

WOODLEY
27:53

ALDERSHOT
27:53

DIDCOT
27:55

BOURNEMOUTH
28:15

BASINGSTOKE
28:15

READING
27:53

MAIDENHEAD
28:16

NEWBURY
27:46

WYCOMBE
RYE
28:38

UPTON
COURT
27:35

BRACKNELL
29:30



READING ROADRUNNERS NEWSLETTER DEC 2016

Awesome things often come in elevens; the 2005 Ashes-winning team for example, or the promotion-winning 1990 Cambridge United side. The Incredible XI you see above however, are the result of Tom's assault on the V80 local parkrun records throughout the second half of this year. And one by one the records fell, culminating in a nail-biting run at Bracknell to bag the lot. We felt such a feat deserved the front page this month and luckily we found a photo of Tom with Chris, who was responsible for putting the idea in his head in the first place.

Lots to get though at this festive time - several of you have responded to last month's hint about contributions with some really interesting articles. Please keep them coming and have a great Christmas.

INSIDE THIS MONTH:

- **POLAR CIRCLE MARATHON**
- **QUESTARS ADVENTURE RACES**
- **KATHY'S SUB FOUR**



READING ROADRUNNERS

Dinner Dance



Sonning Golf Club. 25th Feb 2017

£33.00 per person.

630pm for 7pm.

All monies to be put in an envelope with full names and individual menu choices. These can be given directly to Toni McQueen or handed in at the desk on club night.

Please note if you have any queries or questions, I can be contacted by email tonimcqueen@ntlworld.com or 07803609226 (not Facebook)

Menu

Starter

Butternut Squash & Ginger (v),
Smoked Salmon & Cream Cheese Roulade, Dill & Cucumber Vinaigrette (gf)
Baked Mushroom Mediterranean Vegetables, Parmesan Crust (gf)

Main

Fillet of Seabass, Yellow Pepper Sauce (gf)
Pork Tenderloin, Red Cabbage, Parsnip Mash, French Beans, Apple Sauce & Crackling
Grilled Halloumi, Stir Fried Vegetables, Noodles, Sweet Chilli Sauce

Dessert

Plum & Ginger Crumble with Custard
Fresh Fruit Salad (gf) (df)
White Chocolate & Raspberry Cheesecake
Coffee/Mints



**READING
ROADRUNNERS**

Entries are now open for the Bramley 20/10 Road Race, our clubs flagship event, on Sunday 19th February 2017.

If you aren't running we need your help to make the race a success.

Please contact Race Director Adele Graham or email Alan Makepeace, Chief Marshal at:

rocket-al@hotmail.com

THANK YOU IN ADVANCE!



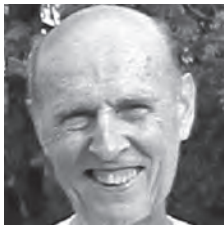
Welcome from the Editor

CHRIS CUTTING

Nobody enjoys a disaster action movie more than we do at Newsletter Towers and luckily there's more than a few on the telly at this time of year. I like to think that should I ever find myself in a team sent down to the earth's core in an attempt to reverse its polarity and save the human race, there's nobody I'd rather have onside than a sturdy, dependable type like this month's Arctic race report contributor Dave Wood, or indeed our hero of the desert Phil Reay.

I imagine we'd find Woody at the end of a downtown bar, regaling anybody within earshot of glory days long gone by, his beard now grown long and straggly and full of crumbs. There'd be a power-rock montage as we eventually coaxed him round to take one last shot at glory before he'd inevitably perish in a ball of flame, going out with all guns blazing and saving the earth...

This month's Welcome From The Editor has been brought to you by Bargain Booze's Basic Range Eggnog. Have a wonderful Christmas, one and all.



Chairman Chat

CARL WOFFINGTON

We held the Christmas Party at Woodford Park Leisure Centre on 3rd December. It was well attended and enjoyed by those that went. Thanks to Andy, Hannah and helpers for organising.

The cross country season continues. During the last month we have had two Hampshire League races at Bournemouth and Popham. Well attended and RR teams did well. We also had two TVXC races at Eton and the Handy Cross race. Unfortunately the Sandhurst race was cancelled.

The last RR Club Championship race of the year took place last month, the Mapledurham 10 mile off road race on 4th December. So, the final places are now known and trophies will be presented at the Dinner Dance. Thanks to Bob for organising.

The series of track timed 5000m runs continued with the run on 25th November. These are very popular and there was a good attendance. Thanks to Tony, Fergal and helpers.

Our own RR hosted TVXC race at Crowthorne is on 18th December. We will be needing helpers and marshals for this race. We also need donations of food on the day.

We will be having mulled wine and mince pies after track on Wednesday 21st Dec. Thanks to Toni.

We will hold a festive pub run between Christmas and New Year. Look out for details.

The RR Dinner Dance will be held on 25th Feb and details will be out soon.

Our own Bramley 20/10 race takes place on 19th Feb and there has already been an email asking for helpers. Please try to help if you can.

There will be no track sessions on Wed 28th and Fri 30th Dec. The Stadium is closed for those evenings.

I take this opportunity to wish you and your families a Merry Christmas and best wishes for 2017.



Ladies' Captain - Report

CLAIRE SEYMOUR

Hope you're all enjoying the XC season, and for those of you who ran at Handy Cross, hope you enjoyed the hills, as this is one of the toughest TVXC races in the fixture list! We have quite a lot of double XC weekends coming up, as we had recently with the Hampshire League fixture on the Saturday at Popham, and Handy Cross on the Sunday! This pattern seems to follow throughout January as we have Prospect Park on the 14th, with Bracknell TVXC 15th, along with the Southern XC Championships at Parliament Hill on the 28th, and Metro's 29th. I think there might be a few tired legs at the end of this season, but they're all good strength training for those upcoming marathons and Halfs in the Spring!

In November we also had the final Club Championship race at Mapledurham which was a 10 miler, and was the decider for Road/Multi terrain Championship for 2016. As I'm writing my report I don't believe the final results have been published so I will look forward to reporting who came out on top in next month's report.

Hampshire League XC

So far three fixtures have been held in the Hampshire League. The November fixture held at King's Park, Bournemouth back at the beginning of November was only a few days after two talented Aldershot runners who regularly took part in this league and won their races, were very sadly killed in an accident outside their training ground. Their club, Aldershot, Farnham and District, did them proud turning out in force. We all wore black ribbons as a sign of respect and held a minute's silence before we took part in our races. It was a very touching experience for everyone who was there.

In this league, our ladies are going from strength to strength, with Sarah Urwin-Mann leading the RR ladies home at the King's Park fixture with a strong run, finishing in 21st position overall and 3rd Vet,

Belinda Tull had a very good run finishing in 54th place, with Sam Whalley 105th, myself 117th and Cecilia Csemiczky 151st also having good runs. Our ladies team finished in 10th overall and 4th vet team on the day.

We then had the 3rd fixture held at Popham Airfield at the beginning of December, with Sarah Urwin-Mann having a great run to finish in 13th place overall. I believe this is one of Sarah's highest placings in this league, and 3rd vet overall. Our other ladies also had good runs with Belinda Tull finishing in 59th place, Sam Whalley 79th place, Toni McQueen 100th and 1st V60, myself 102nd, and Cecilia Csemiczky 120th. Our ladies Team finished in 8th place overall and 3rd vet team.

The overall standings for the season so far are Overall = 8th position, Vet's = 4th position

Well done and thank you to all the ladies that run at these fixtures.

TVXC

We had a good turn out of runners (35 ladies) for the first fixture, traditionally held at Datchet on Remembrance Sunday. Claire Marks was our first RR lady home in 13th place, with Alix Eyles 17th, Caroline Jackson 49th and Sam Whalley 50th. These 4 ladies made up our scoring team and they finished in 8th place overall, with our combined result for the men and women finishing 5th. Well done and thank you to everyone who ran.

The second fixture was held at Handy Cross on a gorgeous sunny winter day, with again a good turn out of green vests considering this was held on the same day as our Club Championship race. As I write my report the results haven't been published, however I believe that Claire Marks was our first lady home, with Nicole Rickett finishing 2nd lady for the club, followed



Handy Cross XC

by Charlie Macklin and Susan Knight. Hope everyone who ran enjoyed the hills!

Something to think about when taking part in the TVXC league is the RR XC Championship . Each runner shall compete in at least five Sunday league fixtures during the winter season to qualify. Helping at the RR home fixture shall count as a run.

Age groups shall be:-

MEN: Senior, Vet 40, Vet 50, Vet 60, Vet 70

WOMEN: Senior, Vet 40, Vet 50, Vet 60

Mapledurham 10 *Club Championship*

We had a good turn out of runners at the last Club Championship race in 2016, with 15 ladies taking part in perfect conditions for racing. Congratulations goes to Nikki Gray for winning the ladies race in a brilliant time of 1.09.47. I believe one or two of our runners may have also had tired legs after running the Hampshire League the day before (Sam Whalley!). Well done to all the ladies who took part.

Dates for your diaries

Sunday 18th December - TVXC RR (our fixture)
Crowthorne Woods

Saturday 7th January - Berkshire County XC Championships, Braywick, Maidenhead - If you're interested in taking part or would like more information, please contact me via teamcaptains@readingroadrunners.org

Saturday 14th January - Hampshire League, Prospect Park, Reading - As this fixture is in our home town, it would be great to have a few more ladies take part! if you're interested in running, please contact me via the teamcaptains email above.

Sunday 15th January - TVXC Bracknell, Lightwater Country Park

Sunday 22nd January - TVXC Tadley

Saturday 28th January - Southern XC Championships, Parliament Hill

Sunday 29th January - TVXC Metro's

Hope you have a Merry Christmas and a Happy New Year and Happy running in 2017!

Claire



Men's Captain - Report

MARK WORRINGHAM

Greetings all. The final days of 2016 are now ticking away, and what an odd one it has been. Who knows what 2017 will bring. Doubtless the few surviving celebrities are anxiously holding their breath trying to see out the year and hoping that when new year comes there will still be enough of them to populate an episode of Blankety Blank*, whilst the rest of us are nervously anticipating what happens when the free world is helmed by a giant, satsuma-coloured toddler. However, keeping strictly to the running remit, the men's team has had a pretty excellent year all in all, with another TVXC league win, comfortable survival in the Hampshire League (and some great results at the start of the 16-17 season), fine performances in the Southern Road and XC relays and the Bounders Relays, and another almost-but-not-quite performance on the Ridgeway, as well as the small matter of – ahem – a couple of club records.

Let's kick off this month's review by showing some love for Tom Harrison's achievement of setting V80 records in 11 separate parkruns, taking an average of almost 5 minutes off the existing records. This is spectacular stuff. Tom even managed to set a V80 record at Bournemouth, where being 80 years old would make you one of the youngest people around. It is a shame Tom's Wednesday night jokes can't match his running, although perhaps we should take a running-influenced view and 'age-grade' his jokes against the jokes of other people in their 80s – in which case they get lots of points purely by not being racist.

Tom had another good performance at Bournemouth in the second round of the Hampshire Cross Country League, where he was first (and only, but we will skip over that) V80. Overall, the team had an excellent turnout, and a very solid result finishing 7th in Division 1, one better than at Winchester last month. Scorers were myself (18th), Lance Nortcliff (49th), Jamie Smith (55th), David McCoy II (56th) and Ben Whalley (85th), with Tony Walker in 131st scoring for the vets alongside Lance and Ben. The vets team were 2nd in Division 2. It was really heartening to see so many Roadrunners making the longest trip in the XC league calendar, to which we usually bring something of a skeleton team.

The third Hampshire League fixture was at Popham near Basingstoke, and in this one we had an absolutely fantastic result. Getting our first five runners into the top 40 enabled us to finish an incredible 4th in Division

1, not something that has happened in the last 10 years (or maybe much longer, but I got bored of checking old results when I'd got back to 2006). I finished in a new best position of 13th, and was very ably backed up by Ben Paviour 29th, Lance Nortcliff 31st, David McCoy II 33rd and Jamie Smith 40th. Matthew Green also made a very solid debut in the league in 52nd. The vets also had an excellent showing, winning the fixture in Division 2 thanks to Lance, Ben Whalley (56th) and Fergal Donnelly (94th), and the win would have been even more emphatic had the results correctly identified Ben Paviour as a vet. Clearly, his youthful complexion and fashionable hat falsely marked him out as a senior. Anyway, we just keep going from strength to strength in this league. The next round is Reading at Prospect Park in January (travellers permitting). Can we match this performance? Or even, maybe, go one better?

Of course, dominant performances in our other league, the Thames Valley XC, are now second nature. The first race of the season was hosted by Datchet at the Broccas in Eton. This fast, flat course divides opinion somewhat. An acquaintance of mine once opined of this course that "lack of incentive to catch runners ahead is more a function of boredom than fatigue." This proved no obstacle for our men. Ben Paviour got a tidy 2nd, with David McCoy II 5th. Solid runs from Mark Apsey (14th), Keith Russell (17th), Ben Whalley (20th) and Andrew Smith (30th) ensured that the men emerged victorious once again, despite two of those six having raced the previous day at Bournemouth. In fact, RRR men have won 19 of the last 23 TVXC fixtures, a level of domination comparable with those great teams that we all consider synonymous with sporting pre-eminence, such as the stranglehold that Panathinaikos had over the Greek basketball league from 1998 to 2014.

The other big date on the racing calendar this month was the Mapledurham 10 miler and 10K. The podiums were heavy with Roadrunners this year, in particular a 1-2-3 in the 10 mile race. Rob Corney took the win in an excellent 58:12 on a tough course, followed by Seb Briggs and, emerging from his post-London hibernation, Rupert Shute. Ben Whalley laughed in the face of his heavy legs (some classic anatomically confused idioms there) from the previous day at Popham, with third V40. Meanwhile, Jamie Smith also ignored any residual XC tiredness to retain his 10K title. Ed Dodwell was first V50.

Otherwise, other items of note are a variety of odds and sods from all over the place, although I will leave the reader to decide who are the odds and who are the sods. David Caswell's trip to Valencia was rewarded with a marathon PB of 3:23:55, and there was also a half marathon PB of 1:16:08 for Jamie Smith and the Windsor and Eton Autumn Half, and a 10K PB of 32:22 for me, finishing second in the Eynsham 10K. David Leake scored some V60 bling, winning his age category at the Downton Half Marathon and finishing third in the age group at the Perivale 5. Meanwhile, the now regular timed 5K at Palmer Park saw some fast times, with both Rob Corney and David McCoy II plunging into the low 16s. Unfortunately, however, a load of travellers rocking up to Prospect Park meant the cancellation of the Berks, Bucks and Oxon XC Championships, in which we were due to field a strong team, which is a shame. Unfortunately, they have been unable to rearrange this event.

Some things coming up include the Berkshire Cross Country Championships on Saturday January 7th at Braywick Park in Maidenhead. I am certain we are capable of winning silverware in this if we get a good team out. Please let me know by Monday 19th December if you want to take part. Also, our very own

TVXC fixture at Crowthorne Woods will be happening on Sunday 18th December, and any help offered will be gratefully accepted. As will food donations, and hopefully we can get to the stage where our food table resembles an obscene medieval banquet, complete with suckling pig and songbirds in a pie.

Finally, as reported in the Committee minutes last month, I will be stepping down from the man's captaincy at the AGM in March. This is in order to spend more time with my family. As we all know from years of following politics, that is code for me having been forced to resign after being caught in flagrante with two members of B*witched. Lindsay and Sinead, in case you're interested. Totally worth it. Anyway, there is now a vacancy coming up, and I encourage anyone who might be interested in taking the role on to come and have a word with me about what it entails.

Oh yes, and a happy Christmas to all.

**I have just learned via the internet after writing this that there ITV will actually be screening a renewed Christmas special of Blankety Blank this year, featuring the Chuckle Brothers. Because, you know, that's what we all needed.*

SPORTS MASSAGE AVAILABLE AT THE CLUB

WEDNESDAY FROM 6:30 WITH JUNE WILSON

Sports Massage is an important part of your training. Massage in general lengthens muscles, basically providing a good stretch, it moves lymph around the body helping to eliminate toxins. It also helps to relax the body.

Sports Massage goes a little deeper, it breaks down trigger points which may lead to injury and overtime it helps to remove scar tissue. Several of my customers have reported new personal best times after a massage at the club.

Sports Massage is available from 6:30 on Wednesday evenings for £10.

Pop into Changing Room 1 and give it a try.



Coaches Corner - Energy Systems

NIGEL HOULT

We all know that the energy we burn up running comes from the food we eat and the air we breathe, but if that's all there is to it, how come we can sprint for the line after a tiring race, and why do we sometimes "hit the wall" in a marathon? And how do we run the "perfect" 10k? In this article I'll try to offer an explanation, without going into too many technical details.

The body has three different energy systems that all play a part in running, though in different proportions according to what we're doing.

The first of these is known as the Alactic System; it produces no nasty waste products to make our muscles sore, but only lasts a few seconds. It also doesn't require any oxygen – if you watch a 100m race, you'll notice that the athletes hardly breathe during the whole event. For the type of running we do, this is the system that lets us sprint off from the start and sprint for the line at the finish (as although it only lasts a few seconds, the body can recharge it as we run).

The second system is the Lactate System; this doesn't rely on oxygen either, but produces lactate and acid. The body recycles the lactate into more fuel (although this takes a significant time), but the acid in our muscles is what causes the fatigue or "burning" sensation that may be felt at the end of a burst of hard exercise. (The soreness that appears later is something different.) This is the major energy system for run durations of a few minutes, but also contributes in longer runs.

The final system, and the one that does most of the work in the endurance events that we usually run, is the Aerobic System. As the name suggests, this does require oxygen, so the more energy we need, the harder we have to breathe. Of course, there's a limit (although training improves it); the maximum rate at which we can extract oxygen from the air is called $\dot{V}O_{2\max}$, and sometimes we do exercises such as the Cooper test at the track to estimate this.

The energy systems can use two main food sources as fuel: carbohydrates and fat. Carbohydrates are the fuel of choice: the energy can be quickly and efficiently released. However, the body only stores a limited amount, so unless this is replenished then fat has to be used instead, and this releases its energy more slowly. This is why we can sometimes "hit the wall" in a marathon as the efficiency drops. It also explains why we should take on extra carbohydrates – energy drinks, gels, etc. – on longer races, which are generally those lasting over an hour. Long slow runs in training also improve the body's ability to use fat as a fuel, and are therefore useful in the build-up to a marathon or half.

If we run steadily, the aerobic system will provide most of the energy, and we will be breathing at the rate needed to sustain that. Our breathing rhythm will synchronise to our running – for many people it's two foot strikes breathing in and two breathing out, though some have a different natural rhythm. As we increase speed, we keep the same rhythm but breathe harder, and it becomes more difficult to speak – a word or two is all we can manage. Eventually, we reach a point where we can no longer breathe regularly, and start panting for breath. This is when the aerobic system can no longer supply energy at the rate we're using it. The pace where this starts to happen is often called "threshold pace", and with practice we can get to recognise it. It's possible to maintain this pace for about an hour, which for most of us equates to something in the 10k to 10 mile region, unless you're in the Mo Farah class, when it's a half marathon! If you want to run the "perfect" 10k, running at threshold pace is the key. Unfortunately, it's not as easy as it sounds, but give it a try and you might be surprised at what you achieve!

Ice Ice Baby

DAVE WOOD

In 2014 I ran the Bagan Temple Marathon in Myanmar (Burma). It was hot (35 degrees) and humid and I struggled in the conditions, ending up with a (then) personal worst time. However, I did enjoy myself, partly because it was such a beautiful location, partly because I actually enjoying doing things that are difficult, and partly because I met a whole bunch of great people with similar tastes in adventure. After the race, while sitting with our feet in the pool at the hotel, someone suggested we all meet up somewhere cooler next time round – Greenland maybe. So that's how I found myself in October 2016 on a flight to Kangerlussuaq, just north of the Arctic Circle and the base for the Polar Circle Marathon (and Half Marathon – more of that later).

Unfortunately not everyone who had shown interest sitting around the pool that day had made it to actually being on the flight from Copenhagen with me on 27th October. There were injuries and illnesses to take care of, there were financial and work implications (it's not cheap travelling half way across the world) and some people just thought better of it. I don't blame any of them. It was a stupid idea and whoever did come up with it should have a long hard think before opening their mouth next time (it's been claimed recently that it was me but I honestly don't recall). Anyway, what mattered was that there was a contingent from the Bagan days and they were all the fun ones anyway (well, I'm bound to say that, right?!).

Kangerlussuaq is a small town of about 200 people who's main purpose is to serve the airport. Including all the participants, marshalls, doctors, support crew etc for the race we would be invading with around 200 people ourselves so it has a significant impact on the town. Accommodation for the event was in shared twin rooms attached to the airport, the "hotel restaurant" was essentially the airport canteen. However, this trip wasn't about luxurious hotels, it was about challenging the elements.

The Polar Circle Marathon is run in part on the Greenland Ice Cap and it's exactly as challenging as that sounds. Underfoot is solid ice, sometimes with snow on top. It's uneven, slippery and hilly. The course is marked by poles and you run from pole to



pole hoping that you can see the next one when you get there. Reassuringly, on the course inspection on Friday afternoon the race director had pointed out that "We've added some red tape to all the poles so they're easier to see in 'white out' conditions". Brilliant.

The other issue is the wind, which can be strong enough to blow over an unsuspecting runner (something that happened more than once to my friend Tracey). It's also cold, biting so, and on the Friday, fully clothed, my hands and feet were painfully icy. I realised then that I may have underestimated the amount of kit I needed and resolved to run an equipment test that afternoon around the town. How cold race day would be exactly was unpredictable as these things are. If we were lucky it might get as high as -10C, if not (like last year) it might be closer to -30C.

As well as the full marathon there's also a half marathon option the day after. And for those who just don't know when to say "No thanks, I think running for hours over snow and ice in strong winds and minus 20 something degrees once is enough" there's the option to sign up for both races and complete "The Polar Bear Challenge". Me being exactly the sort of person who just doesn't know when to say "No thanks, I think

running for hours over snow and ice in strong winds and minus 20 something degrees once is enough" had done exactly that.

Saturday morning came and we all stood around waiting for our transport to the start line. The weather had been both kind and cruel to us in the last few days. The sky was clear today but there had been fresh snow recently so we knew that the ice cap itself would have tricky sections of deep snow as well as the usual ice. The wind was also less strong than last year (apparently) so all in all a (relatively) good day for running. It was (considerably) sub freezing though – minus 18 in town so somewhere in the minus 20s out on the course. The transport up to the start appeared to have no heating of any note so on the long hour and half drive my feet and hands got colder and colder. Any thoughts of at least starting warm vanished, even with the extra layer I'd added on both my legs and torso after my test run on Friday afternoon (for the record, 4 layers on the top half, 3 layers on the legs, 2 pairs of socks, waterproof trail shoes plus added spikes, a woolly hat, gloves and a buff).



Once I was moving, most of me actually didn't feel that cold. Don't get me wrong, I wasn't exactly toasty even with all my layers but most of me was fine. My face was the exception. The buff I was wearing froze solid so I had a choice to try to breathe through a solid wall of ice or remove it and get the wind in my face. I alternated between the two. My sunglasses also fogged up from my breath and then froze so I had to take them off so I could see. That just led to the strange sensation of my eyelids beginning to freeze shut and I had to prise them apart more than once to continue.

To give you some idea of how hard it was to make progress, during a normal marathon I'd expect to cover the first 5k in 25 minutes. After 5km in the Polar Circle Marathon my watch told me I'd taken 55 minutes. And I was about half way down the field at this point, so I was by far not the slowest. As I said, it was tough but not just physically, mentally it was incredibly challenging too. I didn't know how long that terrain would last and couldn't even work out how long the whole thing might take me at that pace, I didn't know if my exposed face would lead to me being pulled out for frostbite and I was more tired at half way than after any single marathon I've ever run. So, it came as a great relief to find that the further I ran the better it became under foot and I was able to increase the pace. It was still incredibly tough going and there were sections where I had no choice but to walk just because I couldn't catch my footing, or because I was genuinely exhausted, but as the route took a more downhill aspect towards the town I felt better and better.

It's worth mentioning at this point that I'd arranged to run the entire route with Tracey (of the aforementioned tumble down the hill) as we both figured it would be good to have a friendly face for motivation. We had lost each other up on the ice cap, quite understandably, but had been reunited just after 10km. She'd actually been cursing me for leaving her behind she told me, so was surprised when I ended up catching up to her rather than the other way around. From then on we ran side by side or in convoy depending on the terrain and at various points along the route one or other of us seemed to be in better shape than the other. As we entered the last 10km or so I realised that we were a short distance away from the end and admittedly became annoyingly positive, to the point where she actually punched me.

When the finish line loomed, I ran through, posed for the cameras and collected my medal. Our half marathon running friends (who had effectively had the day off) gathered around for more photos and hugs. After a few minutes of not running, and therefore not generating any internal heat, I became quite cold quite quickly, just like I had been on Friday. We went into the warm airport building to recount tales of the day to those looking forward to the next morning. Ah, yes. That. The following morning we'd have to get up again and run the first 21km over the ice cap and through the snow. Those first 21km today had felt more like a full marathon than a half and my total time for the whole route had been 5 hours and 39 minutes – 2 hours slower than the marathon I ran in Lisbon 4 weeks before, and an enormous personal worst. It felt like a victory though, and I was looking forward to tackling the ice cap again.



The Polar Circle Half Marathon was a joy. The course was exactly as tough as the previous day (albeit only for 13 miles this time), I had the same problems with my buff freezing as the day before and I didn't even bother to start with the sunglasses this time, just accepting that my eyes might need the occasional very careful poke to keep them open. The main difference was psychological. My body felt good after a night's sleep, I knew exactly where all the deep snow was, where the ice was and where the finish was (although I did take one wrong turn on the ice cap and realised my mistake only after the snow was above knee level and I realised everyone else had turned right). I just felt calmer about the whole thing and knew that I would finish, albeit in a massive personal worst time (2 hours 49 eventually), just like yesterday. With that all sorted I was able to look around more and appreciate the environment.

Greenland, especially up on the ice cap itself, has a lot of similar qualities to Antarctica, which is still my favourite amongst all the places I've been lucky enough to visit. It's not as unspoilt obviously, and it's not as empty, but it still has some of the harsh beauty, and there's just something about a snowscape that I find appealing. So as I ran on Sunday I appreciated the opportunity to experience it all, to test myself in a place where most haven't been, and those who do visit tend to do so without trying to travel 39 miles on foot in a couple of days. It was a privilege to attempt the Polar Bear Challenge and when it was over, after a grand total of 8 hours and 30 minutes over those 2 days, I stood for a long while at the finish line enjoying the view, tired but elated. Oh, and cold. Really, really cold.

Questars Adventure Race Series - a different type of event....

LIZ JONES

Having read the recent RR newsletter and noting that you were interested to hear about other events that members enter, I thought I would let you know about Questars Adventure Races (<http://www.questars.co.uk/>) which I have competed in and enjoyed now for several years.

