



READING ROADRUNNERS NEWSLETTER APRIL 2016

Some slight favouritism shown towards the cover photo this month, but if anything it poses a very real question about running events in general; who are the real heroes? Is it the elite runner, helicoptered into the starting pen from their sponsor-endorsed luxury trailer, or is it the humble supporter, forced to stand for hours in all conditions, in this case with nothing but their enthusiasm and lightly-hopped 3.8% session ale to sustain them?

This year at least, the answer to the question above is 'Sheryl', along with all the rest of the intrepid runners competing in the Reading Half Marathon that the newsletter team were out in force to cheer on. Thanks to their carefully selected spectator point, they were also on hand to witness the fastest club member to stop for a 'refreshment' supplied by the Nag's Head on Russell Street. He/she knows who they are...

INSIDE THIS MONTH:

- **CHARITY NEWS**
- **THE STRANGE TALE OF DR. SHINFIELD**
- **CROSS COUNTRY RESULTS**



SHINFIELD 10K

YOUR SHINFIELD NEEDS YOU

Picture the scene: it's early on the bank holiday Monday, sun is up and the birds are singing; ah, life is good.

Many of your best mates and running colleagues will soon be treading the tar and trails, of the local Shinfield environs in pursuit of their varied goals and ambitions.

Spurred on & guided by the masses in high vis, another great Shinfield event is assured this year, we hope!



Of course, great events do not take place without the support of great volunteers and so it is we are reaching out to you for your support again this year.

We have a variety of roles covering both the 10k event as well as the Junior races afterwards.

Time to top up your skillset perhaps marshalling, or in the baggage tent, or

helping with the detagging of the runners after they cross the finish line?

Or just as importantly, help us with packing the van on the Saturday morning and erecting the marquee early on race morning- yep, dirty jobs alright but someone's gotta do 'em!

Special call-out to friends and families of RR's and children (under supervision)- the more the merrier please!

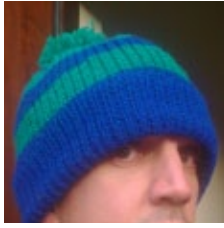
So, come on, let's all help put on another great Shinfield event this year- **VOLUNTEERS**: your Shinfield needs you!

Please contact me via mail @ fergal.donnelly@getronics.com or via mobile on 07985 875435 if you are able to offer support.

Thank you & best regards,

Fergal Donnelly
Head Honcho- Marshalling





Welcome from the Editor

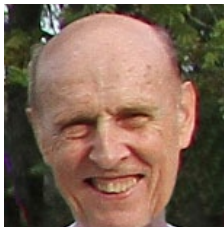
CHRIS CUTTING

This month we have a departure of note to begin the newsletter with, as Roger Pritchard has stepped down as Gen Sec. As you will see from the article in this issue, Roger has contributed an incredible amount to the club - we wish him all the best in his (slightly) quieter coaching role and welcome Bob Thomas in as the new Gen Sec.

For the first time in years, I had the chance to see

Reading Half Marathon from the other side of the barriers and got properly swept away by the spirit of the event. Watching instead of running gives you a chance to see the entire field and appreciate that it really is a race for all abilities. The first-timers in particular this year have a lot to feel proud about.

Enjoy your running this month!



Chairman Chat

CARL WOFFINGTON

The Dinner Dance took place on 5th March. Excellent food as always and a good band. Thanks to Toni and Anne for organising.

The AGM took place on 22nd March. Roger Pritchard did not stand for election and Bob Thomas was voted in to continue the Gen Sec role. Andy Dingle was voted on the Committee in an ex officio role. A big thank you to Roger for all the hard work he has put in.

The Reading ½ Marathon took place on 3rd April. There was a very good attendance by green vest runners. We also provided a marshal team for the start, thanks to Richard Hammerson for coordinating this. Toni McQueen ran a tea and cake stall in the RR tent, thanks. Tom Harrison organised a "corporate" challenge team and they won. There were a couple of bucketeers this year. Kathy Tytler and Susie Rees collecting money for charity.

I went to London to walk my sector of the Marathon course. There are a few road layout changes due to construction of the Cycle Super Highway. There was talk of not giving the marshals medals this year. They may be replaced by a pin badge that can be worn after the race. We will just have to wait and see what happens here.

Following on, the London Marathon takes place on 24th April. We have runners and marshal teams involved.

We also have the Presentation Evening on 30th April. Tickets are now on sale from Claire Seymour. The presentation won't take too long leaving plenty of time to hit the dance floor.

The Shinfield 10k will take place on 2nd May. We will need marshals and helpers. Please volunteer to help if you can.

The car boot sales are about to start. We have recently lost the services of several regular helpers. Please help out if you can. The dates are on the RR website.

Look out for the races nominated for the RR Club Championship. There are a few coming soon. Details can be found on the RR website.



Ladies' Captain - Report

CLAIRE SEYMOUR

Firstly I would like to start my report by saying thanks to everyone who voted for me at the AGM to remain as Ladies Captain for another year. I certainly enjoyed my first year and will look forward to working with Men's Captain Mark to get lots of you taking part in the various team events throughout 2016 in to 2017. More details on what we have planned will follow soon! We are also open to new ideas for team events so please feel free to contact us if you know of an event that may be of interest that we may not be aware of.

We have had a couple of big races this month, the first being our Club Championship race Maidenhead 10, and the Reading Half Marathon. I know like myself lots of you are currently in training for a Spring Half Marathon and I don't know about you but I have found the months have flown by since I started training back at the beginning of January. I hope those final weeks of training go well and you remain injury free.

By the time this report is published a few of you will have taken part in the Manchester Marathon, including our new Charity Coordinator Susie Rees! I also know a few of you will be joining me on the start line at Brighton Marathon on the 17th April. I will look forward to hopefully celebrating with some of you at the finish! And also good luck to our London Marathon runners and marshals. I will look forward to reporting how everyone gets on next month!

So on to the results:

Maidenhead 10

It was a lovely spring day for this race, which is traditionally held on Good Friday each year. We had 33 RR ladies out running, and everyone did really well as we had some great results! Our first RR lady home was Carrie Hoskins, closely followed by Katy Webb with Katherine Sargeant completing the women's team (and running a PB) on the way to helping the ladies take 1st place, so a brilliant result for RR. They were up against some tough competition! We also had some age category results with Lesley Whiley finishing 1st in her age category and Carrie Hoskins and Liz Jones 2nd in their age categories, and I also noticed quite a few reports of PB's!

We also had some good results in the Berkshire Championship with Lesley Whiley winning a gold in her age category, Katherine Sargeant and Christina Calderon winning a silver in their age categories and

Sandy Sheppard a Bronze. Some really good results for our first 10 mile race in the club championship! So well done all.

Reading Half Marathon

We are always guaranteed a good turnout of green vests for this local big race, I couldn't believe we had around 200 member's taking part! Carrie Hoskins lead the RR ladies home, and it's great to hear quite a few of our ladies finished with a new PB! Katy Webb, who is running so well at the moment!, Gemma Buley, Jemma Fulbrook, Sam Whalley, Susan Knight, Rachel Cholerton, June Bilsby, Maddie Starks, Sarah Drew, Kerri French, Eva Simmons, and Sheryl Higgs' first half marathon.. And if this race was your first Half Marathon, I hope you enjoyed it, especially the stadium finish and the atmosphere and support as you go around the course, and hopefully it has spurred you on to take up your next challenge! Well done everyone to who ran.

Quite a few of us members were marshalling the start pens which was certainly an experience in itself but a lot of fun too, and it was great watching you all cross the start line! Marshalling is certainly a rewarding task and it's great to give something back to the sport that we love taking part in! We have had quite a few pleas for help over the year for various races, including the Shinfield 10K coming up in a few weeks' time on Monday 2nd May. If you're free and would like to help out at any of these events it will be most appreciated by the club and organising race committee.

XC Presentation evening

The results of the TVXC championship have been announced and can be found on the notice board and on the RR website, so congratulations to all our age category winners! The awards will be handed out at the XC Presentation evening being held on Saturday 30th April at Woodford Park Leisure Centre, RG5 4LY, 7.30pm to 11.00pm.

We will have a disco and buffet (as we did for the Christmas party) so donations of buffet food will be most welcome.

Please come along and support our club and our new club charity 'Sport in Mind' tickets are £10 for adults and £5 for under 16s. All members and their families are welcome! Tickets on sale now! Hope you can join us for an enjoyable evening.

Ridgeway Relay

I'm still looking for a few ladies to run a leg of the Ridgeway, Men's captain Mark is looking for a few more runners for the A & B team, and Cecilia Csemiczky would like a few more runners for the over 60s team. If you would like more information or are interested in running please contact us as soon as possible via teamcaptains@readingroadrunners.org

Southern Vet Track & Field League (V35+)

The first fixture of the Southern Vet Track and Field league is to be held at Horspath, Oxford on Monday 2nd May, starting at 6.30pm, events range from 100m to 1500m on the track, with the field events being hammer, javelin, high jump and long jump. We need men and women to represent the following age categories: V35, V40, V50 & V60, so if you're interested in taking part

or would like more information please contact myself or Mark via the teamcaptains email. I'm sure lifts can be arranged to these events for a few people also.

Dates for your diaries:

Marlow 5 – Sunday 8th May *Club Championship race*

Royal Berkshire 10K – Sunday 15th May *Club Championship race*

Southern Vet T & F League Fixture 2 – Tilsley Park, Abingdon – Monday 16th May

Have a good month of running, and for those taking part in a Marathon over the next few weeks, enjoy! And fingers crossed the weather is kind to us all.

