souza	12946	3:19:52	2:47:01	
Julie Wing	13022	3:23:49	2:53:33	
Dawn Whipp	13083	3:26:30	2:56:02	
Kathryn Tytler	13098	3:28:08	2:55:14	
Stephen Wing	13116	3:29:21	2:58:47	
Kevin Sheppard	13322	3:58:57	3:58:57	

### Fleet Half Marathon

Simon Elsbury	185	1:26:20	1:26:08
Katy Webb	945	1:46:00	1:44:53

### Hastings Half Marathon

Louise Cooper	2184	2:15:54	2:13:44
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### 27th March

#### Serpentine 5k

David Fiddes	88	20:23	
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### 29th March

#### Limassol Marathon

Paul Monaghan	60	3:45:29	3:45:23
Martin Bush	146	4:32:16	4:31:43
Christina Calderon	152	4:34:26	4:34:14
Philip Reay	190	4:49:14	4:49:14
Pete Morris	193	4:50:18	4:50:18

#### Limassol Half Marathon

Nigel Houlst	23	1:29:32	1:29:09	1st MV60
Peter Higgs	305	2:03:05	2:02:13	

#### Limassol 10k

Peter Cook	27	46:11	45:01	
Sheryl Higgs	513	1:35:08	1:33:38	PB

#### Cranleigh 21

Fleur Denton	213	3:07:52		
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#### Surrey Spitfire 20

Paul Godbold	361	3:05:16	3:04:35	
Kim Stevens	377	3:07:51	3:07:10	

#### Combe Gibbet to Overton 16

Dean Allaway	33	2:03:36		
David Fiddes	43	2:07:24		

#### White Horse Half Marathon

Pip White	174	1:44:26	1:44:04	
Nick Robey	200	1:47:05	1:46:43	

#### Hampton Court Half Marathon

Linda Vinton	1556	2:16:38	2:11:39	
Liz Atkinson	1705	2:20:42	2:17:27	
David Lewis	1707	2:20:43	2:17:28	

#### Wokefield 10k

Ben Whalley	1	40:48		
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### 3rd April

#### Maidenhead 10

Tony Carter	13	56:18	56:17	
Rupert Shute	25	57:42	57:40	
Robert Tan	32	58:24	58:23	PB
Andrew Smith	36	58:41	58:38	PB
Ben Whalley	40	59:18	59:14	PB
Andrew Poole	68	1:01:40	1:01:24	
Dean Allaway	89	1:03:12	1:03:06	PB
Gavin Rennie	90	1:03:13	1:03:07	PB, 4th MV50
Caroline Hoskins	104	1:03:58	1:03:54	PB, 2nd FV45
Alex Harris	121	1:04:58	1:04:54	
Brian Kirsopp	140	1:05:30	1:05:21	
Sarah Urwin-Mann	141	1:05:32	1:05:28	
Fergal Donnelly	143	1:05:34	1:05:28	PB
Steven Siddell	151	1:05:50	1:05:43	PB
Chris Mason	161	1:06:32	1:06:27	
Nigel Houlst	164	1:06:45	1:06:36	3rd MV60



Alix Eyles	169	1:07:13	1:07:06	PB
Alan Freer	175	1:07:25	1:07:16	
Kenny Heaton	176	1:07:30	1:07:22	
Melvin Silvey	190	1:08:02	1:07:54	
Belinda Tull	194	1:08:14	1:08:07	
Kevin Jones	219	1:09:17	1:09:12	
Paul Monaghan	281	1:12:12	1:11:59	
Peter Morris	292	1:12:52	1:12:49	
Eddie McIndoe	305	1:13:28	1:13:17	
Katherine Sargeant	312	1:13:37	1:13:24	PB
Lesley Whiley	346	1:15:10	1:14:45	
Lee Hinton	385	1:16:23	1:15:59	
Julie Rainbow	405	1:17:00	1:16:35	
Roger Ganpatsingh	416	1:17:28	1:17:04	
Liz Jones	421	1:17:53	1:17:29	
Antony Streams	444	1:19:01	1:18:28	
Sophie Hoskins	473	1:20:31	1:20:07	PB
Fleur Denton	485	1:21:03	1:20:44	
Nick Robey	488	1:21:13	1:20:28	
Tracy Jenkins	496	1:21:32	1:20:55	
Kim Stevens	518	1:22:43	1:22:20	
Sandra Sheppard	576	1:24:20	1:23:47	PB, 5th FV55
Angharad Shaw	602	1:25:37	1:25:11	PB
Katie Gumbrell	620	1:26:35	1:25:58	PB
Christina Calderon	684	1:29:30	1:28:54	
Tina Wilson	695	1:30:30	1:29:56	
Claire Seymour	709	1:31:50	1:31:16	
Tim Miller	710	1:31:50	1:31:13	PB
Chris Drew	721	1:32:34	1:31:59	
Andy Dingle	757	1:35:27	1:34:51	PB
Roger Pritchard	761	1:35:46	1:34:51	
Andrea Marnoch	764	1:35:53	1:35:15	
Janice Thomas	765	1:35:53	1:35:06	
Justin Watkins	784	1:37:47	1:37:12	
Jacqueline Fitzjohn	785	1:37:54	1:37:18	
Martin Bush	798	1:39:00	1:37:15	
Sarah Drew	806	1:39:29	1:38:53	
Shirley Holmes	829	1:42:07	1:41:32	PB
Liz Atkinson	843	1:43:42	1:42:45	
Carl Woffington	850	1:45:10	1:44:21	
Sev Konieczny	859	1:46:35	1:45:39	PB
Kingsley Starling	867	1:47:28	1:46:20	
Kerri French	900	1:59:29	1:58:41	
Sarah Harris	902	1:59:51	1:59:02	
Julie Wing	908	2:03:47	2:03:12	
Stephen Wing	912	2:10:34	2:09:40	
Ladies Team: 1st (Carrie, Sarah, Alix)				
Berkshire Champs				
Senior men: Silver – Robert Tan				
MV40: Bronze – Alex Harris				
MV50: Gold – Gavin Rennie, Bronze – Brian Kirsopp				
MV60: Silver – Nigel Hoults				
FV35: Gold – Sarah Urwin-Mann				
FV45: Silver – Lesley Whiley				
FV55: Gold – Sandra Sheppard				

