



READING ROADRUNNERS NEWSLETTER FEB 2016

I thought a mini-competition to name the new boy band that has apparently formed at the club might be a good way to kick off the newsletter this month. Given the average age of the members pictured above, 'Deep Heat' might be appropriate? Thanks to Chris Drew for capturing this epochal moment in pop/athletics history.

I'm very excited to say that inside this month we've got some proper fighting talk! One of our more 'senior' members, Chris Mason, has taken it upon himself to put his money where his mouth is and say, 'come and get them!' to any whippersnappers that fancy a crack at his current records... So if any of you 'quicks' fancy stepping up and making some money for the club charity... head for page 8 where the challenge is laid out in full!

INSIDE THIS MONTH:

- **MARATHON CHAMPIONSHIP RESULTS**
- **20 YEAR CHALLENGE**
- **READING HALF MARATHON**





Welcome from the Editor

CHRIS CUTTING

One 'Congratulations - it's a boy!' and one 'Get well soon' to kick off this edition. The first bit of good news is the birth of Otto William Robert Phillips to two of our members, Adam and Vicky, . Otto could recently be seen at the track completing his first Wednesday night lap and generally meeting and greeting.

The second bit of news is that RR Andy Breakspear has undergone a hip replacement and is convalescing as we speak after his operation. Andy has already suffered a ward visit from his fellow band of Thursday night outrunners and we wish him a speedy recovery from the rest of us at the club.

There has been a great deal of last-minute response to the appeal for help at this year's Bramley 20/10, but the organisers could still use more volunteers. Please, please, PLEASE if you could give up some time on the 14th Feb to help out then please get in touch with Alan Makepeace. The club's events are dependent on people giving up some time, so if you have never helped out at an event and want to see what getting involved is all about, then now is your chance. Alan can be reached at: rocket-al@hotmail.com

Enjoy your running this month,

Chris



Chairman Chat

CARL WOFFINGTON

We are at the end of the winter cross country season. We ran two TVXC races and one Hampshire League race in January. There are two races left to run at the time of writing with the last TVXC race in 3 days time. The last Hampshire League race is in the New Forest on 13th February. We have done well in both leagues. It seems we have won the three TVXC trophies – men, women and overall. Well done to all. We are planning a presentation evening, probably at the end of April.

RR Dinner Dance is on Saturday 5th March and tickets are now on sale. Dancing to a live band that we've not had before. The food has always been excellent at this venue. Details on the RR website. The evening will include presenting trophies for the RR Club Champs and Marathon Champs 2015. Stan Eldon will present the trophies.

Tony Canning organised a timed track 5km last November. It was popular and he was asked to stage some more. The next one will be on Friday 26th February at Palmer Park.

The RR AGM will take place on Tuesday 22nd March, further details to follow. Please put the date in your diary. We are sending out the AGM packs electronically for the first time. If you don't have an email address then the pack will be posted to you as in previous years.

RR 2015/16 membership expires on 29th February for most of us. Membership can be renewed from January until 31st March. Details of the new electronic payment method for renewals should be with you by the time you read this. This will run in parallel with the existing paper form/cheque/cash system that you all know and love. It's your choice. You will receive one of the new format membership cards once you have renewed.



Ladies' Captain - Report

CLAIRE SEYMOUR

January has been a busy month for Cross Country, but sadly the season is about to come to a close. However, the great news is that we will hold on to the TVXC trophies that we won last season, with strong performances from both our ladies and men's teams, which is just brilliant! I would like to thank each and every one of you who have turned up on a Sunday to run; there was definitely some great team work going on. We have had a lot of new faces join us this year as well. The other good thing is hopefully all this XC will have made you all stronger for our upcoming road races throughout the spring and early summer. We are looking at holding an XC Presentation evening over the next few months, so watch this space!

If you would like one final opportunity to run Cross Country before the 2015/16 season comes to a close, there is one final Hampshire League fixture remaining on Saturday 13th February, to be held at Dibden Inclosure, New Forest. This is a new course and from what I hear sounds quite similar to some of the courses that we run at the TVXC! We will have a couple of our regular ladies absent for this fixture so ideally we could do with a few ladies to join us so we can hold on to our position in the league! (We are currently joint 3rd place for the vet ladies team with the decider at this match.) Please let me know asap if you would like to run!

Berkshire XC Championships - Saturday 9th January

The Berkshire XC Championships this year were held at Upton Court Park, Slough. It was a wet cold winter's day and the course, even though not particularly hilly, was very muddy. Considering the conditions our ladies did us proud, with Sarah Urwin-Mann finishing in 2nd place for the vet ladies (which also meant that she qualified to run for Berkshire at the Inter-counties being held in March) and Sam Whalley with a strong run to finish in 11th place.

Hampshire League XC – Prospect Park, Reading – Saturday 16th January

As the third fixture was held on home turf, I was hopeful for a good turnout of Reading Roadrunner Ladies, and so it was, with probably our largest team at a Hampshire event with 10 of us. The weather

was lovely, blue skies and sunshine, but very cold, and conditions underfoot were very tough after all the rain that we have had in recent weeks. Sarah Urwin-Mann was our first lady home in 11th place, closely followed by Alice Leake 12th, Lesley Whiley 65th, Sam Whalley 81st, Kristin Brandl 83rd, Tracy Jenkins, 93rd, myself 94th, Sarah Pachonick 97th, Saba Reeves 99th and Maureen Sweeney 109th. It was great to have a few more RR ladies around us in the race and I really enjoyed running with Tracy, we definitely kept each other going up those hills!