Claire

The Grizzly

KATHY TYTLER

After a series of coughs and colds in January and February, I did not think that I had done enough training for The (full) Grizzly. On the day I opted for The Cub Run. The cub run is testing, for a shorter race, including The Beach at both Seaton and Branscombe and The Stairway to Heaven, but we do miss out on a lot of mud, and The Bog! The advantage was that, apart from finishing in time to get a t-shirt that was my correct size, I had more time to socialise after the race and watch many people finish. I did feel envious of all those dirty runners arriving in Seaton, and it got me thinking; What makes The Grizzly Great? I posed this question on The Grizzly facebook page and made use of some of the replies to write this poem:

What makes The Grizzly Great?

(a collaborative poem)

Oyez! Oyez! Oyez!

The Town Crier sends you on your way,
Where will your feet take you today?
Over the hills and far away.

Oyez! Oyez! Oyez!

Shouts the Town Crier and he rings his bell.
Stairway to Heaven or Stairway to Hell,
Will you survive with stories to tell?

There are hills and steps – but then look at the view.
Evil pebbles on the beach make it a slog,
Rivers to cross – then jump over that log.
Crocodiles and skeletons leer out of The Bog
Looking for victims. Will that victim be you?

But there are marshals to help you, coaxing and smiling,
Elvis, a lone piper, mad knights and bears,
Old friends and new friends, and running to share,
To the mud like a child, without any care,
No!
Don't look at that Garmin – you're doing 12 minute
miling!

Hear the sound of Rusty Razor as you pass The Fountain
Head.

Jolly drinkers give encouragement and cheer
Smiling and laughing as they drink down their beer
You try to smile back, but it's a grimace I fear,
'Cause your poor old legs, they just feel like lead.

Have you really been running all of that time?
Insanity, Atmosphere, Location, Location.
There's marshals with jelly babies at the next water
station,
Then there's the sight that brings great elation;
Seaton Sea Front and ...

THE FINISH LINE!

Oyez! Oyez! Oyez!

Didn't we have a
Fanbloodytastic Day!

Kathy Tytler (March 2016)

with help from contributors to
The Grizzly facebook page.





Men's Captain - Report

MARK WORRINGHAM

Firstly, many thanks to those who voted for me to continue in the role of men's captain for 2016-17. Of course, no-one was standing against me, but I'd like to think that this is due to my own brilliance rather than (a) the Vladimir Putin-style campaign of intimidation of likely rivals that I have been running or (b) lack of interest. It helped in any case that I actually remembered to turn up to the AGM this year. Anyway, it will be a pleasure to continue in the role. I'm sure that my tenure will continue to be characterised by seat-of-the-pants organisational skills, together with inane ramblings within these pages, accompanied by my come-to-bed eyes in the mugshot above.

The focus of March for many of you will have been training for a Spring marathon, whether London, Brighton, Paris or some far-flung sun-soaked paradise like Milton Keynes, and I hope that training has gone smoothly for those of you this applies to. I've certainly noticed a good deal more people out and about on the streets in the last month or so, which is always great to see, if only because it gives me somebody to chase. Hopefully the gluttony of Easter has not derailed too many of your marathon campaigns. It doesn't seem to have affected mine, despite my best efforts.

The biggest local event of the month was the Maidenhead Easter 10, and the conditions were perfect for some fast times. Four Roadrunners (well, three and a half) came in under the hour mark, with Rob Tan in the red and blue of Reading AC 9th in a PB in 56:10, Keith Russell 14th (56:45), Dave McCoy 16th (PB of 57:27) and Rupert Shute coming out of winter hibernation 30th in 59:10. A number of men chalked up shiny new PBs, including Dan Stockwell, Stuart Jones, James Silman and Simon Denton. The race was also the Berkshire 10 mile championships, which meant golds for Rob Tan (senior) and Brian Kirsopp (V50), silver for Keith Russell (senior) and bronze for Gavin Rennie (V50), so excellent work all round.

The Goring 10K also attracted a number of Roadrunners, who clearly had not had their fill of hills over the winter. Rob Corney carried his cross-country performances onto the roads, running a new PB of 34:29 and winning the race overall. Brian Kirsopp also somehow managed a PB on this course in winning the V50 category, whilst Nigel Hoult shrugged off a

difficult morning of not managing to drive to the race he was actually supposed to be at by finishing runner up in the V60 category. I suspect that once he was at the race, his heart rate was such that a warm-up was unnecessary.

Elsewhere, good results seem to have been popping up all over the place. There were new half marathon PBs for Ryan O'Brien (1:17:05) and Andrew Smith (1:17:40) at Fleet, whilst Keith Russell's return to fitness continued with 1:14:28 at the Bath Half Marathon. Dave McCoy continues to turn up at more races than it's possible to keep track of, and was rewarded with breaking 35 for 10K for the first time at Dorney Lake as well as a new half marathon PB of 1:18:10 at the Surrey Half Marathon. Nigel Hoult continued his local V60 dominance at the Beaconsfield 5, with Brian Kirsopp second V50 behind the scarily good Nigel Rackham. There were also some notable marathon PBs, with Gary Brampton benefitting from having run a marathon seemingly every other day last year with a gigantic PB of 3:50:25 at Wrexham, whilst Michael Sartorius broke three hours in the Barcelona Marathon with 2:59:48.

It feels like I've declared the end of cross-country season in about four articles in a row now, but the final, final, final race of the season took place at the Inter-Counties Cross Country Championships in Birmingham on 12th March. Ben Whalley and I had the honour of representing Berkshire in this race, which is always high quality. I finished in 140th place as the third scorer for Berkshire (unfortunately injuring myself in the process), whilst Ben finished in 220th. The Berkshire team was 19th overall, which is solid. Well, we beat the scousers anyway.

Once again, there are some excellent team events coming up for your consideration.

In particular, I am trying to put an A and a B team out for the Ridgeway Relay on Sunday 19th June. This is Father's Day, and what better way to spend the day if you are lucky enough to be blessed/cursed with offspring than careering along the Ridgeway path, up and down hills, through woods, valleys and hills which "may contain a bull". There are ten runners per team, and legs of between 5 and 11 miles, so please let me know if you're interested.

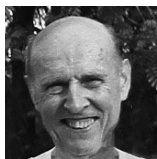
In addition, we are once again partaking in the Southern Vets Track and Field League, with four matches on Monday nights on the 2nd May (Oxford), 16th May (Abingdon), 20th June (Bracknell) and 11th July (Abingdon). Anyone of 35 or over can take part. This is a great team event, which we all enjoy, but which is relying on a hardcore of multi-eventers. We have a lot of old bas.... sorry, more experienced runners in the club, so it would be wonderful to see some new faces come and give it a go. Usually someone brings cake, so come for that if nothing else. I would particularly draw your attention to the Bracknell fixture on the 20th June, because we are jointly hosting with Reading AC. This will mean having

as many helpers as possible to assist in managing the event. You don't particularly need to know what you're doing – that's what the Reading AC people are there for – but Reading Roadrunners do enthusiastic amateurism better than anyone else, so lots of help would be greatly appreciated.

Good luck to all this month at any marathons or the Reading half, or anything else in fact.

Addendum - Please note that, due to my organisational ineptitude that I was referring to earlier, I actually finished this report a week early, and therefore have neglected to include reference to the Reading Half. I will make sure that it's covered in next month's report.

Your Committee (The Committee for 2016-17 was elected at the AGM held on 22Mar16 in accordance with the process prescribed by the Club Constitution)



CARL WOFFINGTON
CHAIRMAN
chairman@readingroadrunners.org



PAUL MONAGHAN
WEBMASTER/SOCIAL NETWORKS
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SIMON DENTON
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CATHERINE LEATHER
CLUB EX-OFFICIO



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ALAN McDONALD
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socialsec@readingroadrunners.org



ANDY DINGLE
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 2015/16

KERRI FRENCH

When I proposed Me 2 club for our charity of the year I wanted to set myself an achievable target of £20,000. As a busy working mum, training for a marathon and juggling my other 'baby' Woodley parkrun and my extended volunteering to parkrun UK as a local ambassador I really didn't know when I was going to fit it all in. But they say if you want something done – ask a busy person!

I had thought about becoming the charity coordinator very early on in my membership but was worried I wouldn't be able to give it my all and the time it deserves. Well this year has just proved that with a great team of helpers and supportive club members the £20,000 target has well and truly been smashed.

THE FINAL TOTAL WE RAISED WAS A STAGGERING £27,585.08.

The main bread winners were as always the car boot sales which brought in over £10,000.

Second to that were profits and refreshments from all our races which took over £6,000.

The other £11,000 was raised through a variety of events, raffles and donations and even our first attempt at knitwear.

The exact figures are always pinned up on the charity board at the track so do take a look when you're passing.

What was quite interesting this year we branched out into cyber space and utilised 'Just Giving' for race sponsorship for the first time, this brought in a further £1609.73 raised on-line, where lots of members shared the link with family and friends whilst undertaking their running pursuits. I ran my first marathon, Dean Allaway ran for 12 hours at Endure Ultra and raised over £450 and many other members donated money on-line after races.

I am absolutely delighted, thanks so much to all the members and their partners/friends who have helped bring it all together this year, from Tim Povey who so quietly and efficiently banks every penny, to Geoff Chaffer and David Stares who coordinate the car boot sales over the summer and the team of helpers that turned out, from all the donations and raffle prizes from all the lovely members, to the Carl Woffington who often gets emails from me saying 'Carl I have this idea...can you take it to the Committee please', to our Race Directors Colin Cottell, Richard Hammerson, Bob Thomas and Adele Graham and all the people that help

our at our races by marshalling and Toni McQueen and crew for providing refreshments, from Paul Monaghan our very own in-house Webmaster who keeps the website up to date with what's going on, and how could I forget Amanda Box our Social Secretary who has worked hard this year to help boost the charity pot. And Emma Caswell who has also helped me on many occasions. No doubt there are many others who I've not mentioned!

