



READING ROADRUNNERS NEWSLETTER FEB 2015

Hot on the heels of Tom Harrison's Facebook

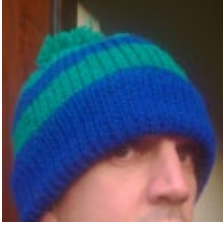
friend cull comes the news that we have secured the Thames Valley Cross Country Championship in unprecedented fashion! Although several results have yet to be ratified, it seems as though the team picked up first place (when their worst finish was discounted) in all races - a performance reminiscent of the Arsenal 'Unbeatables' or Steve Waugh's Australian Test Team. Rumours that the Royal Mint are decommissioning the current ten pound note to replace Charles Darwin with Tina Wilson are also unsubstantiated at the time of going to press.

Plenty to be going on with this month - our annual Bramley races go ahead on the 15th (details inside on how you can help out) and this will be followed a week later by the Annual Dinner Dance.
See you all there!

INSIDE THIS MONTH:

- **NOS GALAN ROAD RACES**
- **SARAH IN THE BUSHVELD**
- **20 YEARS AGO**
- **DINNER DANCE**





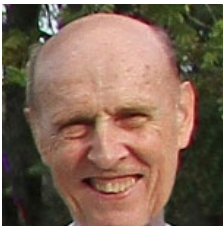
Welcome from the Editor

CHRIS CUTTING

I'm writing this after a lovely morning's running in tip-top conditions at the Wokingham Half Marathon, a stark contrast to last year's event which was of course postponed {Chris Cutting.....1:28:07 PB} waterlogged course more akin to the Battle of the Somme {Chris Cutting.....1:28:07 PB} and of course some first class support all round the course from the club {Chris Cutting.....1:28:07 PB} {Chris Cutting.....1:28:07 PB} topped off by some first class fridge cake kindly bought by Woody {Chris Cutting.....1:28:07 PB} {Chris Cutting.....1:28:07 PB} Dave Caswell's memorable stand-up row with Brendan Rogers {Chris Cutting.....1:28:07 PB} {Chris Cutting.....1:28:07 PB}

PB} Anyway, probably best I sign off now as there appears to be a fault with this typewriter?

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Chairman Chat

CARL WOFFINGTON

Well, we won the TVXC League. There are 8 races with the 7 best scores to count. We discarded our worst place, which was a 2nd place and scored 7 1st places. A brilliant result. Thanks to Tom & Colin for bringing the flag and tent. Huge thanks to Team Managers Glynne & Alan for standing out in all weathers dealing with our team sheets, money and tags. Thanks to Cap'n Tina who drove it all with amazing enthusiasm and created the best team spirit in the league by far. Last but not least, thanks to all the runners that wore the green vest. It really was a terrific team effort.

We still have one race to go in the Hampshire League at the time of writing. It is at Bournemouth and will have been run by the time you read this. We have been doing well and hope to keep that going for the last race.

On a sad note, Glynne and myself attended the funeral

of Derek Bradfield and represented RR. There were many old Reading AC members there.

We have two events in February. On the 15th is our Bramley 20/10 race. We need helpers and also food is needed for our tea stall. Please help where you can – offers of help to Alan at rocket-al@hotmail.com On the 21st is our Annual Dinner Dance. Tickets are now on sale. Please see our website Social page for details. The Club Championship Trophies will be presented at the dinner too.

A gentle reminder that our memberships run out at the end of February. You don't have to wait to March to renew. You can renew in February or March and this will help spread the workload for our Membership Sec - who will be very busy over the next few weeks.

Carl



Ladies' Captain - Report

TINA WILSON

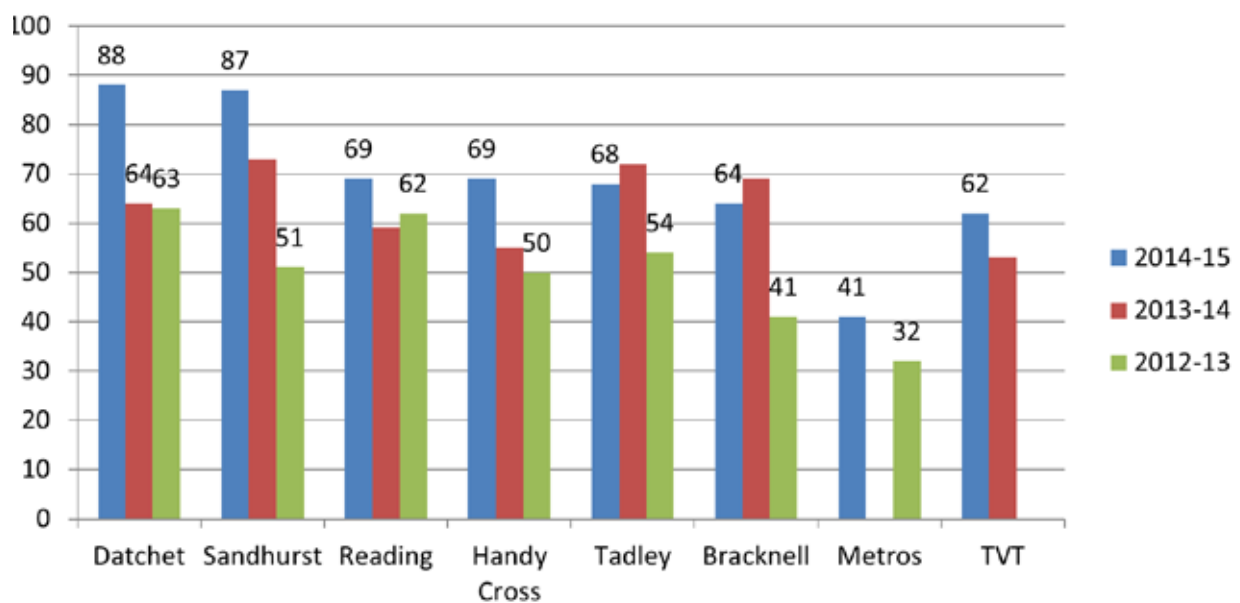


WE ARE THE CHAMPIONS!!

That's right we are the champions of the Thames Valley Cross Country League 2014-2015.

Competing against 15 clubs and we won 7/8 races.

TVXC RR's 2012-2015



Over the last 3 years we have seen a huge increase in runners taking part in this league and the 'proof is in the pudding' you all make a difference to the end result. (thank you Nigel Hoult for the data)

We also won the Ladies and Men's Team trophy.

Congratulations to our top scorers:

Fixture	Position	Scorer	Scorer	Scorer	Scorer	Scorer	Scorer	Scorer	Scorer	Scorer
Datchet Dashers	1st	Tony Carter	Andrew Smith	Ian Gosling	Alex Harris	Richard Usher	Pete Jewell	Carrie Hoskins	Alix Eyles	Alice Leake
Sandhurst Joggers	1st	Tony Carter	Mark Worringham	Robert Tan	Ian Gosling	Andrew Smith	Lance Nortcliff	Carrie Hoskins	Ellie Gosling	Alix Eyles
Handy Cross Runners	1st	Rob Tan	Andrew Smith	Simon Elsbury	Lance Nortcliff	Richard Usher	Alex Harris	Carrie Hoskins	Ellie Gosling	Alix Eyles
Metros	1st	Lance Nortcliff	Simon Elsbury	Ian Gosling	Alex Harris	Jamie Cole	Ryan O'Brien	Ellie Gosling	Carrie Hoskins	Alix Eyles
Reading Roadrunners	1st	Tony Carter	Luc Jolly	Andrew Smith	Mark Saunders	Jamie Cole	Richard Usher	Carrie Hoskins	Ellie Gosling	Alice Leake
Tadley Runners	1st	Simon Elsbury	Andrew Smith	Richard Usher	Alex Harris	Andy Belkinsop	Fergal Donneley	Alice Leake	Alix Eyles	Claire Marks
Bracknell Forest Runners	1st	Mark Worringham	Andrew Smith	Richard Usher	Ryan O'Brien	Jamie Cole	Andy Blenkinsop	Carrie Hoskins	Alix Eyles	Pippa White
Thames Valley Triathletes	2nd	Mark Saunders	Simon Elsbury	Richard Usher	Andy Blenkinsop	Alex Harris	Ian Giggs	Carrie Hoskins	Alix Eyles	Claire Marks

And a big thank you to all who ran this year and made this season one of the best!

The Reading Roadrunners XC Club Championship awards and the trophies will be presented on Saturday 14th March 2015.

I hope you can all come along and celebrate – the invite is open to all Reading Roadrunners, friends and families.

