

2015



READING ROADRUNNERS NEWSLETTER JAN 2015

A big Happy New Year from us all at Roadrunners Newsletter HQ, including this little woolly chap, kindly supplied by El Deighton, who we're hoping to see a lot more of during 2015.

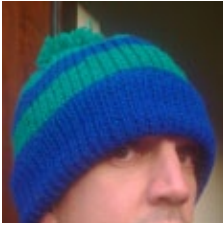
We hope you've not over-indulged too much over the festive season as we go straight into the new year with plenty to be getting on with; as well as the weekend cross-country leagues continuing apace, we have our prestige event, Bramley 20/10 approaching fast. Our hard-working race committee is beavering away to ensure another successful event, but help is always needed. Please get involved if you can and give them the support they deserve.

Another event just around the corner is the annual Dinner Dance - the Newsletter Editor in particular has been known to dig his evening suit out and throw a few shapes after a couple of glasses of lemonade. Hope to see you all there!

INSIDE THIS MONTH:

- **RESERVOIR
ROUNDBOUT**
- **FELL RUNNING**
- **IN PRAISE OF
VOLUNTEERING**
- **DINNER
DANCE**





Welcome from the Editor

CHRIS CUTTING

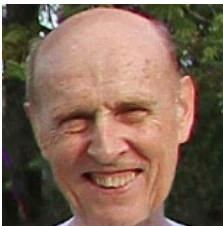
We start off 2015 with some great news of another addition to the Roadrunners Elite Junior Squad; Naomi Alice Heaton, born to Katherine and Kenny on the 30th December and already a veteran of at least one parkrun and Cross Country - congratulations to all.

I was one of the fortunate runners to have experienced Tadley's 'pioneering' new TVXC course on Sunday. Concerned members will be glad to know that most of the mud was eventually chipped/scrubbed off by the early evening. We took a few casualties in the shape of Mel Silvey's calf and at least one of Jim Kiddie's glutes but I was also proud to hear of several acts of heroism

and general sporting behaviour from our members during the chaos. Only those present will truly know what went on in those woods, but in years to come Reading Roadrunners will emerge with honour intact. It looks like we will have a very good chance of being gracious champions this year.

Enjoy your running in 2015,

Chris



Chairman Chat

CARL WOFFINGTON

I hope you all had a good Christmas and best wishes for the New Year.

The Reading Sports Personality of the Year Awards Ceremony took place just as the December issue of our newsletter was going to press. Two RRs received awards. Brian Shave in the Veteran Men category and Glynne Jones in the Helper/Loyalty category. Congratulations to both.

We had mince pies and mulled wine at track – thanks Toni. We had an excellent Christmas Party – thanks Alice. There was a Boxing Day run – thanks Kathy and a pub run on the Saturday – thanks Kay.

We held our home XC fixture for the TVXC League. It all went well. We managed to get enough helpers and also plenty of runners out. I would like to thank all the helpers. Too many to mention individually, but you know who you are. I would also like to thank all of you that brought food along.

I was sad to learn that Derek Bradfield passed away on the morning of Sunday 3rd January. Derek was the President of Reading AC and also a Life Member. He had put in a huge amount of work over many years and will be badly missed by RAC.

The final three TVXC races will be run before the February newsletter is published. Also, two Hampshire League races. Please look at our website for fixture details.

There are two February dates that need to be looked at in January. On the 15th is our Bramley 20/10 Race. We need helpers and also food is needed for our tea stall. On the 21st is our Annual Dinner Dance. Tickets are now on sale. Please see our website Social page for details.

Carl



Ladies' Captain - Report

TINA WILSON



Happy New Year!

A big thank you to all who helped make our home TVXC fixture so successful.

And the 'icing on the cake'

We came home in first position – did I happen to mention how VERY chuffed I am! Well done to everyone who ran.

This is the second time we have used Crowthorne Woods as our home fixture and as with any race there is quite a lot going on behind the scenes to ensure that the race takes place and runners run in a safe environment.

The Forestry Commission must grant permission for Reading Roadrunners to run on their land. A huge amount of documentation must be sent to them e.g. Liability Insurance, Maps, Risk Assessment and who we use as First Aiders.

(We booked the Red Cross and I am delighted to say they were very bored and went home very happy.)

Broadmoor Estates also grant us permission to use their car park. A last minute check, caused last minute stress. Broadmoor Estates stipulated that once the main car park was full (250 places) alternative parking must be found – no verge parking, no road parking or runners would get a ticket! With up to 400 runners turning up, thankfully we discovered

Crowthorne has a lot of public car parking – next year we will be prepared.

Marshalls, catering crews, van loaders/un-loaders are recruited and we have to field a team of runners. Food – lots of it was requested and we provided a feast for the 400 runners.

200 litres of water purchased just to make tea and coffee!



Before the event our very own Chairman Carl Woffington and Bob Thomas (RR Championship organiser) walked and did a recce of the course to ensure conditions were safe for runners.

Glynne Jones does a fantastic job of making sure that everyone is registered to run and takes the money – thanks Glynne.

Its only team work that makes an event like this run smoothly and this is what we are good at – thank you one and all.

We have three more TVXC fixtures: Let's get out there and keep that 1st Position!

11th January 2015 – Tadley

18th January 2015 – Bracknell

1st February 2015 – Thames Valley Triathletes

Hampshire Cross Country League – Popham

Saturday 6th December 2014

Well done to all the ladies who ran in this high standard league. Currently in 9th/12 teams.

Remember.....



Position	Vet					
21	7		Sarah Urwin-Mann	V35	Reading Roadrunners	24:20
80	41		Toni McQueen	V55	Reading Roadrunners	29:30
97	56		Claire Seymour	V35	Reading Roadrunners	31:50
112	67		Cecilia Csemiczky	V65	Reading Roadrunners	37:10

Date of next fixtures:

Saturday 10th January 2015 - Reading AC are hosting, Prospect Park.