Before I finish I want to commend a special person in particular who has tirelessly kept all the charity accounts and counted every copper for the last twenty odd years, Tim Povey, who after all these years is handing over this job to me, so enjoy the new spare time Tim and rest those eyes staring and squinting at spreadsheets.

Lastly, the role of charity coordinator extended far more to me than just raising money, it was also about raising awareness of people that can't access the things we take for granted without help, and working very much as a team, and without the team I have mentioned in my report I simply would've have been able to produce the results we have shown during this charity year. Thanks Reading Roadrunners for supporting me and I wish the next Charity Coordinator the very best of luck, I've thoroughly and whole heartedly enjoyed it



Me2 kids enjoying an outward bounds course



Charity Chatter 2016/17

SUSIE REES

Greetings friends!

This section of the newsletter is dedicated to information and updates about our 'Charity of the Year'. For the benefit of any new members reading this, each year, at the Annual General Meeting, members have the opportunity to nominate a local or national cause they would like the Club to fundraise for over the coming year. The nominating member, together with the potential Charity, does a little presentation and there is a vote to determine whether or not the charity is accepted. I am delighted to let you know that your 'Charity of the Year' for 2016 is 'Sport in Mind'.

Sport in Mind is an independent, Berkshire mental health sports charity, formed in Reading in 2011 (so just 5 years ago) that provides supported physical activity sessions to help improve the health and well-being of those experiencing mental health problems. Currently, they deliver 18+ activities a week across Berkshire, including: Badminton, Tennis, Yoga, Walking, Table Tennis and Football. They also facilitate 3 inpatient sessions at Prospect Park Hospital. The sessions are free, accessible by public transport and based in local community spaces. They are delivered by qualified Coaches along with trained Volunteers, in safe and supportive environments. Suitable for all ages and abilities, the sessions are about the participants having as much fun as they can, taking a break from their thoughts, coming together with those who share the same or similar difficulties, making some friends, improving their physical health and most importantly, their state of mind. Since the Charity was founded, over 7000 activity sessions have been delivered and it has helped, in excess, of 6500 people experiencing mental health problems. I have no doubt that these very benefits are what keep so many of us running and renewing our Club membership.

So, in a nutshell, that is what the charity is and does. Here's a few of the ways we can raise lots of lovely pennies for them over the coming year :

Car Boot Sales at Prospect Park

The Club organise an entire series of car boots at Prospect Park from April to September each year. Understandably, this brings in a huge amount of money for the Charity of the Year, with the car boots always making up the biggest proportion of the total amount raised annually.



(Charity reg. 1161323)

www.sportinmind.org

www.facebook.com/sportinmind

www.twitter.com/sportinmind

Volunteers from Sport in Mind, as well as Club Members are kindly being asked if they can help – on car parking duty, for any of the following dates:

- **Saturday May 14th**
- **Saturday May 28th**
- **Saturday June 11th**
- **Saturday June 25th**
- **Saturday July 9th**
- **Saturday July 23rd**
- **Saturday Aug 6th**
- **Saturday Aug 20th**
- **Saturday Sep 3rd**
- **Saturday Sep 17th**

The start is early, 7am, but hey, this just means you'll catch those first thing bargains! If you can help, please see me, Geoff Chafffer or David Stares at the track.

Socials, Raffles and Cake Stall

A special thank you to Amanda Box who is volunteering her services once again as our Social Captain this year. She will keep you entertained, dancing and generally cavorting throughout the year so please buy your tickets / donate any unwanted gifts for raffle prizes and let your hair down! Toni McQueen - our catering and Annual Dinner Dance extraordinaire is always pleased to have cake donations from you to sell at our own Mortimer 10k, Bramley 20/10, Shinfield 10k/Junior Races and TVXC home fixture so please do contribute if you are able to. Currently Higgys is in the lead for the 'who can

bake the most for a single event?' competition. Can anyone knock him off the top spot? Claire Seymour, who is our Ladies Captain for the second year running, is behind the XC Presentation Evening this month, so again, please buy your ticket, bring some buffet food and try not to sulk if you don't get a trophy this time!

Individual Sponsorship

If you are planning a big challenge this year and would consider asking your proud friends and family to sponsor you for a good cause, I'd be delighted to hear from you! I can give you the link to the Virgin Money Giving Page that Simon Denton has kindly been working on. Perhaps you would like to carry a bucket for Sport in Mind during one of your races? At the Reading Half Marathon last Sunday, we managed a massive £372! (Special thanks to Brian Shave, Katie Gumbrell and Chris Cutting for emptying on course and to Kathy Tytler for all the advice).

Auction of Promises and Services

I am planning to speak to our lovely committee about this one. Watch this space!

Not Totally Naked Male Runners Calendar

The genius behind this one is Keith Russell. I really hope we manage to pull this one off – no pun intended.

I'll wrap up now, but will sign off by saying thank you for all the support so far. It would seem that mental health is a cause close to many of your hearts as well as mine. Special thanks to Paul Monaghan, our Social Media and Website Geek I mean Expert for his efforts on getting information about Sport in Mind on our website so quickly and Kerri French, for guiding me in the role and being a fabby banker.

Until the next instalment, take care, physically AND mentally.

Susie Rees

charity@readingroadrunners.org

reessusie@gmail.com

Your Charity Co-ordinator, 2016

Dr Shinfield... Long live the Doctor

FERGAL DONNELLY

Shinfield 10k is coming, and so bring on the madness.

Yep, Dr Shinfield is the name and effigy construction is the game.

Inspired by effigies sighted at other events, your Shinfield 10k (sub)committee decided to come up with its very own creation.

With zero training and no expert advice sought whatsoever the result was always going to be somewhat special.

And so it was we ended up with something more akin to Giant Haystacks (80s wrestler: Google it if you must) than an actual doctor, but hey, who cares? We're athletes (ahem) after all, not artists!

And to top it all, a collaboration with none other than the Grand Chug himself and his army of Chuggers to give it the big launch at Shinfield Green, on Easter Monday.

Hoisted high upon a nearby tree, securely pinned to the bark behind, our Dr Shinfield was very much the queen of all the roadside traffic she surveyed beneath.

The Chug and Dr Shinfield- a very unique collaboration indeed!

But then, disaster.

Within a matter of days the local Parish Council had rallied and decreed our Dr Shinfield be removed.

Having survived the remnants of Storm Katie, buoyed on by the combined Shinfield Chug Orange Army, our Dr Shinfield was sadly out-manoeuvred by the anti-effigy brigade.

And so, amidst deep dismay, down she came.

Lowered with dignity, and with most bodily parts still intact, Dr Shinfield is currently residing in a secret location and, we're told, a strike back is not out of the question.

Tune in (online, most likely) for details of any (unlikely) insurrection.

Show your support and sign up to Shinfield 10k (incl Junior Races) fast as you can- long live the doctor!



Some of the profits from the event go to this year's club charity Sport in Mind, so why not show your support by visiting the charity's stall in the Parish Hall, where Susie Rees will be happy to give you more information.

Toni McQueen and team will also be selling cake and refreshments in the Parish Hall, so please remember to bring along cakes, sandwiches etc. as well as your pennies!

RR Cross Country Championship 2015/16

CARL WOFFINGTON

RRR SUNDAY X COUNTRY LEAGUE TABLE 2015 / 16

		09-Nov	23-Nov	30-Nov	14-Dec	21-Dec	11-Jan	18-Jan	01-Feb		Points	no. races	
Prize	Name	Datchet	Sthurst	Handy X	Metros	RR	Tadley	Bracknell	TVT		Total	ran(4+)	
1	Alice Leake	6	2	3	1		1	1			8	6	sen
2	Katy Webb	13	12		7		6	2			40	5	sen
3	Alix Eyles	19	22		18		19		26		104	5	sen
	Claire Seymour	89	99	70	60		86	70	68		354	7	sen
	Louise Atkinson	102	113	71			88	58	82		401	6	sen
	Jenny Owen		118	73	68		82		73		414	5	sen
	Katie Gumbrell	111	116	84			91		74		476	5	sen
1	Carrie Hoskins	2	4	4	2		2	3	2		11	7	v40
2	Sarah Drew	157	159		84		106	84			590	5	v40
1	Mary Janssen	32	33	19			21	16			121	5	v50
2	Julie Rainbow	28	35	40	28		31	37	31		153	7	v50
3	Susan Knight	79		68	55		69		62		333	5	v50
	Lin Morton	108	125		75			77	79		464	5	v50
	Sheryl Higgs		197	131	107		145	107	120		610	6	v50
	Kathy Tytler	164	177	112	94		131		117		618	6	v50
	Maria Norville	174	178	120			127	103	105		629	6	v50
1	Liz Atkinson	160	167	115	95		122	94	104		530	7	v60
2	Linda Wright		180		101		128	102	108		619	5	v60
3	Janice Thomas	163	168	119			136		112		698	5	v60
1	David McCoy	18	25	19	7		6	5	8		44	7	sen
2	Simon Elsbury	15	15	21	17		19	16			82	6	sen
3	Mark Apsey	50	58				44	19	25		196	5	sen
	Ian Giggs		49	79	22		37		41		228	5	sen
	Paddy Hayes	60	102	46			49	42	46		243	6	sen
	Tom Wright		217		125		153	123	144		762	5	sen
1	Lance Nortcliff	1		1	1		3	4			10	5	v40
2	Ben Whalley	19	26		21		25	28			119	5	v40
3	Fergal Donnelly	66	56		27		30	19	34		166	6	v40
	Bill Watson	75	68	38	38		41	37	73		222	7	v40
	David Fiddes	99		90	61		72		100		422	5	v40
	Peter Cook	107	126		90		104		86		513	5	v40
	Lee Hinton	184	201				164	125	147		821	5	v40
	Chris Drew	237	270	186	145			159			997	5	v40
1	Julian Hough	68	99	67	46		69	41	58		280	7	v50
2	Chris Mason	80	111	96			86	91			464	5	v50
3	Mel Silvey	123	127	87			82	69	104		465	6	v50
	Keith Ellis	159	151	110			105	88	119		573	6	v50
	David Caswell	139	139		102		107	99			586	5	v50
	Peter Higgs		247	174	188		167	134	174		837	6	v50
	Anthony Streams	220	233	175			175	133	175		878	6	v50
1	Andy Atkinson	209	216	151	126		169	132	173		751	7	v60
2	Bob Thomas	273	277	212			224		217		1203	5	v60
3	Carl Woffington	298	305		185			190	231		1209	5	v60

There have been 7 races. The RR cross country championship will count the best 5 results from the 7 area races.

