

# CANCELLED

**Race scrapped**  
**as drug-crazed**  
**ravers run wild**



## READING ROADRUNNERS NEWSLETTER

JAN 2016

Cancelling a race is not a good way to have ended 2015 especially after all the hard work put in by the organisers and volunteers, but sometimes events conspire in the strangest way to put a spanner in the works. In the true spirit of things, runners from all competing clubs still came down to the start of the RR Cross Country for a cup of tea, a bite to eat and a natter. Many even managed to go for a run in the forest, so all was not lost. The newsletter editorial team had just popped home to dig out their bandanas and dungarees when the news came that the Thames Valley Constabulary had arrived to move the revellers on...

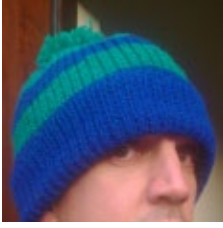
So onwards and upwards - the next event is of course Bramley in February and as usual the organisers need as much help as they can get - details inside!



### INSIDE THIS MONTH:

- **DINNER DANCE**
- **CHRISTMAS RACE RESULTS**
- **SOUP!**





## Welcome from the Editor

CHRIS CUTTING

So hot on the heels of last month's good news of babies and hospital discharges comes news of the engagement of two of our endurance runners, Mandy and Gary. Great news to kick off the new year with and congratulations to you both.

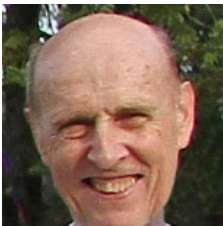
The new year always brings new plans and an encouragingly large first-timers group on a Wednesday night. Many of you will have resolutions or at least races to prepare for, so in the spirit of things here are the Newsletter's Top 5 2016 Ill-Conceived Resolutions:

1. After-work drinks on Friday are the enemy of Saturday morning runs, no matter how reasonably priced.

2. Any beer over 5.9% ABV does not constitute 'nutrition'.
3. Steve Way achieved a sub 2:20 London marathon **DESPITE** once being 100kg and smoking 20 a day, not because of it.
4. No more mixing it with the V50s on the off-chance that some of them might be a bit 'past it'.
5. Much as it goes against every molecule of my being to admit it, coach is usually right. Follow their advice and wisdom shall be yours.

Have a great 2016!

Chris



## Chairman Chat

CARL WOFFINGTON

Happy New Year

I hope you all enjoyed the Christmas break.

We are still well into the winter cross country season. One Hampshire League and one TVXC race in December, both well attended. Unfortunately our own TVXC home fixture was cancelled due to a rave being held on the land. We are unable to find an alternative date to stage this race.

There were a few sociable running events. Kerri French organised a timed track mile for charity. Kathy Tytler organised a Boxing Day run from Goring. Toni McQueen organised a pub run from the Rainbow at Assendon and this was led by Kevin Jones.

There were two social events. Toni McQueen organised mince pies and mulled wine after a Wednesday track session. There was an excellent Christmas Party with some fancy dress outfits rendering the wearers almost unrecognisable. Also a DJ playing vinyl 45's for the 60's, 70's and 80's theme.

Thanks to Amanda Box, Kerri French and the band of helpers.

There are a few things coming up soon.

- Tickets will soon be on sale for the RR Dinner Dance in March.
- The Hampshire League cross country race at Prospect Park, Reading is on 16th Jan.
- TVXC races at Bracknell and Tadley are on 17th and 24th Jan.
- Roger Bannister comes to Reading on 18th Jan. He is giving a talk at the Town Hall 6:30pm.
- We are getting close to the Bramley 20/10 and need marshals/helpers. Please volunteer.
- We are also getting close to the Wokingham Half and need marshals. Again, please volunteer.
- The new turnstiles at Palmer Park are now operating and you require bar codes to enter.



## Ladies' Captain - Report

CLAIRE SEYMOUR

Hope you had a lovely Christmas and managed to get some good training in over the Christmas period in between the heavy rain and windy conditions! And enjoyed those Christmas Day runs/parkruns if you had the opportunity to get out there.

December was a busy month for RR with two TVXC fixtures and one Hampshire league fixture which we all had to fit in around the Christmas festivities, although unfortunately as you are all aware our fixture was cancelled on the morning of the race due to a party being held on the land that we use. We have looked in to the possibility of rescheduling, however it's not going to be possible as a few of the other clubs have commitments on the proposed dates. We do still have three fixtures to look forward to though, so there's still plenty of time to get that mud fix in before the XC season is over!

So on to the races that went ahead.

### **Hampshire League, Kings Park, Bournemouth – Saturday 5th December**

On an unseasonably mild blustery day a small group of

us took part in this fixture being held at Kings Park. Conditions were very dry underfoot which isn't what we are used to with XC and it also helps if you check the conditions and wear the correct length spikes in your shoes! Note to myself for next time!

