



READING ROADRUNNERS NEWSLETTER JULY 2015

Endure24 always reminds the editor a bit too much of the time they woke up in a puddle after Public Enemy headlined Reading Festival, but we thought this picture of three of our brave participants merited the front page treatment, particularly Pete Sr. on the far left. Pete had just completed a staggering 75 miles in total so I think we can forgive him for sneaking in forty winks.

Elsewhere, the endurance bug seems to have caught on. We have a race report from Dave Wood who completed the 54 mile Comrades Marathon in Durban, as well as news reaching us of Mandy Carden's very first marathon - a big well done to both of you! Congratulations also extend to Alice Leake, who has been competing for Team GB at the Orienteering World Cup.

INSIDE THIS MONTH:

- **COMRADES MARATHON**
- **DINTON RELAYS**
- **VINEYARD TOUR**
- **RACE RESULTS**





Welcome from the Editor

CHRIS CUTTING

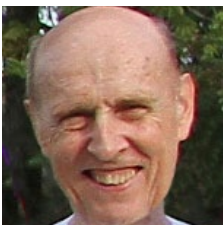
This month's editor's welcome begins with a dedication to Roadrunners' newest addition to the '26.2' club. A truly hard-won triumph for which she can feel an enormous amount of pride, which I'm sure we all share with her.

When people outside of the club show an interest and ask me about running I'm always careful not to start evangelising, but instead try and get across to them the huge range of abilities, ages, shapes and sizes that race and train together at Roadrunners. The common perception of running clubs seems to be that you need to be at least somewhere around a sub five-miler to

even avoid being laughed out of the track. The reality of course is that there are members getting all sorts of different things out of their running, which can mean that their achievements and triumphs mean an enormous amount to them personally. It's the runners that couldn't get to the end of the road but have completed their first distance race that I always point to as examples when I talk about the club. Long may they continue to be a part of it.

Enjoy your running this month.

Chris



Chairman Chat

CARL WOFFINGTON

Kerri French put on the Magic Mile for our Club Charity. It was held at the end of June and very successful. Thanks Kerri.

We had teams out in the Southdowns Relay, the Ridgeway Relay and the Runnymede Relay. All that took part enjoyed the races.

Subsequent to the committee meeting we have discovered the Bounders Relays are cancelled for 2015. We had 8 teams ready to go and Mark had put in significant work. Hope it's back for 2016.

Our own Dinton Relays will take place on Thursday 30th July. Same format – teams of 3, guess your running time over a measured course and no watches allowed. BBQ after. Full details on the RR website. Please try to support if you can. Richard Hammerson needs marshals, helpers, timekeepers etc. Please contact him if you can help.

Best wishes to you all for the holiday season.

Carl



Ladies' Captain - Report

CLAIRE SEYMOUR

So we're almost through the month of July and over halfway through the year already and it has been a busy month of summer racing, whether it be one of the Woodland 5, Dinton or Yateley series races or one of the Relays that the club has put a few teams in for. And for a small group of our ladies a slightly different challenge! More on that a little bit later in my report! It seems ages ago since I last wrote my report so I have quite a few things to cover so here goes...

Chiltern Chase 10K – Sunday 7th June

Club Championship

8 RR ladies took part in this lovely scenic 10K multi terrain race in the Oxfordshire countryside on a beautiful summer's day. Nikki Gray showed that she is coming back really well after a recent injury and finished 3rd lady overall and Katherine Sargeant finished 1st in her age category. The race also had a 5K and 15K, of which Paulina Erceg decided the 10K was not far enough and took part in the 15K, and Emma Caswell and Katherine Heaton won the team prize for the 5K along with Blue Caswell which was a brilliant result. Well done all!

Wargrave 10K – Sunday 14th June

Club Championship

Around 21 RR ladies took part in the Wargrave 10K which is a good result considering the race fell on the same weekend as Endure 24. Hannah Wright was our first RR lady home and was also part of the winning ladies team with Alix Eyles, Katherine Sargeant and Paulina Erceg! Well done Ladies

Woodland 5 series – Race 2

It was a warmer evening than the May race and the midge's were out in force! No surprise there! But what wasn't such a surprise to us was that Alice Leake finished 1st lady for the 2nd time (Alice also finished 1st lady in the May race) and currently leads the series. A great result also for Claire Marks who won a trophy for 3rd lady vet (Claire also won 3rd lady vet at the May race) so very consistent results for both. Well done to everyone who ran and I will look forward to seeing some of you at the 3rd and final race followed by our famous post run picnic and celebrations! Don't forget your midge repellent!!

Runnymede Relays – Saturday 4th July

Team event

This was the first event I have organised since I have taken on the ladies Captains role and I was excited to get 7 teams of 6 runners together for this popular day out in the grounds of Windsor Great Park. I think we almost had a RR takeover it was great to see so many of us in our green vests! Our first team which included Sarah Urwin-Mann finished in 4th place overall narrowly missing 3rd place which is a great result considering they were up against some tough competition! and our second team were 11th with the remaining teams not too far behind. We all had a very good run considering it turned out to be a rather warm day with little shade in the Park, and we had a lovely picnic afterwards. I had some good feedback and it seems a fun day out was had by all! So bring on next year!

Ridgeway Relay – Sunday 5th July – Ladies Team

Team event

I was pleased to report last month that we had a really great team of ladies for this popular relay which takes you along the full length of the Ridgeway all 86.5 miles of it through some tough and challenging terrain!! The route is split up in to 10 stages starting at Ivinghoe Beacon and finishing in Marlborough, and is unmarked so it is strongly recommended that all runners recce their stage before the day as it's a common occurrence each year that one or two runners get lost!!

The ladies taking part this year were Clare Elliot, Angharad Shaw, Mandy Oakley, Julie Rainbow, Maureen Sweeney, Tracey Lasan, Maddie Starks, Catherine Leather, Tina Wilson and Myself. Clare got us off to a good but very early start at 7.45am!! And we all had a good run and were pretty much on track for most of the route with Maddie and myself on the mass starts on leg 7 and 10. One of our ladies took a slight detour on one of the legs but other than that we pretty much navigated the route okay between us all without anyone getting too lost which is a pretty good result in itself. I ran the last stage which involved navigating through one or two fields of cattle and a

bull! (Which is one of my fears whilst running!) and I finished in Marlborough around 7.15 in the evening. Our team finished in 41st place just ahead of the RR over 60's team, and it was funny to see the over 60's collecting their wooden spoons at the prize giving in the evening, I think they were rather pleased to have something to show for their team effort. (They have since learnt that they also won 1st vet team!! So congratulations to them all), and also well done to the A and B teams. I would also like to say well done and Thank you to the runners who gave up there time to take part on the RR ladies team, it was a pleasure to be on a team with you all! I think we all had fun and enjoyed it. I hope to take part with you all next year! Thanks also goes to Mark (Men's captain), Cecilia Csemiczky and Tom Harrison for helping to coordinate teams and transport on the day.

New Forest 10 – Sunday 12th July

Club Championship

10 ladies took part in the 2nd of our 10 mile club championship race of 2015. The New Forest 10 is lovely scenic multi terrain race and the weather in previous years has been rather warm to say the least! However this year the weather was cool and rainy. Our first Reading Roadrunner lady home was Sarah Urwin-Mann, Sarah was also our first RR home overall and also finished 3rd in her age category. Well done to everyone that ran.

Other races/accomplishments

We had Endure 24 of which we had several teams out so well done to all who took part! And thanks to Ian Giggs for organising. A couple of our ladies took part in the Solo race which is just amazing, so well done to Alexa Briggs who finished in 25th place and ran 60 miles and Kathy Tytler who finished in 14th place and ran 70 miles. I also heard a certain RR lady ran her first marathon recently at the Ranscombe Challenge, so congratulations to Mandy Carden! I'm sure this will

be the first of many for you.