**4th April****Compton 40**

Mark Saunders	11	6:20:15
Julia Molyneux	65	9:24:48

**Compton 20**

David McCoy	20	2:53:56
Graham Tull	23	2:54:54
Chris Cutting	26	2:56:25
Colin Cottell	32	3:03:53
Belinda Tull	35	3:05:21
Eugene McSorley	38	3:06:03
Aaron Chai	42	3:09:22
Fergal Donnelly	51	3:14:50
Dean Allaway	55	3:16:16
Claire Marks	94	3:31:12
Gavin Rennie	95	3:31:13
Dave Wood	129	3:45:30
Alan Wilson	143	3:58:05
Tim Hogarth	147	3:59:24
Susie Rees	168	4:12:03
Pete Morris	170	4:12:14
Elizabeth Ganpatsingh	171	4:12:14
Erica Key	177	4:14:26
Irene Liming	178	4:14:26
Simon Davis	179	4:14:26
Tom Harrison	183	4:18:27
Gary Brampton	193	4:31:13
Kathy Tytler	208	4:59:18
Louise Cooper	214	5:45:05
Sarah Harris	215	5:49:28

**Eton Dorney 10k**

Palee D'Souza	147	1:08:59
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**5th April****Dorney Lake Marathon Training Run**

Dave Brown	2:35:14 (16 miles)
Alan Freer	2:35:35 (20 miles)
Dave Caswell	3:01:55 (20 miles)

**Season's Bests****Ladies**

5k	Carrie Hoskins	19:53
5 miles	Annabel Richardson	45:33
10k	Sarah Urwin-Mann	39:21
10 miles	Ellie Gosling	1:02:02
Half Marathon	Ellie Gosling	1:23:50
20 miles	Carrie Hoskins	2:19:09
Marathon	Louise Atkinson	4:27:30

**Men**

5k	Mark Worringham	16:30
5 miles	Stephen Wing	1:08:16
10k	Lance Nortcliff	36:16
10 miles	Tony Carter	54:10
Half Marathon	Mark Worringham	1:11:38
20 miles	David McCoy	2:10:46
Marathon	Ashley Middlewick	3:03:05

# Reading Roadrunners Committee Meeting

TUESDAY 7TH APRIL 2015 7.30PM

## ATTENDANCE:

Carl Woffington	(Chairman)
Roger Pritchard	(Gen Sec)
Sandra Sheppard	(Treasurer)
Anne Goodall	(Membership Sec)
Paul Monaghan	(Media & Web)
Amanda Box	(Social)
Bob Thomas	(ex-officio)
Simon Denton	(ex-officio)
Alan McDonald	(ex-officio)

## APOLOGIES FOR ABSENCE:

Catherine Leather

## MINUTES OF THE MEETING OF TUESDAY 3RD MARCH 2015

The minutes were proposed as a true record by Anne Goodall and seconded by Bob Thomas.

## MATTERS ARISING FROM THE MINUTES OF THE MEETING ON TUESDAY 7TH APRIL 2015

**BANK DEBIT CARD** Sandra said she had not had any spare time to chase this up ONGOING.

**TROLLEY** Carl reported that he had not had any spare time to chase this up ONGOING.

**CLUB SUBS SURVEY** Carl reported that he was still getting feedback and comments, but said that he will write up a report for the next meeting. ACTION Carl to write a report.