TVXC Bracknell - Sunday 17th January

I think this fixture was held on the coldest day of the winter so far! And we all woke up to a light dusting of snow on the ground, which made for some lovely conditions running through the woods. The snowy conditions didn't seem to put anyone off and we had a fantastic turnout of 70 of us running! I was even more impressed to see quite a few runners doing double XC after running the day before at Prospect Park. In particular Alice Leake had a strong run finishing as 1st lady; Alice was then followed by Carrie Hoskins in 2nd place; Katy Webb 6th place and Alix Eyles 19th. These ladies made up our scoring team finishing in 1st place overall, with the backing of the rest of the RR ladies behind them pushing back those scoring runners so well done all.

TVXC Tadley – Sunday 24th January

A week later we had the penultimate fixture at Tadley. This race was met with slight apprehension (well on my part anyway!) after the mud fest of last year's fixture! I have a feeling most of you that took part did your shoes up extra tight this year! I know I certainly did! The course lived up to expectations, and was as muddy as ever!

It's such a tough race, but our ladies team showed how strong they are with another 1st place finish for Alice Leake. Katy Webb finished in 2nd place (her highest placing this season), with Carrie Hoskins close behind in 3rd place. What with Mary Janssen in 16th place, this gave our ladies another 1st place finish and secured our lead over Sandhurst! Which is just brilliant, so well done to all the ladies that ran at this fixture.

**Southern XC Championships – Parliament Hill
Saturday 30th January**

Tadley last weekend was certainly a good warm up for this race! I was pleased to also be joined by Sam Whalley, Irene Liming and Madeleine Starks, so with 4 runners we had a team! Parliament Hill is a must for anyone who loves XC. It's one of those iconic must do races, the atmosphere is very special with around 500 ladies from all different clubs over the south taking part, and a wide range of ages and abilities! You forget how tiring that first hill is from the start as adrenaline gets you to the top, and from there it doesn't really get any easier either, as its just unrelenting mud up to your ankles for the rest of the race. But it has to be one of my favourite XC runs!

Sam Whalley was our first lady home, followed by me, Madeleine and Irene Liming & we all absolutely loved it! And can't wait to take part again, although Madeleine said straight after that she will invest in some running spikes for next year, which is definitely a good decision! Our team finished in 51st place (and we were very pleased not to be last!)

Other races this month

It's hasn't all been about XC, although you would definitely class the 'Rough N Tumble 10' as a cross between XC and a Fell run its as tough as it gets! However Irene Liming revelled in the tough conditions as she always does, had a good run and picked up a trophy for 1st in her Age Category!, Well done Irene!

**Reading Half Marathon
2016**

SUNDAY 3rd APRIL

Volunteers required to marshal at the Reading Half Marathon.

Each year we ensure the runners enter the correct starting bays and then walk the runners up for the phase start.

Also if anyone can stay on, transfer over to the finish area to help out where required (this will be decided on the day).

Please give your name and contact phone number to either myself, or fill in the details on the form at the entrance desk on Wednesday track sessions or by email (see below).

On the same day we also had a good turnout of ladies at the Woodcote 10K with Carrie Hoskins finishing as 2nd lady and 1st in her Age Category, and Julie Rainbow 2nd in her age category! Great running ladies!

Congratulations also goes to Sarah Urwin-mann on her run at the Cancer Research UK London Winter Run 10k finishing in 4th place with her quickest time at the 10K distance for around 4 years, Sarah puts this down to having had a strong Cross Country season! Sarah and the other ladies that took part finished behind none other than Jo Pavey, Jo was taking part in the race as she is an ambassador for Cancer Research UK. Other RR ladies that ran were Lorraine Bailey, Estelle Patrick, Melanie Parker and Joy Wellstead. Sarah and Lorraine told me afterwards that they thoroughly enjoyed the race and recommend it! Well done to you all!

As the XC season is coming to a close, it's time to start thinking about some of those summer time races! And one race in particular the Ridgeway Relay being held on Sunday 19th June. I'm planning to enter a ladies team. Leg distances range from around 7 miles-11 miles and each team is made up of 10 runners so if you're interested in running, please get in touch with me via teamcaptains@readingroadrunners.org

Hope you all have a good month!

Claire



Please respond by February 19th.

Many Thanks
Richard Hammerson
TEAM LEADER

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Men's Captain - Report

MARK WORRINGHAM

I don't know about anyone else, but I'm getting truly sick and tired of having to clean my shoes this winter. And I haven't even run that many cross country races this season – goodness knows how many times some of the rest of you have had to do it. Maybe it's easier not to clean them, or perhaps not even take them off between races, and simply eat, sleep and work with a gigantic brown clod of muck welded to each foot. It could be an exciting game to see who could develop the most impressive foot infections before the end of cross country season. We could give prizes for it. I know who my money would be on.

So, all that is by way of saying it's been a wee bit muddy this January.

Anyway, it looks like we've well and truly sewn up the Thames Valley Cross Country League, with another couple of great team wins. Very well done to all the runners, and to Claire for her organisational skillz. At Bracknell, Lance Nortcliff again finished as first Roadrunner in 3rd position, with David McCoy 6th, Keith Russell 9th, Andrew Smith 15th, Simon Elsbury 19th and Ben Whalley 26th rounding out the team scoring.

All of this was a prelude to what seems to have been an absolute extravaganza of mud at Tadley the following weekend. Having not been present, I have been assured that I cannot fully grasp the horror of it. In that respect, I suppose it's a bit like Vietnam. Essentially, it seems that running is a generous term, and that 'power-wading' might be more appropriate. Reports of lost shoes were commonplace, and some runners may have actually disappeared entirely beneath the mud, not to be seen again until they are unearthed as fossils by future civilizations. However, it appears to have played to our strengths, with five out of the top 10 being Roadrunners. Lance Nortcliff was 4th, leading home a green vested parade of David McCoy (5th), Ryan O'Brien (6th), Jamie Smith (8th) and Andrew Smith (9th). Simon Elsbury, Doug Kelley, a welcome return from Mark Apsey, and Fergal Donnelly also placed in the top 20.

It was an excellent turnout in the penultimate Hampshire League fixture in Prospect Park, and I was happy to see many new faces giving this league a try. Ben Paviour, a second claim loanee from Herne Hill Harriers came home 20th, closely followed by a

sprint finish between Lance and myself, which I am pleased to say I won in a final dip of the chest, making me once again glad to have invested in those silicone implants. Keith Russell was 39th and Ryan O'Brien 41st to complete the team scoring, but there were plenty of great runs shortly behind as well, including an impressively mud-drenched Brian Grieves after taking a tumble or two. The team placing of 5th was easily the best this season, giving us a decent cushion over the relegation zone, but it is all still to play for in the final match at Dibden Inclosure on 13th February, so another good turnout would be wonderful.

Unfortunately, we again could not get a full team out at the Berkshire Cross Country Championships in Slough, which is a shame as there are definitely team medals there for the taking. I finished 7th overall, and was the fortunate beneficiary of the fact that they had lowered the veteran age to 35, thus taking that title, also earning a Berkshire call up in the process. Ben Whalley was 5th vet, and would have been 2nd if they had left the cut-off at 40. Sorry Ben!

We managed to have a good number of men out at the Southern Cross Country Championships at Parliament Hill in London on Saturday the 30th January. Thanks very much to Claire for organising the teams for that. The field was pretty strong, so I was first Roadrunner back in 157th, with Ryan O'Brien 223rd, Jamie Smith 268th, Ben Whalley 380th, Bill Watson 602nd and David Lennon 936th, backed up by Stuart Jones just behind. The team finished in a decent 40th place. Meanwhile, the trio of Giggs, Higgs and Striggs - sorry, I mean Streams - were running their second run of the day having popped out a cheeky parkrun earlier. As usual. Unfortunately, Lance succumbed to injury part way round, so fingers crossed he bounces back soon. The course was extremely tough, with very deep mud for much of the 9 miles. That's what I thought anyway. Those who had "run" at Tadley the week before seem to have thoroughly enjoyed it, however - it must have been like running on an Olympic track in comparison to that.

My own race at the Southernns was notable particularly because, as the race drew to a close, another runner came up to my shoulder to overtake, then tripped. Instead of falling flat on his face, he did a forward roll, and somehow managed to emerge ahead of me, much to spectators' amusement and my consternation.

This went straight into my Top 3 Most Embarrassing Overtakes. The other two are: the time I was passed by a bloke with a pushchair whilst running 2:50 at the Berlin Marathon; and in front of the Houses of Parliament at the end of the London Marathon 2014, when I was overtaken by a guy with an enormous, magnificent permed mullet. The crowd went wild, screaming "Go on Mullet" in unison, whilst my socially-acceptable haircut garnered no support whatsoever, and my race went downhill from there.

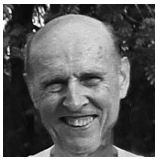
Away from the muck, there were a handful of road races. Most notable was the Goring and Woodcote 10K, which saw two of our newer members, Chris Lucas and David McCoy getting 2nd and 3rd respectively, with some fine times on such a hilly course. Andrew Smith wasn't far back in 5th, whilst there was a good battle for the 2nd and 3rd vets spots, with Fergal Donnelly just edging out Kevin Burree,

but both runners came in well under 40 minutes. Meanwhile, Simon Davis completed a trio of runs at Disney World of varying distances. If I was the kind of person who was prone to mockery, I would say that he was helped out by some Mickey Mouse coaching, but I'm not, so I won't.

With all of this mud, it's probably unsurprising that there is no mention of PBs. I don't think there were any. However, with Wokingham and Bramley to come in February, I'm sure we can put that right. Good luck in adapting back to the roads after all that mud.

On to future events, and as usual we will be looking for runners for the Ridgeway Relay on 19th June. We will be running an A, B, ladies and over 60s team as usual, so if anyone wants to put in an early bid for a spot, please let Claire, Cecilia or me know. Tom is also keen to put a team in for the Wessex Ridgeway Relay on 22nd May, which takes place in Dorset, so if there is any interest in this please speak to Tom or me.

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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

2015 Marathon Championship Results

BOB THOMAS

Congratulations to the 117 members who together recorded 365 marathon results during 2015. As ever, with 53 results during the year, Martin Bush led the field in the number of marathons run, followed by Gary Brampton at 42. For the ladies, Christina Calderon and Julia Molyneux tied on 17 results each.

Luc Jolly recorded the fastest time at 2:35, beating Rupert Shute's best time by just 23 seconds, both results being at London. Carrie Hoskins recorded the fastest time for the ladies at 3:04, also at London.

Efforts of sheer endurance need to be recognised: in March, Gary Brampton ran seven marathons on consecutive days in the Week at the Knees series, whilst in June, Christina Calderon ran Days 1-4 of the Great Barrow Challenge and Days 1-5 of the Hell of a Hill series in November, also on consecutive days.

The 2016 Marathon Championship is now underway and will run to the same rules as last year, which can be found on the website: in summary, no registration required – run as many marathons as you like as a Reading Roadrunner anywhere in the world, then just ensure your result appears in the newsletter for it to be included in the Championship scoresheet.

Here is a summary of the 2015 trophy winners; the full results including everyone who recorded a marathon result are posted on the website.

Pos	SENIOR MEN	Best time
1	Luc Jolly	02:35:20
2	Rupert Shute	02:35:43
3	Andrew Smith	02:49:25

MEN VET 40

1	Jamie Cole	02:58:27
2	Brian Grieves	02:58:44
3	David McCoy	02:58:53

MEN VET 50

1	Gavin Rennie	02:59:04
2	Alan Freer	03:15:03
3	Darrell Robins	03:19:19

MEN VET 60

1	Nigel Hoult	03:14:51
2	Paul Jenkins	04:02:46
3	Stephen Wing	06:11:27

Pos	SENIOR LADIES	Best time
1	Alix Eyles	03:07:24
2	Rebecca Stark	03:17:31
3	Melanie Shaw	03:41:41

LADIES VET 35

1	Erica Key	03:27:53
2	Claire Woodhouse	03:46:51
3	Elizabeth Ganpatsingh	04:02:41

LADIES VET 45

1	Caroline Hoskins	03:04:14
2	Katherine Sargeant	03:15:26
3	Mary Janssen	03:41:38

LADIES VET 55

1	Sian James	03:29:40
2	Tracey Lasan	03:33:45
3	Irene Liming	04:36:36

Just for the record - a 20 year challenge!

CHRIS MASON

As I watch Lance Nortcliff and the other lead runners disappear out of sight in the Thames Valley Cross Country league or am lapped with increasing regularity at the track on a Wednesday, I often wish I could turn back the clock to the early 1990s to relive former glories when I was lucky enough to be one of the faster runners in the club.

Sadly my legs don't want to know these days, although I'm still enjoying running and doing ok for my age (now 53) much of the former speed has deserted my tired legs - I could barely run a lap now at the pace I once ran the London Marathon (exactly 6 mins / mile - 2h 37m)!

I know that we are a club for all standards and abilities but one thing that does give me a great sense of pride is that some of my times from the 1990's still stand as club records or have rarely been beaten. In fact, my 5 mile pb of 26.43 was set at the Portsmouth Victory 5 in December 1995 so has just reached its 20th anniversary (despite the best efforts of Mark Worringham at Marlow this year).

Meanwhile my 20 mile pb of 1h 56m 23s, set at the second ever Bramley 20/10 in March 1996 also still stands and has just a few weeks to go until that will also be 20 years old!! I'm probably lucky in that 5 and 20 miles are not raced as frequently as other distances and I'm sure Keith Russell would have been much faster over 20 miles on his way to the marathon record.

My half marathon pb is 1h 11m 38s and would have been a club record at the time (March 1992) and that matches (I think exactly to the second) the time set by Mark Worringham last year at Wokingham. As far as I know, only two RRR have ever run faster than this - Zak Tsegay (an Ethiopian studying at Reading University) and Howard Grubb who set the record over twenty years ago at Reading with 1h 9m 24s. I'm pretty sure Zak and Howard are the only 2 RRR (in the lifetime of the club) to have run sub 70 mins for the half marathon. I could never beat the elusive 70 minutes barrier despite many attempts, but can anyone take up the challenge this year?

RR men's team was probably at its strongest ever during this time in the mid 1990s and all the club

men's records (apart from 5k and marathon) were set during this time by myself, Zak and Howard (I should mention Brian Shave who I believe was faster than all these times in his day, long before the club was formed).

All records are there to be broken and whilst I'd love my records to make it to 21 years, I think 20 years is long enough. So, here's a challenge to our current fast runners for the calendar year of 2016.

- **I will pay £50 to the club charity if any RR can break my 5 mile record of 26m 43s in 2016.**
- **I will pay £50 to the club charity if any RR can break my 20 mile record of 1h 56m 23s in 2016.**
- **I will pay £50 to the club charity if any RR can break the club half marathon record of 1h 9m 24s in 2016.**

For all of these, the runner must be a first claim RR, running in club kit and in a certified/recognised race. Max payment = £150 (current charity up to AGM, next year's charity after AGM). Offer valid to 31st Dec 2016.



READING ROADRUNNERS

Dinner Dance



Saturday 5th March 2016 at Sonning Golf Club.

£31.50 per head

STARTERS

Brie & bacon filled field mushroom
Cream of vegetable soup
Melon & Parma ham with spiced fruit chutney

MAINS

Corn fed roast breast of chicken, sausages wrapped in bacon with herb & onion stuffing
Fillet of sea bass served with spinach, lemon beurre blanc & new potatoes
Cauliflower, spinach & chickpea curry (not too spicy)

DESSERTS

Warm fruit crumble with custard
Meringue nest with seasonal berries & Chantilly cream
Lemon posset

Coffee/mints

Please ask at the desk, Palmer Park at track nights for more details

Roadrunners Results

NIGEL HOULT

We start this month with a couple of corrections to the final 2015 information. Keith's marathon record was achieved in 2013 rather than 2009 (which was when he ran the previous record), and a missed result means that Sarah Urwin-Mann now holds the 5 mile season's best. Apologies for that; if you break a season's best and notice that I've missed it (or indeed any other result), please let me know as soon as possible, so that I can correct it the next month. Similarly, if I miss a PB then please let me know; it might result in you being wrongly credited with a slower one later in the year!

Although we had a low turnout for the Berkshire Cross-Country Championships, those who ran did very well, with Sarah Urwin-Mann and Mark Worringham selected to represent Berkshire at the Inter-Counties Cross-Country next month – an excellent performance! In contrast, we had a good turnout for the penultimate Hampshire League event (I'm sure that it being so local helped), with Lance Norcliff retaining his third place on aggregate and Sarah Urwin-Mann continuing her recent good form by moving up to fourth. There were also the penultimate two races in the Thames Valley League, where we had excellent turnout and performance, especially at the Tadley event (perhaps we hate the mud less than the other clubs!): five of our men finished in the top ten and our ladies took the top three positions. We are now assured of overall victory, and victory for the men, but our ladies are tied with Sandhurst for first place so for them there is all to play for in the last event.

The second weekend in January was primarily one of hilly races. A good number of Roadrunners did the Woodcote 10k, with three finishing in the top five and Carrie Hoskins second lady, while a smaller number ran the Cliveden cross-country, with some respectable age-category results.

Well done to those mentioned and everyone else who raced last month, and good luck in Bramley, Wokingham and the other forthcoming races.

14th June 2015

Concorde 5

Sarah Urwin-Mann 12 31:38 1st F

29th December

Cloud 9 Sunset Trail Run (South Africa)

Belinda Tull 1:13:46 2nd F

6th-10th January

Walt Disney World Marathon Weekend

Marathon

Simon Davis 3115 4:47:14 4:34:04
Stephen Wing 16132 7:13:52 6:43:37

Half Marathon

Simon Davis 931 2:04:58 1:50:47
Julie Wing 12668 3:22:37 2:57:30
Stephen Wing 12701 3:27:47 2:57:38

10k

Simon Davis 494 1:00:08 49:59

5k

Simon Davis 24:14

9th January

Berkshire XC Championships, Upton Park

Senior Men

Robert Tan 9 44:03 (running for Reading AC)

Veteran Men

Mark Worringham 1 42:32
Ben Whalley 5 46:51

Veteran Women

Sarah Urwin-Mann 2 30:20
Samantha Whalley 11 37:57

10th January

Fowlmead Challenge

Martin Bush 37 26.2 miles in 5:12:53

Winter Tanners (20.6 miles)

Alan Freer 2 3:23:00

Rough 'n' Tumble 10

Sian James 275 1:55:52 4th FV55
Claire Seymour 353 2:08:02
Donald Scott-Collett 364 2:10:17
Irene Liming 407 2:16:54 1st FV65

Woodcote 10k

Chris Lucas 2 35:59 35:57
David McCoy 3 36:17 36:16
Andrew Smith 5 37:05 37:02
Duncan Mollison 15 39:07 39:05
Fergal Donnelly 21 39:39 39:36 2nd MV40
Kevin Burree 22 39:44 39:41 3rd MV40
Caroline Hoskins 26 39:59 39:56 2nd F, 1st FV40

ROADRUNNERS RESULTS

Ashley Middlewick	37	41:05	41:03	
Mark Smith	60	43:59	43:53	3rd MV50
Blue Caswell	71	44:33	44:27	3rd MU20
David Caswell	73	44:35	44:29	
David Dibben	96	46:27	46:23	3rd MV60
Wayne Farrugia	104	46:57	46:46	
Julie Rainbow	105	47:01	46:54	2nd FV50
Joe Blair	108	47:12	47:09	
Rachel Derry	150	49:35	49:21	
Elizabeth Ganpatsingh	207	52:17	52:02	
Jacqueline Smith	210	52:28	52:15	
Catherine Leather	216	52:39	52:25	
Susan Knight	221	52:53	52:38	
Tracy Jenkins	232	53:32	53:18	
Andy Dingle	248	54:31	54:31	
Robert Hele	276	56:17	56:03	
John Bullock	302	57:52	57:38	
Lisa Kilby	334	1:00:21	59:55	
Caroline Hargreaves	335	1:00:21	59:56	
Paul Smith	336	1:00:25	1:00:05	
Tom Harrison	344	1:01:21	1:01:06	
Amanda Box	351	1:02:15	1:02:01	
Sev Konieczny	398	1:09:21	1:08:54	
Linda Wright	401	1:10:00	1:09:45	
Trisha Arnold	402	1:10:36	1:10:09	

Cliveden Cross Country

Simon Elsbury	30	42:36		
Ian Giggs	39	43:38		
Julian Hough	45	44:14	3rd MV50	
Katy Webb	62	45:31	4th F	
Nigel Hoult	77	46:54	1st MV60	
Nick Adley	117	49:37		
Andy Atkinson	247	55:12		
Peter Higgs	311	58:14		
Maureen Sweeney	491	1:08:06		
Justin Watkins	525	1:10:33		
Liz Atkinson	527	1:10:54		
Ann McKinnon	569	1:16:29		
Lucie Matthews	584	1:19:40		

Richmond Park 5k

Jenny Mulhearn	26	32:04	31:42	
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16th January

Ranscombe Challenge

Julia Molyneux	76	26.2 miles in 6:21:07		
Martin Bush	85	26.2 miles in 6:37:37		

Hell Down South

Juliet Dimmick	1288	3:17:24	3:16:20	
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Hampshire League XC, Prospect Park

Ladies

Sarah Urwin-Mann	11	21:15	3rd FV	
Alice Leake	12	21:24		
Lesley Whiley	65	25:41		
Samantha Whalley	81	26:59		
Kristin Brandl	83	27:31		
Tracy Jenkins	93	28:56		
Claire Seymour	94	29:01		
Sarah Pachonick	97	29:41		
Saba Reeves	99	30:32		
Maureen Sweeney	109	33:00		
Ladies Team:	6th			
Ladies Vets Team:	3rd			

Men

Ben Paviour	20	30:42		
Mark Worringham	22	30:45		
Lance Nortcliff	23	30:45	4th MV	
Keith Russell	39	32:27		
Ryan O'Brien	41	32:30		
David McCoy	48	32:43		
Jamie Smith	49	32:54		
Andrew Smith	58	33:25		
Ben Whalley	63	33:49		
Doug Kelley	75	34:34		
Fergal Donnelly	80	34:59		
Jamie Cole	82	35:06		
Paul Roberson	91	35:52		
Andrew Blenkinsop	102	36:24		
Dan Stockwell	108	37:17		
Henry Stapley	109	37:17		
David Fiddes	123	39:05		
Brian Grieves	134	40:22		
David Lennon	144	42:00		
James Silman	150	43:13		
Nick Adley	152	44:33		
Kevin Jones	157	46:33		
Paul Carter	160	49:04		
Mens Team:	5th in Division 1			
Men Vets Team:	3rd in Division 1			

17th January

TVXC League, Lightwater

Lance Nortcliff	3	34:44	1st MV	
David McCoy	6	35:27		
Keith Russell	9	35:51		
Andrew Smith	15	37:16		
Simon Elsbury	19	37:40		
Ben Whalley	26	38:28	4th MV	
Kevin Burree	28	38:41	5th MV	
Fergal Donnelly	31	39:03		

ROADRUNNERS RESULTS

Alice Leake	38	39:27	1st F
Ian Giggs	39	39:40	
Bill Watson	43	40:15	
Henry Stapley	45	40:20	
Mark Apsey	46	40:25	
Paddy Hayes	52	40:42	
Carrie Hoskins	59	41:00	2nd F, 1st FV
Kenny Heaton	69	41:38	
Katie Webb	73	41:44	
Julian Hough	80	42:19	
David Fiddes	85	42:40	
Sam Hammond	86	42:45	
Stuart Jones	94	43:12	
Mel Silvey	100	43:26	
Chris Mason	104	43:37	
Peter Cook	125	44:54	
Keith Ellis	127	45:09	
David Caswell	129	45:11	
Alix Eyles	134	45:24	
Chris James	136	45:36	
Ricky Cowley	144	45:55	
Ian Husband	146	45:59	
Mary Janssen	149	46:10	
Ryan Nicholls	165	47:20	
Nick Adley	168	47:35	
Julie Rainbow	182	48:01	
Colin Cottell	192	48:38	
Tom Wright	200	49:22	
Ellie Gosling	207	50:03	
Lee Hinton	217	50:29	
Peter Higgs	220	50:46	
Andy Atkinson	222	50:54	
Pip White	225	51:07	
Anthony Streams	231	51:39	
Dave Brown	237	52:21	
Karen Pulley	238	52:23	
Catherine Leather	250	53:39	
Jim Kiddie	254	53:50	
Susan Knight	277	55:19	
Brian Fennelly	286	55:52	
Jenny Owen	299	56:56	
Martin Douglas	301	57:11	
Claire Seymour	313	58:23	
Louise Atkinson	316	59:11	
Katie Gumbrell	324	59:58	
Bob Thomas	331	1:01:35	
James Silman	333	1:02:17	
John Bailey	341	1:03:04	
Sarah Drew	348	1:04:33	
Justin Watkins	349	1:04:53	
Maureen Sweeney	354	1:05:08	
Liz Atkinson	368	1:07:25	
Tom Harrison	373	1:08:19	

Maria Norville	376	1:09:10	
Linda Wright	377	1:09:12	
Kathy Tytler	381	1:10:41	
Lorraine Bailey	382	1:10:47	
Cecilia Csemiczky	383	1:10:57	
Janice Thomas	388	1:11:59	
Ann McKinnon	395	1:13:07	
Sev Konieczny	398	1:15:05	
Sheryl Higgs	402	1:47:33	
Mens Team: 1st, Ladies Team: 1st (Overall: 1st)			

23rd January

Dymchurch Marathon

Ashley Middlewick	9	3:23:54	
Martin Bush	51	4:26:57	

24th January

Fred Hughes 10, St. Albans

Alan Freer	109	1:09:28	
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Dorney 10k

Jenny Mulhearn	86	1:02:26	PB
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TVXC League, Tadley

Lance Nortcliff	4	34:01	2nd MV
David McCoy	5	34:30	
Ryan O'Brien	6	34:53	
Jamie Smith	8	35:14	
Andrew Smith	9	35:37	
Simon Elsbury	16	36:43	
Douglas Kelley	18	37:02	
Mark Apsey	19	37:13	
Fergal Donnelly	19	37:13	
Ben Whalley	28	37:56	
Alice Leake	30	38:10	1st F
Monty Gershown	32	38:15	
Jamie Cole	33	38:16	
Bill Watson	39	38:51	
Katy Webb	40	38:52	2nd F
Julian Hough	44	39:06	
Carrie Hoskins	45	39:13	3rd F, 1st FV
Paddy Hayes	46	39:21	
Henry Stapley	61	40:09	
Kenny Heaton	69	41:00	
Mel Silvey	81	41:59	
Daniel Stockwell	82	42:00	
Stuart Jones	84	42:05	
Keith Ellis	103	43:35	
Chris Mason	107	43:49	
Ian Husband	111	44:09	
David Caswell	117	45:02	
Mary Janssen	118	45:05	
Colin Cottell	128	45:53	

ROADRUNNERS RESULTS

Lesley Whiley	130	46:04
Sam Riddington	131	46:20
Katherine Sargeant	153	47:46
Tom Wright	155	48:03
Lee Hinton	159	48:32
David Lewis	164	48:56
Andy Atkinson	170	49:31
Anthony Streams	171	49:46
Peter Higgs	172	49:47
Julie Rainbow	179	50:40
Tracey Jenkins	195	52:32
Toni McQueen	197	52:40
Catherine Leather	212	54:12
Martin Douglas	213	54:19
Chris Drew	223	55:11
Paul Carter	227	55:37
Louise Atkinson	228	55:48
Donna Saunders	232	56:15
Tina Wilson	236	56:48
Grace Lyon	239	57:28
Heather Rigdus	242	58:10
Ray McGroarty	245	58:22
Claire Seymour	247	58:55
Susie Rees	248	59:02
Justin Watkins	250	59:23
Lin Morton	263	1:01:15
Tom Harrison	265	1:01:27
Charlie Macklin	269	1:02:48
Sarah Drew	274	1:03:42
Yvonne Edwards	290	1:07:46
Liz Atkinson	292	1:08:25
Carl Woffington	295	1:10:09
Catherine Douglas	296	1:10:13
Ann McKinnon	305	1:15:14
Linda Wright	306	1:15:29
Maria Norville	307	1:15:48
Juliet Dimmick	309	1:16:48
Sheryl Higgs	312	1:46:35
Pete Morris	313	1:46:50
Mens Team: 1st, Ladies Team: 1st (Overall: 1st)		

30th January

SEAA XC Championships, Parliament Hill

Senior Men

Mark Worringham	157	58:16
Robert Tan	208	59:33 (running for Reading AC)
Ryan O'Brien	233	1:00:24
Jamie Smith	268	1:01:19
Ben Whalley	380	1:04:16
Bill Watson	602	1:09:46
David Lennon	936	1:23:44
Stuart Jones	965	1:26:03
Peter Higgs		1:33:25

Tony Streams 1:33:26
Team: 40th

Senior Women

Samantha Whalley	336	44:32
Claire Seymour	401	47:23
Madeleine Starks	414	48:46
Irene Liming	479	55:32
Team: 51st		

31st January

Cancer Research UK London Winter Run 10k

Name	Pos	Gun	Chip	
Sarah Urwin-Mann	29	37:29	37:24	4th F
Callum Harling	474	44:05	42:57	
Andy Patrick	4658	56:56	56:14	
John Bailey	7162	1:02:14	1:01:27	
Lorraine Bailey	9623	1:09:06	1:08:19	
Melanie Parker	9761	1:09:40	1:08:56	
Estelle Patrick	9877	1:10:08	1:07:31	
Joy Wellstead	10486	1:12:51	1:12:35	

Swanage 10k

Tracy Jenkins 78 52:05

Mud Bath 10k

Ashley Middlewick 375 1:44:11

2015 Season's Bests - correction

Ladies

5 miles Sarah Urwin-Mann 31:38

2016 Season's Bests

Ladies

5k	Katy Webb	20:04
5 miles	No result	
10k	Sarah Urwin-Mann	37:24
10 miles	Sian James	1:55:52
Half Marathon	Julie Wing	2:57:30
20 miles	No result	
Marathon	Julia Molyneux	6:21:07

Men

5k	David McCoy	17:37
5 miles	No result	
10k	Lance Nortcliff	33:47
10 miles	Alan Freer	1:09:28
Half Marathon	Simon Davis	1:50:47
20 miles	No result	
Marathon	Ashley Middlewick	3:23:54

Reading Roadrunners Committee Meeting

TUESDAY 1st FEBRUARY 2016
7.30PM

ATTENDANCE:

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

APOLOGIES FOR ABSENCE:

Simon Denton.

MINUTES OF THE MEETING OF TUESDAY 5th JANUARY 2016

The minutes were proposed as a true record by Anne Goodall and seconded by Catherine Leather.

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

EQUIPMENT INSURANCE Sandra confirmed she had paid the £159.00. Premium.

RACE ARCH Catherine produced quotation for various types and sizes of race arches. Roger reported that there was no space available at Palmer Park for storage. After discussion, the committee decided to take the advice of Ellie Barnes and to proceed with purchase of a sealed unit type. ACTION: Catherine to proceed.

LETTER FROM A MEMBER Roger reported that he had contacted the club welfare officer on this subject.

Carl reported that subsequently there was a meeting held with the welfare officer and other involved persons and that a course of action would be taken

in the form of a talk with a member. Roger reported that he had sent the complainant member a letter expressing the committees views and thanks for their past volunteer work for the club.

DINNER DANCE Roger reported that he had sent the Dinner Dance menu to Paul to place on the website.

TURNSTILES Roger reported that he and Alan McDonald were in attendance on the first night of the turnstiles.

LONDON MARATHON COACHES Roger reported that the voting for two or three coaches resulted in 5 votes for three coaches, 1 vote for two coaches, 3 abstains and 1 inconclusive. Roger confirmed that as a result, three coaches have been booked. ACTION Roger to advise Anne on the cost in order to establish the ticket price.

XC EXPENSES Anne confirmed that she has passed a cheque to Toni McQueen for the TVXC home fixture expenses.

MAIDENHEAD 10 Roger reported that the result of the draw for the two complimentary free places went to Mel Silvey and Paul Carter. Roger said that he had forwarded the entry forms to the two lucky members.