Saturday 7th February 2015 – King's Park, Bournemouth.

(don't worry if you can't drive, lift sharing is fun!)

Wishing you all good health, happiness and an injury free 2015.

Best wishes Tina

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



Men's Captain - Report

MARK WORRINGHAM

Happy Christmas and a happy New year, and welcome to the first report of 2015. Hopefully you've all refuelled for the year adequately over the Christmas period. I know I have.

We continue to dominate the Thames Valley Cross Country League. On the men's side, we won every one of the three fixtures in December, making it five out of five so far. Could we make it a clean sweep this season? Could RRR be the running equivalent of Arsene Wenger's 'invincibles'? Or even better, because, unlike them, we haven't had any draws.

Anyway, enough hyperbole. Some particularly strong runs to pick out of the three fixtures in December were Rob Tan's 4th place at Handy Cross, Lance Nortcliff's 8th at Metros and Tony Carter's 2nd and Luc Jolly's 3rd at our own fixture at Crowthorne.

Looking through the TVXC results, one thing that strikes me is that we are doing so well due to our strength in depth. I counted 11 men finishing in top 20 scoring positions in the three races in December alone. To namecheck them all would just serve to pad out space ... so that's exactly what I'll do - Tony Carter, Jamie Cole, Simon Elsbury, Ian Gosling, Alex Harris, Luc Jolly, Lance Nortcliff, Mark Saunders, Andrew Smith, Rob Tan and Richard Usher. Just as importantly, we have many other runners going well and pushing scoring runners from other clubs further down the pecking order.

We also continue to do well in the Hampshire Cross Country League, with the men placed 8th in Division 1 overall and 3rd in the vets Division 2 after the meeting in Basingstoke on 6th December. We placed 7th in the race itself, with myself 19th, Rob Tan 47th, Mark Saunders 69th, Lance Nortcliff 80th, Alex Harris 92nd and Colin Cottell 175th. However, our position in Division 1 is precarious, and we continue to need runners for the remaining fixtures in this league. It can't match TVXC for cake, but cake isn't everything. Nearly, but not quite.

There have been a variety of other cross country meets to keep the muck-lovers amongst us amused.

7th December saw some Roadrunners kindly test out the new Tadley cross country course for the rest of us, at the Tadley Runners Christmas XC. Ian Gosling was 2nd overall and first V40, and he was ably backed up by Richard Usher 6th and second V40, with Andy Blenkinsop in 13th.

We were unfortunately unable to field a full men's team in the Berkshire Cross Country Championships at Hungerford on 3rd January, which hopefully we can rectify in future years, as apparently we used to do well here. They laid on a roaring log fire in the clubhouse, and even kindly added an extra kilometre mid-race, as we were enjoying it so much. I was 9th (winning my first county selection), Luc Jolly continued his comeback in 11th, with Andy Blenkinsop 25th (and 5th vet) and Gary Brampton 42nd.

The day after was the Cliveden XC, where tradition dictates that a beautiful National Trust property gets churned up by a bunch of philistines in spikes. A number of Roadrunners took part, with highest placed being Simon Elsbury in 20th, whilst Andrew Atkinson took 3rd in the V60 category.

All of these cross country shenanigans have meant that road running has been somewhat neglected for the last month or so. The notable exception was the New Year's Day 10k in Hyde Park, and a huge PB from the in-form Simon Elsbury, in 36:42 (21st place). Just ahead, Lance Nortcliff finished 15th in 36:12, which, whilst still some way off his PB represents a very welcome return to form, and hopefully will mean a much better 2015 for him.

Dates for your diaries in the new year include the remaining TVXC fixtures hosted by Bracknell Forest Runners on 18th January and Thames Valley Triathletes on 1st February, and the last Hampshire League fixture at Bournemouth on 7th February. We will also be starting to gather names for some of the many relays and team events that will be taking place in spring and summer, so look out for that.

Good running in 2015!

Reservoir Roundabout

A 20 mile winter hill walk/run over open hill and moorland encircling the Claerwen and Elan Valleys in the Cambrian Mountains, Mid Wales.

Kathy Tytler

The Elan Valley with its dams and reservoirs has a grandeur that is best appreciated in winter, when the flow of water is at its peak. It is a huge monument to 19th century engineering skills. The rough moorland on the hills around the valley is like a giant dirty sponge feeding the reservoirs. It is a wild exposed area of high rainfall, so the event on the first Saturday in January, is sometimes held in bad weather.

Until this year, it has been described as 22 miles, but somehow, without a change to the route it is now 20 miles. There is also a 12 mile option.

We set off from the Elan Valley Visitors' Centre in heavy rain crossing the footpath in front of the waterfall coming over the high dam, before climbing the steps to the footpath alongside Caban Coch Reservoir. For several years the event has been based at the visitors' centre, a comfortable warm building with toilets and a café. As we start there are usually several conversations initiated by veterans of the event which go something like this:

"Remember when Nev Tandy organised this, starting from the car park at Claerwen Dam ..."
(the furthest away and most exposed car park in the area.)

"Yes, and Nev would stand on that parapet and insist on giving a long speech before we set off, whatever the weather!" (Nev was never short of a few words to say.)

"And a full kit check by the mountain rescue team, outside, by that lone picnic table – they made me get everything out of my rucksack and even open my first aid kit to show what was in it."

Nev Tandy organised this event for 40 years. Christine Usher and I have done several of his Reservoir Roundabouts in the latter years; memories of sitting in the car after the event trying



to undo frozen shoelaces with frozen fingers. Yes, those were the days. The facilities at the visitors' centre are well worth the £2 parking fee!

We made our way to the first self clip checkpoint that was on a small footbridge across a fast flowing stream. How many of our cardboard check cards would survive this rain? Then it was a rough path above the forest to checkpoint 2 at Llannerch y Cawr, where the long and short routes split. Our next instruction stated; 'Path NW that follows the river for approx. 2.5 miles to Claerwen Dam.' The path was rough and stony, and running with water, mostly ankle deep, but in one place above my knees. (Those who avoided that little bit of water in the ford at The Gutbuster take note!) It was sometimes possible to go round the deepest water by picking a way through bog, but I don't think it was any better.