The above table shows all runners who have competed in 5 or more races.

The RR home fixture would have counted as a run for helpers, but was cancelled.

RR have won the local league and a RR memento will be awarded to those who have run in 5 or more races (ie ALL of the above)

RR Champs Awards will be:- First 3 Senior, Vet 40, Vet 50 & Vet 60

First only Vet 70

Remember in cross country the least points is best.

Awards will be presented at the Presentation Evening 2016, 30th April 7:30 to 11:30, Woodford Park, Woodley, RG5 4LY

Congratulations to Andy Atkinson, Bill Watson, Carrie Hoskins, Claire Seymour, David McCoy, Julian Hough, Julie Rainbow and Liz Atkinson who ran all 7 races.

Carl Woffington

RRR SUNDAY X COUNTRY LEAGUE TABLE 2015 / 16**PRIZE WINNERS**

sen

1	Alice Leake
2	Katy Webb
3	Alix Eyles

v40

1	Carrie Hoskins
2	Sarah Drew

v50

1	Mary Janssen
2	Julie Rainbow
3	Susan Knight

v60

1	Liz Atkinson
2	Linda Wright
3	Janice Thomas

sen

1	David McCoy
2	Simon Elsbury
3	Mark Apsey

v40

1	Lance Nortcliff
2	Ben Whalley
3	Fergal Donnelly

v50

1	Julian Hough
2	Chris Mason
3	Mel Silvey

v60

1	Andy Atkinson
2	Bob Thomas
3	Carl Woffington

v70

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**Those who ran 5 or more races
and will receive a memento**

Andy Atkinson
Bill Watson
Carrie Hoskins
Claire Seymour
David McCoy
Julian Hough
Julie Rainbow
Liz Atkinson
Alice Leake
Anthony Streams
Fergal Donnelly
Kathy Tytler
Keith Ellis
Louise Atkinson
Maria Norville
Mel Silvey
Paddy Hayes
Peter Higgs
Sheryl Higgs
Simon Elsbury
Alix Eyles
Ben Whalley
Bob Thomas
Carl Woffington
Chris Drew
Chris Mason
David Caswell
David Fiddes
Ian Giggs
Janice Thomas
Jenny Owen
Katie Gumbrell
Katy Webb
Lance Nortcliff
Lee Hinton
Lin Morton
Linda Wright
Mark Apsey
Mary Janssen
Peter Cook
Sarah Drew
Susan Knight
Tom Wright

Roger Pritchard

CARL WOFFINGTON

Roger did not stand for re-election at the recent AGM. He has held the role of RR General Secretary for a number of years but some of the newer RR members will not know how much he has done for the club over many years.

Roger is one of the few remaining founder members of Reading Roadrunners. Roger has served fourteen terms on the RR Committee over the following years. This includes the inaugural committee, where he was ex officio for two years. He has subsequently served 12 terms of office as Gen Sec. Only Glynne Jones comes close to this service record. Roger can claim to have attended more RR Committee meetings than any other member.



Roger has also given much of his time to RR in his role as a coach and continues to do so. Roger became a coach in those very early days of RR and

this started because of his involvement with that early committee. At the end of the first preliminary committee meeting, all committee members went away with a brief to compile a list of things the club should offer its members. At the second meeting, Roger suggested that the club should offer sessions for novices. Charlotte Keenan (chair) being very good at delegating tasks to committee members said to Roger "and when are you going to start organising these sessions?" Roger started the sessions and that was the start of coaching at RR.

After a little while Roger realised that RR had no qualifications and no insurance for coaching activities. So he looked into the coach education schemes offered and delivered by the SEAA under the umbrella of the BAAF. He subsequently attended Crystal Palace for his first coaching course and this resulted in RR becoming affiliated to the SEAA and BAAF.

Roger was the first RR member to qualify as a coach under the old BAAF which later became the BAF and progressed from Assistant Club Coach to Club Coach. He passed his exams in 1996 to become the club's only Senior Coach under the BAF. When UKA took up the reins from the BAF, Roger took the transfer course offered by UKA and they awarded him Level 4 coach status, the only one in the club.

Roger is currently working on the transfer of information to the new Gen Sec and is always available for information and advice. He continues with his coaching of RR's and "first timers" on a Wednesday night. He is a RR Life Member and continues to put in a huge amount of work for RR.

New Members

ANNE GOODALL

JANUARY

Hitesh Hoshi, James Godfrey, Sarah Phelps, Katie Williams, Douglas Kelley, Joanna Ratayczak, Sara Parkinson, Sarah Richmond-De'voy, Stephen Dellow, Nik Elphick, Paloma Crayford, Cindy Goslar, Danlu Tong, Paul Giles and Michael Hibberd.

FEBRUARY

Paul Bandy, Brendan Morris, Fiona, Mo Fassihinia, Mhairi Gaffney, Peter Darnell, Richard Hallam-Baker, Liz Stevens, Lucy Jessup, Eleri Lamp, Robert Grice and Toby Mountfield.

MARCH

Huw Dymond, Julian Lewis, Vince Williams, Ricky Straw, Stewart Wing, Charlie MacKlin, Caroline Jackson, Sarah Marzuki, Justine Masson, Catharina Reynolds and Pawel Buda.

The Reading Half Marathon

NIGEL HOULT



Those of you who ran this year might be interested to know something of the history of the race, and its association with our club. The following appeared in the entry booklet for the 2000 event. (Since it was written, the start moved back to South Reading Leisure Centre and then on to Green Park, and the size of the race doubled to a peak of 14,267 finishers in 2014. The men's and women's records have come down to 61.19 and 69.35, both set in 2008 by Patrick Makau and Liz Yelling.)

The Reading Half Marathon started in 1983 after the first two London Marathons had been run. The Half Marathon was a new event and had been run very few times before in the 1980s.

A route had to be devised and the original plans included a run along the river towards Mapledurham. This was soon changed and a more realistic route was devised that took in most of the town starting from the University. The date of Sunday 13 March 1983 was fixed for the very first Reading Half Marathon, and the event was launched in November 1982. The response was instant and phenomenal, with thousands of entries flooding in from day one. The purpose of the race from the start was first to create an event that everyone could take part in and second to establish a quality race in the streets of Reading which would attract some of the top runners to the town. The first race was held on an unusually warm day for the time of year and there were no big names.

A 21 year old from the University of Reading, Mark Curson, was the first victor in 67.45 and was presented with the winner's garland by the then Mayor of Reading, Councillor George Robinson.

For the first time in a mass running event wheelchair competitors took part and the success of this part of the Reading event ensured the participation of wheelchair athletes in the London Marathon later in the same year. Following this success the British Sports Association for the Disabled became the main benefiting charity. In that first year it received over £18,000 from the event.

The following year the race was again run from the University and RAF man Mike Hurd triumphed, this time in 64.39 on a very wet day that nearly saw the event postponed. There was a good result for local team Reading AC, who had the first two teams across the finishing line to head the large entry of 100 teams.

Gradually more quality runners from outside the town started to enter the race. The 1985 winner was Kingston Mills (Shaftesbury) and the first woman was top runner Veronique Marot, with Mike Bishop from Gloucester winning the wheelchair event. The race then switched to the South Reading Leisure Centre and a new era of some of the best and the most exciting Reading Half Marathons was born. These included the largest fields that the event has ever had with entries sold out at over 7,500 on one occasion. In the first year at the new start line Paul Davies-Hale took the race into a different class with a new record time of 62.39 and Ann Ford set the still existing women's record of 72.09. The race record was again broken in 1987 with a great run by Kevin Forster, who took the time down to 62.07 so that in five successive years a new race record had been set and the overall time had been reduced by 5 minutes 38 seconds. In 1987 Ann Ford's twin sister Paula Fudge won

the women's event. It was also in this year that the first Reading Mini Marathon, sponsored by Reading Leisure, was held, and it was won by Dean Putt.

During the mid-1980s training sessions and seminars were held for Reading Half Marathon runners, and it was as a result of these meetings that the very successful Reading Roadrunners club was born. Pasta parties were held the night before the race each year and runners could mix with the stars of the race. The Reading Half Marathon, sponsored by Digital for the first six years, was one of the first events outside the London Marathon able to put up substantial cash prizes for the male and female winners as well as the team prize and other leading positions. The winners could win £1,000 or more if they broke the course record. As each year passed, although the course record remained unchanged, records of a different nature were being set. Paul Cuskin became the first back to back winner in 1988 and 1989, while 1990 saw what one athletics correspondent described as "one of the best finishes ever seen in a UK road race". Steve Brace and Nick Trainer dead heated at the end of the 13.1-mile race in 63.32. Chris Hallam set a new record in the wheelchair event with a hat trick of wins in 1987, 1989 and 1990. Rose Hill won the women's event in three consecutive years from 1990 to 1992.

The year 1991 saw the end of an era in the race's history as the event moved from the South Reading Leisure Centre to the Rivermead Leisure Complex, from where the race is still run today.