Sarah Urwin-Mann was our first lady, 12th overall and 4th vet, her best finishing position ever in this league. Sarah was followed by Alix Eyles in 62nd place and 21st vet, Sam Whalley 78th and 31st vet, Toni McQueen 106th and 52nd vet and myself 110th and 55th vet.

This result got the team into 8th on the day out of 20 teams in the senior league, with an overall aggregate after 3 fixtures of 7th. The vets finished 4th on the day out of 14 teams, with an overall aggregate of 3rd out of 8 teams. So this season we are doing very well in this league. Thanks goes to all the ladies who turn out regularly to run for us on a Saturday afternoon.

Our next fixture is to be held at Prospect Park, Reading on Saturday 16th January, and the ladies race starts at 13:35 and is 6K in distance, so if you would like to give the Hampshire league a go without travelling too far it will be great to see a few more ladies out for this.



TVXC Metro's team – Photo courtesy of Peter Cook



In addition to this please note that Hampshire Athletics have added an extra fixture to be held on Saturday 13th February at Dibden Inclosure in the New Forest. This will also be the final fixture of the 2015/16 season.

### **TVXC Metros – Sunday 13th December**

With Christmas coming up we knew we would be slightly down on numbers for this fixture. We were also advised that the course had changed slightly to feature one longer lap followed by two shorter laps of which also included a stream crossing! The course lived up to its usual muddiness which made for very tough conditions! Our ladies put out a very strong performance on the day, placing very well. Alice Leake was 1st lady, Carrie Hoskins 2nd lady, Katy Webb 7th lady and Alix Eyles 18th lady. This gave us an overall position of 1st for the ladies team, so we won the fixture overall! We are doing very well in this league and we are currently placed 1st team overall and joint 1st ladies' team with Sandhurst. So hopefully we can retain this over the next 3 fixtures that are remaining.

The next fixtures are as follows: TVXC Bracknell - Sunday 17th January, TVXC Tadley - Sunday 24th January and TVXC TVT Sunday 7th February, hopefully we will have a good turnout of green vests at these remaining fixtures! And don't forget even if you're not part of the scoring team, we all contribute to our result by pushing back scoring runners from other teams!

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

I'm really pleased to say that we have 5 ladies and 14 men signed up for this tough iconic Cross Country race which I think may be a record for RR! The men will run 15K and ladies 8K, and judging by how much rain we have had recently I'm sure it's going to be a mud bath! I will look forward to reporting how we get on in next month's newsletter!

### **Other news**

And it's not all been about Cross Country this month, although one lady has been using her Cross Country form to her advantage when she ran the MK Winter Half Marathon held on Sunday 13th December. Sarah Urwin-Mann had a very strong run and finished on the podium as 1st lady in tough wet and cold conditions. A brilliant result very well done Sarah!

There were a few of you who decided to head off to warmer climes! And who can blame you?! We had a couple of ladies representing us at the Malaga Marathon. Well done Christina Calderon and Caroline



Sarah on the podium

Hargreaves who ran a Marathon PB on her birthday! Belinda Tull has also been taking part in a few trail races whilst she has been on holiday in South Africa and has finished as 1st and 2nd lady in one or two of them which is good to see after her injury last year.

Well done also goes to Claire Marks and Irene Liming who both finished 1st in their age categories at the tough but scenic Gutbuster 10 mile race.

Also last but not least a big well done goes to Becky Stark for finishing 3rd lady at the Portsmouth Harbour 50K!

### **Southern Vet Track and Field League 2016**

This league has proved popular over recent years with quite a few of our members V35+, so we have decided to take part again in 2016 and will be fielding men's and ladies' teams! Dates for your diaries are as follows:

Match 1 – 2nd May – Horspath, Oxford

Match 2 – 16th May – Abingdon

Match 3 – 20th June – Bracknell – \*Hosted by Reading AC/RR

Match 4 – 11th July – Abingdon

All fixtures are held on a Monday evening, start time 6.30pm. I will be in touch nearer the time to give you more information on the events that take place.

Have a good month and I hope you enjoy the remaining XC fixtures.

Claire



## Men's Captain - Report

MARK WORRINGHAM

Happy New Year all! I hope you all had a wonderful festive period, and have arrived in the new year sleek and fit and raring to go, or at least one of those three. I shall start by apologising for the absence of a captain's report last month. I can only assure you that I sent it, but there seems to be some kind of black hole in my e-mail account that swallows stuff never to be seen again – however it only seems to apply to important e-mails rather than anything to do with payment protection insurance or mail-order brides. You may be able to read the report in the online version soon, although my Christmas wishes will probably ring a little hollow.

Of course, the big news this month was the cancellation of our own Thames Valley XC fixture at Crowthorne, due to an illegal rave affecting the course. Scores of pumped up, bleary eyed, sweaty, hormone-addled bodies, jerking around in barely co-ordinated motions – we can't put up with that kind of thing during a cross country race.