From Claerwen we headed east up and across open moorland, it was still raining and I was getting cold. After the self clip at Blaencoel stone building it was a short track down to Henfron Farm and the warmth of their barn.

There was a chimney at the entrance, a barbeque cooking sausages for hot dogs, and cups of hot tea and cake inside. I wrung out my soaking wet gloves and peeled off my waterproof to add another layer. The marshal allowed me to dry my gloves on the lid of the barbeque, where it was soon joined by another pair of gloves and a sock! (not mine).

The next stretch was an obstacle course along a narrow, winding woodland path with roots, fallen trees and thick mud slowing progress. When I reached the farm track I could start running which helped my cold wet feet to thaw out.

At Pen-y-bont bridge the route takes another footbridge beneath the spectacular water fall which was the outflow from Penygareg Reservoir and then follows a nice firm path to Craig Goch Dam. Here there was a cup of tea and a slice of whiskey cake served from a trailer.

I teamed up with Bob at this checkpoint for the next stretch, which was across open moorland again, with two self clip checkpoints that could be difficult to find, particularly 'Roman Camp', which is on featureless ground. We set off to tackle to Romans together. Bob had the compass bearings marked on the map, which made it a lot easier at first ... and then the mist came down. We made a classic navigational error – we thought we'd gone further than we had and spent ages looking for 'Roman Camp', along with some other people. We gave up, carried on and then found it, almost by accident, further on. Part of the route was flagged, but it was very easy to lose track in the mist, which we promptly did on our way to the self clip at the Trig point at Grugyn Ci. We had thought we saw the Trig point, but it was one of a series of boundary stones that weren't marked on our map, so we headed



for the highest ground and glimpsed the shape of the Trig point through the mist ... and a number of people making their way to it.

The final stretch was a long trek, due south on an intermittent path through the dirty sponge and most of our way was marked with flags. Unfortunately the café had closed by the time we returned to the visitor centre.



For an entry fee of £10 you get a route description and map; the services of Mountain Rescue at the manned checkpoints; a tea and hot dog stop in a barn; a tea and whiskey cake stop – and a real winter challenge.

(The attached photographs were taken in 2014 and 2013, when there was much better weather. This year it was too wet to get my camera out.)

Be A Volunteer in 2015

Sandra Sheppard



I've been with the club now for around 15 years and I think I have marshalled at every club event and been on most committees. I thought I would see if I can encourage some of you to volunteer. Giving something back after having received so much from the club is a great feeling.

Bramley 20/10 Sunday 15th February

This is our main flagship event and is a Gold BARR race so does bring in some top athletes (BARR is the British Association of Road Races and the gold award, "demands the very highest standards of race organisation and provision." – Ed). With a choice of running 10 or 20 miles (2 laps), it's perfect timing to use for your London Marathon training.

This takes a lot of organisation and I understand the race committee meet every month continually throughout the year to keep this race a top quality one. They always need more people on their committee to help.

How many marshals do you think it takes to put on a race like this? They need marshals to help on the day and the day before to get things ready. Adele Graham is the Race Director and Alan Makepeace is the Head Marshal, who can be contacted at rocket-al@hotmail.com.

Shinfield 10K Sunday 4th May 2015

This is a nice 10k race which brings in more runners each year. It has its own race committee who work tirelessly to bring you all a great race. They have children's races here, as well as a nice fete, making this a day for the family.

These events do not put themselves on and lots needs to be done on the morning of the race to get everything ready, as well as all the marshals out on the course to keep everyone safe. Don't forget you can help early on to set things up and then run the race itself. Colin Cottell is the Race Director and can be contacted at shinfield@readingroadrunners.org

Mortimer 10K Sunday 27th September

Another nice 10k race and one everyone should run if you have not already done so. As the title suggests it's held in Mortimer on the village green and has a lovely feel about it. There is a children's race and a family walk, with a fun fair and fete. It needs marshals to run this event as well. Bob Thomas is the Race Director and would welcome some help, on the Saturday and Sunday of the weekend of the race. Don't forget you can also help

to pack things away after you have run: lots of hands make light work!

All club members should try to help in some way at one of our races: they need you.

Car Boots sales from April to September

Car boots sales are the main income for our chosen charity and run every other Saturday morning. They are held at Prospect Park and are always in need of help. There is always a lot to do from getting the cars in place to selling on the table. You could always combine it with a run: you could run there, help set up and then run home. These are run by Geoff Chaffer and there is a phone number to contact him on the Reading Roadrunners' web site.

Main Committee

This committee meets once a month and keeps the club going. It deals with lots of things and all the minutes are published in the newsletter. Take a look and see what we do with our time. Help on the desk on a Wednesday night would be appreciated as well

There are lots of things to being a Reading Roadrunner and I believe that being part of a team is the biggest thing. Let's help each other, whether it's with our training or keeping our races the best on the race calendar.

There are lots of charities out there who are helping people much worse off than ourselves and if marshalling is not your thing, volunteer for one of those!



I know lots of people who are on diets at the moment, "because it's January."

Here's a recipe for a delicious chocolate cake, given to me by a former colleague of mine, Dr. Rachel Crabtree. The original recipe is quite old, so in ounces, but I'm sure you can manage that!

You will need:

- 4oz soft, unsalted butter
- 6oz soft brown sugar
- 2 eggs
- 3oz self-raising flour
- 1 ½oz cocoa powder
- a greased 2lb loaf tin

To make the gooey deliciousness:

1. Pre-heat the oven to about 150°C (gas mark 3).
2. Put everything into a bowl (apart from the egg-shells, natch) and mix it into a stiff mixture.
3. Spoon it into the loaf-tin to make an even layer: it will look quite meagre.
4. Cook the cake for about 55 minutes, until a sharp knife or skewer comes out of the centre of the cake clean.
5. Leave the cake to cool for about 20 minutes in the tin, then turn it on to a wire rack.