HOODIES Chris Drew very kindly attended the meeting with a presentation of what he is prepared to supply the club and the various costs. The committee was impressed with the sample garments and decided that Chris would supply Hoodies, polo shirts, rain-tops and bags. Chris said he would be available on a monthly basis in the foyer to take order.

NEW COMMITTEE Carl reported that we don't need to advertise for a new social secretary.

ENGLAND ATHLETICS MEMBERSHIP PORTAL Bob reported that he had submitted the information to EA, but they are dragging their feet and have not yet set the system up with our requirements.

CHAIRMAN'S REPORT

HAMPSHIRE XC LEAGUE: Carl reported that the club had attended the Hampshire XC fixture at Prospect Park on the 16th January. Carl said that the final fixture of the Hampshire league will be on the 13th February at Dibden.

ROGER BANISTER Carl reported that several members attended the talk by Roger Banister at the Town Hall on the 18th January.

TVXC Carl reported that the club had attended the TVXC fixture on the 17th January at Bracknell and the fixture at Tadley on the 24th January. Carl reported that it looks as if RRs will win the TVXC league again this season.

Carl said that the last fixture will be on Sunday 7th February at Eversley hosted by TVT.

BRAMLEY 20/10 Carl reminded everyone that the Bramley 20/10 is looming on the 14th February.

WOKINGHAM HALF MARATHON Carl said we are still recruiting marshals for Sunday February 21st.

MEMBERSHIP RENEWALS Carl said that we are now pushing the membership renewals.

DINNER DANCE Carl finished his report by saying that the Dinner Dance will be directly after the next meeting on Saturday 5th March and would be pushed to the membership.

TREASURER'S REPORT

DECEMBER ACCOUNTS Sandra reported that the accounts up to the end of 2015 were finalised and they will be sent to Gavin Rennie for the AGM audit.

SECRETARY'S REPORT

BERKSHIRE ATHLETIC ASSOCIATION Roger reported that the BAA have sent an invoice for the club affiliation and Sandra confirmed that she had sent a cheque for £50.

DINNER DANCE Roger said that Stan and Marion Eldon have accepted an invitation and that Chris Sumner and Louise have also accepted an invitation.

Carl reported that we also have the names of the charity guests.

MEMBERSHIP SECRETARY'S REPORT

NEW MEMBERS Anne reported that in January, we had 16 new seniors @ £31 (9 x cash, 7 x cheque) and there were 10 renewals (1 x £15 cash, 1 x £15 cheque, 1 x £18 cheque, 1 x £29 cash, 6 x £29 cheque) Total banked £747.00.

Anne reported that 3 life members had renewed as social members (no fee applicable)

SOCIAL SECRETARY'S REPORT

CHRISTMAS PARTY Amanda handed Sandy cheques in connection with the Christmas Party.

COACHING CO-ORDINATORS REPORT None received.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

CHARITY DONATION Carl raised the subject of the club donation to the charity. Sandra said she would circulate the amount we donated last year via email and Carl said he would ask Tim what has been raised so far.

MEMBERSHIP FORMS Anne reminded committee members that they need to submit their membership forms soon in order to qualify for the elections at the AGM.

NEWSLETTER Catherine raised the subject of the newsletter not being password protected on the website.

After some discussion including data protection, the committee decided that we would remain transparent.

MORTIMER 10K Bob reported that the incident with the Cricket Club had been resolved and that as a result, this year's event would go ahead.

CLUB CHAMPIONSHIPS Bob reported that he has ordered the trophies for the championships.

CLUB EMAILS Bob said he was concerned about official club emails to members, in that we did not have a club format and suggested that we should have a club style. Bob said he was not necessarily offering to produce a style, but we should think about having one.

DIDCOT RUNNERS Amanda reported that she had received an email from the social secretary of Didcot Runners.

The email mentioned 'appointments' that RRs and DRs have had in the past and wanted to firm up future dates.

This was somewhat bemusing as RRs have never had any contact in the past with this club. ACTION Roger to reply.

DISABILITIES Sandra presented the committee with information sheets on helping members with disabilities.

Sandra also reported that the club welfare officer would be speaking to a member with disabilities in order to assist them with their interaction with other members. ACTION Roger to issue the sheets to the coaching co-ordinator.

LIFE MEMBERSHIP Carl raised the subject of the selection of life members and read out the protocol. Carl said that we should have started the process in October, but he thought it was not too late to propose someone.

ACTION Carl to email the list of members with 15 years membership for revue.

TROLLEY Carl reported that the trolley belonging to Palmer Park that we use on Wednesdays is broken and that Palmer Park will not be replacing it. Carl asked the committee for approval to purchase our own trolley. The committee agreed to source a new trolley (NOTE This is not the same trolley we purchased a few

months ago for a different purpose) ACTION Carl to source a trolley.

READING ROADRUNNERS 30th ANNIVERSARY

Carl raised the subject of the clubs 30th anniversary. Carl said that it was not clear as to if it should be 2016 or 2017. A discussion took place as to the year the club was formed.

It was decided that although the club's formation started in 1986 with preliminary meetings, 2017 should be the anniversary, as it was not until 1987, that the club name, constitution and club colours were officially adopted.

DOOR ROTA

Wed 3rd Feb
Christina Cotter, Glynne Jones, Anne Goodall.

Wed 10th Feb
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 17th Feb
Alan McDonald, Glynne Jones, Anne Goodall.

Wed 24th Feb
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 2nd Mar
Alan McDonald, Glynne Jones, Anne Goodall.

Meeting Closed 9.30pm
Next Meeting Tuesday 1st March