Credit to Carl and others there on the day for seeing the problem early and making what was clearly the right decision in view of the safety risks, particularly of vehicles being on the course. Those there on the day really did all that they could in the situation, and fortunately it seems that everyone else in the wider TVXC community recognises that and has been very supportive. Unfortunately, it won't be possible to rearrange it, with a packed race calendar coming up including Bramley, Wokingham and three other TVXC fixtures – we gave it thorough consideration, but there really wasn't a suitable date. But a big thanks to anyone who helped out on the day or beforehand, even if it was ultimately fruitless.

An illegal rave of course is something that I thought didn't happen anymore, a relic of a bygone age, like royal wedding street parties, or public birchings. It is not known whether further exploration of the course would have revealed any more throwbacks to 1991 – maybe a buried cache of Sega Master Systems and Guns N' Roses albums, or perhaps the cast of 'Birds of a Feather' nesting amongst the gorse bushes. Perhaps to avoid a similar issue next year, we should simply advertise the race as being early 90's themed, and get MC Hammer or Jimmy Nail in as the celebrity starter, so that a rave on the course wouldn't be so

incongruous.

This meant that the only TVXC fixture in December was the Metros race, and Roadrunners swept both the individual and team win. Lance Nortcliff's hot streak continued as he took the win in a close three-way finish, with Daniel Ashworth 5th and David McCoy 7th. Simon Elsbury came in 17th, whilst another close finish saw Ben Whalley just edge out Ian Giggs in 21st and 22nd to complete the scoring. We now have a huge lead in the men's league table, which is why I secretly engineered an illegal rave at Crowthorne, to reduce the remaining races and guarantee our victory. All in a day's work for an evil genius like myself.

The last Hampshire League fixture at Kings Park in Bournemouth saw RRR men finishing eighth. Lance Nortcliff was first home in 22nd, followed by Ryan O'Brien in 32nd, Mark Saunders 56th, Ben Whalley 65th, Ian Giggs 106th, Kevin Jones 162nd and David Lennon 183rd. This keeps us 7th in the overall league table in Division 1, but things are looking pretty tight at the bottom, so we definitely need a strong turnout at Prospect Park in the next fixture on 16th January. Whilst it's Reading AC's race, it's still our home turf, so let's get a good showing. It's an ideal opportunity for anyone who hasn't tried the Hampshire League to give it a go, as several did at the corresponding fixture last year, thoroughly enjoying themselves in the process.

Two big 10K PBs to report on this month, despite the somewhat testing conditions. Ryan O'Brien continued his excellent improvement this year by breaking the big 35 minute barrier at the Andy Reading 10K, running 34:41. Lance Nortcliff meanwhile went one better, taking his cross country form onto the road at the Serpentine New Years Day 10K to break 34 minutes with 33:48. This means that, at the time of writing, Lance is ranked #1 V40 in the country for 2016. He just has to hope that no other old chaps better his time for the next 50 weeks of the year. Meanwhile, Ashley Middlewick finished off a year of many marathons by breaking 3 hours for the first time in Malaga.

There were some good age group prizes this month as well. Locally, Ed Dodwell took first V50 at the Gut Buster 10K, whilst Ben Whalley and Gavin Rennie finished third V40 and V50 respectively in the 10 mile race. Internationally, Nigel Hoult was second V60

at the Malaga marathon, whilst Graham Tull won the V50 category at the Garden Route Trail Run in South Africa.

There are plenty of races to be getting your teeth into in the next month or two, with the remaining TVXC and Hampshire League fixtures (the 13th February fixture, which was previously uncertain,

is now to be held at Dibden Enclosure in the New Forest) plus Bramley, Wokingham and the Southern XC Championships. I am certain that help is still needed for Bramley, so if anyone can assist, please make yourselves known. I also wanted to take this opportunity to wish Pete 'the Train' Morris a speedy recovery, hope to see you back soon.

## Great PBs I won't get in 2016

KATIE GUMBRELL

- Marathon
- 10 miles
- 10km
- 5 miles
- 5km
- any other distance

I've decided to give up racing\* for a while.

Much as I don't like the one foot in front of the other of running, the transformation from sofa spud to athlete\*\* has made my life better. Feeling and being fit and healthy has helped me to better enjoy the genuinely important things in life: family, friends, long walks on rainy days and, of course, beer.

Sometimes, however, it feels like a massive compromise. "Sorry, I can't stay late: I've got to go for a run in the morning," I say to friends in the pub. "NOOOO," cries my brain, "You do not have to go for a run; you are choosing to go for a run." And my brain is right.

At no point in my life have I had to go for a run. As yet, I have not been in danger such that running away might be a legitimate or necessary option. I joke with people that I'm always ready, just in case a hungry bear turns up. Truth be told, I've no intention of going anywhere near a bear, let alone a hungry one. Instead, the fact that I've entered a race means that I feel the need to do some sort of training or at least con my brain into thinking that it's somehow important or achievable.

The final nail in the racing coffin was just before Christmas. I was running one of my favourite running routes near home, enjoying the mud, but realising that it was too sloppy to really run on. "I don't want to get injured," I thought, "I've got Wokingham Half."