I also wanted to say congratulations to Alice Leake who ran for team GB at the Orienteering World Cup in Sweden back at the beginning of June, and Alice has recently been selected on to the GB team to take part in the World Orienteering Championships in Scotland from 31st July with the final being on 2nd August. We wish you all the best Alice, we will all be behind you!

We also had the last of the southern Vet league matches for the season with some good performances from all the ladies involved and a few PB's, so thanks to all the ladies that have supported this league over the past few months! We have had some great team spirit between us all, I will look forward to taking part with you all in 2016

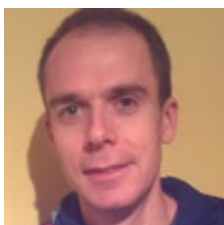
A couple of reminders for your diaries:

Headington 5 – Club championship race – Sunday 30th August

Farnham Pilgrim Half Marathon – Also Club championship – Sunday 13th September

Finally I know this is a little bit different, but I just wanted to post a photo to show a small group of our RR ladies including a bit of cross training with their running when they took part in the Shock Absorber Women's Challenge Triathlon at Dorney Lake on Sunday 12th July. They had great fun doing so too as you can see!!





Men's Captain - Report

MARK WORRINGHAM

One of the oddities of being a runner is your heightened awareness of the weather. My bugbear this year has been the wind. Every attempt I've made at a fast time has been disrupted by a nagging, constant, stiff wind that seems to have lasted for months. It has caused me no end of consternation. Yet every time I have mentioned it to a non-runner, I have been met with the kind of blank look you might receive had you regaled a story of a recent probing by extra-terrestrials, or declared a love of morris dancing. No-one else has noticed, which somehow makes it even more infuriating.

Never mind. Onto the report.

Perhaps the highlight of the summer months are the many relays we get involved in. First up was the South Downs Marathon Relay, taking in some tough but enjoyable terrain, excellently organised by Tom Harrison. There were four RR teams present, and it was a good day for us, with our 'Whispering Grass' team, comprised of Andrew Smith, Lance Nortcliff, David McCoy and myself winning the event. We had some moments of concern, notably when one of the other teams seemed to have put some kind of speedy ringer on leg 3, but in the end justice was done. 'Home in Pasadena' was next in in 44th place, with 'Whistling Rufus' 68th and 'Easter Parade' 94th.

I must admit to having spent some time googling these names to try to understand how Tom came by them, and now know more about American bluegrass music from the first half of the twentieth century than I ever expected or wanted to, but can't say that I'm really any the wiser, other than that they are song titles. I suppose, like many things related to Tom, it is best left a mystery.

A Team

	Team pos	Ind pos
Mark Worringham	1	1
Alice Leake	1	5
David McCoy	6	12
Carrie Hoskins	5	3
Ben Whalley	4	5
Rupert Shute	4	4
Lance Nortcliff	4	2
Ian Gosling	4	4
Mark Saunders	4	6
Andrew Smith	4	2

I expect (well, hope really) that Claire will cover the Runnymede Relays, so will simply say well done all on another quality RR performance.

Perhaps the big one was the Ridgeway Relay, in which we fielded four teams (A, B, ladies and over 60s). I was in charge of the A and B teams, and as I started to pull the names together it seemed like we might well be in with a chance of some silverware this year, despite a couple of withdrawals of two of our strongest runners, whilst the B team was also shaping up to be one of the strongest B teams we've put out.

The day started pretty well, with RR A taking an early lead over the field and holding it for the first two legs. However, some of the other teams started to come into their own on leg 3, and this left us in 6th. Places were regained with some strong runs over legs 4 and 5, taking us back to fourth, which is where we stayed until the end of the race. We could not quite catch third place, despite a big run by Andrew Smith making up time on the last leg, so 4th it was. However, this was our second fastest run by the A team in the last ten years (9:47:13, an average pace of 6:35 per mile), so we just came up against some really strong teams this time. Most importantly, no-one got lost, and no-one failed to turn up to run thus forcing another runner to do two legs, so that's definitely a plus.

Meanwhile, the B team gradually picked their way through the field throughout the race, helped in particular by a storming leg 3 by Alan Wilson, and ended up in a very creditable 11th in 11:09:38, around an hour quicker than last year. So pats on the back all round, but obvious targets for next year must be a top 3 for the A team and top 10 for the B team.

B Team

	Team pos	Ind pos
Aaron Chai	28	28
Sian James	22	15
Alan Wilson	13	6
Lesley Whiley	13	11
Belinda Tull	12	17
Darrel Robins	12	20
Colin Cottell	12	15
Peter Aked	11	5
Melvin Silvey	12	16
Pete Jewell	11	11

The final two matches of the veterans track and field took place in June. The men finished 7th in the third match in the windswept and rather basic track at Swindon, relying once again on the sprint skills of Duncan Mollison again in the 100 and 400, and some game performances in the field events. In the fourth match in Abingdon, a skeleton team managed to finish 6th. This will be memorable to me at least for having managed to lose a 20m lead in the last half lap of the 3000m to an Oxford runner, to cheers from the local crowd that will haunt me in my dreams for years to come. In the end, we placed 7th of 9 teams in the league, which is very creditable as, unlike most of our competitors, we are a pure running club.

I don't have the benefit of an overview of June's results to pick my way through, but I did notice some excellent 10K PBs this month. In particular, Andrew Smith continued his recent excellent form in breaking the big 35 minute barrier in the Thame 10K, with 34:56. Meanwhile, there were PBs for David Ferguson (37:28) in the first Yateley race and Alan Wilson (37:36) at Yateley race 2. Gavin Rennie somehow managed a 10K PB on the undulating Wargave course with 38:57.

Elsewhere, Ben Whalley secured his Good For Age spot for London at the Kent Roadrunner Marathon (3:10:14). Keith Russell's comeback towards full fitness saw him run 1:15:17 in placing third at the Waterford half marathon.

Unfortunately, you will be aware by now that the Bounders Relay on 21st July has been cancelled, so the next team events that we are looking towards will be the following:

- The River Relay, a 5-stage relay from Windsor to Kingston upon Thames on Sunday 6th September.
- SEAA 6-stage road relays at Aldershot, on Sunday 20th September (women will be on 19th)

If anyone is interested in either event, please contact me on teamcaptains@readingroadrunners.org. It would be great if we could get a really strong team into the Aldershot relays in particular, as these attract some of the top runners from the south, and it would be nice to see how we measure up.

I hope everyone has a fantastic summer, and I'm sure we will all look forward to a well-deserved break from reading/writing this report...

The Lament of the Slow Solo Runner

KATHY TYTLER, AFTER ENDURE24

I know I've got a hundred miles in me,
A hundred miles in twenty-four hours,
I know I can do it,
I know I can run,
I know that it's within my power.

I'll start off steady and slowly,
No risk of burn out this time,
If I keep this pace
For all of the race
That hundred mile goal will be mine.

But then something always goes wrong,
My legs and my back are in pain,
My feet sore and hot,
I suffer gut rot,
I'll never get running again.

I know one day I'll do a hundred,
It can't be as hard as it seems,
But my running has stopped,
Now it's walk, shuffle, drop.
I can run it ... but just in my dreams.

Charity Corner

KERRI FRENCH, CHARITY COORDINATOR

Well the summer has been very un-typically British (up to today as it's been damp and drizzly and very much like normal July weather) meaning that the car boot sales have been great opportunities to top up tans as well as raising lots of cash

We held the Summer Magic Mile which was an open track session for both members and non members, it was a great success and had more milers than ever. £60 was raised on the night boosted by a lucky dip of wine donated by Lance Nortcliff and our ladies Captain Claire Seymour and chocolates donated by the charity.