WARNING: This cake is really, really good, especially when it's still warm. I have no idea how long it will keep: it usually doesn't last more than one playtime in the staff-room...

Welsh Fell Running in 2015



So you fancy yourself as a fell runner? Well here are a few trips to the Welsh Mountains for 2015 to give you a serious taster. But be warned, once it gets into your blood, fell running is a powerful narcotic. Running in the Welsh hills is your only hope of coping with its painful addiction. We shall plan to make a week-end of each of these races and arrange a walk in the hills for the spare day.

I can let you have more details if you email me at: tom.harrison13w@btinternet.com

Saturday 28th March

Llanbedr to Blaenarfon

16.2 miles with 4,500 feet of ascent.

Entry £8. Start near Abergavenny.

Saturday 30th May

Cwmdu

9.9 miles with 3,020 feet of ascent.

1pm Cwmdu near Crickhowell. Entry £5.

Sunday 12th July

Fan y Big Horseshoe

10.3 miles with 2,200 feet of ascent.

Start 11am at Llanfrynach south-east of Brecon. Entry £6

Sunday 13th Sept

Llyn y Fan

5.5 miles with 2,000 feet of ascent.

West Wales.

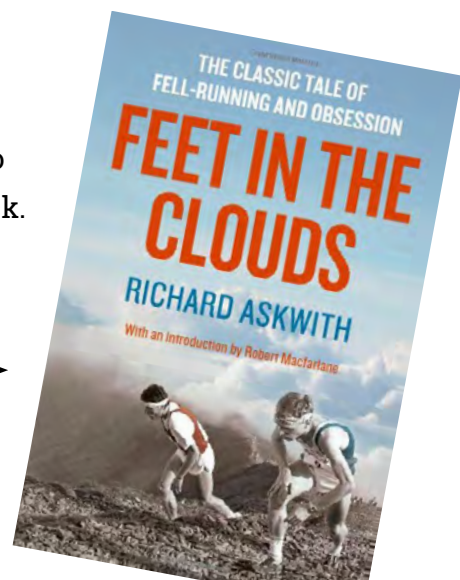
Or for something not quite so mountainous try

Saturday 15th August

Race the Train

14 miles from Tywyn to Abergynolwyn and back.

**RECOMMENDED
READING** →





READING
ROADRUNNERS

15TH FEBRUARY 2015



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

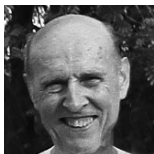
Also help is needed for Saturday 14th in the morning for loading up vans at Palmer Park and Saturday afternoon at the school in Bramley for goody bag stuffing and setting up in the school.

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

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

Passionate About Running

A poem by Kathy Tytler

Start off slowly, easy running, keep the rhythm, do not stop.
Mind and body working in unison, pace myself, I'll reach the top.

The hill knows where its peak is work with it, don't rush, don't fight.
Together we will reach our climax, together we'll be there alright.

Legs and arms working like pistons, heart beating strongly, lungs gasping for air,
Raise my eyes to the high horizon, my heart, my body will peak up there.

Harder, harder, harder I push, moaning and groaning, breath coming and going.
Throw myself at the peak of the hill, body bent double, breathing and blowing.

Slowly I rise, survey my surroundings, I look around and the world stands still,
Yes, yes, yes, I shout, yes I've run it, I love you for ever, Streatley Hill!

Coach's Instruction: Recovery jog down to the bottom and repeat until exhaustion.

Roadrunners Results

NIGEL HOULT

As usual for this time of year, cross country events dominate this month's results. In the Thames valley league, we continued our winning streak, let's hope we can maintain that for the rest of the season. If you're wondering what's happened to the results of last November's event at Hawley, the answer is that there are still too many known errors in the results for me to include them – the results of the other two events reported here are still provisional, but I believe they're substantially correct as far as our runners are concerned.

In other events, Paul Kerr and Rebecca Stark achieved PBs at the Portsmouth marathon, while Sheryl Higgs ran her first 10k (and therefore an automatic PB) at the Gut Buster – surely a baptism of fire! That brings the total number of PBs for the year that I'm aware of to 185 – well done to the 80 of you that contributed to that.

It's usual at this time to look back over the previous year. We had one new club record, by Mark Worringham over 5k, but most of the other men's records date back to the 1990s, and all of the ladies' records have stood for at least four years – it must surely be time that some of these were broken. The most popular road races were much the same as in 2013, apart from the absence of the Wokingham Half, which was cancelled because of flooding. The Wargrave 10k and Maidenhead Half were significantly more popular than before, and the new Royal Berkshire 10k came in 11th place – it will be interesting to see if it is equally popular this year. Predictably, most of the popular off-road races were the TVXC events (which I haven't listed individually); what is perhaps more surprising is that of the three others to make the top 11, two were team events. I think this reflects the excellent work done by the team captains over the year.

I wish you all good luck with your training for this year's races, and look forward to seeing lots more PBs in the coming months.