You will find details of the awards night in this Newsletter and on the Park notice board. Tickets will be on sale from Wednesday 11th Feb 2015 after the Wednesday track session. If you are unable to get to track to purchase your ticket please email me tinawilson1@hotmail.co.uk

Hampshire League – 10th January 2015

Prospect Park, Reading

Prospect Park offered a perfect cross country course with lots of flat but also a few tough hills. The competition is of a high standard and our ladies ran against the best Athletic clubs in the South.

Well-done to Claire Marks, Toni McQueen, Claire Seymour, Maureen Sweeney, Christine Callaghan and Maria Norville who secured us 9th position out of 12 teams.

Club Championship dates:

Ladies please visit the Reading Roadrunner website; here you will find the dates for the future club championship races. Green Vests are a must if you want to be included in the club championship.

Ladies Captain

I will be stepping down as Ladies Captain March 2015 and I have to say that it was one of my proudest moments when I was asked if I would take on the role as Ladies Captain. I have to admit at first I found the role daunting; my remit was to encourage runners to take part in the team events. Where do you start? I am not a fast runner, I had no confidence in approaching people I didn't know but the one thing I do have is I love to chat! I have a passion for running, motivating people to run, pulling teams together and including runners of all abilities and I have since discovered it wasn't about being the fastest runner – just be yourself and do your best. (and don't let anyone get past me on a Wednesday night when I need runners)

I have also really enjoyed organising the 'Spring Do' an occasion where we can all get together and celebrate the winters cross country season and have a good time.

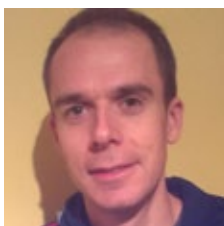
I am proud to see that the number of runners taking part in the team events over the over the last few years has increased and the team spirit is at an all-time high, fantastic – I love it!.

I am obviously very 'chuffed' that we won the TVXC league this year and going forward I know we will as a club continue to 'make our mark' we are a club to be reckoned with.

So, is there anyone who is interested in taking on this most rewarding role? If you would like to find out more come and have a chat with me.

Best wishes

Tina (Ladies Captain 2014-2015)



Men's Captain - Report

MARK WORRINGHAM

January saw the culmination of an excellent cross country season in the Thames Valley League, with the races organised by Tadley, Bracknell and TVT. Our complete dominance of this season by both the men and women continued through these matches, with only a 2nd place at the dead rubber at TVT to prevent a clean sweep of every race. So congratulations to all who have run in these matches, and many thanks for your efforts. Particular congratulations are due to our ladies' captain, Tina Wilson, who has got strong teams out in each and every match and done much to make sure of this win.

Despite the mud being so prevalent at Tadley that it dampened the enthusiasm of even some of our most noted mud-wallowers (mentioning no names), great races from Simon Elsbury and Andrew Smith saw them into the top 10 with a close finish, followed by a cavalcade of V40s in Richard Usher, Alex Harris, Andy Blenkinsop and Fergal Donnelly.

The mud was less of a factor at Lightwater for the Bracknell fixture, and it was replaced with a nightmarish hill. Again, we packed out the top 30, with Andrew Smith, Richard Usher, Ryan O'Brien, Jamie Cole, Andy Blenkinsop and myself all getting on the scoresheet.

Numbers were a little thinner on the ground for the final fixture hosted by TVT, but some of this season's stalwarts such as Simon Elsbury, Richard Usher, Andy Blenkinsop and Alex Harris, all scoring, alongside Ian Giggs. It was particularly good to see a fine run by Mark Saunders in 7th, coming back into form ready for spring racing.

The Reading match of the Hampshire Cross Country League in Prospect Park was a great one for Roadrunners, with the biggest turnout I know of in this league, and consequently a superb result. We finished 5th in the men's Division 1, which is fantastic given the level of opposition, and 1st in the Vets Division 2. The handful of spectators were even treated to a majestic RR sprint finish, as Tony Carter, Luc Jolly and myself turned the last corner running three abreast. Luc won that sprint, finishing 22nd, and I ... er ... didn't. We had good runs from Rupert Shute in 48th and Lance Nortcliff in 60th

to make up the scoring, with Lance also scoring for the vets alongside Jamie Cole and Fergal Donnelly. It was fantastic to see so many turn out for this, including some new faces, and I hope it means we can have more of a presence in this league in future years.

Meanwhile, in the sweat and Vaseline-soaked world of multiple marathoning, Martin Bush and Gary Brampton both impressively ran two marathons on consecutive days at the Martello Marathon double-header. Pete 'The Train' Morris must have been having an easy weekend, because he only did one.

Gary then went on to take part in an 8 hour challenge the following weekend, completing over 34 miles, and then completed yet another marathon double-header the next weekend at the Viking Coastal double marathon. This is pretty impressive stuff, particularly since all of his marathons in that period were within 15 minutes of one another. I wouldn't like to see the state of his feet though.

Staying on marathons, it was very remiss of me to have omitted the excellent results from the Portsmouth Coastal marathon from my last report. Gavin Collins and Paul Kerr, unless I've missed something, both seem to have managed fine PBs of 3:17:04 and 3:25:33 respectively on a course that is not the fastest out there, so there is certainly more to come from them.

At Watford Half Marathon on 1st February, new member Ashley Middlewick, following a strong RR cross country debut in inappropriate shoes at Prospect Park, ran a storming PB of 1:22:41. Also running a PB that day was George Kinyanjui, with 1:35:03.

So, as the days start getting longer, and the cross country season fades to a wonderful and fun-filled / punishing and horrific memory (delete as appropriate), we start to look forward to the road racing season, with the Wokingham Half Marathon on 8th February being the first club championship race of the season. We are also looking for runners in a number of team events. Tom Harrison is already starting to organise teams for the South Downs Marathon Relay, which we have now won a number of times, on 20th June – please see Tom or myself if you would like to run. Ian Giggs is also organising teams for Endure 24, so please see Ian if this interests you.

Cut & Run

Sunday 21st December, 2014

Rufane's River Farm (5km from the BP garage on the R72 towards East London)

Sarah Pachonick

I had been on holiday in South Africa for about 5 days and was just starting to get itchy feet when I heard via the bush telegraph (actually my aunt phoned my mother to pass on the message from my cousin) that a new trail run was being held on a farm near where I was staying the following day. Of course, I jumped at the chance to race on my old stomping ground. Registration opened at 7am, so I lathered myself with sunblock and drove off at 6.45 with my dad's words ringing in my ears "Have a good run... just don't tear your Achilles; watch out for sunburn", and with vague directions for a neat-looking farmhouse off the national road.

There were a handful of people hanging around at 7.10 when I arrived. My cousin told me he was doing the 15k, not the 8; and not one to turn down a challenge, I decided to do the longer run myself. There was no such luxury as chip timing – and there was no need to fuss with safety pins. At registration they wrote my race number on my arm with black marker pen. I think I was number F12. I was a bit concerned when I saw cans of Peaceful Sleep on the registration desks – "For the ticks", I was told. My cousin noticed my Nike Air shoes, and said "Watch out you don't puncture those on thorns; that happened to me once". I hadn't realised that this was a possibility.

After all the warnings, I was a little bit nervous when I set off with about 50 other runners in total at about 8.10 am. We ran along an uneven grassy track at a comfortable pace. The front runners sped off quite early, and the rest of us wound our way over sand dunes and onto the hard sand on the beach (luckily it was low tide), gradually becoming more dispersed. This was a bit worrying because there were no marshals to show us the way, only what looked like orange post-it notes randomly attached to bushes and posts to show us the way. After about a mile on the beach, the orange post-

its sent us back up into the dunes and onto more rough tracks. I found I was running alone with only the sound of cicadas in my ears. The heat made everything seem a bit surreal, and I was grateful of the bottle of water I was carrying with me.

The water table was at the top of a grassy hill, and this was where the 8km and 15km runners parted company. I set off with newly-filled full water bottle and water sloshing in my belly, following the orange tags. It got a bit dream-like after this. I remember climbing over a fence, dodging some cows and running through the same river twice (I did initially try to use a branch to lever myself over it, but I'm a runner and all my strength is in my legs – my arms couldn't hold me). I guess the highlight was picking my way through a recently-hacked path through the bush. I think this is what the strapline for the race: "WE CUT IT – YOU RUN IT" referred to. The orange markers were often quite hard to spot, and I nearly got lost a few times. I found the path in the open again and after another mile or so saw a Landover parked next to the path. This was the second water 'table'. A guy and his wife were standing beside it, and they offered me some water from a metal container – the kind used by farmers for milk. He had only one cup – a metal one. I drank deeply and thanked him profusely. In fact, I think I called him "an angel of the bushveld".