The next mile event is pencilled in for Friday 18th September listen out for further announcements to confirm

The wine tasting day planned for Sept 4th organised by Katie Gumbrell will also have a charity wine raffle

I'm starting to collect raffle prizes for our Christmas party, I intend to make up themed hampers of food drink and pampering or sports themed items, so do collar me at the track if you have items you want to donate

There has been lots of activity online with our Just Giving page this month Dean Allaway has raised £370 doing the Beale park 12 hour ultra and set himself a stretching 65 mile target and despite chronic knee pain early on he kept going regardless

If you want to share the club Just Giving page for your running challenges please do every penny helps.

www.justgiving.com/ReadingRoadrunners2015/

Keep being awesome Roadrunners

Kerri French

Charity Coordinator

CURRENT TOTAL
£10,400.09



Dean Allaway after his amazing 65 miles in 12 hours



John Preston who also donated to the club charity and ran as a pair at the Beale park Ultra

Comrades Marathon

DAVID WOOD

For those of you who are unfamiliar with the Comrades Marathon, it's an 87.7km (this year at least, the distance changes slightly each year) road race from Durban on the south coast of South Africa, to Pietermaritzburg, up in the hills (or vice versa in alternate years – this year was an "Up Run", next year will be a "Down Run"). It has a 12 hour time limit, with various cut offs along the route and is the largest (over 22,000 entries this year) and oldest (it's been running since 1921) ultramarathon in the world.

On arrival in South Africa I have a few hours to spare in Johannesburg airport before my connecting flight to Durban so I wander into the Mugg and Bean cafe. It's here that I'd arranged to meet a few people I'd met on the Comrades UK facebook page and the Runners World forum. Lawrence is the first person I recognise, mainly because he's wearing a UK Comrades runners 2015 t-shirt – something that somebody on the facebook group had produced and sold to anyone interested. Within a minute another person approaches and before I know it there are around 10 of us, previously strangers except on the internet but now all exchanging stories of injuries, missed training and for some, war stories of last year's run.

There are two separate flights to Durban and we are split between 2 hotels once there so we all head off to the appropriate gate and agree to reconvene that evening at the "Internationals Meet and Greet". This event is put on by the Comrades organisers and is a great place to meet runners from all over the world over drinks and nibbles.

Before the Meet and Greet, I head over to the Expo with Martin, a guy I met on the facebook group and then at various marathons during my training. He ran last year so is clued up on how to beat the registration queues (ignore the main queue and head left – there's a separate internationals counter) and where to pick up free pace bands, drinks (there's a internationals only area with free tea/coffee) and various other useful bits and pieces. The expo is pretty busy while I'm there on the Thursday afternoon but nothing like as packed as it will be on Friday and Saturday. I collect my number, cap, and t-shirt before browsing the stalls for a while, buying a very nice hoody and some union jack clips for my number.

At 7pm the Meet and Greet begins. There are special guests of 7 former Comrades winners, including Bruce Fordyce (9 time winner) and Bernard Gummarsall from Leeds, who won 50 years ago in 1965. I have a nice chat with Bernard – as two guys from the north east we get to take the mickey out of the southerners who are concerned



about forecasts of rain for race day. In fact, when Bernard won in 1965 the

weather was pretty awful by

South African standards. It was cold and wet, just like it had been for all his training runs in the Yorkshire winter. He says he knew he was going to win that day as soon as he got to the start line. He was in his vest and shorts raring to go while all the local athletes were huddling in shop doorways in jumpers.

After a good night's sleep Friday morning comes and I head over to the Hilton to join a tour of the route by bus. I figured I should probably know as much as possible about what I'm about to attempt and I cannot recommend enough doing this tour. It gives me a real insight into the "big five" hills and all the unnamed hills and features that make the course so tough. We also visit the Wall of Honour, near halfway, that has plaques commemorating previous finishers, including (obviously) Bruce and Bernard who are on the bus themselves today. Finally we visit the stadium where the race will end and see the finish line being erected, ready for us all (hopefully). "Don't cross the line", says Bruce, "It's bad luck". I'm not a man who puts a great deal of stall in superstitions but I do as he says.

Saturday, I do what I do most Saturdays – parkrun. The parkrun in Durban is a straight out and back along the sea front. It's as flat and open a course as you can imagine. It's perfect PB potential. I walk/jog it in 37 minutes – an enormous personal worst – but designed to replicate my pace/strategy for the big one. I come 679th out of 1225. I wonder how Woodley would cope with an attendance like that!

The rest of the day I do virtually nothing then go to bed around 9:30pm. The alarm is set for 3:30am ready for the race to start at 5:30am. I actually sleep pretty well – nerves in check for now.

Race day – I wake up as my phone plays "Blackened" by Metallica. I always did like a nice soothing alarm call.

I eat a pot of porridge, shower, put my kit on and walk down to the start with Martin. It's a 20 minute walk and I then spend another 20 minutes queuing for the toilet but I'm still in my starting pen in plenty of time. I qualified in pen C which is for those runners who've done a sub 3:40 marathon. In theory from here I should be aiming at a sub 9 hour finish but given my illness in February/March

I know I haven't done anywhere near enough training for that. My plan is to take it easy in the first half and then cling on, hoping to steer clear of the cut offs whilst not doing too much and blowing up. And then the singing starts...

It's tradition at the Comrades for the crowd to sing the national anthem, which they do with gusto. Then they sing a traditional song called Shoshaloza which is the unofficial "second national anthem". It's an amazing experience as the thousands of runners all sing as one and I get a feeling half nerves and half expectation as the sound builds. With the singing done we are then treated to "Chariots of Fire" to heighten the mood even more. At 5:30 the air is pierced by the sound of a cockerel crowing (or more accurately, the sound of man imitating a cockerel – In 1948, on the morning of his eighth Comrades, local runner Max Trimborn, one of only 44 entrants that year, couldn't contain his nervous energy on the starting line. He needed to do something...anything. So he cupped his hands, filled his lungs, and issued a lusty rooster crow. The other runners so enjoyed it that they demanded repeat performances in subsequent years. Trimborn obliged for the next 32 years. By the time of his death in 1985, Trimborn's crowing had been preserved on tape and these days, greatly amplified, it still starts the race) and then a cannon fires. The clock starts and we have 12 hours to get to the finish.

It's one of the quirks of Comrades that there is a 12 hour gun-to-gun cut-off. It doesn't matter whether you start at the front or the back, the clock starts ticking and when 12 hours is up it stops. That means that the people who qualified slowest (in pen H) actually only have about 11hr40 to complete the course. With my lack of training I'm glad I'm in pen C. It takes me just over 2 minutes to cross the start line, and 5 minutes later I'm already climbing.

The Comrades Up Run is exactly that. The route starts to climb almost immediately and doesn't really let up around half way, 44km later. Sure, there are flat bits and a couple of down hills even but their length is measured in metres rather than the km after km of hills. I set off very conservatively, determined not to blow it by going too fast. All the C pen guys streak ahead of me, I get passed by Ds, Es and some Fs before I know it. I don't care. Got to stick to the plan. Don't get carried away.

The first of the big five appears after 15km - Cowies Hill. It's a long steady drag that doesn't feel too bad, mainly because I'm still fresh at this point and also it's still dark and cool. The day will only get hotter once the sun comes up properly. As I run along I recognise another runner I'd met in the last few days. Hideo is also from the UK and has a coveted Green Number. Green Numbers are

given to anyone who manages to complete Comrades 10 times. In recognition of the achievement, that number is permanently assigned (although a small number have been passed on to descendants of the original owner). I pull alongside Hideo and turn to say hello but instead mumble "What... the...???"

Hideo, a man who has up to this point completed 15 Comrades Marathons, many in less than 9 hours, is carrying in one hand a double cheeseburger and in the other an enormous milkshake (flavour unknown).

"Hi Dave", he says nonchalantly, "I'm struggling today, think I might have got my food wrong. Fancied some food".

"So you went into McDonalds?", I splutter.

"Yeah, when you need fuel, you need fuel. Want some milkshake?" he replies.



I decline and as we run along I hear frequent shouts from the crowd and other runners, confirming that I'm not imagining the whole thing due to lack of oxygen to the brain.

Next up comes Fields Hill which is over 3km long and seems to take forever. I leave Hideo behind and as I reach the top I've climbed 500m in the first 22km of the race. A quarter distance done and I feel good but the sun is now up and the temperature is rising. Unlike most marathons with water stations every 5-8km, Comrades has 47 official

water stations meaning I'm never more than about 2.5km from the next one. It seems excessive in the early part of the race, but as the day wears on I find great relief in grabbing water purely to tip over my head.