6th December

Hampshire League XC, Popham

Ladies

Sarah Urwin-Mann	21	24:20
Toni McQueen	80	29:30
Claire Seymour	97	31:50
Cecilia Csemiczky	112	37:10

Ladies Team: 12th

Ladies Vets team: 9th

Men

Mark Worringham	19	33:14
Robert Tan	47	35:14
Mark Saunders	69	36:44
Lance Nortcliff	80	37:11
Alex Harris	92	37:43
Colin Cottell	175	42:15

Mens Team: 7th in Division 1

Mens Vets Team: 3rd in Division 2

7th December

Malaga Marathon

Paul Monaghan	632	3:28:32	3:27:54
Pete Morris	2044	4:22:31	4:19:39
Martin Bush	2190	4:33:19	4:29:57

The Grim (8 miles)

Chris Drew	281	1:10:55
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Tadley Xmas XC

Ian Gosling	2	34:18	1st MV40
Richard Usher	6	36:05	2nd MV40
Andrew Blenkinsop	13	37:23	
Ellie Gosling	21	38:52	1st F
Simon Gold	24	39:08	
Graham Tull	38	41:22	
Belinda Tull	43	42:52	4th F, 2nd FV35
Paulina Erceg	53	44:33	
Simon Brimacombe	70	46:38	
Susan Knight	136	56:49	5th FV45
Kathy Tytler	169	1:03:25	

13th December

SEAA Masters XC Championships, Oxford

Ladies 60-64

Irene Liming	7	34:25
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Ladies 65-69

Rita Dykes	2	36:32
Cecilia Csemiczky	3	38:24

Ladies over 60 team: 1st

14th December

Milton Keynes Winter Half Marathon

Sarah Urwin-Mann	55	1:26:18	1:26:11	3rd F, 2nd FV40
Andy Dingle	736	2:11:55	2:10:51	

Andy Reading 10k

Graham Tull	86	42:47	42:44
Belinda Tull	91	43:03	43:00
Emma Grenside	351	1:04:42	1:04:09

ROADRUNNERS RESULTS

TVXC League, Hillingdon

Lance Nortcliff	8	38:48	1st MV
Simon Elsbury	11	39:12	
Ian Gosling	12	39:31	2nd MV
Alex Harris	17	40:03	5th MV
Jamie Cole	18	40:04	
Ryan O'Brien	26	40:54	
Andy Blenkinsop	30	41:25	
Ellie Gosling	31	41:32	1st F
Peter Jewell	36	41:52	
Carrie Hoskins	42	42:11	2nd F, 1st FV
Dean Allaway	44	42:34	
Fergal Donnelly	47	43:13	
Alix Eyles	55	43:50	3rd F
Bill Watson	81	45:38	
Alan Freer	85	45:54	
Aaron Chai	87	46:18	
David Lewis	107	48:26	
Nigel Hoult	109	48:34	
Chris James	110	48:46	
David Dibben	120	49:08	
Andy Atkinson	142	51:10	
Jim Kiddie	148	51:31	
Pete Morris	173	53:38	
Sophie Hoskins	180	54:18	
Toni McQueen	185	55:10	
Catherine Leather	191	55:37	
Peter Reilly	192	55:45	
Claire Seymour	212	58:51	
Susan Knight	213	58:53	
Tina Wilson	214	59:02	
Lin Morton	236	1:01:13	
Caroline Hargreaves	245	1:02:42	
Jenny Owen	246	1:02:54	
Heather Bowley	250	1:04:25	
John Bowley	252	1:04:49	
Louise Atkinson	253	1:04:56	
Kathy Tytler	258	1:07:27	
Carl Woffington	263	1:08:28	
Cecilia Csemiczky	264	1:08:47	
Liz Atkinson	265	1:08:56	
Sev Konieczny	271	1:12:18	

Mens Team: 1st, Ladies Team: 1st

Muddy Welly 10k

Peter Miskell	9	41:08	3rd MV40
Paulina Erceg	38	46:11	5th F
Simon Brimacombe	66	49:07	
Mary De Zutter	147	57:48	
Linda Vinton	176	1:00:30	2nd FV60
Christina Callaghan	197	1:04:30	3rd FV60

Muddy Welly 5k

Maureen Sweeney	35	29:34	1st FV50
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21st December

Portsmouth Coastal Marathon

Gavin Collins	53	3:17:04	
Paul Kerr	94	3:25:33	PB
Rebecca Stark	114	3:27:57	PB
Katherine Sargeant	202	3:39:43	
Paul Monaghan	218	3:41:10	
Mary Janssen	234	3:42:48	
Pete Morris	849	4:36:46	
Martin Bush	1108	5:17:31	

TVXC League, Crowthorne

Tony Carter	4	28:52	
Luc Jolly	5	28:57	
Andrew Smith	14	30:24	
Mark Saunders	18	30:33	
Simon Elsbury	19	30:35	
Jamie Cole	20	30:45	1st MV
Richard Usher	24	31:08	3rd MV
Alex Harris	27	31:30	5th MV
Lance Nortcliff	32	31:40	
Andy Blenkinsop	42	32:02	
Ryan O'Brien	47	32:23	
Paddy Hayes	54	32:45	
Peter Jewell	55	32:47	
Carrie Hoskins	56	32:48	2nd F, 1st FV
Fergal Donnelly	60	33:05	
Gary Tuttle	62	33:14	
Gavin Rennie	63	33:16	
Ellie Gosling	64	33:18	3rd F
Ed Dodwell	65	33:21	
Dean Allaway	66	33:26	
Brian Kirsopp	68	33:31	
Ian Giggs	74	33:43	
Aaron Chai	79	34:05	
Chris Mason	83	34:15	
Mel Silvey	88	34:21	
Kenny Heaton	91	34:24	
Alice Leake	94	34:32	5th F
Bill Watson	95	34:36	
Alix Eyles	99	34:52	
Colin Cottell	107	35:12	
Peter Cook	118	35:52	
Alan Freer	122	36:11	
David Lewis	124	36:15	
Ian Horritt	129	36:29	
Nigel Hoult	138	36:54	
Claire Marks	141	37:09	
Pip White	147	37:32	
David Dibben	154	38:06	
Andy Breakspear	155	38:11	
Paulina Erceg	161	38:28	
Julie Rainbow	166	38:51	
Andrew Runnacles	177	39:12	

ROADRUNNERS RESULTS

Scott Erceg	194	40:00
Paul Carter	196	40:02
Andy Atkinson	197	40:04
Katy Webb	202	40:12
Chris James	203	40:14
Richard Morgan	204	40:20
Tom Wright	211	40:44
Chris Miller	217	40:56
Sophie Hoskins	221	41:21
Lee Hinton	226	41:43
Richard Scarr	234	42:22
Dave Brown	251	43:07
Anthony Streams	252	43:10
Chris Drew	254	43:16
Catherine Leather	264	44:37
Andy Bennett	289	46:47
John Bowley	309	48:51
Andrea Marnoch	312	49:04
Yvonne Edwards	318	49:54
Jenny Owen	320	50:10
John Bailey	324	50:24
Christine Callahan	325	50:38
El Deighton	328	50:59
Roger Pritchard	335	52:13
Louise Atkinson	338	52:26
Lorraine Bailey	345	53:50
Shamilah Mehta	362	1:02:15
Mens Team: 1st, Ladies Team: 1st		

28th December

Phoenix Year End Marathon

Martin Bush	50	4:55:01
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Gut Buster 10 miles

Alan Wilson	21	1:09:05	1:09:00	2nd MV40
Julian Hough	31	1:10:43	1:10:06	1st MV50
Dean Allaway	35	1:11:06	1:11:03	
Chris Cutting	51	1:12:52	1:12:16	
Alix Eyles	58	1:13:42	1:13:39	
David Caswell	99	1:21:50	1:21:30	
Dave Wood	109	1:23:00	1:22:16	
Simon Davis	112	1:23:19	1:23:14	
Tony Page	117	1:23:51	1:23:24	
Paul Monaghan	119	1:24:12	1:23:47	
Pete Morris	136	1:26:33	1:26:30	
Sarah Morgan	145	1:27:56	1:27:50	
Antony Streams	186	1:32:25	1:31:47	
Gary Brampton	192	1:33:39	1:32:56	
Peter Higgs	196	1:34:12	1:33:14	
Chris Drew	201	1:35:00	1:34:04	
Katie Gumbrell	218	1:38:23	1:37:30	
Kim Stevens	265	1:44:12	1:43:48	
Amanda Box	271	1:47:07	1:46:23	
Linda Vinton	279	1:49:29	1:48:32	2nd FV60
Justin Watkins	288	1:52:50	1:51:58	
Kathryn Tytler	304	2:04:25	2:03:59	

Gut Buster 10k

Keith Ellis	11	45:25	45:21	2nd MV50
Sam Hammond	14	45:52	45:35	
Susie Rees	48	51:52	50:55	
Sarah Drew	128	1:02:52	1:02:32	
Louise Cooper	155	1:06:23	1:05:40	
Kingsley Starling	188	1:14:24	1:13:37	5th MV60
Kerri French	203	1:18:41	1:17:29	
Mandy Carden	218	1:33:11	1:31:58	
Julia Molyneux	224	1:40:36	1:39:22	
Sheryl Higgs	225	1:40:36	1:39:22	PB

Garden Route 13k (South Africa)

Belinda Tull	19	1:17:50	2nd F
Graham Tull	20	1:17:56	

31st December

Liverbird Marathon Day 1

Pete Morris	90	4:24:15
Martin Bush	110	4:51:27

Nos Galan 5k

Gillian Glennon	208	26:11	3rd FV50
David Gillard	243	26:39	
Ken Beck	270	27:04	4th MV65
Tina Wilson	326	28:28	5th FV55
Carl Woffington	524	32:53	
Hywel Jones	659	38:35	4th MV70

1st January

Liverbird Marathon Day 2

Martin Bush	51	4:42:57
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Hyde Park 10k

Lance Nortcliff	15	36:16	4th MV40
Simon Elsbury	21	36:45	

3rd January

Gibbet Hangover (~10 miles)

Chris Cutting	16	1:45:00	
Katie Gumbrell	17	1:45:00	1st F
Chris Drew	18	1:45:00	

Berkshire XC Championships, Hungerford Common

Senior/Veteran Men

Mark Worringham	9	43:43	
Luc Jolly	11	44:32	
Andrew Blenkinsop	25	51:21	5th Vet
Gary Brampton	42	1:06:38	

Senior/Veteran Ladies

Toni McQueen	30	39:40
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**4th January
Cliveden XC**

Alasdair Marnoch	45:48
Ian Giggs	46:54
Pete Morris	51:56
Andrew Atkinson	53:50
Tony Streams	56:24
Paul Carter	58:28
Claire Seymour	59:12
Andrea Marnoch	1:05:35
Justin Watkins	1:07:50
Liz Atkinson	1:12:07
Kingsley Starling	1:16:07

Final 2014 Season's Bests
Ladies

5k	18:53	Caroline Hoskins
5 miles	31:05	Caroline Hoskins
10k	38:22	Elaine Laver
10 miles	1:05:06	Caroline Hoskins
Half Marathon	1:25:23	Nicki Aitken
20 miles	2:21:54	Susanne Enhard
Marathon	3:09:50	Susanne Enhard

Men

5k	15:42	Mark Worringham
5 miles	27:11	Darryl Plank
10k	32:33	Mark Worringham
10 miles	55:08	Keith Russell
Half Marathon	1:12:39	Mark Worringham
20 miles	1:57:04	Rupert Shute
Marathon	2:28:40	Keith Russell

Current Club Records
Men

5k	15:42	Mark Worringham
5 mile	26:43	Chris Mason
10k	31:38	Zak Tsegay
10 mile	52:25	Howard Grubb
Half Marathon	1:09:24	Howard Grubb
20 mile	1:56:23	Chris Mason
Marathon	2:27:48	Keith Russell

Women

5k	18:12	Liz Hartney
5 mile	29:40	Elaine Laver
10k	34:32	Sarah Gee
10 mile	57:21	Sarah Gee
Half Marathon	1:14:45	Sarah Gee
20 mile	2:04:49	Sarah Gee
Marathon	2:38:14	Sarah Gee

Most Popular Road Races of 2014

Reading Half Marathon	200
Shinfield 10k	91
Wargrave 10k	58
Woodley 10k	57
Maidenhead 10	52
Maidenhead Half Marathon	51
Bramley 20	49
London Marathon	46
Bramley 10	43
Royal Berkshire 10k	41

Most Popular XC/Multi-Terrain Races of 2014

(the rest were the TVXC league events)

4th: Halloween 5 Nite Run	70
9th: Bounders Relay	43
11th: Ridgeway Relay	40

Special Notices

LOST



- 1 x trail shoe
- In or around Tadley/ Aldermaston area.
- Morning of 11th January 2015.
- Size 10.
- Smells of feet.
- Please contact Dean Allaway at the club with any information.