And then, quite suddenly, I rounded a bend and saw the finish line. As I crossed it, I looked down at my Garmin and saw I had been running for 2:06 hours. Considering the terrain I had been through, I was quite happy with this for what turned out to be a 9.55 mile race. There were no goody bags, no medals and no online photos, but I had enjoyed this run. I hadn't torn my Achilles, punctured my shoes, been badly sunburned, or been bitten by ticks. I hope to do it again; I have a time to beat.

READING ROADRUNNERS

Dinner Dance



Saturday 22nd February 2015

at Sonning Golf Club.

6:30pm for 7pm sit down

The cost is £32.00 per head. Please can Toni McQueen have names, money and menu choices all in an envelope, plus your own table plan or who you would like to sit with if you have a preference. This will help plan the evening for your enjoyment.

Any questions please do not hesitate to speak to Toni McQueen at tonimcqueen@ntlworld.com or 07803609226

Please do not use Facebook as a point of contact for this event.

Dress code is formal/ evening wear. NO Jeans, or trainers

New Years Eve for Nutters

Ken Beck



It started with an e-mail from Carl Woffington headed up "New Years Eve for Nutters" in which he said he was going to run Nos Galan with Tina Wilson on New Years Eve and did anyone else want to join them.

The Nos Galan Road Races are a group of races at various distances, for all age groups & abilities held every New Years Eve in Mountain Ash in South Wales. Nos Galan is New Years Eve in Welsh.

It is held in memory of the legendary Welsh athlete Guto Nyth Bran born 1700 and who was said could out-run a hare, catch a bird in flight, keep up with hounds and win races against horses. In 1737 he accepted a challenge of a 12 mile race from Newport in Monmouthshire to Bedwas Church near Caerphilly. His sweetheart and his manager Sian o'r Siop wagered £1,000 of her own savings on her hero. Guto beat his opponent, Prince, an English soldier stationed at the barracks in Monmouth. and crossed the line in 53 minutes When his girlfriend stepped forward to congratulate him, her enthusiasm was more than he could take, she slapped him heartily on the back and he collapsed and died on the spot.

As my wife Pauline has two sisters living in the area, I thought it would be an ideal way to see in 2015. So I immediately logged onto the website to enter, and found there were two senior 5k race: Elite & Fun Run. If I remember correctly the Elite was for runners who expected to finish the race in under 19 minutes, so entered the Fun Run. Then booked a room in the Aberdare Premier Inn, as suggested by Carl, as it was only 3 miles from Mountain Ash.

So 10 of us gathered on the 31st December in the salubrious apartments of Aberdare Premier Inn to see in 2015 and get some exercise. We were Carl, Tina, Hywel & Margeret Jones, their daughter, Ursula Rogers & her husband Peter, Gill Glennon & Dave Gillard, and of course Pauline and myself..

Carl, Tina, Hywel, & Margaret visited Guto's grave in Llanwonno, from where the "Mystery Runner" will carry a torch down to the start of the race at Mountain Ash.

We decided to leave the hotel at 4.30, and drive the short distance to the park & ride for the race. The Fun Run didn't start until 7.30pm but there were other races going on, as well as a firework display

and the arrival of the "Mystery Runner"

Between 5.0pm & 6.0pm were races for children.

8 - 9 year olds (600 metres) winning time 2.02

10 -11 year olds (600 metres) winning time 1.56

12 -13 year olds (1200 metres) winning time 3.54

14 - 15 year olds (1200 metres) winning time 3.31

I was just pleased I didn't have to race them.

After the childrens' presentations we all waited with great excitement for the arrival of the Mystery Runner. This is always someone famous who will carry the torch from Guto's grave the 4 miles to the start of the race in Mountain Ash. After a long build up we were advised that the Mystery Runner was in sight and that it could finally be revealed that it was Adam Jones. See I told you it was someone famous! For those who don't know, he is a Welsh rugby player, has 95 caps for Wales and 5 for the British Lions, 6ft tall & weighs 19 stone, so is not built for distance running & when interviewed he said he was knackered having run the 4 miles from the grave.

There was then a firework display, which was accompanied by many ooohs & aaahs, and built up a good atmosphere.

At 7.0pm the Elite Race started & us "Fun Runners" were advised that our race should start at 7.30, but we would have to wait until the Elite race had finished. The announcer appreciated the temperature was dropping & he would not keep us waiting any longer than necessary.

The start was on a road at the back of the Mountain Ash high street, where there was a car park that we used to warm up. The road was not very wide, and unfortunately runners were not asked to line up according to ability so I lined up about a third of the way down the field so I hoped I would not need to pass too many people.

The starting gun went off, and we slowly moved forward, and after a couple of minutes the field started to thin out but still needed to weave in and out of runners. We headed out of Mountain Ash, up

a narrow road where marshals were desperately trying to get runners to keep to the left, and I heard one say "There's going to be a problem in a minute". I soon saw why. The narrow road kept on climbing and had a few bends, so I just kept my head down and legs pumping. Towards the top was a traffic cone and marshals were directing runners to keep left and go round the cone and start heading downhill. This was my chance to stretch my legs I thought. No chance. Runners coming up were spreading into the path of runners going down so you had to try & pass runners going down and avoid runners coming up.

We ran back into the high street where our support were gathered and the finish line, but we still had two more laps to go. This area was full of spectators giving everyone tremendous encouragement. Turn right at the end of the high street, down a short hill, and past the starting point. Off we went again up the hill, this time the field had thinned even further so running was easier. Just before I'd got to the top I saw Gill Glennon not far in front going around the traffic cone. Ah, I thought, I must be catching her up, I'll put in a bit of an effort and see if I can pass her. She kept pulling away, and I did not know until we had finished that she had passed me on the hill, but didn't say anything!.

Back to the start, only one lap to go but I wasn't looking forward to the hill again. Dave Gillard passed me before we got to the hill, and I tried to hang on but couldn't.

Up the hill, round the traffic cone, and only downhill now and a flat run into the finish. I was now lapping some tail-enders, so at no point in the race did you have a clear road in front. On the plus side the support was tremendous particularly for those towards the back who were getting abuse from their mates in the crowd in the way only Welsh people can. Finished trying to look good, but don't think I did!

I picked up my goodie bag, & tee shirt and headed back to the hall where our baggage was. Luckily I had Welsh cakes in my bag which Pauline had

baked, which I shared with Gill & David. Very soon Tina, Carl, Hywel & Ursula appeared and the Welsh cakes disappeared.

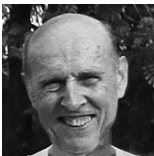
Our times were: Gill Glennon: 26.11, Dave Gillard: 26.39, Ken Beck: 27.04, Tina Wilson: 28.28, Carl Woffington: 32.53, Ursula Rogers 38.34, Hywel Jones: 38.35.

We soon caught the shuttle bus to the car park, and arrived back at the Premier Inn to celebrate New Year after a very enjoyable evening. After seeing New Year in the Brewers Fayre we finished the evening off in Hywel & Margaret's hotel room drinking sparkling wine, kindly provided by Hywel.

It isn't a race for those who want a fast time, but it is what it says on the tin: "a fun run", It was voted the Best Fun Run in the 2014 Running Awards. Everybody seemed to be enjoying themselves, spectators & runners. It was well organised. Getting to the race was easy, facilities available to change, not too much hanging about for the start, fantastic support, and well looked after at the end of the race.

New Years Eve for Nutters? No! I think it is a race with a difference and a great way to see out one year & in with next. Give it a try.

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

2015 Club Championships

Bob Thomas

We will run two Club Championships again this year: the Road & Multi-terrain Championship and the Marathon Championship. You don't need to register that you're taking part in either or both Championships, but remember that it's a rule to run in Club colours.

Road & Multi-terrain Championship

To qualify you must return a result in each of four distance categories, 5 mile, 10K, 10 mile and Half Marathon, in any of the nominated races. You can choose from two road races and a multi-terrain race at each distance:

Distance	Race	Type	Date
5 miles	Fair Oaks	MT	19Apr15
	Marlow	Road	10May15
	Headington	Road	30Aug15 †
10K	Royal Berkshire	Road	17May15
	Chiltern Chase	MT	07Jun15
	Wargrave	Road	14Jun15
10 miles	Maidenhead	Road	03Apr15
	New Forest	MT	12Jul15
	Tadley	Road	18Oct15 †
Half marathon	Wokingham	Road	08Feb15
	Farnham Pilgrim	MT	13Sep15
	Basingstoke	Road	04Oct15

† Dates to be confirmed

08 Wokingham HM	03 Maidenhead 10	10 Marlow 5	17 Royal Berkshire 10K	07 Chiltern Chase 10K	14 Wargrave 10K	12 New Forest 10	30 Headington 5	13 Farnham Pilgrim HM	04 Basingstoke HM	18 Tadley 10
Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct		

Marathon Championship

The format of the Marathon Championship is the same as last year: you can enter marathons of your choice anywhere in the world. If you want your result to count, make sure it's recorded in the newsletter results section or mail it to champs@readingroadrunners.org. The member recording the fastest result in each age category during the season will be declared the age category winner. Your age category is fixed according to your age on 1Jan15. The season will run from 1Jan to 31Dec15.