The first race from the new venue saw Steve Brace record his second victory, this time on his own. He was to win again in 1992 to complete his hat trick but a bomb alert in the centre of Reading, resulting in a shortened course, marred the race. The race did however have its first overseas winner when Kenyan Scholastica Ndigingi won the women's race in 71.36. Despite the shortened course this was a very good time.

In 1993 the long standing course record was finally broken after a fantastic run by Paul Evans, who completed the race in 61.38, one of the fastest times ever recorded for the distance. His reward was a large cheque plus a new car.

The race has, over the years, attained championship status and many top athletes have participated. This has included London Marathon winner Hugh Jones, the most successful UK marathon runner Ron Hill, Paul

Evans, Commonwealth champion Ian Thompson, World and Paralympian Champion Tanni Grey and record breaking London Wheelchair Marathon winners Chris Hollam and David Holding. In addition the event has drawn runners from around the world.

The race has attracted national media headlines when it allowed wheelchair athletes to participate and when royalty entered the race (Marina Ogilvy, 17th in the line of succession, entered in 1986).

In 1994 another local club, the Reading Roadrunners, took over from where Reading AC left off and won three of the major prizes. They were first in the athletic club category, first in the women's team category and in the veteran category as well. The overall race winner was Andrew Leach and regular participant Tanya Ball won the women's event. After the 1994 race Reading Sport and Leisure, part of Reading Borough Council, took on the responsibility of organising the race and Yellow Pages became the event's sponsor. In 1995 Tanzanian runner Baha Tulumbo became the first overseas overall winner with a time of 64.49. Reading Roadrunners repeated their performance of 1994 and won the three major team categories.

In 1996 race winner Gary Staines beat his nearest rival by over two minutes to record the biggest winning margin in the history of the event. Spencer Duval won the 1997 race in a time of 64.50 and the top women's prize went to Kenyan Lucia Subano, who won in 75.44.

The Kenyan influence on the race continued in 1998 with James Karanja winning the race in 63.58. David Holding won the wheelchair race for a record fourth time in a time of 52.59. Maria Bradley won the women's race in a time of 76.08.

The last race of the millennium saw another Kenyan victory when Sammy Nyangincha won in 64.18 ahead of Carl Warren and Kenyan Michael Kimitei. The women's event was won by a foreign athlete for the third time when Russian Belavina Lywbov finished in 75.18; Reading Roadrunner Lesley Whiley came second. Reading Roadrunners won the women's team prize and the men's winning athletics team was Sunderland Harriers and AC.

In its eighteen year history the race has attracted over 100,000 runners and has raised hundreds of thousands of pounds for charity.

Stan Eldon

Roadrunners Results

NIGEL HOULT

A busy month this time, with two of our most popular races, so I'll keep my comments brief.

Maidenhead 10, on Good Friday, attracted considerably more of you than last year, and in favourable conditions there were 13 PBs, and victory for our ladies' team. We also did well in the Berkshire Championships, with golds for Robert Tan, Brian Kirsopp and Lesley Whiley, plus several silvers and bronzes. With half the races done (Wargrave 10k and Abingdon marathon remaining), quite a few of you are in with a chance of winning an overall trophy.

Reading Half, unsurprisingly, continues to be the most popular race in the calendar, with over 200 again taking part. We had 27 PBs to my knowledge, and our team won the Corporate Challenge (which involves two runners in the half marathon and two in the Green Park challenge, rather than a relay over the half marathon course as used to be the case). Many of you will have entered this race before you joined the club, so I may have missed your result; if I did, please email it to results@readingroadrunners.org and I'll include it next time. Similarly, please let me know if I missed your PB.

There were even two PBs at the Goring 10k, a notably hilly course, one of them being Rob Corney, who was the overall race winner; our only other outright winner was Dave McCoy, at one of the Eton Dorney 10k races. Only a handful of you ran the Fleet half marathon this year, but two managed PBs, both going under 78 minutes, so well done to Ryan and Andrew.

Next month, the focus for many of you will be the London Marathon, so I wish you all good luck in that; if you think 26.2 miles is too far, spare a thought for Phil Reay, who by then will hopefully have run more than 150 miles across the Sahara Desert in the Marathon des Sables.

21st February

Tunbridge Wells Half Marathon

Rita Dykes 1439 2:16:35 2:14:10 2nd FV60

Wokingham Half Marathon (missed from last time)

Rachel Derry 1235 1:53:31 1:49:17

23rd February

Aztec West Fast 5k

Alice Leake 61 18:18 PB, 3rd F

5th March

Phoenix Spring Marathon

Martin Bush 75 4:44:33

Eton Dorney Half Marathon

Julie Bagley 61 2:19:08

Eton Dorney 10k

Claire Seymour 32 48:48 PB

6th March

Cyprus Marathon

Paul Monaghan 25 3:34:54

Wrexham Marathon

Gary Brampton 52 3:50:38 3:50:25 PB

Steving Stinger Marathon

Julia Molyneux 182 6:08:03

Milton Keynes Festival of Running

20 miles

Dave McCoy 21 2:08:06 2:08:06

Half Marathon

David McCoy 132 1:32:30 1:32:27

Trisha Arnold 1356 2:29:22 2:23:49 4th FV60

Cheadle Spring 5

Jenny Mulhearn 181 51:44 PB

12th March

Thames Meander Marathon

Paul Monaghan 123 4:11:39 4:11:34

Martin Bush 193 5:14:51 5:14:22

Thames Meander Half Marathon

Fergal Donnelly 13 1:30:51 1:30:46 1st MV40

Sev Konieczny 152 2:25:22 2:25:08

Inter-Counties XC Championships

Senior Men

Mark Worringham 140 43:37 3rd scorer

Robert Tan 150 43:52 4th scorer

Ben Whalley 220 46:41

Berkshire Team: 19th

Senior Ladies

Sarah Urwin-Mann 144 35:28 5th scorer

Berkshire Team: 10th

13th March**Larmer Tree Marathon**

Gemma Buley	112	4:43:06	4:42:33
Julia Molyneux	245	5:58:37	5:58:15

Brescia Marathon (Italy)

Christina Calderon	609	4:09:08	4:06:49
Phil Reay	635	4:12:16	4:09:56 PB

The Grizzly

Claire Seymour	1008	4:25:03	4:24:44
Peter Higgs	1009	2:25:03	4:24:46
Tony Streams	1010	4:25:04	4:24:47
John Bailey	1191	4:44:58	4:44:34
Justin Watkins	1198	4:46:12	4:45:05
Tom Harrison	1255	4:58:14	4:57:12
Lorraine Bailey	1324	5:16:33	5:16:15
Cecilia Csemiczky	1370	5:33:45	5:31:25
Linda Wright	1371	5:33:52	5:32:51

The Grizzly Cub

Colin Cottell	53	1:29:39	1:29:04
Kathy Tytler	401	2:21:11	2:19:04

Silverstone Half Marathon

Alan Freer	265	1:29:48	4th MV55
Martin Douglas	1679	1:48:36	
Donald Scott-Collett	1977	1:51:28	
Juliet Dimmick	5335	2:23:27	

Surrey Half Marathon

Dave McCoy	32	1:18:13	1:18:09 PB
Tim Hogarth	662	1:40:04	1:39:33
Andy Patrick	2397	2:09:29	2:04:50
Linda Vinton	2749	2:18:28	2:13:25

Bath Half Marathon

Keith Russell	43	1:14:31	1:14:28
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Salisbury 10

Jenny Mulhearn	662	1:44:29	1:43:24 PB
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Goring 10k

Rob Corney	1	34:29	34:29 PB
Duncan Mollison	18	38:13	38:12
Brian Kirsopp	21	38:48	38:47 PB, 1st MV50
Chantal Percival	57	41:50	41:33 3rd F
Nigel Houtt	68	42:33	42:29 2nd MV60
Katie Williams	81	42:57	42:42
Chris Lucas	88	43:05	42:57
Peter Cook	96	43:26	43:09
Fergal Donnelly	97	43:46	43:40
Katherine Sargeant	98	43:46	43:40 3rd FV40

Stuart Jones	119	45:03	44:44
David Armstrong	140	45:43	45:37
Nicholas Adley	177	47:25	47:25
Stephen Dellow	235	49:22	49:05
Rachel Derry	259	49:56	49:25
Clare Elliott	279	50:27	50:13 5th FV50
John Bullock	317	51:37	51:05
Jim Godsell	351	52:30	51:37
Jim Kiddie	384	53:15	52:33
Saba Reeves	411	53:15	52:33
Socrates Christidis	506	57:00	56:35
Pete Morris	704	1:03:47	1:03:06
Sarah Phelps	780	1:06:37	1:04:41
Sev Konieczny	827	1:09:34	1:07:48

Sevenoaks 10k

Ian Giggs	7	42:00	41:59
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18th-20th March**Jurassic Coast Challenge****Day 1**

Phil Reay	218	7:56:08
Christina Calderon	219	7:56:08

Day 2

Christina Calderon	201	7:48:46
Phil Reay	202	7:48:47

Day 3

Christina Calderon	194	8:27:39
Phil Reay	195	8:27:42

Overall

Christina Calderon	163	24:12:33
Phil Reay	164	24:12:37

19th March**Eton Dorney Half Marathon**

Chris Mortimer	124	1:48:22	1:48:15
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Eton Dorney 10k

Dave McCoy	1	34:51
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20th March**Cranleigh 21**

Elaine Laver	49	2:32:22	3rd FV35
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Lisbon Half