Yet more steady climbing eventually brings me to Botha's Hill – slightly longer than Cowies, slightly steeper than Cowies but way harder, because I've now got 35km in my legs. The good thing about Botha's is that once it's done I can start thinking about half way.

Half way comes up at Drummond and I'm now safe in the knowledge that I've just run the hardest marathon I've ever done (plus another 3km or so). I'm 5hrs30 in and I'm tired but I have plenty of time to do the second half if I keep my pace up. So far I've passed through 3 cut offs and have had around 45 minutes to spare at each one. My plan is to keep that gap steady if I can.



Almost immediately after the emotional lift of reaching half way I am faced with Inchanga (Big Hill 3). It's horrible. The heat is still rising, there's no shade and my mouth is dry, even though I only had a drink about a minute ago. It's a long, long slog and it's at this point that I see my first casualty. Someone is lying at the side of the road with two medical staff attending to them. They appear totally unconscious. As I pass I glance at their number. In the bottom right hand corner it says "7 runs" (all numbers carry the number of Comrades that person has completed. Having a 0 is a magnet for well wishers and other runners who love to encourage "novices"). For

this guy, the day is over and he'll have to wait for number 8. It just goes to show that experience doesn't mean that Comrades can't bite you.

After Inchanga a rare treat awaits. A tunnel of wildly cheering school children from the Ethembeni Home spirit me along for a few metres. The school caters for children with all kinds of disabilities and receives donations from the Comrades Association and individual runners each year. The noise is enormous and the excitement tangible as I pass through an enormous celebration. I pick up the pace for about 2 minutes before the heat and fatigue drag me back down to earth.

I'm now on one of the "flat bits" through Camperdown. This is where the myth of the Big Five Hills is finally, irrevocably exploded. None of the hills here have names. None of them warrant a mention in the Comrades story but they are relentless and painful and in any other race would be referred to as "the big hill". I pass through a village, past a number of chicken farms and out onto the hot, baking veldt all the time climbing towards the highest point on the course. It arrives after 65km. Half a marathon to go and I'm feeling pretty tired at this point. I look for the next support tent in both hope and expectation.

As well as the water stations along the route there are countless other areas where runners can get other drinks (Gatorade and Coke mainly), food (salted potatoes, crisps, sweets, double cheeseburgers apparently), a massage (with or without "Arnica Ice" – a combination of arnica gel and cooling gel – or indeed real ice), and if you're a member of a South African running club, the club tent with whatever you need. As an international it's unlikely your club will have set up a tent so for a small fee a company called Complete Marathons will allow you to have up to 3 drop bags ready at roughly the 25, 45 and 65km points. I had decided to do that as I wasn't sure about the food along the way. As it happens I hadn't been that hungry (unlike Hideo) and had only eaten 2 flapjacks up to this point. As I approach the tent I call out "No. 32" to identify my bags and a very helpful man grabs it from the rack. I tip it out onto the table. There were two more flapjacks (I'd planned on eating two per stop but hadn't wanted anything solid after half way) which I ignore, a salt tablet that I pop into my mouth to try to stave off cramps and a water bottle with Chia seeds and an electrolyte tablet in it. I grab the bottle and try to fill it from the bag of water I'd picked up about 100m earlier (water at Comrades is handed out in small plastic bags. You rip the corner with your teeth and then suck the water out. It's a great system – very little waste compared to bottles, easier to drink than form a cup and you can slowly squeeze one over your head for the ultimate in cool relief from the sun). The helpful man takes the bottle from

me and with a smile and a few words of encouragement he fills it with water from a much larger bottle before handing it back and asking if I need anything else. I tell him I'm fine and set off again, shaking the bottle to mix the seeds properly and then take a satisfying mouthful.

On the next hill my left quad twitches. And then my right quad twitches. And then they both twitch. At the summit they calm down and I shuffle along downhill for while. The road curves uphill again and the twitching starts. I try to run without bending my legs so much and this seems to help for a while. Then a big twitch from my left quad makes me stumble. It's not quite a full on cramp but it's heading that way rapidly. Time to get help before it becomes more serious. At the next available spot I pull over and mumble something about thighs to two young women. This sort of behaviour would normally get me punched but on this occasion they grab handfuls of arnica ice and start applying it liberally to my legs. The combination of impromptu massage and the cooling effect of the gel appears to have done the trick as I set off again. I have no further muscular issues from here on in.

Time passes and the kms pass with it. I reach 12km to go and the hill known as Little Polly's. It's short and sharp and hard. Little Polly's is a bit like being jabbed in the face by Mike Tyson. It hurts. A lot. And while it's hurting you know there's worse to come because he's getting ready to swing his big right hand for the uppercut. So you take the pain, and wait for what is to come. After Little Polly's there's a dip, a brief respite as I clear my head and enjoy the chance to catch my breath, even picking up the pace a little. Then the uppercut comes.

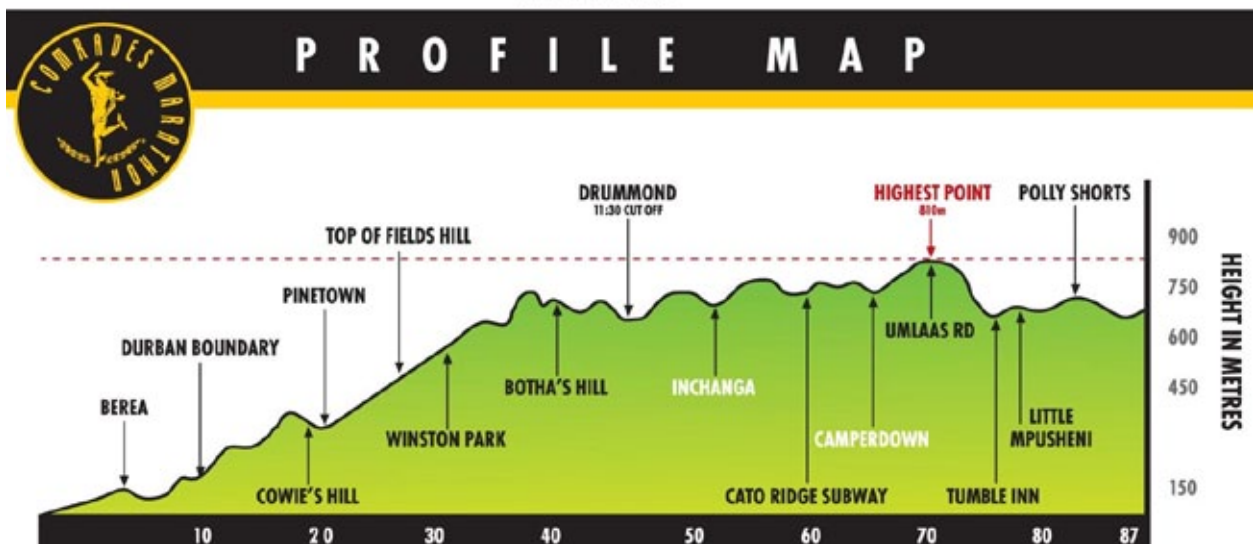
Polly Shortts – it's a ridiculous name, especially with the extra "t" that makes it look like a mis-type everywhere you read it. It's actually not the longest or steepest hill on the course, but it does come after 80km and it hurts like

hell. I start to walk even as the ground starts to slope upwards. Everyone around me is also walking. As Bruce Fordyce (9 time winner, remember) says "Everyone suffers on Polly Shortts and very often even the leaders can look rather silly battling their way up the hill". I don't look rather silly. I look rather awful. Everything I know about good form for going uphill goes out of the window – I hunch over, I put my hands on my knees to push them downwards on every step and I keep moving forward. Some people stop. Others slow to barely more than a crawl. I keep going, because the only way to beat Polly Shortts is to get to the top. After an eternity I feel the gradient relax, each step becomes a little easier and Polly Shortts is in the past. A memory of pain but a memory nonetheless.