Age categories

For both Championships the age categories are as follows:

Men	Senior	MV40	MV50	MV60	
Ladies	Senior	FV35	FV45	FV55	FV65

Awards

Trophies will be awarded in each category in each championship, to be presented at the 2016 Club dinner dance.

Further details, including the rules of the two championships and links to nominated race websites can be found in the Club Championship section of the website.

Any comments or concerns to champs@readingroadrunners.org.

RR SUNDAY X COUNTRY LEAGUE TABLE 2014 / 15

Name	09-Nov Datchet	23-Nov S'hurst	30-Nov Handy X	14-Dec Metros	21-Dec RR	11-Jan Tadley	18-Jan Bracknell	01-Feb TVT		Points Total	no. races ran(4+)		m/f
Aaron Chai	151	164	78	81	71	104	73			722	7	sen	m
Andrew Smith	19	18	10		11	9	12			79	6	sen	m
Chris James		169	163	99	148	116	124			819	6	sen	m
Ian Giggs	50	37	36		66	36	102			327	6	sen	m
Kenny Heaton	75		69		82	73	72			371	5	sen	m
Paddy Hayes	45		60		48	51	54			258	5	sen	m
Ryan O'Brian		49	30	26	41		20			166	5	sen	m
Garry Tuttle	71	60	48		55					234	4	sen	m
Ian Horritt	127	123	102		110					462	4	sen	m
Simon Elsbury			12	11	16	8				47	4	sen	m
Tom Wright		208			151	136	160			655	4	sen	m
Alex Harris	28	33	25	178	23	21	30			338	7	v40	m
Bill Watson	92	88	54	75	85	61	50			505	7	v40	m
Andy Blenkinsop	51	51		30	37	23	28			220	6	v40	m
Chris Drew	209	251	207		176	168	188			1199	6	v40	m
Fergal Donnelly	69		61	45	53	30	46			304	6	v40	m
Lee Hinton	168	206	160		160	198	152			1044	6	v40	m
Richard Usher	30	45	20		20	19	19			153	6	v40	m
Chris Cutting	87	97	108		1	86				379	5	v40	m
Peter Cook	83	78	91		102	93				447	5	v40	m
David Caswell	130	133	104				107			474	4	v40	m
David Lewis	143	164		96	107					510	4	v40	m
Jamie Cole		26		18	17		23			84	4	v40	m
Lance Nortcliff		25	14	8	28					75	4	v40	m
Peter Higgs		247	185			158	238			828	4	v40	m
Peter Jewell	34	38	45	35	49	42	74			317	7	v50	m
Andy Breakspear	158	152	113		125	106	135			789	6	v50	m
Colin Cottell	101	95	101		95	88	82			562	6	v50	m
Peter Reilly	242	254	206	151	1	182				1036	6	v50	m
Anthony Streams	205		184		175	160	202			926	5	v50	m
Gavin Rennie	46	54			56	48	45			249	5	v50	m
John Bailey	275		238		209	224	230			1176	5	v50	m
Alan Freer	129	137		79	105					450	4	v50	m
Andy Runnacles	153	167	127		134					581	4	v50	m
Chris Mason	65	76			75		81			297	4	v50	m
Keith Ellis	128	150	119			99				496	4	v50	m
Mel Silvey	76	86			79		94			335	4	v50	m
Carl Woffington	284	289	241	182	1	219	233			1449	7	v60	m
David Dibben	154	180	138	1069	124	133	138			1936	7	v60	m
Nigel Hoult	105	175	126	98	114	130	130			878	7	v60	m
Andy Atkinson	194	209		120	143	140	156			962	6	v60	m
Jim Kiddie	179	211	173	124	1	214				902	6	v60	m
Richard Morgan	177	215	176		149	137	165			1019	6	v60	m
John Bowley	261		229	179	205		225			1099	5	v60	m
Tom Harrison	254	278	231			215	226			1204	5	v70	m
Alix Eyles	3	5	9	3	6	4	4			34	7	sen	f
Louise Atkinson	144	120	90	74	112	95	111			746	7	sen	f
Claire Seymour	104	82	75	48		76	80			465	6	sen	f
Ellie Gosling	30	3	4	1	3		11			52	6	sen	f
Alice Leake	8	6	11		5	1				31	5	sen	f
Jenny Owen		91	72	68	98	106				435	5	sen	f
Katie Gumbrell	96	107	76		1	74				354	5	sen	f
Paulina Erceg	35	36	31		26					128	4	sen	f
Sev Konieczny	164	133	110	87	1	116	126			737	7	v40	f
Carrie Hoskins	2	1	3	2	2		1			11	6	v40	f
Catherine Leather		73	69	41	70	70	81			404	6	v40	f
Julie Rainbow	28	28	35		30	45	32			198	6	v40	f
Kathy Tytler	151		98	78	1	112				440	5	v50	f
Mary Janssen	31	19	18			17	14			99	5	v50	f
Sandra Sheppard	138	106	79		1	78				402	5	v50	f
Tina Wilson	130	92		50	1		86			359	5	v50	f
Susan Knight	97		80	49		79				305	4	v50	f
Cecilia Csemiczky	140	117	102	82			125			566	5	v60	f
Heather Bowley	149		96	72	1	94				412	5	v60	f
Liz Atkinson	145	123		83		110	113			574	5	v60	f
Lorraine Bailey	163		109		118	131	123			644	5	v60	f
Toni McQueen			55	39	1	38	56			189	5	v60	f

There have been 7 races to date with 1 more to go. The RR cross country championship will count the best 5 results from the 8 area races.

The above table shows all runners who have competed in 4 or more races so far. These are the only people who can now figure in the 2014/15 RR cross country championship.

The Metros results are still provisional and may change. At the time of writing the TVT race has not been run.

The average points still have to be calculated for the RR race helpers.

RR have won the local league and a RR memento will be awarded to those who have run in 5 or more races.

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

First only Vet 60 & Vet 70

Remember in cross country the least points is best. If you have run 4 races then you need to get one more in to reach the 5 required.

We are hoping to hold another trophy presentation/social evening similar to last year. Look out for more details soon.

If you notice any errors then please let me know.

Carl Woffington



READING
ROADRUNNERS

15TH FEBRUARY 2015



Volunteers/marshals are **STILL** needed on the day (Sunday 15th) which include being out on the course, in the car parks beforehand and finish area.

Also help is needed for Saturday 14th in the morning for loading up vans at Palmer Park and Saturday afternoon at the school in Bramley for goody bag stuffing and setting up in the school.

If you can help with any of the above please contact Alan Makepeace stating which you can do. We should be able to do requests if there is something you would prefer to do or be on the day.

We will also need food donations on the day – for sale on our charity stall - sandwiches, cakes etc.

If you can help then please contact Alan Makepeace at rocket-al@hotmail.com

We Were The Champions (My Friend)

FROM THE ARCHIVES: MARCH 1995

Chris Mason



March 1995, it's hard to believe that it's 20 years since two significant moments in the club's history. The first ever Bramley 20/10 race was held on Sunday 5th March and soon established itself as one of the best events of its' kind in the country. This was quickly followed by RRR winning the Today's Runner national cross country title on Sunday 26th March.

It's fitting that we should win the Thames Valley cross country league this year on the 20th anniversary of winning the overall title. Back then, the league was sponsored nationally by the now discontinued Today's Runner magazine and Mizuno, with the winner of each regional league qualifying for the national final. We had previously qualified for the final in 1993 (Luton) and 1994 (Peterborough) but had just missed out on both occasions. With the club growing through the 1990's we had possibly our strongest ever team by 1995 so hopes were high.....and we only went and did it (the trophy still sits proudly in the trophy cabinet at Palmer Park.... we should get it out for a lap of honour round the track to celebrate the anniversary!!!).

The following was the report that appeared in the Reading Chronicle and newsletter...

Roadrunners Romp to National Title

Chris Mason

Reading Roadrunners produced the best team result in the club's eight year history last Sunday (26th March) with a spectacular victory in the national final of the Mizuno / Today's Runner Cross Country League at Bramcote Park, Nottingham.

The race was attended by the 15 divisional winners of the league this year with Roadrunners having qualified after winning the local Thames Valley Division.

Having finished second and third in the final over the last two years, Reading were always among the pre race favourites although tough competition was expected from rival clubs Colchester Joggers, Portsmouth Joggers and Bury St. Edmunds Pacers whose team included international runner Sally Eastall.

Although some runners were put off attending the race due to the proximity of the London Marathon, Roadrunners fielded 49 entrants in the large field of 400 runners. Despite the absences, Roadrunners were close to full strength with many of the club's faster runners hitting good form in recent weeks.

WE WERE THE CHAMPIONS (MY FRIEND)

The race was run over a mainly grassland circuit of 2K followed by two larger laps of 4K which incorporated a tough climb into a wooded section followed by a sharp descent. The massed start produced a very tough battle for places over the first lap with Roadrunners initially caught for pace. This may, in fact, have been a decisive feature of the race as Roadrunners picked up vital positions during the latter stages as the fast start took its toll on some runners.

With Colchester, Bury and Portsmouth all prominent in the leading positions, it was vital for Roadrunners to record runners in the top ten places if they were to be serious contenders for the title. This was eventually achieved in style with Howard Grubb setting a blistering pace to lead the club home in fourth position, just ahead of Zak Tsegay in fifth. A superb effort by these two, with local knowledge proving advantageous for Howard, as he has recently moved to Reading from the Nottingham area.

Roadrunners packed in well with the scoring positions being completed by Chris Mason (16th), Kevin Oakley (26th), Glenn Collinson (31st) and veterans Dave Lancaster (27th) and Pete Jones (44th). A particularly good run by the vets, with Dave setting off quickly and Pete moving through the field to fill the all important last scoring position.

A number of Roadrunners finished just outside the scoring positions but helped push the rival clubs further down the field with Murray Hogge (34th), Steve Brown (35th), Pete Aked (41st) and Pete Turner (45th).

The ladies faced very tough competition in the form of Sally Eastall who not surprisingly had an easy win in the ladies race. Roadrunners were once again led home by Anne Power who produced an excellent run to finish in fourth position, rounding off a very successful cross country season. Anne was closely followed by Lesley Whiley finishing in sixth place.

The scoring positions were completed by Karen Edwards (27th) with Nadya Truman (39th), Jeanette Cork (43rd) and Toni McQueen (46th) supporting well. Roadrunners ladies team was completed by Kathy Tytler, Trisha Atkinson and Jackie Astley.

After a nervous wait, the results were announced to an expectant crowd in a packed hall. Roadrunners were eventually announced as National champions with 190 points ahead of Portsmouth Joggers and Bury St Edmunds both on 234 points. The winning trophy was collected by club chairman Paul Kurowski and team captains Dwayne Stewart and Karen Edwards from international athletes Dave Long and Teresa Dyer.

The coach journey back from Nottingham was a mixture of celebrations, disbelief and exhaustion. Celebrations were slightly muted in the knowledge that the real fun was due to start at 9.30am the following Sunday!

Roadrunners would like to thank all competitors and supporters who made the trip, making this the most memorable day in the club's history.

Individual Results. Today's Runner National Cross Final, Bramcote Park, Nottingham. 26/3/95

Men

Howard Grubb	4	33.53
Zak Tsegay	5	33.59
Chris Mason	16	35.30
Kevin Oakley	26	36.07
Dave Lancaster	vet 27	36.
Glenn Collinson	31	36.25
Pete Jones	vet 44	37.37

MENS TOTAL

Murray Hogge	34	36.55
Steve Brown	35	37.00
Pete Aked	41	37.20
Pete Turner	45	37.45
Dwayne Stewart	53	38.13
Chris Darby	55	

John Edwards	68	
John Cassell	97	40.40
Paul Kurowski	123	41.54
Ken Matthews	129	42.16
Andy Dunn	138	42.30
Roger Pritchard	144	
Ian Bain	149	

Paul Young	151	
Rob Penlington	183	45.00
Trevor Gibson	187	45.04
Geoff Davies	195	46.26
John Huntley	196	46.29
Andy Stafford	197	46.33
John Mitchell	200	46.43

Richard Hammerson	202	
Brian Welsh	216	
Ron Kercher	221	48.20
Roger Salmon	237	
Sid Gibbs	243	
Dave Hamilton	250	

Merv Silk	253	
Pete Millar	256	
Dave Preece	259	
Dave Cox	261	55.—
Nick Smith	264	
Alan McDonald	266	
Brian Koslicki	DNF	

Ladies

Anne Power	4	42.38
Lesley Whiley	6	43.04
Karen Edwards	vet 27	46.43

LADIES TOTAL

Nadya Truman	39	49.11
Jeanette Cork	43	49.42
Toni McQueen	46	50.02
Kathy Tytler	67	54.28
Trisha Atkinson	84	
Jackie Astley	85	

OVERALL TEAM TOTAL

190 1st NATIONAL CHAMPIONS!

[Two absentees on that day...Pete Morris and Martin Bush were away in Scotland, running the Crossmichael marathon. Pete ran 3h 47m and Martin finished in 4h 2m]

Roadrunners Results

NIGEL HOULT

This month's results are dominated by the conclusion of the Thames Valley Cross Country League, which I'm sure will be reported on in detail by the Club Captains. Although some of the results are still provisional, with the league now finished it seems pointless to delay publication any longer; I've included any corrections I know about. Sadly we didn't quite manage a clean sweep of all eight events, finishing second at Bramshill despite a good turnout, but overall it has been a very successful year for the club; well done to all who ran.

The local Hampshire League event was also well supported, with our men turning in a particularly good performance.

Road races were thin on the ground, but a number of Roadrunners chose the Woodcote 10k as an alternative to the Tadley cross country, with Lizzie Jones finishing 2nd in the ladies' vet 50 category. At the London Winter 10k, Sarah Urwin-Mann won the ladies' vet 40 category, beating Jo Pavey in the process – well done to her! Meanwhile, our inveterate marathon runners managed to find a few races to do, so the 2015 marathon championship is already up and running.

Finally, as we suffered in the cold over here, Belinda and Graham Tull completed a number of races in the sunnier conditions of South Africa, with Belinda winning her age category at a couple – lucky them!

The spring road racing season starts in earnest next month, with the Wokingham Half and our own Bramley 20/10 to mention just two, so good luck to everyone running those, and I look forward to reporting some PBs next time round.

23rd November

TVXC League, Hawley

Tony Carter	1	30:27	
Mark Worringham	3	31:17	
Robert Tan	9	32:21	
Ian Gosling	14	33:14	2nd MV
Andrew Smith	18	33:33	
Mark Saunders	24	34:03	
Lance Nortcliff	25	34:05	5th MV
Jamie Cole	26	34:07	
Alex Harris	33	34:32	
Ian Giggs	37	34:52	
Peter Jewell	38	34:55	
Richard Usher	45	35:15	
Ryan O'Brien	49	35:24	
Andy Blenkinsop	51	35:36	

Gavin Rennie	54	35:44	
Carrie Hoskins	58	35:49	1st F
Gary Tuttle	61	36:00	
David McCoy	72	36:41	
Ellie Gosling	77	36:59	3rd F
Alix Eyles	80	37:07	5th F
Chris Mason	81	37:08	
Peter Cook	83	37:12	
Mel Silvey	91	37:31	
Bill Watson	93	37:33	
Colin Cottell	100	37:51	
Chris Cutting	102	37:58	
Alice Leake	105	38:04	
Richard Charley	106	38:11	
Nikki Gray	110	38:16	
David Fiddes	117	38:43	
Ian Horritt	132	39:12	
Brian Kirsopp	134	39:15	
Peter Graham	143	39:32	
David Caswell	145	39:35	
Alan Freer	151	39:50	
Simon Denton	161	40:33	
Keith Ellis	168	40:57	
Andy Breakspear	170	41:05	
Mary Janssen	174	41:12	
Melanie Shaw	175	41:13	
Aaron Chai	189	41:39	
David Lewis	189	41:39	
Andrew Runnacles	194	41:56	
Chris James	196	41:59	
Julie Rainbow	201	42:08	
Nigel Houlton	206	42:18	
David Dibben	214	42:38	
Paulina Erceg	216	42:40	
Dan Richardson	219	42:47	
Scott Erceg	236	43:48	
Brian Fennelly	244	44:11	
Lee Hinton	251	44:36	
Tom Wright	253	44:39	
Andy Atkinson	254	44:40	
Jim Kiddie	256	44:46	
Richard Morgan	262	44:59	
Richard Scarr	264	45:05	
Tracey Jenkins	296	46:43	
Sophie Hoskins	300	46:52	
Peter Higgs	308	47:33	
Chris Drew	314	47:48	
Peter Reilly	318	48:15	
Amanda Sheridan	325	48:46	
Dave Brown	327	48:53	
Catherine Leather	329	48:58	
Darren Batchelor	337	49:33	