In brief, there are four events each year, always on a Saturday, and usually they are spaced out in March, May, July and September. The basic idea is that you have either five hours (for 'novices', ie those new to the sport) or six hours (for 'masters') to navigate yourself around the countryside getting to checkpoints, so it's a bit like orienteering, and each checkpoint has a value – the winners are those with the most points within the five or six hour time limit, with points knocked off if you finish late. The difference from orienteering though is that there are three disciplines involved - running, mountain cycling and kayaking. You must pick up at least one checkpoint in each of the three disciplines. There is a different 'duo' event for those who really don't want to kayak, but from experience and having never previously sat in a kayak, I really enjoy that bit and the points are in fact easier to accumulate in the kayaking element of the race, though you will get a wet bum. The running and cycling include quite a bit of off road, so without any doubt you will come back covered in mud, but it's not as extreme as something like Tough Mudder. You can be in a team of up to four and need to play to your team's strengths, so for runners you may do proportionately more running and just do a bit of the cycling and kayaking. Typically the terrain is hilly and my regular team (two 'veteran' ladies calling ourselves the Mad Old Tarts!) spreads the running and cycling fairly evenly and you can only ever do a maximum of one hour of the kayaking. The things I love about it are:

- That they are always in stunning areas of Southern England or Wales where there are hills, eg the South Down, Chilterns, Brecons, Cotswolds etc. After every event I always wish I could spend a couple more days in the area and see more, at leisure!



- You compete as a team of up to four so it's great to do with friends and you get a number of teams comprising families with adult kids or married couples competing together as a team. The team must stick together at all times;
- You have to be strategic in planning your route as you will never get all the points that are available unless you completely bionic, so there's a fair bit of exercise for the old brain too. Don't be too ambitious – you don't want to be 10 miles from home with only half an hour to go or you'll lose lots of your hard-earned points.
- You get to do map reading - navigation between the checkpoints is reasonably straight forward with the course set so that you can make use of bridle paths (for the bikes) and footpaths for the running. Having to stop and check progress means you get lots of short breaks whilst trying to work out if you're facing north, south, east or west!
- The organisers and other competitors are really friendly – over time you get to know who the competition is!
- Training for it means you can cross train which is good for all sorts of reasons.
- Doing the three disciplines means that you don't get too tired in any specific one, though by the end of the day you are really tired all over, but the event base does a great chilli con carne and other hot food, hot drinks and some excellent homemade cakes which somehow makes it all worthwhile!

After all that exercise, the drive home is probably the hardest bit, but it's a wonderful day out and you can guarantee that you will sleep well that night. Don't plan anything active for the evening!

Going for Sub Four

KATHY TYTLER

(First published in 'Like the Wind' #9)

We have goals; from record breaking and medal winning to 'just getting round'. Once regular running and finishing a race has been achieved there is the quest for PBs, new distances and new races. The experience of reaching a significant target can last for ever.

After completing my first marathon in 1992, my goal was a sub 4 hour marathon. I almost got there in Slough September 1996, with a PB and a time of 4.02.30. Later that month I entered The Polytechnic Marathon, running from Windsor to Chiswick, following the route of the 1908 Olympic Marathon.

My on the day race preparation did not go to plan. As it was a point to point race I parked my car (and my mum) at the stadium in Chiswick, then got on one of a fleet of coaches taking runners to the start. Our coach broke down on the M4. Spending time on the hard shoulder of a motorway is not ideal for pre-race nerves (or bladders!) Anxiety levels were high with the clock ticking towards the start time. Runners were stripping off, lacing up their running shoes and stretching in the aisle. We did get going and arrived at Windsor just in time for my first sprint of the day – toilet - bag drop – start-line.

My adrenaline was pumping and I had to work hard not to start off too fast – unusual for me. I fell in with another runner, Sue. We chatted, I relaxed and told her about my goal. My running club mates knew that I was aiming for sub 4 hours. As it was a local race, many of them were running and some were around the course supporting.

The route took us along urban roads busy with traffic. I left Sue and focussed on my race plan – steady, even paced running. When I reached 20 miles inside 3 hours, still feeling good, I thought that I could do it. Six point two miles to go – just treat it as the start of a 10K. I ran the rest of the race with the effort of my 10K pace and remained on target – just! On the bridge near the stadium I saw Dwayne and Anne from my running club. Their "Go Kathy! You can make it," spurred me on ...

I enter the stadium on the track opposite the finish line. Three-quarters of a lap to go – 300 metres. I daren't

look at my watch. The commentator's voice comes over the loudspeaker; "It's Kathy Tytler from Reading Roadrunners – will she make it under 4 hours?"

I must try now, everyone is watching. I'm at the 200 metre mark accelerating to my fastest pace ever – a sprint at the end of a marathon – and I'm no sprinter. As I round the bend towards the home straight I am completely focussed on that clock on the finish line – then everything goes into slow motion. Everything; my legs, my arms and the figures on the clock. I am running on automatic pilot. I can't hear, I can't feel, I'm not even aware of breathing as my legs propel me to the line. The only thing I am aware of are the seconds slowly ticking by on that clock 3.59.50; 51; 52; 53...

Once over that finish line all my senses recovered. I was exhausted, aching, bent double and trying to catch my breath. Sue had dropped out of the race before halfway. She was on the finish line to congratulate me. She had changed her clothes and was wearing a big black leather coat. She gave me a hug enveloping me in darkness...

It is dark. I can't breathe. I must be dead – but I've beaten 4 hours for a marathon!

These thoughts were so clear, but I wasn't worried or distressed – I was elated.

Sue let me go - and I realised that I was still alive. My time was 3.59.56. My faster club mates who had finished earlier were there to congratulate me, one of them surprising my mum by vaulting over the seats in the stand in front of her to get to me.

1996 was the last running of The Polytechnic Marathon, as increasing traffic on the route made it too difficult to organise. It is now coming up to two decades later, but I can still close my eyes and relive the last few seconds of that race.

I had several sub 4s in the next few years at Slough, Luton and Abingdon. Slough Marathon in 1997 remains my PB; 3.55.18 where I won the Berkshire gold medal for my age group. I am now more of a sub 5 hour target marathon runner on the road, but I run more trail races where time, as they say, is relative. This year I as reach 60, maybe it's time for more PBs.

Roadrunners Results

NIGEL HOULT

This is the time of year for cross-country, and we seem to have got off to a good start, especially in the Hampshire League where our senior men and veteran ladies have improved with each match. Rob Corney and Jamie Smith won the two multi-terrain Mapledurham races with Nikki Gray being first lady in the 10 mile; the latter was especially popular this year, perhaps because it was the final race of the Club Championship.

On the roads, Mark Worringham rounded off a good year by coming second in the Eynsham 10k and setting a new PB (and club season's best) in the process, while Belinda Tull took second place in the Oxfordshire Championship at the same event.

Further from home, Sian James set a new PB to win her age category at the Valencia marathon in a time that got her a "good for age" qualification for London (and would have done so even had she been a man!), while David Caswell also set a PB. Even further afield, Simon and Fleur Denton took part in the Angkor Wat half marathon. This year we've had people running in Cambodia, Greenland, the Sahara, South Africa, USA, Russia and Australia: what unusual destinations will we see in 2017?

As this is the last report of 2016, I'll end by wishing you all a Merry Christmas and a Happy (and injury-free) New Year. Don't forget to keep the results coming to results@readingroadrunners.org.

11th-13th November

Druids Challenge (84 miles over 3 days)

Donald Scott-Collett 59 17:03:07

(Race 1: 6:09:47, Race 2: 5:30:48, Race 3: 5:22:32)

12th November

Hampshire League XC, Bournemouth

Ladies

Sarah Urwin-Mann 21 23:22 3rd FV

Belinda Tull 54 25:50

Samantha Whalley 105 29:34

Claire Seymour 117 30:18

Cecilia Csemiczky 151 37:50

Ladies Team: 10th

Ladies Vets Team: 4th

Men

Mark Worringham	18	32:29	
Lance Nortcliff	49	34:41	5th MV
Jamie Smith	55	34:27	
Dave McCoy	56	34:28	
Ben Whalley	85	36:01	
Tony Walker	131	38:01	
Fergal Donnelly	144	38:43	
Henry Stapley	159	39:10	
David McCoy	186	40:43	
Colin Cottell	188	40:53	
Kevin Jones	226	45:36	
Tom Harrison	243	57:26	

Mens Team: 7th in Division 1

Mens Vets Team: 2nd in Division 2

13th November

Nice-Cannes Marathon

Pete Morris 5847 4:48:57

Martin Bush 6153 5:00:14

TVXC League, The Broccas, Eton

Ben Paviour	2	31:56	1st MV
David McCoy	5	32:27	
Mark Apsey	14	33:38	
Keith Russell	17	34:00	
Ben Whalley	20	34:33	5th MV
Andrew Smith	30	35:16	
Duncan Mollison	38	35:50	
Fergal Donnelly	39	35:51	
Paddy Hayes	48	36:36	
Brian Kirsopp	51	36:40	
Simon Elsbury	53	36:52	(running for Finch Coasters)
Gary Tuttle	58	37:01	
Henry Stapley	59	37:04	
Gavin Rennie	63	37:16	
Ian Giggs	77	38:06	
Julian Hough	87	38:33	
Kenny Heaton	88	38:40	
Bill Watson	103	39:14	
Justin Simons	108	39:29	
Richard Charley	114	39:47	
Mel Silvey	117	39:53	
David Fiddes	125	40:14	
Claire Marks	164	41:50	
Alix Eyles	175	42:18	

ROADRUNNERS RESULTS

Chris James	178	42:24
Keith Ellis	187	42:51
Nick Adley	196	43:18
Lee Hinton	206	43:54
Gary Brampton	211	44:04
Brian Fennelly	244	45:25
Will Guest	246	45:27
Tom Wright	255	46:00
Andy Atkinson	259	46:04
Paul Monaghan	261	46:06
Caroline Jackson	263	46:08
Samantha Whalley	265	46:10
Peter Reilly	268	46:16
Mary Janssen	278	46:34
Martin Douglas	280	46:38
Jim Kiddie	288	47:01
Catherine Leather	309	48:09
Eddie McIndoe	312	48:21
Dave Brown	318	48:27
Charlie Macklin	320	48:33
Richard Morgan	325	48:46
David Ferris	327	49:06
Susie Rees	335	49:20
Jo Sollesse	342	49:27
Susan Knight	344	49:29
Neil Fenwick	345	49:30
Peter Higgs	353	49:48
Angela Burley	358	49:57
Michael Charlton	366	50:21
Paulina Erceg	370	50:31
David Bunting	388	51:23
Donna Saunders	389	51:30
Claire Seymour	390	51:31
Angharad Shaw	407	52:58
Louise Atkinson	412	53:20
John Bailey	414	53:22
Barry Baker	419	53:44
Caroline Hargreaves	423	54:03
Bob Thomas	428	54:34
Chris Drew	439	55:50
Lucy Bolton	442	56:03
Justin Watkins	443	56:11
Sandy Sheppard	457	57:34
Cecilia Csemiczky	459	58:28
Maureen Sweeney	461	58:32
Liz Atkinson	467	58:55
Carl Woffington	475	1:00:39
Frank Cooper	478	1:01:02
Sev Konieczny	480	1:01:36

Janice Thomas	489	1:02:52
Kathy Tytler	492	1:03:27
Lorraine Bailey	493	1:03:44
Catherine Douglas	497	1:05:48
Lin Morton	498	1:05:49
Juliet Fenwick	499	1:06:31
Ann McKinnon	501	1:07:45
Holly Turner	503	1:08:35
Liz Fletcher	507	1:10:08
Alison Few	509	1:12:55
Julie Wing	510	1:15:54
Hannah McPhee	513	1:20:16
Sheryl Higgs	515	1:34:17
Mens Team: 1st, Ladies Team: 8th (Overall: 5th=)		

20th November

Valencia Marathon

Name	Pos	Gun	Chip	
David Caswell	3827	3:26:26	3:23:55	PB
Sian James	4627	3:30:50	3:28:45	PB, 1st FV60
Caroline Jackson	4907	3:32:11	3:28:22	
Paul Monaghan	6735	3:42:46	3:38:55	
Peter Higgs	14372	4:38:35	4:37:06	
Philip Reay	14628	4:43:17	4:35:31	
Christina Calderon	14629	4:43:17	4:35:31	
John Bullock	14833	4:47:05	4:45:47	
Rachael Derry	15127	4:55:05	4:53:48	

Valencia 10k

Name	Pos	Gun	Chip
Emma Caswell	7744	1:22:20	1:17:57
Sheryl Higgs	7814	1:33:37	1:28:56

Phoenix Riverside Marathon

Martin Bush	70	5:36:21
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Gosport Half Marathon

Name	Pos	Gun	Chip	
Kevin Jones	324	1:36:41	1:36:29	
Jim Kiddie	877	1:56:59	1:55:50	5th MV65

Conwy Half Marathon

Name	Pos	Gun	Chip
Andy Dingle	1138	2:00:10	1:59:41
Amanda Rosser	1139	2:00:10	1:59:41

Windsor and Eton Autumn Half Marathon

Name	Pos	Gun	Chip	
Jamie Smith	5	1:16:08	1:16:08	PB
Andrew Sumner	195	1:49:18	1:49:06	

Southwold 10k

Name	Pos	Gun	Chip	
Helen Dixon	632	1:08:49	1:08:34	PB

23rd November**Timelord on the Thames 1 Marathon**

Martin Bush	28	4:58:04		
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24th November**Timelord on the Thames 2 Marathon**

Martin Bush	18	4:56:46		
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25th November**Timed 5000m, Palmer Park**

Rob Corney	1	16:06		
Dave McCoy	2	16:18	PB	
Ben Paviour	3	16:24		
Duncan Mollison	5	17:36		
Gary Tuttle	6	18:22		
Richard Usher	8	18:47		
Callum Goodyear	9	19:22		
Colin Cottell	10	19:26		
Justin Simons	13	20:09		
David Fiddes	15	20:34		
Eleanor Foy	16	20:50		
Chris James	17	21:17		
Simon Davis	20=	21:44		
Eddie McIndoe	20=	21:44		
Will Guest	22	21:55		
Nick Adley	24	22:26		
Andy Atkinson	25	22:31		
Pete Morris	26	22:42		
Mo Fassihinia	27	22:55		
Sam Whalley	29	23:11	PB	
Elizabeth Ganpatsingh	30	23:37	PB	
David Ferris	31	24:18		
Kerri French	34	27:49		
Maureen Sweeney	35	28:19		
Linda Wright	36	28:31		
Carl Woffington	37	29:11		
Lynda Haskins	39	30:02		
Jenny Oakley	40	31:54		

26th November**Saxon Shore Marathon Day 1**

Martin Bush	95	5:25:14		
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27th November**Saxon Shore Marathon Day 2**

Martin Bush	100	5:52:21		
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San Sebastian Half Marathon

Name	Pos	Gun	Chip	
Ashley Middlewick	122	1:22:51	1:22:47	

Downton Half Marathon

David Leake	71	1:42:02	1st MV60	
Charlie Macklin	156	1:55:59		
Andy Atkinson	159	1:55:59	4th MV60	
Liz Atkinson	269	1:24:50		
Sev Konieczny	280	2:37:31		

Eynsham 10k

Name	Pos	Gun	Chip	
Mark Worringham	2	32:22	32:22	PB
Belinda Tull	159	42:17	42:14	5th FV45
Oxfordshire Championships				
FV45: Silver – Belinda Tull				

Kingston 10k

Name	Pos	Gun	Chip	
Sarah Urwin-Mann	19	38:51	38:48	1st F
Ben Smith	43	43:15	43:11	

3rd December**Hampshire League XC, Popham****Ladies**

Sarah Urwin-Mann	13	23:38	3rd FV	
Belinda Tull	59	26:58		
Samantha Whalley	79	29:00		
Toni McQueen	100	30:42		
Claire Seymour	102	31:00		
Cecilia Csemiczky	120	38:20		

Ladies Team: 8th

Ladies Vets Team: 3rd

Men

Mark Worringham	13	33:23		
Ben Paviour	29	34:58		
Lance Nortcliff	31	35:01	1st MV	
Dave McCoy	33	35:12		
Jamie Smith	40	35:45		

ROADRUNNERS RESULTS

Matthew Green	52	36:33	
Ryan O'Brien	54	36:35	(running for Reading AC)
Ben Whalley	56	36:45	
Douglas Kelly	78	38:19	
Fergal Donnelly	94	39:22	
Henry Stapley	101	39:45	
Graham Tull	148	43:15	

Mens Team: 4th in Division 1

Men Vets Team: 1st in Division 2

4th December

Angkor Wat Half Marathon

Fleur Denton	474	1:58:59	1:57:38
Simon Denton	475	1:58:59	1:57:39

Mapledurham 10 mile

Name	Pos	Gun	Chip	
Robert Corney	1	58:13	58:12	
Seb Briggs	2	59:45	59:43	
Rupert Shute	3	1:02:06	1:02:04	
Ben Whalley	12	1:06:49	1:06:47	3rd MV40
Andy Morgan	17	1:08:50	1:08:48	
Ian Gosling	18	1:08:58	1:08:52	
Nikki Gray	21	1:09:52	1:09:47	1st F
Richard Usher	33	1:12:19	1:12:16	
Justin Simons	42	1:14:24	1:14:20	
David Fiddes	43	1:14:32	1:14:26	5th MV50
Anthony Long	51	1:16:10	1:15:56	
Keith Ellis	75	1:19:57	1:19:53	
James Godfrey	88	1:21:29	1:21:05	
Joe Blair	99	1:22:47	1:22:38	
Vince Williams	105	1:24:03	1:23:48	PB
Lee Hinton	109	1:24:20	1:24:02	
Brian Fennelly	123	1:26:08	1:25:54	
Catherine Leather	128	1:26:50	1:26:37	
Samantha Whalley	132	1:27:27	1:27:14	
Andy Atkinson	143	1:28:48	1:28:34	4th MV60
Amanda Box	157	1:30:39	1:30:32	
Paloma Crayford	160	1:30:57	1:30:24	4th FV50
David Power	170	1:33:25	1:33:03	
Kristin Brandl	174	1:34:19	1:33:57	
Andy Dingle	177	1:35:06	1:34:59	
David Bunting	183	1:36:25	1:36:19	
Zoe de la Pascua	184	1:36:51	1:36:17	
Donna Saunders	202	1:42:27	1:41:56	
Kathy Vickers	203	1:42:27	1:41:56	PB
Andrea Marnoch	225	1:53:16	1:53:01	
Liz Atkinson	229	1:58:16	1:57:46	4th FV60
Linda Wright	230	1:58:18	1:57:48	5th FV60

Maureen Sweeney	231	1:59:00	1:58:37
Annette Russell	234	2:10:48	2:10:15
Stephen Wing	236	2:26:58	2:26:31
Julie Wing	237	2:28:22	2:27:55

Mapledurham 10k

Name	Pos	Gun	Chip	
Jamie Smith	1	38:03	38:03	
Ed Dodwell	8	43:30	43:28	1st MV50
Ewan Harris	13	46:16	46:13	
Sophie Hoskins	31	50:54	50:46	4th F, PB
Nicholas Adley	68	56:33	56:29	
Ray McGroarty	100	1:01:06	1:00:36	
Rita Dykes	124	1:04:24	1:04:07	1st FV60
Trisha Arnold	173	1:24:08	1:23:12	5th FV60

Perivale 5

David Leake	141	38:33	3rd MV60
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2016 Season's Bests

Ladies

5k	Alice Leake	18:18
5 miles	Alice Leake	30:26
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	Carrie Hoskins	2:59:24

Men

5k	Mark Worringham	15:38
5 miles	Mark Worringham	26:03
10k	Mark Worringham	32:22
10 miles	Robert Tan	56:11
Half Marathon	Mark Worringham	1:13:28
20 miles	Dave McCoy	2:08:06
Marathon	Keith Russell	2:33:23

Reading Roadrunners Committee Meeting

TUESDAY 6 DEC 2016 – 7:30PM

ATTENDANCE:

Carl Woffington (Chairman)
Andy Dingle (ex-Officio)
Anne Goodall (Membership Sec)
Hannah McPhee (Social Sec)
Alan McDonald (ex-Officio)
Sandra Sheppard (Treasurer)
Bob Thomas (General Sec)

APOLOGIES FOR ABSENCE:

Catherine Leather, Simon Denton, Paul Monaghan

MINUTES OF THE PREVIOUS MEETING

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

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Club 30th anniversary The Committee agreed Catherine's draft list of invitees to the founder members' event to be held on 21Jan17. Once the level of attendance is understood the event will be opened up to ordinary members until the accommodation limit of the venue is reached.

Role vacancies Carl has received tentative enquiries regarding the positions of Mens' Team Captain, XC Race Director and Results Co-ordinator. Any further expressions of interest in taking up one of these posts should be made to chairman@readingroadrunners.org.

CHAIRMAN'S REPORT

Events Carl recounted some of the events in which the Club has been involved recently, including:

- 12Nov Hants XC Bournemouth
- 13Nov TVXC Eton
- 25Nov Track timed 5K
- 03Dec Club Christmas party
- 03Dec Hants XC Popham
- 04Dec TVXC Bradenham Woods
- 04Dec Mapledurham 10 (final club Championship race of 2016)

Carl thanked Fergal Donnelly and Tony Canning for organising another successful track 5K event.

Notable forthcoming events include:

- 18Dec TVXC Crowthorne Woods
- 21Dec Mince pies & mulled wine at the Wednesday track session

Carl noted that the December XC event is the Club's race, which is being organised by the team captains. A request for help in staging this event has already been issued by Claire, the Ladies' Captain, which members are asked to consider.

Carl hopes to be able to stage a pub run over the holiday period, details of which will be published at the track and by email.

There will be no track session on 28Dec or 30Dec as the stadium will be closed.

TREASURER'S REPORT

Accounts Sandy reported the accounts to end-November to be almost complete.

GENERAL SECRETARY'S REPORT

London Marathon The draw for three of the Club's four guaranteed places in the 2017 London Marathon has taken place, with the winners of the places confirmed as Martin Douglas, Brooke Johnson, and Lin Morton. The fourth place has been given to Chris Drew, who won a place through last year's draw but was unable to take it up owing to a mistake made by the Committee in not registering a request for places in time. Bob confirmed that he has entered the runners' names on the VLM website and that they should have received their entry invitations by now.

Brighton Marathon Bob received notification from England Athletics of the Club having been awarded 10 guaranteed entries into the 2017 Brighton Marathon. In addition, free places were offered to runners who had achieved Good For Age times in 2015/6 marathons. Bob issued an invitation to members to request the guaranteed places and advised the several members who have registered results in the Club Marathon Championship over the past two years under the GFA times that they are eligible to claim free places. Only three of the 10 guaranteed places have been taken up; the others remain available until February.

Data protection obligations Following a circular received from England Athletics regarding clubs' obligations to protect their members' personal data, Bob had an email exchange with EA's solicitors.

The outcome is that we need to make some changes to the membership application form to include explicit confirmation that the applicant understands that the Club will process their data electronically, and we will need explicit approval of a parent or guardian that a junior member's data will be so processed. The Club's position will continue to be that acceptance of electronic processing is a prerequisite for acceptance of an application and of continued Club membership.

By 2018 we will need to be able to comply with the "right to be forgotten", i.e. we will need to be able to demonstrate that we can expunge all records of an ex-member upon request.

Finally, whilst the Club is not liable for the actions of EA, as Anne enters members' details onto the EA database as a service to new joiners, we should obtain, review and publish to members EA's data protection policy.

Welfare Officer It is with regret that Bob reported that Jenny Miller has advised her intention to stand down as the Club's Welfare Officer from the AGM. Carl stated his thanks to Jenny for the service she has provided to the Club and took an action to write to her formally.

We therefore need to fill this role from April, and Jenny's advice is that ideally we should recruit both a male and female Welfare Officer.

Carl invites expression of interest in taking up this role, initially by email to chairman@readingroadrunners.org.

The role places an emphasis on ensuring that the Club operates in accordance with policies designed to assure safeguarding of junior and vulnerable members. More information will be made available following a better understanding of the scope of the work and the training that can be made available.

Club development roadmap A separate meeting was held on 22Nov16 to discuss a set of candidate development options for the Club. Simon Davis was invited to attend to cover coaching aspects and as he raised the absence of an agreed roadmap as an issue at the AGM.

The Committee has started looking at ways to streamline operation of the Club's necessary

administrative processes and for opportunities to improve members' experience of the Club. This will now become a regular feature of these minutes as the Committee prioritises and decides to embark on various initiatives.

The Committee will seek support from members in bringing some of these projects to fruition.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that nine new members have joined since the last meeting, taking the membership total to 519.

SOCIAL SECRETARY'S REPORT

Comedy night The Committee has approved Hannah proceeding with organising a comedy night in Reading on Saturday, 28Jan17. Hannah will advertise the event once she has confirmed a booking with the venue.

Christmas party The Christmas party took place on 3Dec16 and was well attended.

ANY OTHER BUSINESS

Coaches' mugshots Simon Davis's request to have photos of the coaches printed and laminated for the noticeboard was approved.

Online renewals Bob has refreshed member contact data held on the England Athletics website to facilitate using the site to issue invitations to renew membership for 2017 online.

Only 1st Claim members affiliated to EA are entered on the EA database, which includes the bulk of the membership, but regrettably excludes 2nd Claim members, social members and runners who have elected not to affiliate, none of whom will be able to renew online this year.

Whilst overcoming this limitation in bulk would involve an onerous amount of work, if any of the excluded members are keen to renew online, they can contact Bob at gensec@readingroadrunners.org, who may be able to enter them onto the database as non-running volunteers, which would provide access to the online payment facility. Online renewal for 2017 will become available during January and will be announced through a broadcast email so that members are assured that their invitation to login and pay is genuine.

Renewal by the traditional methods of cash and cheque payment to Anne is available to all members, whether or not they receive an invitation to pay online. It is sincerely hoped that we will have commissioned

an online membership management service in the early part of 2017, one benefit of which will be to dispense with the EA facility and enable online payment for all.

Reading Sports Awards Sandy has nominated the Club for the Reading Sports Club of the Year Award. The awards ceremony will take place in January. The Club has been given four free entries to the event and the Committee agreed to fund a further four to make up a table. The tickets will be offered to volunteers who the Committee recognises as being central to positioning the Club as being a contender for such an award.

2017 membership fees The Committee unanimously approved the 2017 Club membership fees to remain unchanged from the 2016 rates. Unfortunately, England Athletics has increased its fees by £1 (and will do so again for each of the next several years), which we will need to pass on to affiliated members. The Club acts merely as EA's free-of-charge fee collection service in this regard.

Constitution & Rules review An important initiative being considered by the Committee is a review of the Club Constitution and Rules to bring them more in line with 21st century issues, e.g. both pre-date the widespread use of IT.

As a proposal to amend either document requires ratification by an AGM, the Committee resolved to expedite this initiative to have any proposed amendments finalised and ready for presentation to the March 2017 AGM.

DOOR ROTA

07Dec16	Anne, Shirley
14Dec16	Anne, Alice
21Dec16	Anne, Shirley
04Jan17	Anne, Shirley
11Jan17	Anne, Hannah
18Jan17	Anne, Shirley
25Jan17	Anne, tbd
DONM:	10Jan17

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

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
Deadline for next issue is Friday 13th January