**CLUB KIT** Sandra said she wanted to undertake a stock take in order to put a value on it for accounting purposes, but would need someone to help her. Carl said he would help and asked Sandra to give him an evening when she could attend Palmer Park. ACTION Sandra to liaise with Carl for stock take.

**MEMBERSHIP VETTING RULE** Roger confirmed that this was included in the AGM packs.

**THANKS TO COACHES** Carl confirmed that he had thanked the club coaches for their work at the AGM.

**DINNER DANCE** Sandra confirmed that the invoice from Sonning Golf Club for £3,000 was approved and paid.

**CLUB AUDIT** Sandra confirmed that the letter from Gavin Rennie with his approval of the 2014/15 audit had been sent to Roger for club records.

**COACHING COURSE** Roger confirmed that he had advised Simon that Alan Wilson's coaching course and associated expenses had been approved.

**ST PETER'S CHURCH HALL** Roger confirmed that he had heard from the church people, who confirmed the booking, but have not asked for a deposit or the full amount of the hire.

**MEMBER'S PETITION** Roger confirmed that the reply had been sent to the member.

**LETTER OF COMPLAINT FROM A MEMBER** Roger confirmed that he had issued a letter of response.

**POSTAGE STAMPS** Anne confirmed that she had purchased the stamps, but said she would need to purchase some more. ACTION Anne to purchase more stamps.

**PAYSUBS ONLINE** Paul reported that he would arrange a meeting with the company. ACTION Paul.

## CHAIRMAN'S REPORT

**ALEXANDER DEVINE** Carl reported that he had received a letter from Alexander Devine Hospice via Richard Hammerson, thanking the club for its donation. The charity asked the club what they would like the money spent on and gave a list of options. ACTION Carl to consult the charity team for their view.

**WOODLEY 10K** Carl reported that David Stares had asked him if the club would consider taking over the Woodley 10k, as Ted Wingrove had decided to retire after 20 years of being race director. The committee thought that it was not only too close to the Shinfield 10k, but with the club already organising three road events a year, it would be too much. ACTION Carl to report back to David Stares.

**SPRING DO** Carl reported that the Spring Do was a success and recorded thanks to Tina for organising and Linda Haskins for selling raffle tickets. ACTION Roger to request the deposit back from Woodley Town Council.

**RUGBY WORLD CUP LEGACY** Carl reported that there was a campaign to recruit all sorts of sports clubs in Reading to help disadvantaged areas/communities in Reading and that RR were being asked to participate.

It was decided that we could not ask our coaches to do other work outside of club activities.

## TREASURER'S REPORT

**SEAA CHEQUE** Sandra reported that Roger had requested a cheque for £20 for affiliation to the SEAA and Roger handed Sandra a copy of the affiliation application form, and Sandra handed Roger the cheque.

**EA PAYMENTS** Sandra confirmed to Anne that she was paying affiliation fees to EA and Anne advised Sandra

that there were two more to pay.

**CREDIT AMENDMENT** Sandra reported that she had received a credit amendment from the bank for £2.

### SECRETARY'S REPORT

**ENGLAND ATHLETICS** Roger reported that he had filled in the EA affiliation form and confirmed with Anne that she would only allow her land line and club email address to be published on the EA information web-page.

**ACTION** Roger to post form to EA.

**SEAA** Roger reported that he had completed the South of England affiliation form.

**ACTION** Roger to post with the £20 cheque he received from Sandra during the Treasurer's report.

**WOKINGHAM HALF MARATHON** Roger reported that Geoff Chaffer and Tim Povey attended the WHM cheque presentation evening and collected a cheque for the club charity for £450.

**READING HALF MARATHON** Roger reported that he had issued the RHM with an invoice for £300 for the supply of marshals and would ask Tim Povey to keep an eye on the charity account to see when it is paid in.

**BERKS TRACK & FIELD CHAMPIONSHIPS** Roger reported that he had passed on to the team captains the details and entry forms for the Berks T&F Championships.

**MICROSOFT RACE** Roger reported that he had received a request from Katie Collings of Microsoft to hire a race clock in May for the annual Microsoft mid-week (Wednesday) race and had asked Katie for a deposit cheque for £100 returnable when the clock is returned undamaged. And a cheque for £50 payable to the club charity.

**EARLEY ST PETERS** Roger reported that he had received an invoice from Earley St Peters church hall for the AGM hall hire. Sandra confirmed that she had paid Earley St Peters.

**HELEN POOL** Roger reported that Helen Pool had been released from Finch Coasters by EA and that Helen is now first claim Reading Roadrunners.

### MEMBERSHIP SECRETARY'S REPORT

**MEMBERSHIP** Anne reported 242 membership renewals consisting of 6 social, 7 2nd claim and 229 1st claim members generating income of £6,628. There were also 15 new 1st claim members and 1 2nd claim member generating an income of £468. Anne also reported that she had banked £72 for London Marathon Coach bookings making a total of £7,168 banked for March. Anne reported that we now have 399 members. Anne also reported that there were only 8 places left on the LM coaches.

**LONDON MARATHON COACHES** Anne asked Roger to print 114 copies of the London Marathon instructions. **ACTION** Roger to print.

**HOODIE** Anne reported that a hoodie ordered by a member had still not been delivered and that the member wanted the hoodie before the London Marathon. **ACTION** Carl to speak to the kit monitor.

### SOCIAL SECRETARY'S REPORT

Amanda announced that she was organising a quiz night at Earley St Peters on Saturday 23rd May. Amanda said that she has checked with St Peters and the hall is available and that she has a quizmaster and then asked the committee about pricing. Carl gave Amanda some information on what Alice charged last year. Amanda showed the committee a poster to go onto the notice-board. **ACTION** Amanda to set the price and to advertise and sell tickets.

**FAMILY DAY** Amanda reported that as she worked at a school, she had access to lots of equipment for children in the event that she organises a family fun day.

**SEASIDE** Amanda reported that she had some requests to organise a day out at the seaside. **ACTION** canvas members.

**COACHING CO-ORDINATORS REPORT** None submitted.

**TEAM CAPTAINS REPORT** None received.

### ANY OTHER BUSINESS

**NEW VETTING RULE** Roger reported that Nigel Hoult had sent him another version of the membership vetting rule for the committee to consider. **ACTION** Roger to circulate to the committee.

**COACHES TEE SHIRTS** Roger presented the committee with the list of coaches tee shirts. **ACTION** Roger to speak to Simon in order to progress the order.

**SIMON'S GROUP** Sandra raised the subject of Simon's group, as it was getting very large again. Roger suggested that he would ask Simon when the next coaches meeting was so that he could raise it then. **ACTION** Roger.

**CLUB HOUSE** Carl reported that the cost of the units had gone up to £77k each. Carl said that he is looking at the patch of land for the club house and has arranged for a surveyor to meet him on Wednesday 8th to see if the proposed club house will fit. Carl asked if we had been given a lease for the land. Roger said that we had not and that all we have at present is a copy of the lease that RAC have for their club house. Carl said we can't apply for funding unless we submit a land lease with the application and it has to be for a minimum of 7 years.

**ACTION** Roger to apply to Reading Borough Council

for a lease.

**VOLUNTEER BOARD** Carl raised the subject of a volunteer board, that was suggested by Kerry French at the AGM. Carl said that we should give this some thought in the future.

**DINNER DANCE** Carl said that at the AGM it was suggested that the dinner dance be re-scheduled, so that it is synchronised with the charity year. **ACTION** To be raised in the future when some dates have been settled.

**UKA MEMBERSHIP RULE** Carl said that we need to look at the UKA rule on refusal of membership applications. **ACTION** Roger to look into.

**LONDON 10k** Carl reported that RR will be proving marshals for the London 10k on Monday 25th May and that there was going to be a major re-route on the course. Carl reported that the team captains were in the process of team selection for the event.

**ENGLAND ATHLETICS MEETING** Roger reported that Jane Fylan, the welfare officer of England Athletics had contacted him to arrange a meeting concerning a complaint from a member against another member. Roger said that the meeting and the outcome was included in his AGM report. Since

that meeting, negotiations have been taking place on a settlement between the two members, but if no settlement can be reached, the complainant will be requesting arbitration from England Athletics. **ONGOING**

**MEMBERSHIP APPLICATION** An application for membership was discussed as the applicant was thought not to be suitable for the club. After some discussion, it was decided to grant the applicant a three month probationary period.

#### DOOR ROTA

Wed 8th Apr  
Shirley Smith, Cristina Cotter, Glynne Jones.

Wed 15th Apr  
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 22nd Apr  
Amanda Box, Anne Goodall, Glynne Jones.

Wed 29th Apr  
Shirley Smith, Glynne Jones, Anne Goodall.

Next Meeting Tuesday 5th May.  
Meeting closed 9.30pm



## Bank Holiday Monday 4<sup>th</sup> May 2015

### Shinfield 10k Race

Start 9.30 am

UK Athletics race, licence number 2015-13849

Medal for all those finishing in under 90 minutes.  
Age category & team prizes / Refreshments / Mayday Fete.  
More information and entry form at [www.readingroadrunners.org](http://www.readingroadrunners.org)



### Shinfield Junior Races

Medal for all finishers

Under 7 - 2.1k Starts 11am / Under 10 - 2.1k Starts 11.30am

Under 13 - 3.6k Starts 12 noon / Under 16 - 5.9k Starts 12 noon



# May the Fourth be with you!

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