Ashley Middlewick	199	1:23:19	1:22:16
Helen Pool	7460	2:13:15	2:09:57

ROADRUNNERS RESULTS

Fleet Half

Ryan O'Brien	38	1:17:08	1:17:05	PB
Andrew Smith	45	1:17:44	1:17:40	PB
Dean Allaway	285	1:29:59	1:29:47	Pacemaker
Paul Roberson	286	1:30:01	1:29:49	Pacemaker
Julian Hough	444	1:35:03	1:34:20	
Ash Jeggo	479	1:36:08	1:35:53	
Sam Hammond	1117	1:49:07	1:48:34	
Angharad Shaw	1687	2:00:27	1:57:43	
Pete Morris	2214	2:17:43	2:14:19	Pacemaker

Hastings Half Marathon

Jeremy Parker	795	1:48:12	1:47:46	
Rita Dykes	1706	2:08:30	2:07:26	3rd FV65

Hampton Court Palace Half

Maureen Sweeney	2395	2:41:16	2:17:11	
Sarah Richmond Devoy	2413	2:41:49	2:11:23	PB
Ann McKinnon	2860	3:07:27	2:36:59	

North London Half

Ian Giggs	118	1:25:06	1:25:04	
Tony Streams	1572	1:48:26	1:45:27	
Peter Higgs	1930	1:52:10	1:49:10	
Nick Robey	2613	1:58:31	1:48:31	
Andy Dingle	2784	2:00:09	1:57:10	
Chris Drew	2899	2:01:18	1:58:19	
Amanda Rosser	3688	2:08:47	2:05:48	

Heyford Park Airbase 10k

Mark Smith	19	40:56	40:54	3rd MV50
Jacqueline Smith	75	49:17	49:09	2nd FV50

Earley Urban X 10k

Alex Harris	2	39:00	38:59	
Nigel Hoults	7	40:57	40:54	2nd MV50
Colin Cottell	10	42:34	42:32	3rd MV50
Nicholas Adley	17	44:22	44:20	
Jemma Fulbrook	18	44:47	44:45	2nd F
Julian Lewis	37	47:04	46:52	
Nelesh Kotecha	54	50:04	49:55	
Sarah Pachonick	58	50:54	50:45	
Socrates Christidis	85	54:21	54:12	
Julie Wing	147	1:14:57	1:13:44	
Stephen Wing	149	1:16:17	1:16:03	

Earley Urban X 2.5k

Ewan Harris	11	10:26	10:24	
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25th March

Maidenhead 10

Robert Tan	9	56:11	56:11	PB (Reading AC)
Keith Russell	14	56:45	56:45	

Dave McCoy	16	57:28	57:27	PB
Rupert Shute	30	59:13	59:10	
Andrew Smith	46	1:00:37	1:00:34	
Brian Kirsopp	71	1:02:59	1:02:50	PB, 3rd MV50
Gavin Rennie	85	1:04:14	1:04:04	
Caroline Hoskins	97	1:04:36	1:04:31	2nd FV45
Katy Webb	109	1:05:18	1:05:09	PB
Alan Freer	129	1:06:30	1:06:26	
Daniel Stockwell	137	1:07:05	1:06:57	PB
Steven Siddell	145	1:07:35	1:07:30	
James Godfrey	163	1:08:53	1:08:35	
Chris Mason	169	1:09:05	1:08:58	
Katherine Sargeant	175	1:09:29	1:09:20	PB
Belinda Tull	183	1:10:03	1:09:57	
Stuart Jones	202	1:11:21	1:10:55	
Erica Key	206	1:11:32	1:11:14	
Melvin Silvey	207	1:11:39	1:11:30	
Fergal Donnelly	220	1:12:18	1:12:10	
James Silman	245	1:13:31	1:13:25	
Paul Monaghan	247	1:13:34	1:13:27	
Kevin Jones	250	1:13:40	1:13:35	
Lesley Whiley	251	1:13:41	1:13:29	1st FV55
Julie Rainbow	265	1:14:25	1:14:09	
Simon Denton	266	1:14:26	1:13:59	
Melanie Shaw	273	1:14:38	1:14:27	
Gemma Buley	275	1:14:49	1:14:29	PB
David Dibben	277	1:14:51	1:14:41	
Liz Jones	286	1:15:02	1:14:43	2nd FV55
Chris Buley	287	1:15:03	1:14:44	
Alix Eyles	295	1:15:23	1:15:12	
Gary Brampton	318	1:16:34	1:16:14	PB
Mary Janssen	323	1:16:44	1:16:25	
Antony Streams	326	1:16:49	1:16:32	PB
Joe Blair	357	1:17:59	1:17:50	
Jeremy Parker	372	1:18:59	1:18:39	
Matthew Andrade	378	1:19:13	1:18:48	
Nelesh Kotecha	404	1:20:48	1:20:16	
Martin Douglas	427	1:22:06	1:21:33	PB
Samantha Whalley	454	1:23:21	1:23:02	PB
Nikki Gray	455	1:23:22	1:23:03	
Eugene McSorley	474	1:24:36	1:24:07	
John Bullock	476	1:24:46	1:24:22	
Grace Lyon	497	1:26:03	1:25:48	
Donna Saunders	503	1:26:19	1:25:55	PB
Philip Reay	512	1:26:47	1:26:29	
Simon Davis	514	1:26:48	1:26:28	
Christina Calderon	536	1:27:50	1:27:06	
Fleur Denton	558	1:29:25	1:28:44	
Sandra Sheppard	597	1:31:25	1:30:45	
Sophie Hoskins	616	1:32:47	1:32:31	
Justin Watkins	631	1:33:44	1:33:24	PB
Charlie Macklin	636	1:34:06	1:33:43	
Frank Cooper	666	1:37:07	1:36:27	

ROADRUNNERS RESULTS

John Bailey	673	1:37:47	1:37:25
Rachael Derry	681	1:38:40	1:38:16
Tom Harrison	683	1:38:48	1:38:28
Linda Wright	691	1:39:36	1:39:10
Bob Thomas	693	1:39:51	1:39:11
Louise Cooper	697	1:40:36	1:39:54
Andrea Marnoch	716	1:42:55	1:42:27
Maureen Sweeney	717	1:42:55	1:42:28
Janice Thomas	734	1:45:35	1:44:54
Jenny Gale	759	1:50:13	1:49:22
Sev Konieczny	760	1:51:10	1:50:43
Cecilia Csemiczky	766	1:53:37	1:52:58
Lorraine Bailey	780	1:57:22	1:57:00
Ann McKinnon	787	1:59:07	1:58:29
Julie Wing	790	2:02:28	2:01:51
Stephen Wing	792	2:06:25	2:05:46
Martin Bush	794	2:11:31	2:10:39
Peter Morris	795	2:11:32	2:10:39
Eva Simmons	803	2:23:53	2:23:03

Ladies Team: 1st (Carrie, Katy, Katherine)

Berkshire Championships

Senior Men: Gold – Robert Tan, Silver – Keith Russell

MV50: Gold – Brain Kirsopp, Bronze – Gavin Rennie

FV35: Silver – Christina Calderon

FV45: Silver – Katherine Sargeant

FV55: Gold – Lesley Whiley, Bronze – Sandra Sheppard

26th March

Easter Run Around The Reservoir Marathon

Martin Bush 5:33:27

IAAF Cardiff University World Half Marathon Championships

Sarah Urwin-Mann	629	1:27:13	1:27:02
Kenny Heaton	723	1:28:36	1:28:06
Brian Grieves	795	1:29:28	1:28:57
Chris Manton	3191	1:49:55	1:42:08
Claire Seymour	4062	1:56:13	1:49:28
Paul Godbold	4255	1:57:39	1:50:27
Andy Atkinson	4552	1:59:34	1:51:05
Aaron Chai	4805	2:01:05	1:52:35
Dave Wood	5420	2:04:48	2:03:25
Stephen Dellow	5423	2:04:48	2:03:24
Clare Bryant	5558	2:05:33	2:03:28
Angharad Shaw	5813	2:06:50	1:58:03
Louise Atkinson	6088	2:08:16	1:56:25
Kim Stevens	7459	2:16:52	2:05:52
Jenny Mulhearn	9785	2:36:42	2:20:11 PB
Liz Atkinson	9968	2:38:48	2:24:00

27th March

Easter Run Around The Reservoir Marathon

Martin Bush 5:56:06

28th March

River Thames Spring Half Marathon

Simon Elsbury	103	1:44:21	1:42:28
Linda Wright	401	2:48:15	2:45:48

Hillingdon Half Marathon

Sev Konieczny	294	2:37:42	2:36:58
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Beaconsfield 5

Brian Kirsopp	19	33:04	2nd MV50
Nigel Houlst	54	36:48	1st MV60
Tony Streams	114	41:12	
Jenny Owen	173	44:33	
Charlie Macklin	175	44:38	
Sarah Drew	268	50:13	
Justin Watkins	275	50:42	

3rd April

Milan City Marathon

Dave Wood	2945	4:29:08	4:26:54
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Paris Marathon

Sam Hammond	14005	3:58:55	
Donald Scott-Collett	27106	4:36:21	

Reading Half Marathon 209,26 PBs

Seb Briggs	62	1:15:32	1:14:28	PB
Keith Russell	64	1:15:36	1:15:34	
Rob Corney	74	1:16:21	1:15:18	PB
Mark Worringham	76	1:16:34	1:16:32	
Dave McCoy	85	1:17:32	1:16:29	PB
Jamie Smith	90	1:17:40	1:16:37	
Ryan O'Brien	115	1:19:17	1:18:13	
Alex Harris	186	1:22:05	1:20:55	
Simon Elsbury	195	1:22:38	1:21:28	
Jamie Cole	228	1:24:21	1:23:16	
Duncan Mollison	232	1:24:35	1:23:25	PB
David McCoy	282	1:26:30	1:25:18	
Gary Tuttle	294	1:26:40	1:25:30	
Caroline Hoskins	317	1:27:36	1:26:26	2nd FV45
Kevin Burree	338	1:28:38	1:24:10	
Chris Lucas	346	1:28:55	1:27:46	
Katy Webb	420	1:31:06	1:26:52	PB
Patrick Hayes	463	1:32:07	1:27:39	
Stuart Kinton	482	1:32:32	1:28:13	
Richard Charley	486	1:32:36	1:31:28	
Kenny Heaton	491	1:32:38	1:28:28	
Brian Grieves	536	1:33:23	1:32:05	
Julian Sherman	551	1:33:35	1:29:31	
Richard Hallam-Baker	568	1:33:55	1:29:40	PB
Dean Allaway	584	1:34:14	1:30:11	Pacemaker
Nick Robey	630	1:34:58	1:30:47	
Diarmuid Coffey	695	1:36:23	1:32:16	
Belinda Tull	771	1:37:44	1:33:41	
Alan Wilson	776	1:37:52	1:31:52	