**Why "racing" may not be for me...**

Actually, I don't want to get injured because I don't want to get injured: I like being able to walk without it hurting. So how am I going to maintain the being fit and healthy without racing? Well, I'm going to try to enjoy running. It appeals as a form of exercise because it's relatively cheap, gets me outside and fits in with life (going to the pub notwithstanding). Unlike many others, I love sloshing through muddy puddles and getting to the top of the hill. If I'm not in a race, I can stop at the top of the hill and admire the view, without feeling like I'm letting someone down, getting overtaken, wasting my entry fee, missing out on a pb, generally being lazy etc. etc.

So, Wokingham Half Marathon aside (I have a place because I was a marshal last year) and TVXC fixtures (which don't count because they're fun), I'm not racing this year. Instead, I'm going to try to love running. It's a long shot, but it might just work.

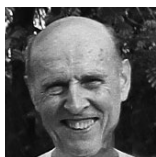
Happy running, everyone!

\*I never race. I am too slow for racing.

\*\*I am not an athlete. I am a reformed sofa spud.



## Your Committee



**CARL WOFFINGTON**  
CHAIRMAN  
[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)



**PAUL MONAGHAN**  
WEBMASTER/SOCIAL NETWORKS  
[webmaster@readingroadrunners.org](mailto:webmaster@readingroadrunners.org)



**ROGER PRITCHARD**  
GENERAL SECRETARY  
& CLUB COACH  
[gensec@readingroadrunners.org](mailto:gensec@readingroadrunners.org)



**SIMON DENTON**  
CLUB EX-OFFICIO



**SANDRA SHEPPARD**  
CLUB TREASURER  
[treasurer@readingroadrunners.org](mailto:treasurer@readingroadrunners.org)



**CATHERINE LEATHER**  
CLUB EX-OFFICIO



**ANNE GOODALL**  
MEMBERSHIP SECRETARY  
[membership@readingroadrunners.org](mailto:membership@readingroadrunners.org)



**ALAN McDONALD**  
CLUB EX-OFFICIO



**AMANDA BOX**  
SOCIAL SECRETARY  
[socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)



**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



Malaga Marathon

# 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)

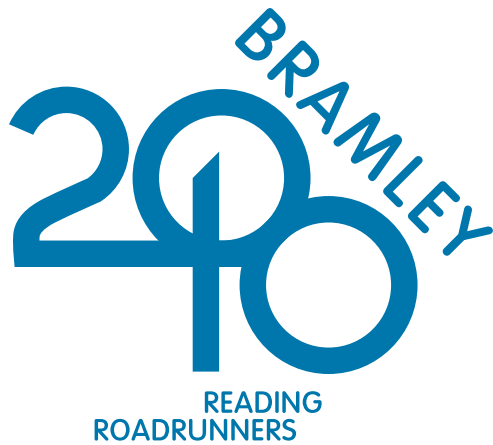
### **DESSERTS**

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





## 14TH FEBRUARY 2016

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

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

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

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

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

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

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

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

Alan Makepeace  
Chief Marshal

[rocket-al@hotmail.com](mailto:rocket-al@hotmail.com)

## Sweet Potato and Chorizo Soup

KATHY TYTLER

Ideal for after those cold, muddy cross country runs (original recipe supplied by Thames Water Canteen at Clearwater Court, but amended slightly)

### Ingredients

- 2 carrots
- 2 celery sticks
- 2 medium onions
- 2 garlic cloves
- 800g sweet potatoes
- 200g chorizo
- 1 (or 2) green bullet chillis
- 2 Vegetable stock cubes (or 2tsp of veg stock powder)
- 2 tbsp olive oil
- Red chilli and parsley to garnish (if you're being posh!)

### Method

Peel and chop carrots and sweet potatoes and chop onions, garlic and green chilli

Slice the chorizo

Heat the oil in a large pan and add the vegetables and chorizo, cover and cook for about 10 mins

Put the stock cubes in a measuring jug and add 1.8 litres of boiling water

Add to the pan

Bring to boil and simmer until veg is soft (about 30 mins)

Season with salt and pepper

Blend until very smooth (you may have to cool it before putting into blender)

Reheat and garnish with chopped red chilli and parsley.

I prepare a large pot of soup and freeze in large mug-sized portion batches

# Roadrunners Results

## NIGEL HOULT

As usual, December was rather a quiet month for races, all the more so with the cancellation of our own Thames Valley league event. However, we continued our winning streak at the Hillingdon event, with Lance Nortcliff winning again, and Alice Leake and Carrie Hoskins finishing first and second ladies. Lance then went on to record a 10k PB on New Year's Day!

Meanwhile, on the roads Sarah Urwin-Mann was first lady at the Milton Keynes half marathon, and came within seconds of Ellie Gosling's club season's best, while our two finishers at the Andy Reading 10k, Ryan O'Brien and Juliet Dimmick, both recorded PBs. Several Roadrunners headed for Spain to run the Malaga marathon, and in near-perfect running conditions Ashley Middlewick broke the 3 hour barrier for the first time, Caroline Hargreaves also recorded a PB, and Nigel Hoult collected 2nd prize in the MV60 category. For some, even Spain wasn't warm enough; Belinda and Graham Tull have been making us all jealous with their pictures of the South African sunshine, and Belinda managed third place overall in two trail races over there, first lady in one and (astonishingly!) second lady in the other.

We had no new club records this year, but Mark Worringham came within seconds of Chris Mason's 5 mile record, which has stood for 20 years. Something to aim for next year! Many of the other men's records have also stood for far too long.

There were few changes to the popular races, and these were mainly down to cancellations (Woodley 10k and Bounders Relay, plus Wokingham half which was held this year after being cancelled in 2014).

Well done to everyone who raced last month, and I look forward to reporting on more excellent performances in 2016. While I find most results myself, do let me know if you're doing a more unusual or remote event, and especially if you get a PB, or (for whatever reason) aren't shown under Reading Roadrunners in the published results: email results@readingroadrunners.org.

### 5th December

#### Hampshire League XC, Bournemouth

##### Ladies

Sarah Urwin-Mann	12	23:27	4th MV
Alix Eyles	62	26:51	
Samantha Whalley	78	28:27	
Toni McQueen	106	30:54	
Claire Seymour	110	31:23	

Ladies Team: 8th

Ladies Vets Team: 4th

### Men

Lance Nortcliff	23	33:09	3rd MV
Ryan O'Brien	32	34:07	
Mark Saunders	56	35:24	
Ben Whalley	65	35:55	
Ian Giggs	106	38:09	
Kevin Jones	162	42:00	
David Lennon	183	44:00	

Mens Team: 8th in Division 1

### 6th December

#### Malaga Marathon

Ashley Middlewick	151	2:59:14	2:59:05	PB
Nigel Hoult	375	3:15:09	3:14:51	2nd MV60
Dean Allaway	559	3:23:56	3:23:24	
Paul Monaghan	622	3:26:04	3:25:53	
Christina Calderon	2057	4:17:14	4:14:08	
Philip Reay	2058	4:17:15	4:14:09	
Peter Higgs	2371	4:34:15	4:31:07	
Caroline Hargreaves	2473	4:43:11	4:40:03	PB
Martin Bush	2718	5:17:53	5:14:29	

### Tadley Xmas XC

Nick Adley	51	44:27	
Simon Brimacombe	68	45:50	
Angela Burley	93	51:12	
Susan Knight	94	51:40	3rd FV45
June Bilsby	100	53:06	3rd FV55
Kathy Tytler	156	1:05:05	
Linda Wright	158	1:07:04	

### 11th December

#### Bah Humbug Winter Mile

Ryan O'Brien	4:55
David McCoy	4:57
Jamie Cole	5:21
Ashley Middlewick	5:22
David Caswell	6:06
Sam Whalley	7:12
Sandy Sheppard	7:55
John Preston	7:55
Fiona Ross	7:57
Carl Woffington	8:44

### 13th December

#### Milton Keynes Winter Half Marathon

Sarah Urwin-Mann	29	1:24:02	1:23:53	1st F
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### Andy Reading 10k

Ryan O'Brien	5	34:41	34:41	PB
Juliet Dimmick	317	1:02:24	1:01:50	PB

## Olympic Park 10k

Emma Chesswas 480 56:51 55:50

## Richmond Park Christmas 10k

Name	Pos	Gun	Chip
Justin Watkins	147	59:26	59:10

## TVXC League, Hillingdon

Lance Nortcliff	1	37:28	
Daniel Ashworth	5	38:51	
David McCoy	7	39:23	
Simon Elsbury	17	41:31	
Ben Whalley	21	41:44	
Ian Giggs	22	41:45	
Alice Leake	26	42:24	1st F
Fergal Donnelly	28	42:29	
Andy Morgan	34	42:51	
Bill Watson	39	43:21	
Carrie Hoskins	41	43:28	2nd F, 1st FV
Julian Hough	49	44:23	
Alan Freer	52	44:31	
Katy Webb	67	45:28	
David Fiddes	68	45:30	
Peter Cook	101	48:12	
Alix Eyles	116	48:44	
David Caswell	122	49:13	
Ryan Nicholls	128	49:56	
Chris James	140	50:52	
Tom Wright	153	52:03	
Andy Atkinson	154	52:11	

Julie Rainbow	155	52:13
Jim Kiddie	179	54:33
Paul Carter	193	55:59
Chris Drew	197	56:50
Sarah Pachonick	204	57:18
Martin Douglas	209	57:59
Susan Knight	212	58:06
Claire Seymour	223	59:38
Jenny Owen	235	1:01:40
Lin Morton	253	1:04:30
Michelle Harris	259	1:05:11
Karen Pulley	260	1:05:16
Sarah Drew	270	1:08:24
Kathy Tytler	283	1:10:52
Liz Atkinson	284	1:11:49
Carl Woffington	293	1:13:16
Linda Wright	294	1:14:13
Peter Higgs	302	1:53:25
Sheryl Higgs	302	1:53:25

Mens Team: 1st, Ladies Team: 1st (Overall: 1st)

## 20th December

### Portsmouth Harbour 50k

Rebecca Stark	40	4:22:34	4:22:14	3rd F
Gavin Collins	151	5:10:15	5:09:55	

### Portsmouth Coastal Marathon

Paul Roberson	16	3:12:43	3:12:38	
Mary Janssen	187	3:53:24	3:53:16	3rd FV50
Paul Monaghan	219	3:58:28	3:58:20	



Portsmouth Marathon

## ROADRUNNERS RESULTS

Gemma Stobie	396	4:22:57	4:21:44
Andy Dingle	705	5:15:04	5:14:27
Martin Bush	731	5:20:14	5:18:28
Louise Cooper	741	5:22:35	5:21:04
Amanda Box	788	5:40:01	5:39:24

### Winter Solstice Run 5k

Jenny Mulhearn	5	35:35
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### Muddy Welly Run, Crowthorne

Name	Pos	Gun	Chip
Angharad Shaw	132	54:25	54:20
Ashley Jeggo	217	1:02:47	1:02:31

### Garden Route Trail Run (14km)

Graham Tull	8	1:30:54	1st MV50
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### Garden Route Trail Run (7.5km)

Belinda Tull	3	39:16	1st F
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### 27th December

#### Garden Route Trail Run (7.5km)

Belinda Tull	3	36:47	2nd F
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### 28th December

#### Phoenix Year End Marathon, Walton-on-Thames

Martin Bush	83	5:18:41
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### Gut Buster 10 mile

Ben Whalley	11	1:08:09	1:08:06	3rd MV40
Gavin Rennie	19	1:10:46	1:10:38	3rd MV50
Fergal Donnelly	26	1:13:26	1:13:18	
Julian Hough	40	1:15:54	1:15:43	4th MV50
Dean Allaway	41	1:16:14	1:16:05	
Alan Wilson	51	1:17:22	1:16:45	
David Caswell	54	1:18:35	1:18:22	
David Lennon	82	1:23:00	1:22:56	
Claire Marks	95	1:24:21	1:24:03	1st FV50
Lee Hinton	127	1:28:22	1:27:44	
David Ferguson	148	1:30:09	1:29:01	
David Power	156	1:31:18	1:30:36	
Samantha Whalley	216	1:39:15	1:38:50	
Antony Streams	235	1:42:27	1:41:43	
Tina Wilson	236	1:42:27	1:41:46	
Peter Higgs	237	1:42:27	1:41:44	
Elizabeth Ganpatsingh	238	1:42:28	1:41:46	
James Metson	281	1:50:24	1:49:46	
Vera Metson	282	1:50:26	1:49:49	
Justin Watkins	295	1:53:22	1:52:21	
Irene Liming	300	1:55:26	1:54:30	1st FV60
John Bailey	301	1:55:26	1:54:30	
James Godsell	304	1:56:24	1:55:26	
Linda Wright	314	1:58:46	1:57:48	2nd FV60

Catherine Douglas	326	2:01:37	2:00:53
Sarah Drew	328	2:01:38	2:00:53
Lorraine Bailey	341	2:09:55	2:08:58 5th FV60

### Gut Buster 10k

Edward Dodwell	8	43:16	43:16	1st MV50
Sam Hammond	11	44:31	44:25	
Blue Caswell	20	48:10	47:56	
Nicholas Adley	26	49:38	49:37	
Tony Long	107	1:00:17	59:13	
Rita Dykes	136	1:03:33	1:02:23	2nd FV60
Lisa Kilby	183	1:08:00	1:07:01	
Caroline Hargreaves	184	1:08:00	1:07:01	
Julie Bagley	198	1:09:16	1:08:12	
Chris Drew	245	1:18:10	1:17:20	

### 31st December

#### Liverbird Marathon Double, Day 1

Martin Bush	4:41:57
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### Flitch Way Marathon

Brian Kirsopp	8	3:19:50
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### Nos Galan 5k

Tina Wilson	302	27:36	5th FV55
Carl Woffington	515	31:53	

### 1st January

#### Liverbird Marathon Double, Day 2

Martin Bush	5:03:36
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### Flitch Way Marathon

Justin Watkins	36	5:42:14
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### Serpentine New Year's Day 10k

Lance Nortcliff	7	33:48	33:47	PB, 1st MV40
Claire Seymour	222	49:47	49:24	

### 3rd January

#### Tadworth 10

Fergal Donnelly	48	1:10:48	1:10:12
Ashley Middlewick	74	1:12:54	1:12:18
Linda Wright	581	2:03:56	2:03:26

### Final 2015 Season's Bests

#### Ladies

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



## ROADRUNNERS RESULTS

### Men

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

### Current Club Records

#### Men

5k	15:42	Mark Worringham (2013)
5 mile	26:43	Chris Mason (1995)
10k	31:38	Zak Tsegay (1995)
10 mile	52:25	Howard Grubb (1995)
Half Marathon	1:09:24	Howard Grubb (1995)
20 mile	1:56:23	Chris Mason (1996)
Marathon	2:27:48	Keith Russell (2009)

### Women

5k	18:12	Liz Hartney (2004)
5 mile	29:40	Elaine Laver (2005)
10k	34:32	Sarah Gee (2010)
10 mile	57:21	Sarah Gee (2010)
Half Marathon	1:14:45	Sarah Gee (2010)
20 mile	2:04:49	Sarah Gee (2009)
Marathon	2:38:14	Sarah Gee (2010)

### Most Popular Road Races of 2015

Reading Half Marathon	215
Shinfield 10k	84
Wokingham Half Marathon	70
Royal Berkshire 10k	67
Bramley 10 miles	66
Maidenhead 10 miles	62
Bramley 20 miles	56
London Marathon	55
Maidenhead Half Marathon	51
Wargrave 10k	45

### Most Popular XC/Multi-Terrain Races of 2015

Halloween 5 Nite Run (7th)	44
Runnymede Relays (8th=)	42
Woodland 5 Race 3 (8th=)	42
(The rest were TVXC league events)	

Malaga Marathon



# Reading Roadrunners Committee Meeting

TUES 5TH JANUARY 2015 7.30PM

## ATTENDANCE:

Carl Woffington	(Chairman)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Amanda Box	(Social Sec)
Alan McDonald	(ex-officio)
Catherine Leather	(ex-officio)

## APOLOGIES FOR ABSENCE:

Sandra Sheppard, Bob Thomas

## MINUTES OF THE MEETING OF TUESDAY 1ST DECEMBER 2015

The minutes were then proposed as a true record by Anne Goodall and seconded by Alan McDonald.

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

**MEMBERSHIP FORM** Roger confirmed that he had updated the membership form and had given Anne copies.

**EQUIPMENT INSURANCE** Roger reported that Sandra had advised him that last year's premium was £159.00.

The committee decided to accept this year's premium of £174.26 and renew the policy with Zurich Insurance.

**ACTION:** Roger to ask Sandra to pay the premium.

**RACE ARCH** Carl reported that he had spoken to Ellie Barnes about the types of arch on the market and said that the type of arch that is pumped up and pumped out to be collapsed would be the most suitable. Roger said that Tom Harrison had advised him that the power supply for the arch used at Shinfield was taken from the village hall.

**ACTION** Catherine to look at the market and Roger to ask Palmer Park about storage.

**KIT MONITOR** Roger confirmed that he had sent Steve Siddell thanks from the committee, with apologies that the committee had not given him a job description.

**EMAILS** Carl confirmed that the problem Bob had with emails had corrected itself.

**AGM PRINTING** Roger said that he had checked the membership list for members with no email and that there are 23.

Carl said that we should have 60 copies printed with the spares kept at Palmer Park and eventually taken to the AGM.

## CHAIRMAN'S REPORT

**HAMPSHIRE XC LEAGUE:** Carl reported that the club had attended the Hampshire XC fixture at Bournemouth on the 5th December, in which we did fairly well.

**CHARITY TIMED MILE** Carl reported that the charity timed mile organised by Kerri French took place on Friday 11th December and was a success.

**CHRISTMAS PARTY** Carl recorded thanks to Amanda for organising the Christmas party on Saturday 12th December and also recorded thanks to Kerri French for assisting Amanda.

**THAMES VALLEY XC LEAGUE:** Carl said that the club had participated in the TV XC on Sunday 13th hosted by Metros at on a new course at Hillingdon. Carl said that our home fixture on Sunday 20th December was cancelled on safety grounds, as there had been a 'Rave' during Saturday night and that cars were still on the Forestry Commission grounds and driving along the course. Roger reported that he had been in touch with UKA to see if the losses were covered by our insurance, but reported that they were not covered.

**WEDNESDAY 16th** Carl reported that mulled wine and mince pies were served after the track session and

recorded thanks to Toni McQueen.

**BOXING DAY RUN** Carl recorded thanks to Kathy Tytler for organising a Boxing Day run at Goring.

**FESTIVE PUB RUN** Carl reported that there was a Pub Run on Saturday 2nd January at the Rainbow at Assendon and recorded thanks to Toni McQueen for organising.

## TREASURER'S REPORT

**DECEMBER ACCOUNTS** Sandra had published the December accounts and all committee members had been sent a copy. (no queries or comments put forward)

## SECRETARY'S REPORT

**LETTER FROM A MEMBER** Roger reported that he had received a letter from Glynne Jones advising the committee that at the end of this XC season, he would no longer be acting as club representative and results coordinator at XC fixtures. Glynne said this was due to discourtesy shown to him at a fixture by a member.

**ACTION** Roger to write to Glynne with committee findings and to thank him for his voluntary work over the years.

**DINNER DANCE** Roger said he had received a request from Toni McQueen to publish the menu for the dinner dance. **ACTION** Roger to send to the newsletter editor and to Paul Monaghan for the website, also to place on the club notice board at Palmer Park.

**TURNSTILES** Roger reported that the new turnstiles at Palmer Park would be in operation on Wednesday 6th January, and that Glynne will be supervising the issue of bar codes to members and that he has requested assistance.

**ACTION** Alan and Roger to be in attendance.

**LONDON MARATHON** Roger reported that he had made a provisional booking for the two 57 coaches for Sunday 24th April. Roger asked committee approval to pay a 20% deposit of £260, which was duly approved.

**ACTION** Roger to hand over details for payment to Sandra Sheppard.

**CLUB HOUSE** Roger reported that he had received an update from Ben Stainsby of Reading Borough Council on the progress of the consultants report on sports facilities at Palmer Park. There is going to be a new swimming pool built at Palmer Park and this may effect development of the whole site. Ben said that he would be convening a joint meeting in the spring with all the clubs that use Palmer Park to establish the level of facilities required for all sports.

Roger suggested that the club might want to pursue an alternative option, such as an existing property off site.

**ONGOING** Until the meeting in the spring.

**AGM** Roger reported that he had booked the Winch Room at St Peters church hall Earley on Tuesday 22nd March

## MEMBERSHIP SECRETARY'S REPORT

**NEW MEMBERS** Anne reported that in December, we had 2 new seniors @ £31 paying cash and 2 new member paying £31 by cheque with a total of £124.00 being banked.

**XC EXPENSES** Anne presented a bill received from Toni McQueen for £66.00 for tea, coffee, cups and fuel etc.

**ACTION** Anne to ask Sandra for cheque payable to Toni.

## SOCIAL SECRETARY'S REPORT

**CHRISTMAS PARTY** Amanda reported that the Christmas Party on Saturday 12th December was a great success and that just under £700 was raised for the charity.

**COACHING CO-ORDINATORS REPORT** None received.

**TEAM CAPTAINS REPORT** None received.

### ANY OTHER BUSINESS

**MAIDENHEAD 10** Roger reported that we have received two free complimentary entries for this years Maidenhead 10 mile race on Good Friday March 25th. Roger said that there were no stipulations as to whom the entries should go.

**ACTION** Carl to send out a Chairman's bulletin inviting members to enter a draw. One-year membership rule applies.

**XC HOME FIXTURE** Catherine raised the subject of re-organising our XC home fixture for another date. Carl said that he had looked into this and the only date that would fit was the 28th February, but Sandhurst have an outing on that day and can't make the fixture, therefore we can't fit it in. Carl went on to ask the committee, if we are going to stand the loss made, or ask other clubs to donate toward the costs. The committee decided the club will stand the loss.

**LETTER FROM MEMBER** Catherine raised the subject of whether we should ask for further advice regarding the letter received from Glynne Jones, after some discussion it was decided to seek guidance for our welfare officer.

**ACTION** Roger to contact Jenny Miller and send her a copy of Glynne's letter.

**HOODIES** Amanda reported that she has been approached by Chris Drew, who has volunteered to organise the purchase and sale of club hoodies. Amanda presented a sample that had the club logo embroidered, which was liked by all committee members. Amanda said that the hoodies will cost £24.00 Amanda also said that Chris would put together a presentation of other items that he is prepared to organise. **ACTION** Carl to speak to Chris Drew.

**TROPHIES** Carl reported that Bob had asked for committee approval to purchase the trophies for the club championships at a cost of £600 to £700, which was duly approved. **ACTION** Carl to advise Bob to proceed.

**NEW COMMITTEE** Carl asked those present, who would be standing for re-election. With the exception of Roger, all said they will re-stand, but Amanda said she would only stand as ex-officio. Carl reported that Bob expressed interest in knowing if other committee members would support his election as General Secretary. All present said they would support him.

**ACTION** Carl to advise Bob and to advertise for new social sec.

**LONDON MARATHON** Carl reported that we need to record that Katherine Douglas and David Wood will automatically receive a club place, as they did not get the place allocated to them in this year's draw. This means that next year there will only be a draw for three places.

**EA MEMBERSHIP PORTAL** Carl reported that Bob wanted the membership categories for the EA membership portal and asked Anne for the information. **ACTION** Carl to hand on to Bob.

### DOOR ROTA

Wed 2nd

Jan Shirley Smith, Glynne Jones, Anne Goodall.

Wed 9th

Jan Christina Cotter, Glynne Jones, Anne Goodall.

Wed 16th

Jan Shirley Smith, Glynne Jones, Anne Goodall.

Wed 23rd

Jan Christina Cotter, Glynne Jones, Anne Goodall.

Wed 3rd Feb

Alan McDonald, Glynne Jones, Anne Goodall.

Meeting Closed 9.10pm

Next Meeting Tuesday 2nd Feb