#prayfordeano

Reading Roadrunners Committee Meeting

TUESDAY 6TH JANUARY 2015 7.30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Sandra Sheppard	(Treasurer)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Alice Johnson	(Social Sec)
Bob Thomas	(ex-officio)
Paul Monaghan	(Website)
Alan McDonald	(ex-officio)
Simon Denton	(ex-officio)

APOLOGIES FOR ABSENCE:

Paul Monaghan

MINUTES OF THE MEETING OF MONDAY 1ST DECEMBER 2014

Anne Goodall proposed the minutes as a true recorded and was seconded by Sandra Sheppard.

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON MONDAY 1st DECEMBER 2014

BANK ACCOUNT Sandra reported that she was still in the process of pursuing the debit card. ONGOING.

RACE CLOCK INSURANCE Roger reported that he had requested quotations from 13 insurance companies, 3 of which said that they do not provide the type of insurance required and 8 that had replied saying that they would get in touch soon. Only one company (Towergate) has yet telephoned Roger
ONGOING

ON-LINE PAYMENTS ON HOLD DUE TO PAUL'S ABSENCE.

LONDON MARATHON RULES Carl said that the rules were still being checked ONGOING

TROLLEY Carl said he was still in the process of ordering the trolley. ONGOING

NEW SUBSCRIPTION SYSTEM Carl reported that the survey was still being undertaken. ONGOING

MEN'S TEAM CAPTAIN Roger reported that he had e-mailed Paul to say that the men's team captain's

e-mail still needed to be changed to the new men's team captain. ONGOING

TV XC HOME FIXTURE Carl reported that he had purchased race numbers and that he would expand on this fixture in his chairman's report.

LONDON MARATHON CLUB DRAW Roger reported that Dave Caswell, Liz Ganpatsingh, Sam Hammond, Kevin Sangster and Alex Warner had all registered their club entries with the London Marathon.

LONDON MARATHON BUSES Roger confirmed that he had taken the deposit cheque to Stewarts Coaches.

LETTER FROM ALIX EYLES Carl confirmed that he had sent a reply to Alix and as a consequence, he would be meeting Alix's mother.

NEW COACH Roger confirmed that he had advised Simon that the committee had approved the new coach.

2015/16 COMMITTEE Alan confirmed he would be standing again for another term and Simon Davis has advised the committee that he would stand for a committee place and also continue with coach co-ordination.

DINNER DANCE GIFTS Carl said that he would be preparing a list for the Dinner Dance. ACTION Carl.

CLUB CHAMPIONSHIP TROPHIES Bob said that it was on his list to do. ACTION Bob

EVENT PROMOS Carl reported that he had asked Adele if she wanted to use the e-mail system for promoting Bramley, but Adele has not responded.

CLUB AWARDS The committee decided that this subject would be deferred to the 2015/16 committee.

CAR PARK LIGHTS Roger Confirmed that he had written a letter to Reading Sport & Leisure, pointing out that the lack of lights in the car park was a health and safety hazard and requested to be advised what they proposed to do about the problem.

CLUBHOUSE See AOB

CHAIRMAN'S REPORT

READING AC Carl reported that the President and life member of RAC Derek Bradfield had passed away.

Roger had prepared a letter of condolence and handed it to Carl for approval.

MULLED WINE & MINCE PIES Carl recorded thanks to Toni McQueen for organising this at Palmer Park Stadium before Christmas.

CHRISTMAS PARTY Carl Recorded thanks to Alice for organising the event at Woodford Park Pavilion.

TV CROSS COUNTRY RR HOME FIXTURE Carl recorded thanks to all the helpers, food donators and marshals who made the event a success on Sunday 21st December.

BOXING DAY RUN Carl recorded thanks to Kathy Tytler for organising the Boxing Day run.

PUB RUN Carl recorded thanks to Kaye Bunyan for organising the pub run on Saturday 27th December.

TREASURERS REPORT

LATEST ACCOUNTS Sandra reported that the last accounts were published before the meeting and asked if there were any questions. Carl had some questions, which Sandra answered, but there was one outstanding point that Sandra said she needed to look up. **ACTION** Sandra to report to Carl on outstanding query.

TV XC EXPENSES Sandra produced a cheque payable to Toni McQueen for the TV XC home fixture expenses.

SECRETARY'S REPORT

NATIONAL XC CHAMPIONSHIPS Roger reported that 8 men and 5 women have been entered for the National Cross Country Championships in London on Saturday 21st February at Parliament Hill Fields. Roger said that he had asked the team captains to collect £7 from each runner and to hold the money, but then reimburse the £7 to all runners who turn up and run.

READING HALF MARATHON Roger reported that he was having great difficulty in contacting Nick Pearson of Sweatshop. Roger said that he had an e-mail from the Sweatshop saying that Nick was no longer MD and

that he was now the events director for Sweatshop. This e-mail contained two new e-mail addresses for Nick, but Roger said he had tried them and the general Sweatshop e-mail address, but was unable to obtain a response. **ACTION** Roger to telephone Sweatshop.

ENGLAND ATHLETICS REGIONAL COUNCIL

Roger reported that we have received nomination papers for places on the EA regional council. No one expressed an interest in standing, or nominating anyone else.

WOODFORD PARK PAVILION Roger handed Sandra a cheque from Woodley Town Council for £150 for the return deposit for the Christmas Party booking.

WOKINGHAM HALF MARATHON Roger reported that he has produced a notice for the notice board, advertising for marshals on Sunday 8th February and would also be actively recruiting on track nights.

COMMITTEE NOMINATIONS Roger produced the nomination forms for the 2015/16 committee and asked those present to complete the forms if they were intending to stand. Roger said that he would be pinning a notice on the notice board advising members that they can obtain nomination forms from the club desk. **ACTION** pin to board.

AGM Roger reported that he had requested a provisional booking for this year's AGM at St Peters Church Hall for Tuesday 24th March and was awaiting confirmation.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Anne reported 8 new members joining in December, but one new member only paid £28 instead of £30. Therefore there were 6 x £30 = £180, 1 x £28 and one second claim at £18 = £226 banked.

MEMBERSHIP FORM Anne said that the membership form needs to be updated, as the information at the bottom was different on the last form to the one that Roger had updated with the subscriptions. **ACTION** Simon to amend the master form and issue to Anne for approval.

SOCIAL SECRETARY'S REPORT

CHRISTMAS PARTY Alice reported that the

Christmas party was a success and that 70 members and guests attended.

Alice recorded her thanks to all the "wonderful" helpers, especially those who stayed after and helped to clear up.

BRIAN SHAVE Carl said he would like to mention that Brian Shave donated a wine box for a charity raffle at the party and sold tickets, which resulted in raising approximately £150 for the club charity.

COACHING CO-ORDINATORS REPORT submitted by Simon Davis

COACHING STAFF UPDATE Simon had advised Roger that he plans to have the update complete by end of Jan.

COACHES MEETING Simon reported that he would convene a coaches meeting at the end of January.

ALEXA BRIGGS Simon reported that he had seen Alexa's Barring Disclosure Document (ex CRB)

TEAM CAPTAINS REPORT

None received.

ANY OTHER BUSINESS

E-MAIL Bob raised concerns that some club e-mail shots were going to all members instead of just the members who wanted to receive them. Carl said that club circular e-mails always have an opt out selector, should any member not want to receive any more club circulars.

CLUBHOUSE Simon raised the subject of the clubhouse. Carl said that he had been too busy with other committee business to do anything. Simon said that he was happy to help with clubhouse business. **ACTION** Roger to give Simon a file on the Clubhouse.

CASH Sandra raised the subject of drawing cash for the Bramley float and for the Dinner Dance, but no one knew how much was needed. **ACTION** Bramley race committee and Toni McQueen to be asked.

CONTAINER Simon asked if it would be a good idea if the container were cleared of unwanted items when the Bramley race items were taken out on the 7th February. **NOT CONCLUDED**

MEMBERSHIP APPLICATION Whilst discussing new member applications, it was observed that the Committee doesn't presently have a process for rejecting applications in the event of a candidate being considered not suitable to be admitted as a member. **ACTION** New rule to be drafted by the committee and put forward at the AGM.

TV CROSS COUNTRY Carl produced the accounts for the TV XC home fixture and handed copies to Sandra and Roger. The accounts showed an outlay of £735.90 and an income of £750.00 resulting in a surplus (profit) of £14.10.

Carl said that not all of the entry fees have been received from the other clubs yet.

READING PARK RUN Carl reported that we have been asked if the club would take over one Reading Park Run.

Carl proposed a vote in favour of taking it on. The result was unanimous in favour. **ACTION** Carl to pursue.

DOOR ROTA

Wed 3rd Dec

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

Wed 10th Dec

Glynne Jones, Anne Goodall, Christina Cotter (prov)

Wed 17th Dec

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 7th Jan

Shirley Smith, Anne Goodall, Glynne Jones.

Next Meeting Tuesday 3rd February

Meeting closed 9.31pm

Sec's Secrets

GEN SEC

AGM

I can now confirm that the AGM will be held at St Peters Church Hall (The Winch Room) Church Road, Earley, Reading RG6 1EY, on Tuesday 24th March at 7.15pm. Any items to be raised under any other business must be submitted to me in writing not later than Tuesday 10th February. This is in order that the committee can be prepared to deal with the subject matter to the best of its ability. Therefore please note, submissions on the night will not be allowed. As always, there will be an open forum after the official business of the AGM is completed. There will be no need to submit questions or comments before hand and you can have your say. But please note, all subject matter must appertain to the forthcoming coming year. (the AGM deals with the outgoing year) All members will receive an AGM pack, which will include the agenda, the minutes of the last AGM, the constitution and the club rules and there will be a new rule proposed this year, which will be on the agenda in the pack. Nominations for committee places are now being submitted to me. If you would like to stand for a committee place, you can obtain a nomination form at the desk, or e-mail me and I'll send you a form.

READING HALF MARATHON

Some of the members, who marshaled last year at the Reading Half Marathon, will not be claiming their free complimentary places this year. This means there will be places available to other members. If you would like an entry, please e-mail gensec@readingroadrunners.org and I will put you

into the draw. Please note, the London Marathon rule will apply, that is you must have at least twelve months membership to qualify.

We will be needing marshals again this year to help at the start area, so if you're not running, how about helping the sport? You will get a free complimentary entry for next year and the club also receives a donation, which goes to the club charity. There is a bonus marshaling at the start and that is you are finished early and you can go and watch the race.

WOKINGHAM HALF MARATHON

As with the Reading Half Marathon, we will be looking for volunteers to marshal on Sunday 8th February. Again, volunteers will receive a free complimentary entry for 2016 and again, the club receives a donation to our charity.

MAIDENHEAD 10 MILES

Shock horror, the sec is planning to run a 10 miler. After several years of photographing club members in and around the Waltham St Lawrence section of the course, I will be running the Maidenhead 10 after an absence from the event for 10 years. I am hoping to run 1:35, so if your pace is about 9:30 miling, why not help me out and pace me. To finish off, another running joke (just like December's column) What's the difference between a runner and their dog, when going for a run? The runner wears shorts and the dog pants! Boom Boom.

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