People tell you that after Polly Shortts it's all downhill to the finish with no more hills. They lie. They tell you that if you get to the top of Polly Shortts you've made it. You haven't. I look at my watch, and with 5km to go I have an hour and a half to spare before the final cut off. For the first time I allow myself to think about finishing. Then I see an ambulance and two medics attending to someone at the side of the road. A few more metres and someone else is clearly unconscious, a group of supporters shouting to "give him space". Polly has her revenge on the unwary, so I banish any thoughts of a glorious finish from my brain and concentrate on putting one foot in front of the other.

As I get closer to the centre of town I run down, then up, then down, then up again. As I crest the second of the "not hills" I can see a long straight road ahead of me. A long straight road that has another dirty great hill in it, but this time I know it's the last one. And anyway, what's another hill now? As I struggle up it there's a final water station so I take the opportunity to pour yet another bag of ice cold water over my head. God, that feels good!

DISTANCE IN KM

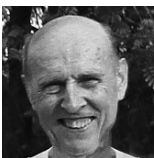


As I approach the stadium (and the finish line) I run past another casualty. He's completely unconscious, having collapsed 400m from the end. I hear later that two people had picked him up and carried him to the finish line. Just before the line they put him down and tried to get him to wake up so he could cross the line and finish the race. He didn't.

Once in the stadium all my tiredness and soreness dissipate and I can enjoy the cheers of the crowds even more than along the route. I loop right then left and there's the line... I cross it, smile at a random camera

and then stop. I've been pushing my body forward for 11 hours 18 minutes and 51 seconds. Even when I was eating I was moving. Even when I was wrestling with my drop bags I was moving (slowly). And now I'm not. It feels slightly weird. Is it really over? Did I really just go from a Peruvian intensive care unit (a story for another time) to completing the world's biggest and oldest ultramarathon in 10 weeks? I wonder what I could have done if I was fit? I wonder what the down run next year will be like? "will be like"... interesting choice of phrase. Looks like my mind is made up. Anyone care to join me?

Your Committee



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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

Dinton Pastures Relay 2015

Our annual Relay Race will be held at Dinton Activity Centre, Dinton Pastures Country Park, Sandford Lane, between Woodley and Hurst, post code RG10 0SU on Tuesday evening 22nd July 2014.

Details of entry are shown in this newsletter and are on web site, as you can see this is an event for all, no matter how fast you can run.

Please enter in advance on the last two Wednesdays before the race so we can cater for the number of people wishing to stay for the refreshments, which will be a BBQ. Entries will be accepted on the night.

You will have to register on the night, where running numbers will be issued, please arrive in good time so this operation does not hold up the race start.

Also we would receive all payments if not pre-paid.

Please note, if the weather is dry, there is limited seating on the outdoor patio area and would encourage all to bring their own picnic table/chairs to make eating more comfortable, together with any drinks you wish to consume.

I also need marshals for the course, please see me or contact the club desk on Wednesday club nights as soon possible.

Richard Hammerson

Ph. 01189684057

email richard@hammerson.fsnet.co.uk

DINTON PASTURES RELAYS 2015

Distance: 3439 mtrs (2.14 miles)

All off road, on paths and trails within the park

Thursday 30th July at 7.15pm

Entry £4.00 each

After race BBQ/refreshments if required at £6.00 / £3.00 child each

Entry forms available from RRR desk on Wednesday or from your club representative (guest teams)

All friends and family welcome. Organise your own team or enter as an individual, we will put you in a team. This is an ideal event whatever you're running pace.

Rules

Teams of three, any gender

Predicted times must be submitted prior to the event

No watches to be worn

The winning team will be the one closest to their predicted times

If a team has less than 3 members any other member can run to the predicted time submitted.

Prizes will be awarded to the winning team and the individual who ran closest to their predicted times.

Venue:

Dinton Activity Centre, Dinton Pastures Country Park, Sandford Lane (between Woodley and Hurst),
Nr Wokingham RG10 0SU. Please note. Car park charges are in force and may have a height
barrier in position at entrance .

2015 Club Championships

Category & Member	Pos	Wokingham HM	Farnham Pilgrim HM	Basingstoke HM	HM Score	Maidenhead 10	New Forest 10	Tadley 10	10mils Score	Royal Berks 10K	Chiltern Chase	Wargrave 10K	10K Score	Fair Oaks 5	Marlow 5	Headington 5	5mils Score	Total score
Senior men																		
Andrew Smith	1	47			47	48			48			50	50		49		49	194
Steven Siddell	2	46			46	45			45	47			47		46		46	184
Aaron Chai	3						50		50	48			48	49	45		49	147
Andy Dingle	4					43			43	37		49	49		44		44	136
Duncan Mollison	5									49			49	50			50	99
Ryan O'Brien	6									50			50		48		48	98
John Bullock	7						49		49	43			43					92
Paul Kerr	8	43			43					45			45					88
Dave Brown	9	39			39					38			38					77
Nelesh Kotecha	10	37			37					39			39					76
Russell Prentice	11	36			36					36			36					72
Daniel Stockwell	12									46			46					46
Sam Hammond	13									44			44					44
Stuart Jones	14									42			42					42
Niall Crispin	15									41			41					41
Tom Wright	16									40			40					40
Men vet 40																		
David Caswell	1	47			47		49		49	48	49		49	49	46		49	194
David Fiddes	2	46			46						47		47	48			48	141
Chris Drew	3					43	47		47	41	45		45	47			47	139
Nick Robey	4	43			43	45	48		48	44		47	47					138
Andrew Blenkinsop	5 =											50	50	50			50	100
Fergal Donnelly	5 =					48	50		50		50		50					100
Jamie Cole	5 =									50			50		50		50	100
Richard Usher	8											49	49		49		49	98
Tim Miller	9					44			44		46	45	46					90
James Meston	10 =									42			42		45		45	87
Paul Carter	10 =	44			44					43			43					87
Pete Jewell	12									49			49					49
Paul Billing	13 =									47		48	48					48
Scott Erceg	13 =										48	46	48					48
Peter Cook	15									46			46					46
Simon Denton	16									45			45					45
Robert Hele	17											44	44					44
Simon Davis	18											43	43					43
Rob Bursell	19									40			40					40
Paul Smith	20									39			39					39
Rhodri Vaughan	21									38			38					38
Men vet 50																		
Gavin Rennie	1	50			50	50			50			50	50	50			50	200
Kevin John Jones	2	49			49	46			46			48	48	48	50		50	193
Paul Monaghan	3	48			48	45			45		45		45		49		49	187
Antony Streams	4	45			45	42			42	47			47		48		48	182
Keith Ellis	5						50		50	49	47		49	47			47	146
Peter Reilly	6	43			43							44	44		47		47	134
Chris Mason	7					49			49	50			50					99
Melvin Silvey	8					47			47		49		49					96
Alan Freer	9					48			48			46	46					94
Pete Morris	10	44			44					48			48					92
Edward Dodwell	11										50		50					50
Brian Kirsopp	12											49	49					49
Darrell Robins	13 =										48		48					48
Mark Smith	13 =											48	48					48
Graham Tull	15 =										46		46					46
Joe Akem-Che	15 =									46			46					46
Andrew Runnacles	17 =											45	45					45
Ray McGroarty	17 =									45			45					45
John Mulligan	19											43	43					43
Andrew Curd	20											42	42					42
Men vet 60																		
Carl Woffington	1					48			48	48	46		48	47			47	143
Kingsley Starling	2	48			48	47			47	47	45		47					142
David Dibben	3 =						50		50	50			50					100
Richard Morgan	3 =										50	50	50	50	49		50	100
Andy Atkinson	5 =						49		49			49	49					98
James Kiddie	5 =									49	49		49	49	48		49	98
Bob Thomas	7										48		48	48			48	96
John Chilton	8										47	48	48		47		47	95
Stephen Wing	9					46			46				47	47				93