ROADRUNNERS RESULTS

Kevin Jones	788	1:37:58	1:33:57		Brian Fennelly	2199	1:53:37	1:47:55	
Alasdair Marnoch	809	1:38:16	1:34:11		Katherine Sargeant	2229	1:53:56	1:42:21	
David Caswell	829	1:38:33	1:33:28		Wayne Farrugia	2269	1:54:16	1:47:46	
Erica Key	902	1:39:40	1:33:41		Jemma Fulbrook	2397	1:55:26	1:43:25	PB
Brooke Johnson	916	1:39:50	1:35:38		Will Guest	2422	1:55:41	1:41:50	PB
Lesley Whiley	944	1:40:20	1:36:11	2nd FV55	Tony Streams	2444	1:55:50	1:43:50	PB
Paul Monaghan	957	1:40:30	1:35:12		Ginika Okoye	2491	1:56:16	1:49:56	
Dan Clarke	977	1:40:48	1:35:58		Zaid Yousif	2549	1:56:38	1:45:02	
Fergal Donnelly	1004	1:41:03	1:34:32		Simon Davis	2646	1:57:24	1:50:56	
Peter Cook	1025	1:41:11	1:34:36		Sarah Morgan	2647	1:57:24	1:50:57	
Chris Young	1079	1:41:47	1:37:03		Kristin Brandl	2664	1:57:33	1:50:58	
David Marsden	1082	1:41:47	1:37:35		James Kiddie	2805	1:59:23	1:51:54	
Mark Andrew	1085	1:41:50	1:36:28		Clare Elliott	2973	2:00:51	1:46:19	
Philippa White	1109	1:42:10	1:37:26		Rachel Derry	2989	2:00:59	1:46:19	
Joe Noonan	1128	1:42:25	1:31:17		Melissa Read	2998	2:01:07	1:48:44	
Nicholas Adley	1186	1:43:02	1:38:34		Martin Douglas	3031	2:01:30	1:48:20	PB
Caroline Jackson	1201	1:43:10	1:37:54		Samantha Whalley	3040	2:01:38	1:50:10	PB
Mary Janssen	1229	1:43:27	1:38:13	2nd FV50	Peter Reilly	3093	2:02:06	1:48:46	
Paul Billing	1280	1:43:58	1:39:08		Colin McCarlie	3113	2:02:15	1:48:55	
James Ferguson	1285	1:44:00	1:37:01		James Silman	3125	2:02:21	1:42:22	PB
Robert Grice	1301	1:44:12	1:39:05		Simon Brimacombe	3158	2:02:38	1:55:52	
Daniel Minns	1328	1:44:26	1:37:33		Nelesh Kotecha	3279	2:03:45	1:50:25	
Paul Gell	1338	1:44:28	1:39:33		Paul Godbold	3285	2:03:49	1:51:42	
Stewart Pendle	1342	1:44:31	1:40:17		Chris Miller	3429	2:04:57	1:52:30	
Ashley Jeggo	1345	1:44:33	1:39:43		Amelilssa Forest	3616	2:06:24	1:52:46	Pacemaker
Mel Silvey	1369	1:44:47	1:40:32		David Hammond	3647	2:06:50	1:53:57	
Paul Milnes	1510	1:46:02	1:41:15		Lee Hinton	3726	2:07:36	1:56:00	
Simon Denton	1556	1:46:33	1:40:02		Fleur Denton	3735	2:07:40	1:54:24	
David Fiddes	1625	1:47:20	1:42:09		John Bullock	3741	2:07:43	1:53:02	
Chris Buley	1637	1:47:26	1:42:42		David Ferris	3832	2:08:36	1:56:04	
Elizabeth Jones	1655	1:47:39	1:42:14	4th FV55	Rhodri Vaughan	3878	2:08:57	1:54:56	
David Ferguson	1665	1:47:43	1:41:39		Susan Knight	3882	2:08:59	1:55:38	PB
Matthew Andrade	1669	1:47:44	1:42:57		Robert McEnaney	3985	2:09:49	2:05:00	
Nikki Gray	1717	1:48:12	1:36:36		Andy Dingle	4006	2:09:57	1:56:37	
Christopher James	1728	1:48:17	1:42:17		Scott Gillespie	4034	2:10:09	1:49:42	
David Power	1775	1:48:36	1:42:24		Matthew Green	4093	2:10:45	1:58:56	
Gemma Buley	1776	1:48:37	1:42:24	PB	Arun Padha	4154	2:11:14	2:03:32	
Graham Tull	1830	1:49:09	1:37:34		Chris Drew	4202	2:11:35	1:58:15	
Peter Felgate	1847	1:49:24	1:43:41		Joe Akem-Che	4228	2:11:49	1:58:25	
Ben Chambers	1878	1:49:42	1:43:11		Henry Hill	4247	2:11:57	1:47:53	
Gary Brampton	1906	1:50:01	1:43:06	PB	Danlu Tong	4250	2:11:59	2:00:35	
Matthew Morgan	1908	1:50:03	1:44:50		Andrew Osborn	4318	2:12:27	1:58:45	
Callum Harling	1930	1:50:24	1:44:37		Kim Stevens	4461	2:13:48	2:01:41	
Steven Armitage	1935	1:50:26	1:43:59		Rachel Cholerton	4474	2:13:52	1:53:55	PB
Chris Manton	1968	1:50:53	1:45:37		Victoria Blades	4560	2:14:37	1:55:25	
Paul Jenkins	1993	1:51:12	1:45:35		James Meston	4576	2:14:43	1:59:37	
Julie Rainbow	2032	1:51:45	1:46:20		Dinah Alshamma	4615	2:15:01	1:55:43	
Loretta Briggs	2071	1:52:18	1:46:05		Simon Palmer	4701	2:15:33	1:50:44	
Mo Fassihinia	2078	1:52:25	1:47:47		June Bilsby	4704	2:15:34	1:55:29	PB
Nick Lees	2095	1:52:35	1:46:51		Robert Hele	4713	2:15:37	2:02:36	
Nik Elphick	2112	1:52:45	1:41:17		Andrea Bickford	4756	2:16:09	2:02:59	
Julian Lewis	2122	1:52:53	1:48:04		Chris Mortimer	4925	2:17:41	1:58:26	
Raymond Zou	2138	1:53:01	1:47:36		Rob Cant	4933	2:17:43	1:58:03	
Kevin Sangster	2161	1:53:14	1:46:46		David Walkley	4944	2:17:50	1:57:45	PB
Andrew Runnacles	2165	1:53:19	1:48:05		Elizabeth Ganpatsingh	5100	2:19:15	1:59:39	

ROADRUNNERS RESULTS

Kevin Bilsby	5428	2:21:30	2:00:49	PB
Brian Kirsopp	5457	2:21:44	2:01:22	
James Godsell	5497	2:22:05	2:14:14	
Justin Watkins	5581	2:22:47	1:59:59	PB
Andrew Curd	5633	2:23:17	2:03:42	
Madeleine Starks	5656	2:23:31	1:54:28	PB
Rita Dykes	5735	2:24:11	2:10:13	
Amanda Rosser	5812	2:24:47	2:11:27	
Tina Wilson	5888	2:25:27	2:05:10	
Fiona Joyce	6034	2:26:38	2:07:21	
Sandra Sheppard	6101	2:27:13	2:04:30	
Ray McGroarty	6111	2:27:16	2:06:20	
Danielle Bentley	6166	2:27:31	2:16:13	
Philip Reay	6275	2:28:29	2:15:06	
Heather Marnoch	6296	2:28:39	2:14:34	
Julie Thompson	6403	2:29:41	2:06:08	
Danielle Milbank	6490	2:30:30	2:10:02	
Rob Bursell	6544	2:30:53	2:10:28	
Andy Patrick	6626	2:31:36	2:08:26	
Martin Bush	6749	2:32:28	2:09:18	Pacemaker
Neil Conway	6885	2:33:55	2:11:10	
Socrates Christidis	6888	2:33:56	2:10:47	
Frank Cooper	6915	2:34:08	2:09:19	
Ami Scott	6971	2:34:41	2:20:02	
Linda Wright	7021	2:35:03	2:19:37	
Andrea Marnoch	7057	2:35:24	2:12:25	
Rebecca Young	7153	2:36:17	2:16:33	
Sarah Drew	7194	2:36:38	2:07:34	PB
Laura Watts	7245	2:37:04	2:17:27	
Sarah Marzuki	7414	2:38:22	2:06:41	
John Bailey	7480	2:38:55	2:14:37	PB
Mike Harling	7548	2:39:29	2:16:43	
Pete Morris	7617	2:40:05	2:15:48	Pacemaker
Andrew Bennett	7649	2:40:22	2:15:45	
Kerri French	7666	2:40:28	2:16:11	PB
Donna Saunders	7668	2:40:28	2:16:11	
Charlie Macklin	7671	2:40:30	2:16:12	
Anthony Long	7907	2:42:55	2:06:49	PB
Nicky Nash	7919	2:43:07	2:12:56	
Sarah Richmond Devoy	8071	2:44:38	2:19:33	
Bob Thomas	8189	2:45:52	2:16:48	
Russell Prentice	8363	2:47:27	2:27:25	
Ken Beck	8771	2:51:42	2:28:09	
Emma Grenside	8820	2:52:11	2:21:41	
Susannah Palmer	9085	2:55:29	2:24:58	
Robert Maclean	9240	2:57:53	2:32:59	
Allan Bradbury	9404	3:00:01	2:38:28	
Stephen Wilks	9522	3:01:41	2:31:47	
Tom Harrison	9666	3:03:42	2:29:35	Pacemaker
Carl Woffington	9750	3:05:39	2:35:23	
Jenny Gale	9772	3:06:07	2:35:42	
Lorraine Bailey	9779	3:06:14	2:34:31	
Liz Atkinson	9924	3:08:39	2:34:28	
Dean Allaway	9971	3:09:17	2:53:32	
Angharad Shaw	9980	3:09:32	2:45:33	

Margot Bishop	10109	3:12:28	2:42:03	
Ann Mckinnon	10157	3:13:39	2:40:17	
Julia Wing	10215	3:15:07	2:45:31	
Lita Huckle	10412	3:20:07	2:48:57	
Christine Hart	10413	3:20:07	2:48:57	
Stephen Wing	10433	3:20:48	2:47:48	
Irene Liming	10447	3:21:13	2:47:01	
Rose Cook	10493	3:23:00	2:49:57	
Becky Woolford	10569	3:25:52	2:53:38	
Rosamund Lee	10621	3:27:33	3:05:33	
Kathryn Tytler	10744	3:32:37	2:59:19	
Eva Simmons	10909	3:51:11	3:15:59	PB
Palee D'Souza	10910	3:51:12	3:16:00	
Caroline Hargreaves	10964	4:11:05	3:35:05	
Susie Rees	10965	4:11:05	3:35:05	
Sheryl Higgs	10966	4:11:05	3:35:05	PB

Green Park Challenge

Blue Caswell	13	11:41	11:36	3rd M15
Ewan Harris	20	12:03	12:02	5th M14
Vincent Murby	298	16:56	16:34	
Stuart Keep	299	16:56	16:34	
Sarah Walters	1497	29:46	28:13	

Hilton Corporate Challenge:

Get Berkshire Active – 1st (Kevin Burree, Julian Sherman, Vincent Murby, Stuart Keep)

Bournemouth Bay 10k

Jenny Mulhearn	853	1:09:25	1:08:17	
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2016 Season's Bests

Ladies

5k	Alice Leake	18:18
5 miles	Jenny Owen	44:33
10k	Sarah Urwin-Mann	37:24
10 miles	Nikki Gray	1:04:15
Half Marathon	Nikki Gray	1:25:14
20 miles	Carrie Hoskins	2:14:07
Marathon	Christina Calderon	4:06:49

Men

5k	Rob Corney	16:14
5 miles	Brian Kirsopp	33:04
10k	Lance Nortcliff	33:47
10 miles	Robert Tan	56:11
Half Marathon	Mark Worringham	1:13:49
20 miles	Dave McCoy	2:08:06
Marathon	Ashley Middlewick	3:23:54

Reading Roadrunners Committee Meeting

TUESDAY 5th APRIL 2016 - 7.30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Bob Thomas	(Gen Sec)
Sandra Sheppard	(Treasurer)
Amanda Box	(Social Sec)
Anne Goodall	(Membership Sec)
Andy Dingle	(ex-officio)
Alan McDonald	(ex-officio)
Paul Monaghan	(ex-officio)

APOLOGIES FOR ABSENCE:

Simon Denton, Catherine Leather.

INTRODUCTION

Carl started the meeting by welcoming Andy as a new member of the Committee and Bob as the new General Secretary.

MINUTES OF THE PREVIOUS MEETING

The minutes were proposed as a true record by Anne and seconded by Sandy.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Race arch Bob to add the race arch to the Club's equipment insurance once the arch is acquired.

Timing clock for Microsoft Microsoft cancelled its race so the clock was not required. Action cancelled.

London Marathon Coaches Roger has paid Stewarts for three coaches. Action complete.

SEAA affiliation Roger has continued the Club's SEAA affiliation. Action complete.

British 10K Road Race Championships Carl has apprised the Team Captains of the prerequisites for acquiring free team entries for these Champs. . Action complete.

CHAIRMAN'S REPORT

Quiz night Carl confirmed that the Committee has approved by email holding a quiz night on 28May16.

Dinner dance Carl thanked Anne and Toni McQueen for organising another successful Dinner Dance and commented on how well the band had been received.

AGM The AGM was held on 27Mar16.

Reading Half Marathon The Club supported the RHM once again with mass participation and the provision

of a host of marshals in the start area. The RHM organisation again provided the Club with a marquee in the race village.

Presentation Evening Formerly known as the "Spring Do", this event will be held on 30Apr16 this year, at which awards from the TVXC league will be presented.

TREASURER'S REPORT

Invoices Sandy will shortly pay the invoice for use of the hall for the Presentation Evening and for member affiliation to England Athletics.

Bramley Accounts Sandy is close to finalising the accounts for this year's race. Revenue appears to be slightly down compared with recent years.

GENERAL SECRETARY'S REPORT

London Marathon. Bob has refreshed the briefing notes handed out on the LM coaches and asked the Committee to review the document before printing.

Action: All to review the briefing note.

Online subscription payment Bob reported that about 250 members renewed online, and reviewed the performance and quality of the service provided by England Athletics and its payment service provider, PayZip. Members saw only the payment interface, which worked very well, but administration of the service through the EA portal was a frustrating experience.

Whilst now committed to providing online renewals into the future, Bob will research alternatives to using the EA facility in time for next year's renewals.

MEMBERSHIP SECRETARY'S REPORT

Membership Anne reported that the membership stood at 412 on 5Apr16, which is somewhat ahead of the typical number at the start of a new membership year. Of these, 43 are new members.

2nd Claim issues Anne reported that several new members have come from other clubs and, although lapsed, England Athletics continues to treat them as if they were still members of their previous clubs, preventing Anne from joining them as RR members on the EA website.

Action: Anne to advise affected members on how to disassociate from their previous clubs.

SOCIAL SECRETARY'S REPORT

Quiz night Amanda reported that the hall at St Peter's has been booked for 28May16. Tickets will be on sale for £4, with an optional fish & chips supper available at extra cost.

ANY OTHER BUSINESS

Shinfield 10K accounting Sandy is concerned to ensure that the accounts clearly differentiate race and catering income and expenditure as these were conflated in the 2015 accounts.

Action: Sandy to discuss with the Shinfield Race Director, Colin Cottell.

Club Roadmap Bob brought up the point raised by Simon Davis at the AGM that the Club does not presently have a clear statement of its vision and how it intends to develop over the coming years. The Committee was split on the value of creating and maintaining a vision statement and associated roadmap. Two actions were placed to move this forward:

Action: Bob to discuss with Simon his ideas.

Action: Sandy to consider how best to facilitate a Club suggestions box scheme, online and physically at the track.

Volunteer Co-ordination Andy brought up the point raised by Kerri French at the AGM regarding the potential benefits of co-ordinating volunteering by Club members, particularly in regard to race marshalling. Several ideas were discussed for encouraging more support for our races.

Again, the Committee was split on whether this was operationally feasible or desirable. Two actions were placed to move this initiative forward:

Action: Andy to speak to Alan Makepeace about how he manages marshalling for the Bramley 20/10; and to consider if and how this could be generalised.

Action: Andy & Paul to consider options for incentivising members to support Club races.

Reading Half Marathon Anne noted a runner had collapsed at the RHM close to the Finish and explained that an RR member, Angharad Shaw, stopped to help and remained with the invalid for 45 minutes, clearly wrecking her own race in the process. The Committee wished to express its admiration for Angharad's selfless attitude.

Action: Bob to write to Angharad on behalf of the Committee.

Race event page Andy noted that an informal race event page has been set up with the objective of co-

ordinating members entering races. Andy suggested that this would be a worthwhile Club resource and offered to formalise and moderate it.

Action: Andy to investigate the feasibility of promoting the page as a Club asset.

London Marathon places for clubs A recent BARR newsletter stated that LM is to cease providing guaranteed places to affiliated clubs. Bob had asked Carl to confirm that similar guaranteed places for LM marshals would not be affected. Carl has queried this position with Hugh Brasher, LM Race Director, who offered assurance that the BARR statement has no basis in fact.

Noticeboard Amanda drew attention to the poor state of noticeboard at the track, observing that it is uninspiring, largely out of date and generally scruffy. The Committee agreed that it needs a makeover and moderating to maintain it as a relevant and interesting window onto Club activities, goals and achievements.

Action: Amanda to revamp the noticeboard and propose a procedure for ensuring it remains relevant, interesting and tidy.

Coaching Co-ordinator The role of Coaching Co-ordinator is appointed by the Committee on an annual basis.

Action: Carl to discuss with Simon Davis whether he wishes to continue in the role and subsequently to confirm who will take the position.

DOOR ROTA

06Apr16 Anne, Shirley

13Apr16 Anne, TBD

20Apr16 Anne, Shirley

27Apr16 Anne, TBD

04May16 Anne, TBD

Anne pointed out that it is becoming increasingly difficult to staff the desk and matters are about to get worse as Anne herself will not be available for several weeks from June.

Sandy offered to help by approaching members to assist on the desk.

Action: Sandy to try to find additional volunteers to staff the desk.

Date of next meeting: 10May16

The June and July meetings will be held on 7Jun16 and 12Jul16 respectively

Action: Bob to advise the Newsletter Editor of the revised dates.