Claire Seymour	346	50:21
Theresa Caswell	348	50:28
Sarah Pachonick	353	50:55
Jenny Owen	360	51:26
Tina Wilson	362	51:28
Paul Smith	363	51:29
Andrea Marnoch	368	51:46
Bob Thomas	371	51:56
Tom Harrison	379	52:42
Sandy Sheppard	386	53:40
Katie Gumbrell	387	53:48
Suzanne Henderson	396	55:23
Cecilia Csemiczky	400	56:04
Louise Atkinson	404	56:53
El Deighton	407	57:18
Liz Atkinson	409	57:37
Roger Pritchard	412	57:56
Carl Woffington	416	58:29
Sev Konieczny	425	1:03:00
Linda Wright	427	1:07:09
Kingsley Starling	429	1:09:00
Mens Team: 1st, Ladies Team: 1st		

14th December**TVXC League, Hillingdon (missed from last month)**

Julie Rainbow	48:51
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10th January**Martello Marathon**

Pete Morris	43	4:31:50
Gary Brampton	58	4:51:04
Martin Bush	107	5:43:43

Sanlam 15km Trail Run (South Africa)

Graham Tull	37	1:29:11	2nd MV50
Belinda Tull	38	1:29:11	1st FV40

Hampshire League XC, Prospect Park**Ladies**

Claire Marks	67	27:07
Toni McQueen	88	29:03
Claire Seymour	96	30:46
Maureen Sweeney	112	33:47
Christine Callaghan	115	34:53
Maria Norville	118	41:59

Ladies Team: 15th

Ladies Vets Team: 9th

Men

Luc Jolly	22	30:03
Tony Carter	24	30:05
Mark Worringham	25	30:07
Rupert Shute	48	32:17
Lance Nortcliff	60	32:35

Mark Saunders	61	32:39
Robert Tan	63	32:51
Ryan O'Brien	80	34:14
Jamie Cole	88	34:43
Fergal Donnelly	98	34:59
Ashley Middlewick	113	36:12
Gavin Rennie	121	36:43
Ian Giggs	126	37:00
David Fiddes	154	39:39
Andy Atkinson	185	44:08
Peter Higgs	192	46:35

Mens Team: 5th in Division 1

Mens Vets Team: 1st in Division 2

11th January**Martello Marathon**

Martin Bush	50	4:47:10
Gary Brampton	55	4:52:44

Winter Tanners 20 mile Trail Challenge

Alan Freer	6	3:17:00
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Woodcote 10k

Brian Kirsopp	28	41:14	5th MV50
Alexa Briggs	81	46:49	
Wayne Farrugia	93	47:43	
Lizzie Jones	101	48:12	2nd FV50
Tom Stagles	144	51:06	
Robert Buesell	163	52:24	
Mary De Zutter	253	57:12	
John Chilton	293	1:00:39	
Kingsley Starling	340	1:08:20	
Paul Kerr	357	1:12:04	
Alice Johnson	358	1:12:15	

TVXC, Tadley

Simon Elsbury	8	35:27	
Andrew Smith	9	35:30	
Richard Usher	20	36:47	4th MV
Alex Harris	22	37:08	
Andy Blenkinsop	24	37:12	
Fergal Donnelly	31	38:05	
Gary Tuttle	36	38:33	
Ian Giggs	37	38:40	
Alice Leake	41	39:01	1st F
Alasdair Marnoch	43	39:04	
Peter Jewell	44	39:06	
Gavin Rennie	50	39:15	
Chris Kelly	51	39:24	
Paddy Hayes	53	39:34	
Bill Watson	65	40:19	
Alix Eyles	71	40:46	4th F
Kenny Heaton	78	40:56	
Peter Graham	81	41:01	

ROADRUNNERS RESULTS

Chris Cutting	92	41:16
Colin Cottell	94	41:25
Peter Cook	102	42:04
Keith Ellis	110	42:47
Aaron Chai	116	43:20
Andy Breakspear	119	43:35
Claire Marks	126	44:19
Chris James	132	45:04
Mary Janssen	139	45:41
Pip White	147	46:10
Nigel Hoult	157	47:18
David Dibben	161	47:35
Tom Wright	167	47:54
Richard Morgan	170	48:09
Andy Atkinson	173	48:23
Susie Rees	186	49:18
Katie Webb	188	49:25
Toni McQueen	189	49:28
Peter Higgs	200	50:10
Anthony Streams	204	50:19
Richard Scarr	206	50:32
Brian Fennelly	210	50:55
Chris Drew	216	51:16
Julie Rainbow	223	51:29
Peter Reilly	241	52:37
Catherine Leather	268	55:26
Katie Gumbrell	276	56:48
Lee Hinton	277	56:49
Claire Seymour	283	57:07
Sandy Sheppard	287	57:40
Susan Knight	289	58:02
Yvonne Edwards	296	58:38
Andrea Marnoch	303	59:01
Maureen Sweeney	308	1:00:07
Heather Bowley	312	1:00:23
Louise Atkinson	313	1:00:31
Jim Kiddie	319	1:01:55
Tom Harrison	321	1:02:11
El Deighton	325	1:02:44
Jenny Owen	328	1:03:00
Justin Watkins	331	1:03:45
Carl Woffington	335	1:05:43
Liz Atkinson	336	1:05:47
Kathy Tytler	339	1:06:08
Andy Bennett	345	1:07:44
Sev Konieczny	347	1:08:01
John Bailey	359	1:10:25
Anne Marie Cocker	360	1:10:26
Lorraine Bailey	363	1:12:21
Kerri French	366	1:15:11
Mens Team: 1st, Ladies Team: 1st		

17th January

Ranscombe 8 hour Winter Challenge

Gary Brampton	6	34.2 miles in 7:16:02
Mandy Carden	92	11.4 miles in 3:36:25

Box Hill Fell Race

Julian Hough	58	1:11:03	
Alice Leake	70	1:12:00	5th F
Ian Giggs	84	1:14:13	
Anthony Streams	237	1:46:49	
Peter Higgs	238	1:46:50	
Pete Morris	239	1:46:51	

18th January

TVXC, Bracknell

Mark Worringham	3	34:32	
Andrew Smith	12	37:18	
Richard Usher	19	37:54	
Ryan O'Brien	20	37:57	
Jamie Cole	23	38:06	
Andy Blenkinsop	28	38:18	
Alex Harris	30	38:27	
Gavin Rennie	45	40:07	
Fergal Donnelly	46	40:08	
Carrie Hoskins	49	40:24	1st F
Bill Watson	52	40:37	
Paddy Hayes	56	40:56	
Simon Gold	67	41:24	
Kenny Heaton	76	41:47	
Aaron Chai	77	41:50	
Peter Jewell	78	41:51	
Richard Charley	80	42:00	
Alix Eyles	82	42:11	4th F
Chris Mason	87	42:28	
Colin Cottell	89	42:43	
Mel Silvey	104	43:46	
Ian Giggs	113	44:30	
Pip White	115	44:40	
Ellie Gosling	118	45:03	
David Caswell	122	45:14	
Mary Janssen	132	46:01	
Chris James	148	46:50	
Nigel Hoult	157	47:01	
Andy Breakspear	163	47:13	
David Dibben	169	47:53	
Julie Rainbow	180	48:20	
Chris Mortimer	187	48:59	
Lee Hinton	190	49:13	
Andy Atkinson	194	49:28	
Tom Wright	202	49:43	
Richard Morgan	208	50:14	
Toni McQueen	236	52:21	
Chris Drew	257	54:03	
Brian Fennelly	265	54:45	
Pete Morris	269	54:54	
Jeremy Grand-Scrutton	273	55:09	
Angela Burley	275	55:11	
Anthony Streams	276	55:13	
Dave Brown	283	55:24	
Claire Seymour	293	57:19	

Catherine Leather	294	57:20
Tina Wilson	305	58:41
Maureen Sweeney	319	1:00:24
Andy Bennett	332	1:01:18
Yvonne Edwards	333	1:01:48
John Bowley	335	1:02:05
Louise Atkinson	344	1:02:46
Liz Atkinson	346	1:03:10
Tom Harrison	347	1:03:15
Justin Watkins	349	1:03:44
John Bailey	355	1:04:59
Lorraine Bailey	362	1:06:39
Cecilia Csemiczky	365	1:07:23
Sev Konieczny	366	1:07:33
Carl Woffington	367	1:08:02
Maria Norville	371	1:10:26
Juliet Dimmick	373	1:12:16
Peter Higgs	379	1:38:40
Sheryl Higgs	380	1:38:41

Mens Team: 1st, Ladies Team: 1st

24th January

Viking Coastal Double Marathon Day 1

Gary Brampton	76	4:59:08
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Schoemanshoek Half Marathon (South Africa)

Graham Tull	34	1:39:06	
Belinda Tull	35	1:39:07	1st FV40

25th January

Viking Coastal Double Marathon Day 2

Gary Brampton	51	4:45:54
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Gran Canaria Marathon

Martin Bush	637	4:34:52
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Oxford 10k

David Leake	92	51:50
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Romsey 5 miles

Annabel Richardson	350	46:09	45:33
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1st February

Watford Half Marathon

Ashley Middlewick	69	1:22:45	1:22:41
George Kinyanjui	307	1:35:31	1:35:03
Sam Hammond	538	1:41:40	1:41:12

London Winter Run 10k

Sarah Urwin-Mann	66	39:30	39:21	1st FV40
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TVXC, Bramshill

Mark Saunders	7	32:39
Simon Elsbury	13	33:33
Richard Usher	31	34:38
Andy Blenkinsop	39	35:18
Alex Harris	49	35:57
Ian Giggs	50	35:59
Fergal Donnelly	53	36:14
Gavin Rennie	54	36:17
Carrie Hoskins	60	36:50
Bill Watson	61	36:52
Kenny Heaton	64	36:55
Brian Kirsopp	66	36:57
Richard Charley	76	37:20
Paddy Hayes	83	37:48
Chris Mason	88	38:00
Simon Gold	94	38:13
Colin Cottell	95	38:19
Peter Jewell	98	38:25
Aaron Chai	105	39:00
Mel Silvey	107	39:12
Alix Eyles	111	39:26
David Caswell	123	40:10
Nigel Hoult	124	40:11
Claire Marks	125	40:12
Keith Ellis	128	40:23
Pete Morris	154	42:19
Julie Rainbow	164	43:02
Andy Atkinson	181	44:00
Tom Wright	182	44:01
Richard Morgan	186	44:10
Ricky Cowley	192	44:25
Dave Brown	194	44:45
Katy Webb	201	45:18
Brian Fennelly	208	45:42
Lee Hinton	213	45:59
Sophie Hoskins	225	46:25
Anthony Streams	231	46:35
Martin Douglas	239	46:57
Peter Reilly	243	47:06
Peter Higgs	244	47:07
David Lewis	257	48:10
Catherine Leather	259	48:16
Claire Seymour	264	48:52
Rhianon Bailey	280	50:40
Susan Knight	283	50:45
Lin Morton	285	50:52
Teresa Caswell	293	51:07
Tina Wilson	299	51:49
Justin Watkins	305	52:43
Tom Harrison	320	54:47
Lindsay Hart	322	55:02
El Deighton	326	55:51
John Bailey	327	55:58
Louise Atkinson	328	56:10
Christine Callahan	329	56:11

3rd F, 2nd FV

Kathy Tytler	330	56:16
Liz Atkinson	331	56:22
Carl Woffington	346	59:12
Sev Konieczny	349	59:48
Lorraine Bailey	353	1:00:44
Kingsley Starling	355	1:02:47
Sheryl Higgs	364	1:27:57
Mens Team: 3rd, Ladies Team: 3rd (2nd overall)		

Wythenshawe Park 5k

Phil Seager	11	22:30	PB
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Sec's Secrets

GEN SEC

There's been interest recently amongst many members on the findings of some seemingly spurious research carried out in Denmark, as reported in the Daily Mail.

The conclusion of the research was that there's a high risk of shortening your lifespan if you run more than 2 hours 24 minutes a week. Now, I've run that exact amount of time but not in a week, in a day at the Bramley 20 some years ago. Not to mention the many Marathons I've done in.....well, over 3 hours. I used to run well over 8 hours a week and even though I'll be 67 in April, I'm still running in excess of 2 hours 24 minutes a week. So am I shortening my lifespan and if so, should I be dead now seeing as I've been running regularly for 45 years? If this research has any credence, there's one man, who is now approaching his 60th birthday, who should have died long ago. Greek ultra running legend Yiannis Kouros, who now lives in Australia, would consider running 2 hours and 24 minutes as a warm up for an event. He has run 38 Marathons in 10½ days, 24 Marathons in six days, 11 Marathons in 2 days and 7 Marathons in one day! Kouros holds every men's outdoor road world record from 100 to 1,000 miles and every road and track record from 12 hours to 6 days. In 1991, he starred as Pheidippides in the movie The Story of the Marathon: A Hero's Journey, which chronicles the history of marathon running. Kouros came to prominence when he won the Spartathlon in 1984 in record time and the Sydney to Melbourne Ultramarathon in 1985 in a record time of 5 days, 5 hours, 7 minutes and 6 seconds.

Season's Bests

Ladies		
5k	Carrie Hoskins	19:53
5 miles	Annabel Richardson	45:33
10k	Sarah Urwin-Mann	39:21
10 miles	No result	
Half Marathon	Belinda Tull	1:39:07
20 miles	No result	
Marathon	No result	
Men		
5k	Ian Gosling	17:58
5 miles	No result	
10k	Brian Kirsopp	41:14
10 miles	No result	
Half Marathon	Ashley Middlewick	1:22:41
20 miles	Alan Freer	3:17:00
Marathon	Pete Morris	4:31:50

Just wonder at his records: -

100 miles in 11 hours 46 mins 37s

1000 miles in 10 days 10 hours 30 mins 36s

24 Hour race 188.17 miles

48 Hour race 293.75 miles

6 Day race 644.08 miles

Many years ago in the letters page of the Daily Mail, someone wrote in and said that they had just run 3 Marathons in three days and asked if this was any kind of record. So I wrote to the Daily Mail and said that although this was an admirable achievement, it pales into insignificance when compared to the achievements of Kouros. The Daily Mail duly published my letter with the list of these amazing records and a photo of Kouros himself. Please note, I did not send that letter in order to belittle the man who ran 3 Marathons in 3 days, in fact I praised his achievement. What I wanted my letter to do was to bring to the notice of the Daily Mail readership, a really great hero of the running fraternity, that we are all proud to be a part of. It used to be said that running prolongs your lifespan, but now this research is saying the opposite. My final comment on the matter is this. Running does not put more years into your life; it puts more life into your years.

Reading Roadrunners Committee Meeting

TUESDAY 3RD FEB 2015 7.30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Bob Thomas	(ex-officio)
Alan McDonald	(ex-officio)
Catherine Leather	(ex_officio)

APOLOGIES FOR ABSENCE:

Sandra Sheppard, Paul Monaghan, Simon Denton, Alice Johnson.

MINUTES OF THE MEETING OF TUESDAY 6TH JANUARY 2015

Carl reported one correction to the minutes in respect of the amount of £150 raised by Brian Shave for the club charity.

Carl said that the amount was in fact £115 and not £150 as recorded.

Anne Goodall then proposed the minutes as a true recorded and was seconded by Catherine Leather.

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON TUESDAY 6TH JANUARY 2015

RACE CLOCK INSURANCE Roger presented the committee with a proposal of an 'All Risks' insurance policy received from Tennyson Insurance, which was the only proposal received from any of the companies approached.

The items covered in the proposal were: 3 race clocks, 1 generator, 2 gazebos and the PA equipment.

The cover included loss or damage during storage, transportation and usage and also for hiring out to third parties for up to 10 occasions per year, with the total sum insured at £15,000 for an annual premium of £159 inc taxes.

Carl proposed acceptance, which was carried unanimously. ACTION Roger to organise the cover from 13/02/2015.

LONDON MARATHON RULES Carl reported that the rules are now published on the club website.

TROLLEY Carl said that he had not had time to cover this item ONGOING

MEN'S TEAM CAPTAIN Roger confirmed that Mark Worringham has now been posted on the website as men's team captain.

ANNUAL PRESENTATION GIFTS Carl confirmed that he is attending to the gifts.

CLUB CHAMPIONSHIP TROPHIES Bob Thomas reported that the trophies arrived today.

OUTSTANDING ACCOUNT QUERY Sandra not in attendance ONGOING

READING HALF MARATHON Roger reported that there was no need for a club draw for the spare places, as there were two places spare. Roger said that all of the 28 entries have been successfully registered. Roger reported that there was difficulty in finding marshals, as some volunteers were dropping out, as they could not attend the 'Boot Camp' for marshals on Saturday 14th March. ACTION Roger to advise RHM that they should draw up a contingency plan in the event that RRs cannot raise enough volunteers.