Please notify omissions & corrections to champs@readingroadrunners.org

2015 Club Championships

Category & Member	Pos	Wokingham HM	Farnham Pilgrim HM	Basingstoke HM	HM Score	Maidenhead 10	New Forest 10	Tadley 10	10m/s Score	Royal Berks 10k	Chiltern Chase	Wargrave 10k	10K Score	Fair Oaks 5	Marlow 5	Headington 5	5m/s Score	Total score
Senior ladies																		
Louise Atkinson	1					49		49	49			49	50	49		50	148	
Katie Gumbrell	2				47			47			47	47		50		50	144	
Alix Eyles	3 =				50			50	50		49	50					100	
Nikki Gray	3 =	50		50						50		50					100	
Paulina Erceg	5	49		49							48	48					97	
Hannah Wright	6										50	50					50	
Eleanor Donoghue	7									49		49					49	
Donna Saunders	8								48			48					48	
Alice Johnson	9								47			47					47	
Katherine Heaton	10								46			46					46	
Ladies vet 35																		
Claire Seymour	1				46			46		50		50		50		50	146	
Sev Konieczny	2				43	47		47	47			47	50	49		50	144	
Shirley Holmes	3	46		46	44			44	46			46					136	
Angela Burley	4	49		49					48		50	50					99	
Sarah Pachonick	5	48		48					49			49					97	
Juliet Dimmick	6 =					48		48	44			44					92	
Margot Bishop	6 =	46		46					46			46					92	
Sarah Drew	8				45	49		49	41			41					90	
Claire Woodhouse	9								50			50					50	
Kathy Vickers	10										49	49					49	
Helen Pool	11										48	48					48	
Fiona Ross	12										47	47					47	
Palee D'Souza	13								43			43					43	
Angela Liu	14								42			42					42	
Emma Caswell	15								40			40					40	
Ladies vet 45																		
Katherine Sargeant	1	49		49	49			49	50	50	50	50		49		49	197	
Andrea Marnoch	2	45		45	43			43	47			47		47		47	182	
Mary Janssen	3					50		50			49	49		48		48	147	
Catherine Leather	4	47		47					46			46	49			49	142	
Kim Stevens	5	46		46	44			44			47	47					137	
Tracy Jenkins	6				45			45	49			49					94	
Emma Grenside	7	44		44					46			46					90	
Jacqueline Smith	8 =										48	48					48	
Yvonne Edwards	8 =								48			48					48	
Susan Knight	10										46	46					46	
Mary Carol DeZutter	11										45	45					45	
Lynda Haskins	12 =										44	44					44	
Mandy Carden	12 =								44			44					44	
Ladies vet 55																		
Sandra Sheppard	1	49		49	50	50		50	50			50					149	
Tina Wilson	2				49			49	49			49	50			50	148	
Liz Atkinson	3				47	49		49	47		49	49	49	49		49	147	
Maureen Sweeney	4									49		49		50		50	99	
Linda Wright	5					48		48	46	48		48					96	
Ann McKinnon	6 =	47		47							48	48					95	
Rosamund Lee	6 =										47	47		48		48	95	
Julie Wing	8				46			46			46	46					92	
Heather Bowley	9 =										50	50					50	
Irene Liming	9 =									50		50					50	
Linda Vinton	11								48			48					48	
Ladies vet 65																		
Janice Thomas	1	50		50	50			50		50		50	50			50	200	
Cecilia Csemiczky	2										50	50		50		50	100	

Roadrunners Results

NIGEL HOULT

Team events dominate this month's results. We had three individuals and five teams in Endure 24, although due to late withdrawals these included a few non-members – hopefully they will have been persuaded to come and join us in the near future. (Of course, we also had a few club members competing in non-RRR teams.) Conditions were much better than last year, and our best result was 3rd in the male team of 5 category. The following weekend was the South Downs Marathon Relay, where we had four teams in the relay (plus two runners each in the marathon and half), and this time we came away with first prize. Then, only a week later, we had the Runnymede relays on the Saturday where we fielded seven teams of six, and the Ridgeway Relay on the Sunday with four teams of ten. Sadly, we didn't get a podium finish in either of these, with our best teams placed fourth in both. However, our "over 60s" team in the Ridgeway Relay managed the unlikely double of winning both the veterans category and the wooden spoon for finishing last!

The most popular individual race was the Wargrave 10k, part of the club and county championships, where we had 45 competitors and our ladies team came first. The other two popular races were both off-road, both (about) 5 miles, and in a similar area: the second race in the Woodland 5 series with 32 runners (Alice Leake finishing first lady) and the Forest 5 with 19 runners.

I usually base this article on provisional results in order to publish them as soon as possible and don't generally bother about any later corrections, except when I've inadvertently missed someone out, but in the case of the Ox Marathon there were some significant changes, so I've included a revised set of results here. The same may happen with the Runnymede Relays, as I understand that some of the published times for leg 6 are incorrect, probably because of the mass start.

Well done to everyone who raced this month, especially the ten who achieved PBs over various distances, and the many age category winners who there isn't space to list individually.

Because of holidays, I've had to submit this article a little early, so if you raced recently and the results aren't here, don't worry: they'll be included in the September issue.

24th May

The Ox Marathon - correction

Ian Giggs	19	4:05:08
Pete Morris	119	5:35:19
Julia Molyneux	132	5:47:29
Martin Bush	170	6:39:17

30th May

Cwmdu Fell Race (9.9 miles)

Ian Giggs	28	1:44:52
Peter Higgs	55	2:19:19
Pete Morris	57	2:20:49
Antony Streams	58	2:20:49

3rd June

Yateley 10k Race 1 (missed from last time)

Paul Monaghan	152	43:42	43:27
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5th June

Deadmans 5

Keith Russell	5	27:46
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6th June

Viking Coastal Marathon Day 1

Peter Morris	42	4:30:54
Christina Calderon	52	4:39:06
Martin Bush	55	4:41:41
Philip Reay	57	4:44:26
Julia Molyneux	74	5:04:25
Gary Brampton	75	5:04:26

7th June

Viking Coastal Marathon Day 2

Gary Brampton	36	4:22:09
Philip Reay	50	4:36:22
Martin Bush	52	4:45:55
Julia Molyneux	71	5:14:26
Christina Calderon	80	5:44:05

Ashridge Trail Half Marathon

David Leake	2:00:38
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Chiltern Chase

15k

Paulina Erceg	40	1:15:38	5th F
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10k

Edward Dodwell	11	40:25	40:25	2nd MV50
Fergal Donnelly	15	41:28	41:21	2nd MV40
Melvin Silvey	24	42:15	42:13	5th MV50
Darrell Robins	28	43:13	43:10	
Nikki Gray	31	43:21	43:16	4th F
David Caswell	34	43:47	43:44	4th MV40
Katherine Sargeant	50	45:26	45:21	1st FV45
Keith Ellis	51	45:36	45:34	
Scott Erceg	57	46:06	45:54	
Graham Tull	62	46:33	46:28	
Paul Monaghan	65	46:53	46:47	
Richard Morgan	66	46:59	46:48	2nd MV60

David Fiddes	69	47:33	47:27	
Tim Miller	81	48:42	48:35	
Eleanor Donoghue	82	48:50	48:41	
James Kiddie	108	51:32	51:22	
Claire Seymour	142	54:14	54:00	
Bob Thomas	187	58:39	58:25	
Irene Liming	191	58:50	58:35	5th FV55
John Chilton	194	59:27	59:12	
Chris Drew	219	1:02:04	1:01:50	
Maureen Sweeney	223	1:02:27	1:02:12	
Linda Wright	241	1:04:04	1:03:49	
Carl Woffington	243	1:05:03	1:04:50	
Janice Thomas	255	1:06:26	1:06:07	2nd FV65
Kingsley Starling	260	1:08:07	1:07:58	3rd MV70
Team: 2nd (Ed, Fergal, Melvin)				

5k

Blue Caswell	3	23:29	
Katherine Heaton	55	43:05	
Emma Caswell	56	43:10	
Team: 3rd (Blue, Katherine, Emma)			

Marlow 10k

Robert Tan	4	37:02	36:59	
David Ferguson	8	38:27	38:23	
Chris Mason	20	42:21	42:17	2nd MV50
Andrew Runnacles	78	49:00	48:48	
Chris Manton	96	50:18	50:01	
Toni McQueen	115	51:50	51:44	2nd FV55
Andrea Marnoch	212	59:35	59:24	
Julie Wing	345	1:17:59	1:17:43	
Stephen Wing	46	1:21:56	1:21:24	

Kintbury 5

Chris Cutting	24	32:27	PB	
Lesley Whiley	48	35:10	1st FV50	
Katie Gumbrell	138	42:18		
Trisha Arnold	201	No time	5th FV60	
Ann McKinnon	216	55:04		

8th June**SCVAC Vets League, Western Division, Swindon****100m Women**

Clare Bryant	14.1
Claire Seymour	19.8

100m Men

Duncan Mollison	12.3
Lance Nortcliff	14.5
Mel Silvey	16.9

400m Women

Sarah Urwin-Mann	75.6
Claire Seymour	91.3
Ann McKinnon	110.1

400m Men

Duncan Mollison	57.2
David Caswell	71.5
Mel Silvey	76.6
Nigel Hoult	80.5

1500m Women

Sarah Urwin-Mann	5:13.8
Ann McKinnon	8:51.5

1500m Men

Mark Worringham	4:25.8
Mel Silvey	5:20.4
David Caswell	5:30.2
Nigel Hoult	5:43.3

5000m Men

Mark Worringham	15:54.8
Lance Nortcliff	17:11.8
David Dibben	22:00.9

High Jump Women

Clare Bryant	1.25
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Long Jump Women

Clare Bryant	4.49
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Long Jump Men

Andy Dingle	3.83
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Hammer Women

Adele Graham	16.78
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Hammer Men

Andy Dingle	9.48
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Javelin Women

Amanda Box	13.85
Adele Graham	10.37

Medley Relay Men (200m, 200m, 400m, 800m)

RRR men	4:41.8
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11th June**Dinton 10k Race 2**

Andrew Poole	9	39:35	
Simon Elsbury	11	40:05	
Richard Charley	12	41:10	3rd MV40
Ed Dodwell	15	41:50	1st MV50
Ian Giggs	16	42:20	
Nikki Gray	19	42:28	1st F
George Kinyanjui	22	42:44	
Fergal Donnelly	24	43:03	
David Caswell	25	43:33	
Katherine Sargeant	31	45:42	4th F, 2nd FV40
Dave Wood	32	45:51	

ROADRUNNERS RESULTS

Stuart Jones	40	47:25	
Katy Webb	43	47:50	
Richard Lawrance	49	48:23	3rd MV50
Rachel Derry	60	49:57	
Andrew Runnacles	61	49:59	4th MV50
Simon Brimacombe	66	51:29	
Paul Carter	68	51:42	
Trisha Arnold	121	1:05:06	1st FV60

Dinton 5k Race 2

Andrew Blenkinsop	2	19:30	1st MV40
Blue Caswell	10	22:53	
Richard Morgan	11	22:55	1st MV60
Tony Streams	23	24:52	3rd MV50
Catherine Leather	26	25:06	2nd FV40
Helen Pool	36	27:17	3rd FV40
Maureen Sweeney	47	29:39	4th FV50

13th June

South Downs Way 100 miles

Gavin Collins	79	22:36:38	
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Holly Challenge Marathon

Gary Brampton	16	5:14:31	
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13th-14th June

Endure 24

(* - non-RRRs in RRR teams)

Solo Male

Pete Morris	40	75 miles in 21:53:43	
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Solo Female

Kathy Tytler	14	70 miles in 23:44:19	
Alexa Briggs	25	60 miles in 16:04:29	

Male Team of 5

Reading Rockets	3	185 miles in 24:15:37	
(Pete Jewell, Dean Horrell*, Andy Mutton, Ian Giggs, Lance Nortcliff)			

Female Team of 5

Reading Roadrunners	16	115 miles in 24:04:10	
(Amanda Box, Caroline Hargreaves, Louise Cooper, Catherine Douglas, Ellen Togher)			

Mixed Team of 5

Reading Raiders	7	175 miles in 24:18:31	
(David Ferguson*, Sian James, Mel Shaw, Claire Woodhouse, David Caswell)			

RRR Beauties and the Beasts	49	140 miles in 24:26:58	
(Peter Higgs, Toni McQueen, Claire Seymour, Donald Scott-Collett, Linda Wright)			

Mixed Team of 8

Drinkers with a Running Problem	135	130 miles in 23:54:56	
(Paul Kerr, Dave Brown, Alice Johnson, Russell Prentice, Esme Long*, Tony Streams, Emma Caswell)			

14th June

Liverpool Marathon

Paul Monaghan	296	3:26:41	
Martin Bush	1973	4:50:53	

Southend Half Marathon

Steven Armitage	203	1:37:12	
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St. Albans Half Marathon

John Bullock	775	1:50:11	1:46:39	
Rachael Derry	1112	1:57:00	1:53:28	PB
John Bailey	2057	2:20:18	2:17:35	
Lorraine Bailey	2279	2:33:00	2:30:16	

Wargrave 10k

Andrew Smith	6	36:05	36:04	
Andrew Blenkinsop	17	38:47	38:45	5th MV40
Gavin Rennie	19	39:00	38:57	2nd MV50
Richard Usher	22	39:27	39:26	
Brian Kirsopp	29	40:10	40:07	4th MV50
Hannah Wright	44	41:04	41:00	PB
Mark Smith	48	41:24	41:17	
Kevin Jones	50	41:51	41:17	
Alan Freer	56	42:10	42:07	
Paul Billing	57	42:21	42:14	
Alix Eyles	66	43:10	43:06	
Nick Robey	76	43:35	43:29	
Katherine Sargeant	79	43:40	43:34	2nd FV40
Scott Erceg	99	45:15	45:06	
Chris James	105	45:34	45:17	
Paulina Erceg	108	45:47	45:36	
Richard Morgan	110	45:54	45:38	2nd MV60
Mary Janssen	119	46:13	45:58	1st FV50
Tim Miller	123	46:39	46:35	
Andrew Runnacles	124	46:44	46:28	4th MV60
Jacqueline Smith	156	48:28	48:12	2nd FV50
Andy Atkinson	166	48:52	48:36	
Peter Reilly	192	49:55	49:34	
Angela Burley	207	50:50	50:29	
Andy Dingle	213	51:15	50:58	PB
Kathy Vickers	234	52:06	51:45	
Kim Stevens	236	52:19	51:54	5th FV50
Robert Hele	239	52:25	52:00	
John Mulligan	242	52:34	51:57	
Katie Gumbrell	246	52:39	52:18	
Susan Knight	271	54:07	53:37	
Andrew Curd	275	54:21	54:03	
Helen Pool	293	55:16	54:54	
Mary Carol De Zutter	296	55:53	55:32	
Simon Davis	297	55:53	54:26	
John Chilton	328	58:06	57:36	
Heather Bowley	329	58:08	57:38	1st FV60
Lynda Haskins	346	59:23	59:18	
Fiona Ross	348	59:45	59:40	
Liz Atkinson	357	1:00:41	1:00:02	2nd FV60
Cecilia Csemiczky	389	1:04:00	1:03:21	4th FV60
Ann McKinnon	414	1:10:22	1:09:42	5th FV60

Ros Lee 417 1:12:37 1:12:32
 Julie Wing 420 1:14:28 1:14:04
 Stephen Wing 421 1:17:31 1:16:51
 Ladies Team: 1st (Hannah, Alix, Katherine, Paulina)
 Berkshire Champs
 MV50: Silver – Gavin Rennie, Bronze – Brian Kirsopp
 MV60: Gold – Richard Morgan
 Senior ladies: Silver – Alix Eyles

Carrera Proniño (Madrid) 10k

Gary Tuttle 79 39:54 39:51 PB

City of London Mile

Duncan Mollison 58 4:54.61 PB

17th June**Forest 5**

Gavin Rennie	14	31:50	2nd MV50
Stephen Lang	16	32:08	
Chris Cutting	24	33:09	
Chris Mason	30	33:37	3rd MV50
Nigel Hoult	31	33:43	1st MV60
Alix Eyles	53	35:50	
Mary Janssen	81	37:21	2nd FV45
Richard Morgan	97	38:50	4th MV60
Nick Adley	105	39:26	
Barry Baker	126	41:06	
Peter Reilly	131	41:18	
Kim Stevens	147	42:31	
Katie Gumbrell	159	43:17	
Donna Saunders	178	44:13	PB
Tom Harrison	203	46:27	
Bob Thomas	211	47:13	
Delphine Kargayan	239	50:35	
Cecilia Csemiczky	252	52:22	5th FV55
Juliet Dimmick	266	55:50	

19th June**Night of Flanders Marathon**

Dean Allaway 62 3:16:05 3:15:56

20th June**Trail Marathon Wales**

Gary Brampton 296 5:47:38 5:46:48

South Downs Marathon Relay

Whispering Grass 1 2:49:13 2:49:12
 (Andrew Smith, Lance Nortcliff, David McCoy, Mark Worringham)
 Home in Pasadena 44 3:45:44 3:45:36
 (Claire Seymour, Colin Cottell, Sian James, Donald Scott-Collett)
 Whistling Rufus 68 4:10:35 4:10:27 5th 50+
 (David Dibben, Pete Morris, Tom Harrison, Peter Higgs)
 Easter Parade 94 4:41:10 4:41:01
 (Cecilia Csemiczky, Maddie Starks, Heather Bowley, David Woolford)

South Downs Marathon

Julia Molyneux	421	5:35:04	5:33:50
Martin Bush	472	6:06:04	6:04:49

South Downs Half Marathon

Alan Wilson	4	1:31:56	1:31:32	1st
MV40				
Andrea Marnoch	320	2:39:37	2:38:39	

21st June**Hungerford Harey 8**

Chris Cutting	20	55:34	
Lesley Whiley	36	1:00:41	3rd F, 1st FV55
Katie Gumbrell	84	1:12:07	

24th June**Woodland 5 Race 2**

Andrew Smith	2	31:59	
Lance Nortcliff	4	32:31	1st MV
Gavin Rennie	10	35:08	4th MV
Simon Elsbury	11	35:20	
Ian Giggs	12	35:29	
Alice Leake	13	35:34	1st F
Peter Jewell	19	36:48	
Chris Cutting	20	37:00	
Aaron Chai	31	39:28	
Claire Marks	34	39:46	3rd FV
Nick Adley	35	39:54	
David Dibben	49	40:58	
Mary Janssen	51	41:00	5th FV
Peter Morris	52	41:04	
Andrew Runnacles	56	41:56	
Katy Webb	58	42:02	
Andy Atkinson	62	43:11	
Richard Morgan	63	43:19	
Paul Carter	66	44:52	
Peter Higgs	68	45:22	
Catherine Leather	74	46:51	
Sandra Sheppard	81	48:48	
Katie Gumbrell	89	49:44	
Tony Streams	90	49:45	
Philip Reay	100	52:20	
Claire Seymour	104	54:56	
Emma Grenside	105	55:19	
Elizabeth Atkinson	108	56:21	
John Bailey	109	57:11	
Kathy Tytler	113	59:35	
Catherine Douglas	115	1:00:47	
Lorraine Bailey	116	1:02:17	

25th June**Great Barrow Challenge Ultra Day 1 (50k)**

Dean Allaway	5:18:43
David Caswell	5:18:54

Great Barrow Challenge Marathon Day 1

Christine Calderon	5:17:16
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ROADRUNNERS RESULTS

26th June

Great Barrow Challenge Marathon Day 2

Christine Calderon 5:40:01

Charity Mile, Palmer Park

Tony Carter	4:51
Ian Giggs	5:26
Fergal Donnelly	5:29
Aaron Chai	5:42
Stuart Jones	6:11
Melvin Silvey	6:13
John Bullock	6:19
Rachel Derry	6:33
Andy Atkinson	6:39
David Caswell	6:41
Pete Morris	6:47
Simon Brimacombe	6:48
Steve Simmonds	6:54
Dave Brown	6:59
Tony Streams	7:12
Sandy Sheppard	7:30
John Bowley	7:30
Roger Pritchard	7:36
Amanda Box	7:38
Maureen Sweeney	7:53
Emma Grenside	8:16
Liz Atkinson	8:47
Sev Konieczny	8:50
Eva Simmonds	12:23

27th June

Great Barrow Challenge Marathon Day 3

Gary Brampton 5:46:37
Christine Calderon 5:48:11

Waterford Viking Half Marathon

Keith Russell 3 1:15:18 1:15:17

Orange United Colour Run 10k

Blue Caswell 2 43:19

Orange United Colour Run 5k

David Caswell 4 20:52
Emma Caswell 102 39:42

28th June

Great Barrow Challenge Marathon Day 4

Christine Calderon 5:18:23
Gary Brampton 5:46:45

Torbay Half Marathon

Chris Mason 113 1:31:46 1:31:43 3rd MV50

Sam Run 10k

Ian Gosling	2	37:54	37:51
Ed Dodwell	15	41:01	40:58
Alix Eyles	41	44:48	44:45

Andrew Runnacles	80	48:04	47:54
Rachel Derry	95	49:45	49:38
Linda Wright	215	59:09	58:59
Maureen Sweeney	228	1:00:57	1:00:42

Sam Run 5k

Rachel Cholerton	38	26:40	26:32
Brian Grieves	121	35:01	34:36

Gibbet Challenge 10k

Dean Allaway	25	45:57
Chris Cutting	27	47:28
Catherine Leather	81	57:56
Katie Gumbrell	91	59:56
Chris Drew	101	1:03:47

Thame 10k

Andrew Smith	8	34:57	34:56	PB
Rob Bursell	380	51:34	51:06	

29th June

SCVAC Vets League, Western Division, Abingdon

200m Women

Kathy Vickers	34.7
Claire Seymour	42.6

200m Men

Andy Dingle	31.4
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800m Women

Kathy Vickers	3:06.9
Claire Seymour	3:23.3

800m Men

Mark Worringham	3:13.7
Mel Silvey	2:40.9
Nigel Hoults	2:47.6

3000m Men

Mark Worringham	9:05.8
Lance Nortcliff	9:58.0
Mel Silvey	11:33.5

5000m Women

Sarah Urwin-Mann	19:18.1
Tracey Lasan	21:05.3

2000m Walk Women

Jackie Perrin	12:20.3
Kathy Vickers	13:38.6

Triple Jump Men

Andy Dingle	8.40
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Discus Women

Jackie Perrin	11.54
Irene Liming	10.55
Adele Graham	10.52

Discus Men

Mel Silvey	15.74
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Javelin Men

Nigel Hoult	12.28
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Shot Women

Adele Graham	5.95
Amanda Box	4.94

4 x 200m Relay Women

RRR Ladies	2:31.0
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4 x 200m Relay Men

RRR Men	2:08.4
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1st July**Watford Open Graded Meeting****1500m**

Robert Tan	4:25.85
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3000m

Mark Worringham	9:00.23
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4th July**Runnymede Relay**

RR The A team	4	2:31:18
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(Andrew Smith, Pete Jewell, David McCoy, Sarah Urwin-Mann, Tony Carter, Lance Nortcliff)

RR The run arounds	12	2:47:24
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(Chris Mason, Melvin Silvey, Alix Eyles, Colin Cottell, Ian Giggs, Brian Kirsopp)

RR Mind over miles	23	3:05:47
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(David Caswell, Julie Rainbow, David Fiddes, Clare Bryant, