



READING ROADRUNNERS NEWSLETTER DEC 2015

A proud moment for the club this month, as we grace the cover with the glorious moment we were awarded the Thames Valley Cross Country League winner's shield at Datchet. Last season's ladies' captain Tina Wilson was on hand to accept the award, although she was comprehensively photo-bombed by a fully kitted-out Naomi Heaton!

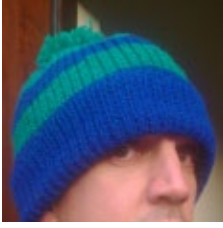
This festive month sees us hosting our home leg of the TVXC fixture, so it's all hands on deck for making it run smoothly. Please offer some time to help out, the attendances this year have been increasing so some extra sandwiches for the catering tent would be gratefully received!

Two Christmas dates for your calendar - the Christmas party and the Bah Humbug timed mile are also inside. Have a great Christmas and 2016!

INSIDE THIS MONTH:

- **CHRISTMAS TRACK TIMES**
- **CYNTHIA PAYNE - A TRIBUTE**
- **ROADRUNNERS IN 2016**





Welcome from the Editor

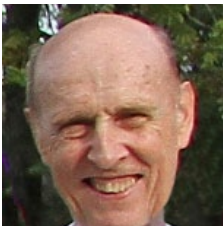
CHRIS CUTTING

Amongst all the festive goodwill I have two important 'shout-outs' to kick off this month's newsletter with. The first is a 'Get Well Soon' to a much-loved club member, variously known as 'The Train' or 'Grandad' and currently recovering from a little stay in hospital. Everybody at Roadrunners wishes you well and can't wait to see you running again.

The second is the wonderful news of the birth of Hannah and Freya to two of our ex-club captains, Ellie and Ian. The two new arrivals were greeting well-wishers at the Datchet Cross Country along with their big brother Max. We look forward to the Gosling Tri-Relay team, which should be making headlines round about 2035!

Christmas is traditionally the enemy of running, all those parties, turkey dinners, buffets etc. making it particularly difficult to get up early and into some lycra - here at newsletter HQ we have a tried and tested hangover cure (six raw eggs and a shot of Grand Marnier in a pint glass) that has never failed to 'blow away the cobwebs' and get us to the start line.

Have a fantastic Christmas and enjoy your running in 2016!



Chairman Chat

CARL WOFFINGTON

Seasons Greetings

We are now well into the winter cross country season and we are doing well. We've had one Hampshire League race in the last month and another coming up as I'm writing this. There were three TVXC races in November. It's good to see so many RR's out at these races.

There are a couple of RR Social Events in December. The Christmas Party is on 12th December. The Christmas Party was a regular RR bash but wasn't held for a number of years. It was brought back for 2014 and was a great evening. I'm sure the 2015 Party will be excellent too. Tickets are on sale, please support this if you can. We also have the traditional mince pies and mulled wine after the track training session on 16th December.

We have a Charity Mile and Kids' Lap on Friday 11th December. Please try to support this and help boost the charity funds.

Tony Canning organised a timed 5km run at track on 13th November. It was the first one, well attended and the general feeling is that we should have more.

There is a push on now to organise our own RR fixture in the TVXC League. We will need helpers and marshals. We are a large club and should be able to both organise and field strong teams. Please support your RR team captains who are organising this race. It takes place on Sunday 20th December at Crowthorne Woods. We need people to supply food. Sandwiches, cakes etc. The numbers running these races have increased this year and food has run out at a couple of races.

Finally, I take this opportunity to wish you and your families a Merry Christmas and best wishes for the New Year.



Ladies' Captain - Report

CLAIRE SEYMOUR

Hope you've all had a good month and are enjoying getting back in to the XC season, it certainly has been busy with either a TVXC race or Hampshire league fixture most weekends, it has been great seeing so many of you turning out to represent the club at the TVXC fixtures and we are doing very well and are currently sitting in first place which is just fantastic, and a big thanks to all the runner's that have been taking part. Something that has also struck me is how many new member's that have been turning out to these fixtures, and so far seem to be returning! It is also nice to see one or two new names appearing in the scoring ladies team, in particular Katy Webb who I have noticed has been running very well and benefiting from all that Ironman training over the last year.

I want to make a plea for help at our own fixture being held on Sunday 20th December at Broadmoor Woods, Crowthorne. We need Marshalls and people to help on the finish, without these positions filled it will be difficult for the race to go ahead, so please let myself or Mark know as soon as possible if you're able to help, or email us at teamcaptains@readingroadrunners.org

I also wanted to say Congratulations to Sandy

Sheppard, Christina Calderon, Sarah Urwin-Mann, Lesley Whiley and Alix Eyles for winning awards in their respective age categories for the Berkshire Road Championships of which Sandy and Christina collected the awards at a recent ceremony.

So on to the results from the XC fixtures that have taken place so far

Hampshire League – Popham Airfield – Saturday 7th November

Conditions weren't great for the 2nd fixture of the Hampshire League, it was very windy and wet and muddy underfoot which made for tough conditions! The organisers made a slight change to the course too and added in a wooded area which was particularly muddy! Sarah Urwin-Mann was our first lady to finish in 31st place and 6th vet followed by Alix Eyles, Mel Shaw (On her debut Hants league XC race), Sam Whalley, Toni McQueen, myself, Maria Norville and Cecilia Csemiczky. All of the ladies had a good run and we finished 11th out of 17 teams for the seniors (Team aggregate 7th), and 5th out of 11 teams for the vets (Team aggregate 4th) just in front of Reading AC! The



Ladies team at Popham

next fixture in the Hampshire league will have just taken place on the 5th of December by the time this newsletter is out so I will look forward to reporting on the results in January.

TVXC Datchet – Sunday 15th November – 1st Fixture

On a very mild windy winter's day with relatively good conditions underfoot and not quite as much mud as some would have hoped for! We had the first of the TVXC fixtures of the season. The Datchet fixture is traditionally held on Remembrance Sunday however due to a circus being held where the race starts the fixture had to be changed but hopefully for this year only! We also picked up our trophies from last season where we won the series (1st Ladies Team, overall winners and 1st men's team) and they are now being held in their rightful place in the trophy cabinet at Palmer Park.

We had a brilliant turn out of I'm told 107 runner's which is a really great start for RR, and Datchet also had a record number of runners (541) which shows how popular this league has become.

Our ladies got us off to a great start finishing in 2nd place behind Sandhurst, with our men finishing in 1st place so this gave us an overall result of 1st position. The ladies scoring team is made up of 4 runners of which 1 of the runners must be a vet, so our scoring team was as follows: Carrie Hoskins was our first lady home in 2nd place, Alice Leake (6th lady), Katy Webb (13th) and Pip White (17th) and all the other ladies that took part did a great job of pushing back scoring men and ladies from other teams so well done all.

TVXC Sandhurst – Sunday 22nd November- 2nd Fixture

So the cold snap suddenly arrived on the weekend of the Sandhurst Fixture which took us by surprise as it was a bitterly cold day. Again we had a good turnout of runners (around 90) and we finished in joint position with Sandhurst with our ladies team finishing 2nd and men's team finishing 1st. Our lady scorers were Alice Leake (2nd) Carrie Hoskins (4th) Katy Webb (12th) and new member Sheena Keates (20th) another good result for RR!

TVXC Handy X – Sunday 29th November

One of my favourite fixtures of the TVXC League, as much as I dislike running up hills there is something about this run, beautiful countryside and its put on by a small, friendly, local club and they certainly make this a great race. I actually had the pleasure of running with a group of ladies from RR and we chopped and

changed places a few times but all finished within seconds of each other. I was interested to hear from two of them, Sarah Morgan and Kathy Vickers, that this was their first TVXC race! Handy X has got to be the toughest fixture in the league, so you certainly did very well, and I hope you both enjoyed your introduction to XC. I look forward to doing some more with you! I also spoke to Janice Thomas after the race. Janice advised me that this was her first time at Handy X as she had been a bit apprehensive about running this fixture in the past. However, she assured me afterwards that she thoroughly enjoyed it!

Although the number of runners were down on the previous fixtures due to clashes with other local races, our ladies team finished 1st! Alice Leake was our first lady home in 3rd position, Carrie Hoskins (4th) Pip White (16th) Mary Janssen (18th) and our men's team also finished 1st which made us overall winners!! And we are currently 1st in the standings! Keep up the good work all!

The next two fixtures are as follows:

Metro's – Sunday 13th December

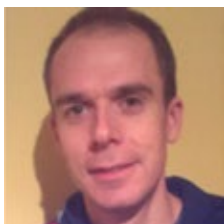
Reading – Sunday 20th December

I'm also taking names for the Berkshire XC Championships being held on 5th January, I have a few ladies so far and it would be nice to get a few more out. The venue is Upton Court Park in Slough. Ladies race is 6K and starts at 11.45. Entries close at the end of December so if you're interested in taking part please let me know asap.

It's not all been about XC this month though, and we have a few ladies out and about taking part in other races. We had quite a few runners take part in the inaugural Mapledurham races, where Linda Wright finished 1st in her age category in the 10K. Julia Molyneux and Christina Calderon have run one or two marathons, or in Christina's case 5 marathons on consecutive days in the Hell of a Hill marathons series, and there were one or two PB's for Rachel Derry at Leeds Abbey Dash and Wimbledon Common Half. Also there was a PB for Katy Webb at Grand Union Canal Half. Well done all!

So that's it from me for 2015, I hope you all enjoy the remaining XC fixtures before the New Year is with us, and I would like to wish you all a Happy Christmas and Happy running in 2016!

Claire



Men's Captain - Report

MARK WORRINGHAM

The nights have very much drawn in now, the temperature has dropped, and expensive saccharine adverts are on TV. It is definitely starting to feel like the festive season is upon us. I haven't heard any Slade yet, not have I read any newspaper articles erroneously claiming that Christmas has been banned, but it can't be long. For most people, this time is about family, faith, drinking and eating, but for a hardy few it represents a chance to splash around in mud like a giant, idiotic toddler. Yes, it's cross country time.

The TVXC races have come thick and fast this month, with the Datchet, Sandhurst and Handy Cross races piling up on consecutive weekends. Datchet kicked off the season as usual, and saw a solid start for RRR men, with second place in the team event. Lance Nortcliff took maximum points after mixing it at the front with a couple of youthful rosy-cheeked guests. The team scoring was bolstered by new members Jamie Smith (13th) and David McCoy (a new one!) (18th), whilst Ryan O'Brien made it into the top 10 in 9th place. Simon Elsbury (15th) and Ben Whalley (19th) made up the scorers.

A week later at Sandhurst, the men went one better and won the fixture. The team were led home by two new members, Rob Corney (2nd) and Daniel Ashworth (4th), with Ryan O'Brien (11th), Jamie Smith (12th) and Ben Whalley (26th) again scoring well, with Andy Mutton (13th) and Simon Elsbury (15th) also in the top 20. With all these new members doing so well, those older ones for whom cross country represents a pain in the backside, such as myself, can afford to retire. Speaking of pains in the backside, Alex Harris, running only in an attempt to make his buttock injury flare up in preparation for an injection into it, filled out the final scoring positions.

There was a lower RRR turnout at the front end at Handy Cross, but the men nonetheless triumphed once again, helped by Lance Nortcliff again scoring maximum (or rather minimum) points, this time

with an outright win. Andy Mutton came in 7th, with Andrew Smith 14th, David McCoy 20th, Simon Elsbury 22nd, Alex Warner 23rd and Bill Watson having a great run in 40th. The turnout as a whole at these races, both overall and from a Roadrunners point of view, has been phenomenal, with more TVXC runners than you can shake a stick at, although the courses themselves continue to try to shake sticks (and branches) at them.

Away from the Thames Valley League, the Hampshire League has also been continuing, with the second fixture at Popham Airfield taking place in November. Popham is usually a pretty tame cross country course, but the rain, winds and mud conspired to make it a rather different race to most years. Lance Nortcliff was first Roadrunner again in 34th, with Keith Russell 48th, Ryan O'Brien 57th, Ben Whalley 80th and Alex Warner 104th making up the scoring senior men's team in 7th in Division 1, one place better than last time out. The vets team did brilliantly in 5th, with Fergal Donnelly's 139th backing up Lance and Ben. With ten men in total, it was great to see a really strong turnout.

The other cross country fixture this month was the Berks, Bucks and Oxon cross country championships at Horspath, Oxford. Only Lance and I ran, with it being the day before a TVXC match, and a very tough one it was too. We had both run at the vets league on the track at Horspath, and had no idea that such a malevolent cross country course lurked just behind it. Lance came in a solid 17th. I initially realized it might not be my day when I went flying over some carefully camouflaged guy ropes within ten metres of starting my warm up, and so it proved, with 21st place.

The action has been on the country this month, but there have nevertheless been some good road performances dotted around. Nigel Hoults took first V60 at the Eynsham 10K with 39:51. Peter Miskell also got under 40, at the Richard Burton 10K in darkest Wales. Meanwhile, Gary Brampton

ran something that by his standards must have seemed ridiculously short, setting a new PB (I believe) of 46:58 at the WestRun London 10K. At the Mapledurham 10 miles, Rob Corney was 4th and Ben Whalley 8th (and second V40), whilst the associated 10K saw Jamie Smith win the honours, with Ed Dodwell picking up first V50.

Looking to the future, our own cross country fixture is coming up on the 20th December. Thanks to all who have volunteered to help so far. You will have heard Claire and I say this already, but we will need lots more volunteers to make sure this goes smoothly, particularly in view of the big numbers that are running in the league this year – marshals for the course and car park, people to help with van loading, course set-up and course take-down, and of course lots and lots of food. I mean seriously obscene amounts of food. Remember those tables groaning with food that “Dr” Gillian McKeith used to present to overweight people in that TV programme whose name I forget? Now imagine about ten of those – that’s what we’re after. I am confident that you can rise to that particular challenge.

On 9th January, the Berkshire Cross Country Championships will take place at Upton Court, Slough. It would be good if we could get a full team out, and even try to nick some silverware. I reckon we potentially have the strongest men’s vets team in Berkshire, for instance. Entries close on the 30th December. Please let me know if you would like to run, though you will need to enter individually on the Berks AA website.

Let me finish my article by wishing you all a very merry Christmas and great new year, from the very bottom of my heart. People say I’m not the most festive person out there, but that’s grossly unfair. I am full of Christmas cheer. Why on Christmas day, I even allow my children to have half an hour off from their chores to open their present (a new dustpan and brush!), and when carol singers come round I only set two hounds upon them, rather than the usual six. So, I really do hope you all enjoy the festive period, but please don’t come back too round around the edges, we have a cross country season to win.

New Club Secretary wanted

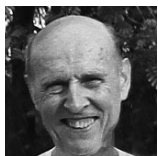
At the 2016 AGM, I will have completed five years in my third term as club secretary.

Although I am an old age pensioner, I made a decision in 2013 to carry on working within what can only be described as a very stressful occupation. Up until now, I have managed to juggle work and RR commitments, albeit I have worked some very late nights to do so. Recently, I'm sorry to say it has all caught up with me and I have made not only a serious error for the company I work for, but also for Reading Roadrunners.

Therefore, I have decided that I must either retire and live off my pensions, or stand down as club secretary. As I have such an extravagant lifestyle, the choice was inevitable. I will be standing down at the 2016 AGM and give three months notice that a new secretary will be needed in March 2016. Whoever takes on the role will have my support and will not just be thrown in at the deep end without first being taught how to swim.

Roger Pritchard,
Gensec.

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

Christmas Schedule

READING ROADRUNNERS SESSIONS AT PALMER PARK OVER THE FESTIVE PERIOD

Wed 16th Dec	Track session as usual but mince pies and mulled wine afterwards
Thu 17th Dec	Outrun as usual
Fri 18th Dec	Track session as usual
Wed 23rd Dec	Track session as usual – well, there may be some red hats, flashing reindeer antlers etc
Thu 24th Dec	Stadium closes 3:00pm, no outrun
Fri 25th Dec	Stadium closed, no track session
Wed 30th Dec	Stadium closes 3:00pm, no track session
Thu 31st Dec	Stadium closes 3:00pm, no outrun
Fri 1st Jan	Stadium closed, no track session
Wed 6th Jan	Track session as usual and back to normal sessions thereafter

Changes at Reading Roadrunners for 2016

There will be several changes made to the way we have done things previously. They should all be improvements but I will note them here so that they will not take you by surprise.

AGM PACKS

We have always printed the AGM Packs on paper and posted them snailmail. We have decided to email them to you for the AGM in 2016. Obviously this saves the club printing and postage costs. We also feel it will be more convenient for you. However, we will still print and post copies to those members who do not receive emails. We will expect members attending the AGM to have printed their own copies or have copies stored electronically. We will print a few copies for members who attend the AGM but have forgotten to do this.

MEMBERSHIP RENEWAL

The committee has been looking at ways to renew your membership electronically over the last couple of years. There are various companies who provide a service to clubs and societies but we found none that really did what we wanted and they were expensive to use. UK Athletics / England Athletics (UKA/EA) have recently introduced a scheme for the clubs affiliated to them. This is by far the best option we have seen to date and we have decided to use it. An awful lot of work has been put into this already and it will be offered to you as an option for your 2016/17 membership renewal. So, you will be able to renew and pay your subscription electronically via UKA/EA. UKA/

EA make a small charge for this. It is calculated as a % of the subscription plus a 25p handling charge. We think it will be about £1 for most of you. This is in line with the fees charged for electronic race entry – which most of you have already accepted. I have said above that this is an option and I stress it is your choice whether or not to use it. It is not compulsory. We will continue to take renewals at track as in previous years – ie membership form with cash or cheque.

MEMBERSHIP CARD

You will receive your new membership card once you have renewed. This will be slightly smaller than the previous one. In fact, it will be the size of a credit card. We hope you will find this more convenient as it will fit into a purse or wallet.

SUBSCRIPTION INCREASE

You pay a single amount of money. However, this is really two subscriptions rolled into one. One is your RR subscription. The other is your affiliation to UKA/EA subscription, which we simply collect and pass on to them. The RR subscription remains unchanged from last year, no increase. UKA/EA has increased your affiliation subscription to them by £1. So, for most of you there will be a £1 increase in your 2016/17 subscription.

Carl Woffington

Reading Half Marathon Ballot

2016 READING HALF MARATHON DRAW 18th November 2015			
Drawn	No	NAME	
	1	Lynda Haskins	
1	2	Chris James	Successful in the draw
5	3	Carrie Hoskins	Successful in the draw
	4	Pete Jewel	
8	5	Rajiv Dhallam	Disqualified under one year rule
3	6	Jamie Cole	Successful in the draw
	7	Liz Atkinson	
9	8	Rob Cant	Successful in the draw
	9	Ellie Barnes	
12	10	Paul Gell	Successful in the draw as 1st Reserve
	11	Dean Allaway	
4	12	Katy Webb	Disqualified under one year rule
	13	Gavin Collins	
	14	Sandra Sheppard	
	15	Simon Denton	
	16	Ryan O'Brien	
	17	Gary Tuttle	
	18	Justin Watkins	
	19	Stuart Keep	
	20	Vince Murby	
	21	Gavin Rennie	
	22	Eleanor Deighton	
	23	David Dibben	
	24	Lee Hinton	
2	25	David Lennon	Successful in the draw
15	26	Alison Wriggley	New second reserve
	27	Ray McGroarty	
	28	Lindsey Reed	
	29	Tracey Jenkins	
6	30	Mark Andrew	Successful in the draw
	31	Fergal Donnelly	
	32	Juliet Dimmick	
	33	Julien Sherman	
7	34	Fiona Ross	Successful in the draw
14	35	Eugene McSorley	New first reserve
10	36	Fluer Denton	Successful in the draw
	37	Daniel Stockwell	
	38	Sarah Walters	
13	39	Mark Saunders	Successful in the draw as 2nd Reserve
	40	Peter Cook	
11	41	Susie Rees	Successful in the draw
	42	Tina Wilson	
	43	Gareth Goodall	
	44	Andy Blenkinsop	
	45	Kevin Jones	
	46	Roger Pritchard	

Man v Horse Marathon - in memory of Cynthia Payne and Screaming Lord Sutch

KATHY TYTLER

This race takes place in June, in Llanwrtyd Wells, mid Wales. It is the smallest town in Britain on the A470 between Builth Wells and Llandovery. It may seem like a town in the middle of nowhere but for some sports it is the centre of the universe, hosting the International Bog-Snorkelling Championships and the new sport of Mountain Bike Chariot Racing. Like a lot of ideas, these were the result of late night drinking in the local hostelry; the Neuadd Arms. The Man v Horse Marathon was conceived in one such discussion as to whether a human runner could beat a horse in a long distance race on difficult terrain.

For the first 25 years it was always won by a horse (and rider). William Hill (the bookie) sponsored the event and the prize money for the first human to win the race went up by £1,000 each year until it stood at £25,000.

worn by the Queen. She came across as a very confident and organised business woman. She remarked on the many bedrooms in the Neuadd Arms and how with the reform of certain laws it would be an excellent business proposition. This made the mayor of Llanwrtyd Wells blush! She presented the prizes at the end of the race, still dressed in her spotless pastel outfit, which was quite an achievement given the muddy surroundings. This included a trophy and bottle of champagne to fellow Reading Roadrunner, Lesley Whiley who was first female. It would have been a great photo, but I didn't have a camera. Cynthia also has political connections and once stood as Parliamentary Candidate for the Payne and Pleasure Party.

In 2004, Huw Lobb, a runner won the race and the £25,000 prize money. William Hill no longer sponsor



PAYNE



SUTCH



WHILEY

In the first few years that I ran the race it was started by Screaming Lord Sutch – musician and leader of the Monster Raving Loony Party. I was told that William Hill also sponsored Lord Sutch, paying his lost deposits in elections. His presence gave an added interest to those placing bets on the election results. He was also the longest serving leader of a political party – watch out for that question in Trivial Pursuit.

Unfortunately Screaming Lord Sutch died in 1999, just days after his appearance at Llanwrtyd Wells. The celebrity organised for the year 2000 was Cynthia Payne who hit the headlines in 1978 when she was found running a high class brothel at which she took luncheon vouchers as part payment for services. She served an 18 month prison sentence for running the "biggest and most disorderly house in history." Cynthia appeared at the start of the race in a very smart pastel outfit, the type that is

the event, which is a bit of a loss for us mere mortals in the rest of the field because all finishers were presented with a £10 William Hill betting voucher. Used with a bit of judgement it could give a good return – Frankie Dettori never let me down. The current prize money for the winner is £1,000. In 2007 a German runner, who just happened to be in the area on holiday, entered the race and won, beating a record field of horses.

The number of runners in the race has remained constant, with several hundred starters, most running the whole distance, but some making up 3 stage relay teams. The number of horses entering was very low for a time with less than a dozen horse riders, however over recent years this has increased. In 2007 it was the biggest horse race in Britain with 70 horses entered. This year 42 horses started the race.

The horses race under endurance riding rules which include vet checks around the course to ensure the horses are fit enough to continue. Runners run under endurance racing rules – run until you drop! There are a couple of places on the course where the horses take a longer but wider track over easier terrain than we are running through. Horses are faster uphill than downhill – I have even overtaken a few horses running downhill! (although not horses near the front of the field).

The race starts at the Neuadd Arms which overlooks the main road. The morning of the race gives an impression of organised chaos in the town with runners, horses and cars milling around. Before 11am we runners get our pre-race briefing. The horses and riders are getting ready in the station car park. Then they parade past us runners so we can see the opposition. The horses look a lot more frisky than runners at the start of a race. We have a fifteen minute start on the horses. (The race winner is worked out on a net time basis – not necessarily the first over the line.) After leaving the road out of town the

route goes up into forest and moorland. The start gives runners a sporting chance to reach the first parting of the ways before being overtaken by a mass of racing horses. Unfortunately I have slowed in recent years, or the horses have got faster, so I have to listen out for the sound of thundering hooves or the human calls of "Horse on your right!" as I stumble up the rough track. After forest and moorland there is a steep descent to a river crossing and the village of Abergwesyn. Then up to more forest and moors with wide open views and more river crossings, until the final river and the finish at Victoria Wells, a woodland resort a couple of miles from the centre of Llanwrtyd Wells.

We have run in a wide variety of weather conditions, from blistering heat to the worst of wind and rain that Wales can offer. One year the rain was so bad, making the river crossings deep and fast flowing. The last crossing was re-routed across a bridge after a couple of horses nearly got washed away.

Christmas 'Bah Sumbug' Mile

FRIDAY 11TH DEC



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 the club charity)

Register & Warm up from 6.30 - 6.55pm.
Timed miles from 7pm-7.30pm

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. There will also be a chance to win a bottle of wine for 50p a ticket all proceeds going to the club charity



14TH FEBRUARY 2016

I am currently looking for helpers for our annual event, Bramley 20/10 road race, on the weekend of the 13th & 14th February 2016.

Volunteers/marshals needed on the day (Sunday 14th), which includes being out on the course, in the car parks beforehand and in the finish area.

School playground marshals & help in the baggage tents, which is before the race starts so can be done even if you are running in the race.

Also help is needed for Saturday 13th in the morning (10am) for loading up vans at Palmer Park.

Saturday afternoon (2pm) at the school in Bramley for goody bag stuffing and setting up in the school.

A volunteer or 2 needed to help with the set-up of water stations on the morning of the race and collection of the water on Saturday.

If you can help with any of the above, please contact me stating which you can do. I can do requests if there is something you would prefer to do or be on the day.

Look forward to hearing from you and thank you in advance, as always all help and volunteers will be greatly appreciated!!!

Alan Makepeace

Chief Marshal

rocket-al@hotmail.com

The Marathon Tourist

KATHY TYTLER

Some people go on holiday
For sun and sea and sex
Some go for holiday romance
Some go for a rest

I go to run a marathon
I go away to run
There's nothing I like better
Than a bit of marathon fun

Some go so they can drink cheap booze
Eat, drink and get off their head
Stagger back in the early hours
Or wake in someone else's bed

But I am tucked up early
My nights spent like a nun
Eating and sleeping as a real fit athlete
Preparing for my run

Seeing the sights of each city
Round those marathon miles I skip
A tourist around the world
That 26.2 mile trip

The roads are closed in the city
Especially for us to run
The streets are lined with cheering crowds
That's why marathons are such fun

From Helsinki to Havana
New York, Moscow, Rome
There's London, Luton and Slough
For marathons nearer home

Some people think I'm crazy
Spending holidays as I do
But I run round each city being told that I'm great
How often does that happen to you?

Roadrunners Results

NIGEL HOULT

This month's results are dominated by cross-country, with the BBO Championships, one race in the Hampshire League and no less than three in the Thames Valley league. I'm sure the team captains will be covering these in detail, so all I'll say here is that we're off to a very good start in the Thames Valley league. Although the cross country leagues are team events, I must highlight one individual performance: Lance Nortcliff finished first and second in the two Thames Valley events that he ran, and is currently third vet on aggregate in the Hampshire League – well done Lance!

Elsewhere we had a handful of PBs over various distances: Katy Webb and Rachel Derry over the half marathon, Gary Brampton and Rachel Derry (again!) over 10k, and Jenny Mulhearn over 5k. Over the "standard" distances of 5, 10 and 20 miles, 10k, marathon and half marathon, so far this year 124 of you have recorded at total of 273 PBs by my reckoning: some achievement!

There were four age category wins, all over 10k though at different events, from Alan Freer, Ed Dodwell, Linda Wright and Nigel Hoults.

Well done to all those mentioned and everyone else who raced this month. As this is the last newsletter of 2015, I'll wish you all a Merry Christmas and a Happy New Year, and good racing in 2016.

31st October

Black Ranscombe Challenge

Julia Molyneux	56	26.4 miles in 6:25:30
Martin Bush	57	26.4 miles in 6:25:51

7th November

Thames Meander Marathon

Nikki Gray	203	4:21:34	4:21:18
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Queen Elizabeth Olympic Park 10k

Alan Freer	32	42:10	42:07	1st
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MV50

Hampshire League XC, Popham

Ladies

Sarah Urwin-Mann	31	26:19	5th FV
Alix Eyles	77	29:42	
Mel Shaw	98	31:26	
Samantha Whalley	105	31:54	
Toni McQueen	116	34:04	
Claire Seymour	118	34:36	
Maria Norville	142	43:36	

Cecilia Csemiczky	143	44:33
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Ladies Team: 11th

Ladies Vets Team: 5th

Men

Lance Nortcliff	34	38:09	5th MV
Keith Russell	48	39:04	
Ryan O'Brien	57	39:28	
Ben Whalley	80	40:42	
Alex Warner	104	42:09	
Ian Giggis	132	43:32	
Fergal Donnelly	139	43:47	
David Fiddes	195	48:16	
Chris James	224	51:39	
Peter Higgs	243	58:23	

Mens Team: 7th in Division 1

Mens Vets Team: 5th

8th November

Nice-Cannes Marathon

Antony Streams	3562	4:07:14
Phil Reay	4793	4:27:30
Martin Bush	6267	5:11:14
Pete Morris	6463	5:26:51

Grand Union Canal Half Marathon

Katy Webb	90	1:37:27	1:37:15	PB
Ann McKinnon	606	2:37:15	2:37:03	

11th – 15th November

Hell of a Hill Marathons

Day 1

Christina Calderon	30	6:09:13	5th F
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Day 2

Christina Calderon	37	6:30:40
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Day 3

Christina Calderon	35	6:55:56
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Day 4

Christina Calderon	36	7:03:58
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Day 5

Christina Calderon	42	7:11:37
Phil Reay	43	7:11:40

Overall

Christina Calderon	20	33:51:24
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13th November**Timed 5k, Palmer Park**

Ben Whalley	1	17:14
Simon Elsbury	2	17:26
David McCoy	3	17:30
Richard Usher	4	18:18
Fergal Donnelly	5	18:24
Paul Kerr	6	19:20
David Fiddes	7	20:05
Sam Hammond	8	20:10
Alan Freer	9	20:34
David Caswell	10	20:38
Chris Young	11	21:03
Nik Elphick	12	21:36
Alex Harris	13	21:37
Ewan Harris	13	21:37
Andy Runnacles	15	21:48
Brian Fennelly	16	22:50
Sarah Pachonick	17	22:51
Martin Douglas	18	23:23
Sam Whalley	19	23:47
James Silman	20	23:50
Simon Brimacombe	21	24:04
Roger Pritchard	22	26:06
Sev Konieczny	23	27:48
Estelle Chase	24	28:15
Carl Woffington	25	29:37
Claire Frank	26	38:52
Eva Simmons	27	42:24

14th November**Bonner Herbsthalbmarathon (Germany)**

Tom Harrison	117	2:05:57	2nd MV75
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15th November**Palermo Marathon**

Ian Giggs	71	3:35:22
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Verona Marathon

Paul Monaghan	1020	3:36:12	3:33:33
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Cornish Marathon

Andrew Smith	7	3:02:10	2nd MV35
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Gosport Half Marathon

Kevin Jones	261	1:33:34	1:33:30
Jim Kiddie	886	1:54:32	1:53:37 5th MV65
Andy Dingle	1043	1:59:44	1:58:31
Caroline Hargreaves	1238	2:08:30	2:07:16
Amanda Box	1397	2:19:20	2:18:06

Westrun London 10k

Gary Brampton	403	47:28	46:58 PB
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Leeds Abbey Dash 10k

Rachel Derry	3563	59:36	48:22 PB
Helen Pool	3856	1:01:21	53:26
John Bullock	4010	1:02:14	51:01

TVXC League, The Broccas, Eton

Lance Nortcliff	2	32:40	1st MV
Ryan O'Brien	11	33:59	
Jamie Smith	15	34:24	
Simon Elsbury	17	34:53	
David McCoy	20	35:02	
Ben Whalley	21	35:04	4th MV
Alex Warner	24	35:22	
Mark Saunders	27	35:31	
Richard Usher	42	37:02	
Duncan Mollison	46	37:24	
Gavin Rennie	50	37:43	
Carrie Hoskins	53	37:47	2nd F
Mark Apsey	56	37:54	
Richard Charley	60	38:24	
Kenny Heaton	61	38:27	
Alan Freer	68	38:47	
Alice Leake	69	38:50	
Paddy Hayes	70	38:53	
Fergal Donnelly	76	39:01	
Julian Hough	78	39:13	
Bill Watson	86	39:28	
Chris Mason	91	39:38	
Brian Kirsopp	100	40:04	
Sam Hammond	102	40:08	
David Fiddes	113	40:24	
Peter Cook	123	40:43	
Katy Webb	136	41:12	
Mel Silvey	143	41:22	
Blue Caswell	149	41:28	
David Caswell	161	41:50	
Pip White	166	41:55	
Alix Eyles	178	42:23	
Ryan Nicholls	183	42:49	
Keith Ellis	185	42:51	
Ricky Cowley	191	43:09	
Julie Rainbow	197	43:21	
Mary Janssen	206	43:38	
Simon Denton	225	44:32	
Melanie Shaw	227	44:34	
Lee Hinton	233	44:43	
Paul Kerr	241	45:10	
Andrew Runnacles	259	45:54	
Joe Blair	262	46:02	
Eleanor Donoghue	278	46:51	
Andy Atkinson	279	46:53	
Paul Carter	293	47:30	
Brian Fennelly	299	47:43	
Antony Streams	300	47:44	
David Lennon	301	47:45	
Simon Brimacombe	305	47:59	

Peter Reilly	307	48:02	
Martin Douglas	324	48:47	
Susan Knight	332	49:12	
Angela Burley	340	49:32	
Chris Drew	342	49:36	
Gill Glennon	348	49:55	
Claire Seymour	353	50:09	
David Ferris	365	50:32	
Tina Wilson	380	51:17	
June Bilsby	382	51:24	
Karen Pulley	384	51:30	
Andy Breakspear	387	51:56	
Louise Atkinson	388	51:59	
Kevin Bilsby	389	52:00	
Fleur Denton	392	52:07	
Donna Saunders	395	52:13	
Lin Morton	397	52:21	
Katie Gumbrell	400	52:33	
Michelle Harris	413	53:28	
Bob Thomas	415	53:33	
Mary Carol De Zutter	423	54:00	
Jacqueline Fitzjohn	426	54:04	
Andrew Curd	428	54:06	
Jeremy Hall	441	55:06	
Michelle Wilson	445	55:25	
Julie Thompson	448	55:37	
John Bowley	451	55:41	
John Preston	452	55:42	
Alison Wrigley	461	56:10	
Roger Pritchard	463	56:12	
Yvonne Edwards	467	57:45	
John Bailey	469	57:49	
Sandy Sheppard	477	58:32	
Heather Bowley	482	59:04	
Charlie Macklin	485	59:11	
Sarah Drew	487	59:29	
Nick Adley	491	1:00:13	
Liz Atkinson	492	1:00:20	
Janice Thomas	495	1:00:47	
Kathy Tytler	497	1:01:01	
Carl Woffington	500	1:01:07	
Maria Norville	510	1:01:55	
Juliet Dimmick	513	1:02:03	
Catherine Douglas	514	1:02:10	
Lorraine Bailey	517	1:02:39	
Sev Konieczny	526	1:05:25	
Ann McKinnon	530	1:07:41	
Steve Wing	535	1:09:41	
Julie Wing	536	1:09:57	
Mens Team: 1st, Ladies Team: 2nd (Overall: 1st)			

21st November**Berks, Bucks and Oxon Cross Country Championships****Senior Men**

Lance Nortcliff	17	34:41	4th MV
Mark Worringham	21	35:13	

22nd November**Meon Valley Marathon**

Gary Tuttle	11	3:51:21	
Becky Stark	14	3:59:06	2nd F
Gavin Collins	15	3:59:06	
Simon Palmer	20	4:04:12	
Gemma Buley	84	5:15:05	
Team: 1st (Gary, Becky, Gavin)			

Riverside Marathon

Julia Molyneux	73	5:18:41	
Martin Bush	78	5:31:31	
Stephen Wing	83	6:11:27	
Julie Wing	85=	6:44:25	

Conwy Half Marathon

Andy Dingle	1255	2:00:23	1:56:54
Amanda Rosser	2007	2:21:44	2:18:15

City of Norwich Half Marathon

Philippa White	1641	2:11:28	2:09:59
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Wimbledon Half Marathon

Alan Freer	81	1:31:36	1:31:27	2nd MV50
Rachel Derry	291	1:45:40	1:44:48	PB
Caroline Hargreaves	614	2:06:20	2:05:27	

Wimbledon 10k

Ashley Middlewick	82	49:18	43:20
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TVXC League, Hawley

I am aware of some errors in these results, especially towards the back of the field, but it seems pointless to delay publication when the team results are known.

Rob Corney	2	31:32	
Daniel Ashworth	4	31:38	
Ryan O'Brien	11	32:18	
Jamie Smith	12	32:20	
Andy Mutton	13	32:24	
Simon Elsbury	15	32:34	
David McCoy	25	33:09	
Ben Whalley	26	33:11	5th MV
Alex Harris	40	34:27	
Ian Giggs	50	34:56	
Fergal Donnelly	57	35:20	
Mark Apsey	59	35:28	
Gavin Rennie	61	35:30	
Alice Leake	66	35:36	2nd F
Carrie Hoskins	71	35:57	4th F, 3rd FV
Bill Watson	72	36:01	
Chris Cutting	79	36:18	
Peter Miskell	82	36:27	
Nick Hewson	84	36:29	
Brian Kirsopp	86	36:31	
Richard Charley	91	36:47	
Adam Macey	95	36:53	

ROADRUNNERS RESULTS

Monty Gershown	97	36:57
Julian Hough	105	37:19
Paddy Hayes	109	37:25
Chris Mason	119	37:47
Katie Webb	135	38:27
Peter Cook	138	38:31
Mel Silvey	139	38:32
Stuart Jones	154	39:00
David Caswell	156	39:09
Sheena Keats	166	39:29
Alix Eyles	171	39:48
Keith Ellis	173	39:52
Sam Hammond	175	39:57
Ricky Cowley	178	40:03
Chris James	201	41:05
Mary Janssen	209	41:34
Brian Connor	214	41:46
Julie Rainbow	215	41:47
David Lewis	216	41:48
Lee Hinton	246	43:05
Andrew Runnacles	255	43:51
Nick Adley	267	44:26
Andy Atkinson	271	44:50
Tom Wright	275	45:04
Simon Brimacombe	281	45:13
Anthony Streams	302	45:48
Eleanor Donoghue	303	45:51
Sophie Hoskins	305	45:53
Karen Pulley	319	46:23
Jim Kiddie	321	46:25
James Meston	324	46:28
Catherine Leather	325	46:29
Toni McQueen	333	46:49
Peter Higgs	334	46:54
Gill Glennon	337	47:14
Sarah Pachonick	339	47:29
Peter Reilly	343	47:35
Susie Rees	346	47:49
David Ferris	348	47:57
Claire Seymour	354	48:11
Grace Lyon	355	48:13
Martin Douglas	362	48:38
Tina Wilson	367	48:53
Mike Dimmick	375	49:15
Heather Ridgus	379	49:36
Louise Atkinson	382	49:45
Chris Drew	383	49:52
Andy Breakspear	389	50:21
Katie Gumbrell	390	50:25
Jenny Owen	393	50:39
Andrew Curd	398	51:00
Bob Thomas	399	51:02
Lin Morton	405	51:26
Julie Thompson	422	52:48
Charlie Macklin	439	54:58
Lisa Kilby	440	55:05
Alison Wrigley	443	55:22

John Bailey	449	56:20
Sarah Drew	456	57:03
Liz Atkinson	468	57:54
Janice Thomas	470	58:17
Catherine Douglas	474	58:50
Kathy Tytler	480	59:50
Maria Norville	481	1:00:02
Linda Wright	484	1:01:40
Carl Woffington	488	1:03:51
Lorraine Bailey	491	1:04:20
Juliet Dimmick	493	1:13:46
Cecilia Csemiczky	?	?
Sheryl Higgs	?	?

Mens Team: 1st, Ladies Team: 2nd (Overall: 1st=)

Bushy Park 5k Series Race 6

Jenny Mulhearn	20	31:19	30:15	PB
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29th November

Mapledurham 10 mile

Rob Corney	4	1:03:33	1:03:33	
Ben Whalley	8	1:06:41	1:06:38	2nd MV40
Stuart Kinton	23	1:11:38	1:11:35	
Tom Anthistle	27	1:13:48	1:13:45	
David Lennon	70	1:22:50	1:22:35	
Joe Blair	92	1:27:27	1:27:17	
Sam Whalley	108	1:31:19	1:31:12	
Lee Hinton	112	1:33:36	1:33:18	
James Meston	120	1:34:09	1:33:55	
Catherine Leather	123	1:34:15	1:33:58	
Angharad Shaw	141	1:36:54	1:37:37	
Susie Rees	146	1:38:56	1:38:38	
Rita Dykes	159	1:47:13	1:47:00	3rd FV60
Justin Watkins	167	1:53:06	1:52:58	
Juliet Dimmick	175	1:58:47	1:58:28	
Trisha Arnold	176	1:59:54	1:59:31	

Mapledurham 10k

Jamie Smith	1	39:15	39:14	
Ed Dodwell	8	45:32	45:30	1st MV50
Ewan Harris	14	47:28	47:25	
Simon Brimacombe	47	54:27	54:19	
Louis Morley	55	56:36	56:31	
Heather Ridgus	73	59:40	59:31	
Ray McGroarty	82	1:01:15	1:00:51	
Andy Patrick	100	1:04:58	1:04:35	
Linda Wright	126	1:16:58	1:16:39	1st FV60

Eynsham 10k

Nigel Hoult	73	39:57	39:50	1st MV60
Tracy Jenkins	359	50:53	50:18	
Saba Holt	441	55:24	54:41	
Paul Smith	467	56:58	56:39	

TVXC League, Handy Cross

Lance Nortcliff	1	33:45	
Andy Mutton	7	34:52	
Andrew Smith	15	35:40	
David McCoy	20	36:12	
Simon Elsbury	22	37:04	
Alex Warner	23	37:07	
Bill Watson	40	38:35	
Paddy Hayes	49	39:20	
Alice Leake	53	39:36	3rd F
Jamie Cole	55	39:44	
Carrie Hoskins	59	40:11	4th F, 2nd FV
Brian Kirsopp	61	40:27	
Julian Hough	74	40:58	
Ian Giggs	88	41:42	
Chris Cutting	94	41:51	
Mel Silvey	96	42:01	
David Fiddes	99	42:20	
Chris Kelly	102	42:33	
Chris Mason	108	42:51	
Keith Ellis	127	44:21	
Pip White	134	44:56	
Mary Janssen	138	45:10	
Chris James	172	47:20	
Sam Riddington	175	47:23	
Andy Atkinson	193	48:41	
Ricky Cowley	194	48:45	
Julie Rainbow	202	49:24	
Gill Glennon	217	50:44	
Jim Kiddie	219	50:55	
Peter Higgs	233	51:43	
Anthony Streams	234	51:45	
Chris Drew	253	53:15	
Peter Reilly	257	53:24	
Paul Carter	263	53:43	
Toni McQueen	266	53:54	
Sarah Pachonick	267	53:58	
Sarah Morgan	268	53:59	

Angela Burley	272	54:05
Susan Knight	274	54:08
Claire Seymour	276	54:10
Louise Atkinson	279	54:23
Kathy Vickers	281	54:31
Jenny Owen	282	54:39
Andy Breakspear	286	54:47
Katie Gumbrell	302	56:27
Andrew Curd	305	56:38
Bob Thomas	311	57:12
Mary Carol De Zutter	316	57:57
Michelle Harris	318	58:09
Kathy Tytler	348	1:04:37
Liz Atkinson	351	1:05:15
Janice Thomas	356	1:06:30
Maria Norville	357	1:06:39
Sheryl Higgs	373	1:34:53
Mens Team: 1st, Ladies Team: 1st (Overall: 1st)		

Season's Bests**Ladies**

5k	Ellie Gosling	18:28
5 miles	Katherine Sargeant	34:02
10k	Alice Leake	38:32
10 miles	Ellie Gosling	1:02:02
Half Marathon	Ellie Gosling	1:23:50
20 miles	Carrie Hoskins	2:19:09
Marathon	Carrie Hoskins	3:04:14

Men

5k	Mark Worringham	15:49
5 miles	Mark Worringham	26:51
10k	Mark Worringham	32:50
10 miles	Tony Carter	54:10
Half Marathon	Mark Worringham	1:11:38
20 miles	David McCoy	2:10:46
Marathon	Tony Carter	2:32:10

Toilet Queues (a slight return)

Kathy's paean to toilet queues last month seems to have inspired some of you (finally, I've found this newsletter's level of humour). Alan Freer was first over the line with this effort:

Marathon Toilet Queues

For over twenty minutes,
I stand in the queue,
To lighten the load,
By dropping a big poo,
But here now I sit,
Completely broken hearted,
Waited all that time,
And now only farted!

Reading Roadrunners Committee Meeting

TUES 1ST DECEMBER 2015 7.30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Sandra Sheppard	(Treasurer)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Bob Thomas	(ex-officio)
Paul Monaghan	(ex-officio)
Alan McDonald	(ex-officio)
Catherine Leather	(ex-officio)

APOLOGIES FOR ABSENCE:

Simon Denton, Amanda Box

MINUTES OF THE MEETING OF TUESDAY 3RD NOVEMBER 2015

The minutes were then proposed as a true record by Sandra Sheppard and seconded by Anne Goodall.

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON TUESDAY 3RD NOVEMBER 2015

CHILD PROTECTION: Carl reported that he has started looking at various policies, but has not finished.

BRAMLEY 20/10 BUDGET: Sandra reported that Graham Sprat had sent her a revised budget and that it had met with her approval.

ONLINE MEMBERSHIP RENEWAL: Roger reported that he had emailed the EA export of information from the England Athletics website. Bob said he would report his findings under AOB.

MEMBERSHIP FORM: Roger reported that he had amended the membership form and had sent it to Anne.

Anne said that she has not received the second draft.
ACTION: Roger to re-issue and bring forms to the track.

READING HALF MARATHON: Roger reported that the draw for the free places took place at Palmer Park in the RAC clubhouse, and that all the successful members in the draw had completed their on line entries. Roger said that he had placed the draw

results on the notice board and had sent them to the newsletter and to the web-master.

LETTER FROM ALIX EYLES: Roger reported that he had replied to a letter from Alix and forwarded her letter to the EA Welfare Officer. The EA Welfare Officer wrote to Alix explaining that the matter is already closed and that the RR Committee have completed all actions required of them. Subsequently the RR Welfare Officer sent an email to Carl and Roger regarding the same matter. The RR Welfare Officer has now been informed that the matter is closed and no further letters are being written to Alix by the RR Committee on this subject.

SOUTHERN VETS TRACK & FIELD FIXTURE:

Roger reported that he had been in contact with the ladies team captain, to confirm that the club would subsidise the joint RAC & RR fixture next summer at Bracknell track.

THE HONEYMOONERS: Roger reported that he had advised Toni McQueen, that the committee had approved an increased budget, to give Toni a wider choice of bands. Alan said that he had spoken to Toni and that Toni confirmed that she has booked the Honeymooners.

CHAIRMAN'S REPORT

HAMPSHIRE XC LEAGUE: Carl reported that the Hampshire XC fixture at Popham on the 7th November was a reasonable success for RR and that there is another fixture at Bournemouth on the 5th Dec.

THAMES VALLEY XC LEAGUE: Carl said that the TV XC is going well and that we have had the Datchet fixture on the 15th Nov and the Sandhurst on the 22nd Nov and the Handy Cross on the 29th and that RRs seem to have won them all.

TRACK 5000M Carl reported that Tony Canning had organised a 5000m on Friday 13th November, which was a success and as a result, members have expressed their interest in having another one soon.

CHARITY MILE AND KIDS LAP: Carl reported that

on Friday 11th Kerri French has organised a Charity Mile and Kids Lap.

NEXT SOCIAL EVENT: Carl said that the Christmas Party was coming up on Saturday 12th at Woodford Park and that on the Wed 16th there will be mince pies and mulled wine in the Palmer Park Stadium foyer.

TREASURER'S REPORT

OCTOBER ACCOUNTS Sandra announced that she had published the October accounts and that all committee members had been sent a copy. (no queries or comments put forward)

READING AC CLUBHOUSE: Sandra reported that RAC had advised her that their clubhouse would not be available on Wednesday 30th December, as the track will be closed.

BERKSHIRE AA AGM: Sandra reported that she and several (6-7) other RR members attended the Berks AA AGM and collected championship medals that she has handed to Carl for presentation.

SECRETARY'S REPORT

BERKSHIRE XC CHAMPIONSHIPS: Roger reported that he had received notice of the championships, which would take place on Saturday 9th January at Upton Court Park, Slough. Roger said that he has forwarded the online entry information to the team captains.

EQUIPMENT INSURANCE: Roger reported that he had received the renewal notice from Zurich Insurance, commencing on the 13th February 2016 for a premium of £174.26 inc tax. Sandra said that she would check to see how much we paid last year to see if there was any significant increase. **ACTION** Sandra to check records.

RACE ARCH: Roger reported that he had received a request from Colin Cottell, asking the committee to consider purchasing an inflatable race arch. Colin commented that a club of our stature should have such a thing and that the one he had borrowed for the children's race at Shinfield proved a success, as competitors could clearly see the finish from a distance. The committee discussed this and decided to

look into it a bit further. Roger also reported that Colin has suggested that the club purchase a mini PA system for announcements at the track, as not all members could hear the announcements. **ACTION:** Roger to speak to Colin and Carl with Barnes Fitness.

DESK DUTY: Roger proposed a contingency plan for when there are not enough volunteers for desk duty. Roger proposed that there should be a rota of committee members to be in reserve in such circumstance.

This proposal received no support from any other committee member.

FESTIVE PUB RUN: Roger reported that there would be a Festive Pub Run on Saturday 2nd January at 11.30 at the Rainbow at Assendon, near Henley. Carl asked Roger, if he knew if Kathy Tytler was organising a Boxing Day Run and Roger said he did not know.

MEMBERSHIP SECRETARY'S REPORT

NEW MEMBERS Anne reported that in November, we had 10 new seniors @ £30 paying cash and 1 new member paying £30 by cheque with a total of £330.00 being banked.

SOCIAL SECRETARY'S REPORT Amanda Box not in attendance.

COACHING CO-ORDINATORS REPORT None received.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

KIT MONITOR: Anne reported that the latest delivery of kit had still not been sorted and registered on the lists prepared by Amanda. A discussion took place and in conclusion, Roger said that we should seek another volunteer. **ACTION:** Roger to thank Steve for his work and advise him that we are seeking a replacement.

EMAILS: Bob reported that when he issued the last club email, all the emails to members with 'Tiscali' and 'Lineone' accounts bounced back. **ACTION:** Bob to look into.

ONLINE MEMBERSHIP: Bob reported that he had investigated the England Athletics online membership

facility and this was discussed at length. After taking into consideration the pros and cons, Bob put forward a proposal to activate the system and the proposal was unanimously accepted.

RACE CLOCK: Roger reported that Kerri French has requested a race clock for the Charity Mile and Kids' lap on Friday 11th December. Alan said that a battery would be charged ready for the event.

AGM PRINTING: Carl raised the subject of printing AGM packs for those members that do not have email.

After some discussion, it was decided firstly to establish how many need to be printed. Carl also suggested that we have possibly 30-40 printed for AGM attendees. **ACTION** Roger to establish the quantity.

TRACK AVAILABILITY OVER CHRISTMAS

Carl raised the subject of track availability over the Christmas period and said that Wed 23rd was available and should we have a club night. It was decided to have a club night.

Carl said that the track is closed on Thursday 24th, so if there are any members doing an outrun, the facilities would not be available. Carl went on to say that Wed 6th Jan, would be the next club night after Wednesday 23rd Dec.

DOOR ROTA

Wed 2nd Dec
Christina Cotter, Glynne Jones, Anne Goodall.

Wed 9th
Dec Shirley Smith, Glynne Jones, Anne Goodall.

Wed 16th Dec
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 23rd Dec
Alan McDonald, Glynne Jones, Anne Goodall.

Meeting Closed 9.10pm

Next Meeting Tuesday 5th Jan.



SATURDAY 12TH DECEMBER

Woodford Park Leisure Centre, Haddon Drive, Woodley, RG5 4LY

60s, 70s, 80s fancy Dress

Bring your own tippie • Buffet • Raffle on the night with great prizes

£10 a ticket • £5 children under 16

Doors 7.30pm • Home time 11pm

If you would like to submit an article for the newsletter, please send it to the editor Chris Cutting, who can be reached at: newsletter@readingroadrunners.org