COMMITTEE NOMINATIONS Roger confirmed that a notice has been placed on the board and on the website, advising members where to obtain the nomination forms for committee places.

MEMBERSHIP FORM Anne confirmed that the revised membership form was obtained from Simon Davis.

CLUB HOUSE Roger confirmed that he had given the 'club house' folder to Simon Denton.

CONTAINER Alan McDonald confirmed that the container had been tidied up on Saturday 24th January.

MEMBERSHIP VETTING RULE Roger presented a draft for the proposed new rule covering vetting membership applications. After some comments it was agreed to make some changes and re-issue for committee approval. ACTION Roger to amend and re-issue.

READING PARK RUN Carl reported that the club would be taking on two Reading Park Runs in the spring and autumn, but the dates have not yet been agreed. ACTION Carl to liaise with Reading Park Run.

CHAIRMAN'S REPORT

TV XC Carl reported that at the last fixture hosted by

TVT near Eversley, our men finished 3rd, ladies 3rd and second overall, with Sandhurst winning the fixture. Carl reported that RRs have won the league title making it a brilliant season for the club and recorded thanks for all the members who ran and thanks to Tina Wilson for promoting the cross-country fixtures with the members. Carl went on to say that the league has proposed that all participating clubs make a contribution to buying the trophies, which would be one for the men's team, one for the ladies team and one for the outright winners. Carl said that this would cost the club £12.00 and proposed that we accept the cost. This was voted for by all except with one abstention, who thought it was unfair, as we have more members and RRs should pay a larger percentage. Carl said that a social is being planned where the trophies can be presented and this may be incorporated into a RRs Spring Do, but this is all in the pipeline to be agreed. **ACTION** Carl to report to TVXC that we accept cost of trophies.

LONDON MARATHON MARSHALS ENTRIES Carl reported that two members had not completed their entries on-line and so he emailed them both reminders that the closing date was on the 6th Feb. One member responded and said thanks for the reminder and went on to complete their entry. The other told Carl that they no longer wanted the place and so Carl contacted the next name from the draw, which was Jim Godsell and awarded Jim the place and subsequently, all 8 members have registered.

DEREK BRADFIELD Carl reported that he and Glynne Jones represented RRs at the Funeral of Reading ACs long standing President Derek Bradfield.

HAMPSHIRE XC Carl said that the last Hampshire XC fixture would be at Bournemouth on Saturday 7th and that so far RRs have done quite well.

CLUB SUBS SURVEY Carl reported that from his email survey as to should the club subscriptions be merged with the track fees, so far 107 members were for and 30 against merging. Carl said that he would leave the census open as replies were still coming in. Carl said that the survey produced lots of interesting ideas and that he would publish the ideas to the membership. **ACTION** Carl to write up and publish.

SECRETARY'S REPORT

METROS Roger reported that he had received an email from Al Scoffham of Metros, who apologised

for not paying their entry fees for the RRs fixture at Broadmoor in December. Roger asked Al to make the cheque out to Reading Roadrunners and to post it to Roger's address. Al commented that Metros thought the fixture was excellent. **ACTION** Roger to pay the cheque in when received.

ST PETER'S CHURCH HALL Roger reported that he had still not received a reply from St Peter's Church, regarding a deposit or full payment in advance for the hall hire on the 23rd March for the AGM. **ACTION** Roger to chase St Peter's Church.

WOKINGHAM HALF MARATHON Roger reported that he attending a meeting on Sunday with the organisers of the WHM and confirmed to them that RRs had recruited 25 marshals. Roger said that RRs in previous years were seconded to the Hurst villager's team to fill in where they were short of marshals. This year, RRs have taken over from the villagers and would be marshalling at 8 points on the course. The club will as in the past receive a donation to the club charity and all marshals will receive a complimentary free entry for 2016.

PETITION Roger reported that he had received a petition from a member, who requested not to be named and not to disclose the subject matter. The committee instructed Roger to respond with their views. **ACTION** Roger reply.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Anne reported 8 new members @ £30 = £238 (£2 short) and one new second claim member @ £16 (£2 short) and there were 34 renewals @ £28 = £952 and 2 social renewals @ £15 = £30 with a total of £1,236 banked.

MEMBERSHIP CARDS Anne asked if in the next chairman's bulletin, could Carl ask members who have their cards sent out by post, if they could please sign the card and attach their photos. **ACTION** Carl to include in next bulletin.

SOCIAL SECRETARY'S REPORT Alice not in attendance.

COACHING CO-ORDINATORS REPORT submitted by Simon Davis

Simon reported that there was a coaches meeting held at Palmer Park Stadium on Wednesday 27th January.

Track rules were discussed and all coaches will remind members within their groups the track rules.

Simon reported that there were only 3 coaches, who were yet to submit their licence details to him, in order to forward to Reading Sport and Leisure. Simon said that there are 3 coaches who had yet to submit their tee shirt sizes. Simon asked the committee for approval to purchase whistles for the coaches. This was approved by committee vote. **ACTION** Roger to advise Simon to proceed with the purchase of the whistles.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

RACE CANCELTION INSURANCE Roger asked the committee if anyone knew if Bramley had race cancelation insurance. Carl said that there was a clause on the entry form regarding return of fees in the event of cancelation.

Bob said that he could take out such a policy for Mortimer, but he thought that the level of exposure was not sufficient

To warrant the expense. Roger said that he has emailed Adele (Bramley race director) with the enquiry.

DINNER DANCE GUEST Roger reported that he was still awaiting to hear if Jamie from the Sweatshop would be accepting our invitation as one of our guests of honour. Carl proposed a vote to invite Chris Sumner, in the event that Jamie declined the invitation. The vote was in favour. **ACTION** Roger to inform Glynne.

CASH Anne reported that £1,500 was needed for Bramley expenses and sundries and also confirmed that £500 was needed for the Dinner Dance to pay the band. Anne asked the committee for a contingency plan in the event that the cheque book was not returned from the auditors in time, in order to obtain the cash, A plan was discussed and will be implemented as a result of a worse case scenario. **ACTION** Anne to try and obtain the cheque-book.

CLUB KIT Anne reported that there was a problem with selling the kit at the desk on Wednesdays, at it interfered with desk duties, which does not include selling kit. Roger suggested limiting the selling of kit to a time slot of 6.45pm to &. 7.45pm. Catherine suggested selling kit once a month in the bar. Carl said that when we have the club house, the kit would be permanently available. Anne said that we should look at the role of the kit monitor. **ACTION** Carl to ask the current kit monitor if they want to continue in the role.

NEW LOCAL RACE Bob asked if anyone was aware that there was a new local 10k event. Carl asked if it clashed with anything? Bob said it did not, but it was within walking distance of Mortimer.

DINNER DANCE ATTENDANCE LIST Bob asked if he could have a list of members attending the dinner dance, so that he could have the club championship trophies sorted for presentation.

CLUB CHAMPIONSHIPS Bob issued the committee with a proposed list of events for the next club championships and asked for comments. There were no adverse comments and the events were met with approval. **ACTION** Bob to Publish.

AGM Carl asked if there was anything the committee needed to do before the March AGM. Roger said that the AGM packs would be going out during the week of the next committee meeting and that he had everything with the exception of the amended new rule proposal for membership vetting. Roger said that he produced a committee post job description list and sent it to Paul for posting on the website for any prospective committee member to refer to.

Carl asked what the committee was short of in applicants for posts and said that we need to advertise for a social secretary. Roger said that Simon has submitted his nomination form for a committee place as coaching co-ordinator.

Roger said that he is going to put a list of nominations on the board. **ACTION** Roger

DOOR ROTA

Wed 4th Feb

Alan McDonald, Shirley Smith, Anne Goodall, Glynne Jones.

Wed 11th Feb

Glynne Jones, Anne Goodall, Christina Cotter, Alan McDonald,

Wed 18th Feb

Shirley Smith, Anne Goodall, Glynne Jones. Alan McDonald,

Wed 25th Feb

Christina Cotter, Anne Goodall, Glynne Jones, Alan McDonald.

Next Meeting Tuesday 3rd March,

Meeting closed 9.48pm



SPRING DO & XC PRESENTATION NIGHT

SAT 14TH MARCH 2015

7.30PM-11.30PM

**WOODFORD PARK LEISURE CENTRE,
WOODLEY RG5 4LY**

TICKETS: £12.50

**Includes hot supper fish & chips/sausage &
chips/vegetarian option**

(Cheques payable to Reading Roadrunners)

**Tickets will be on sale from Wednesday 11th
February 2015.**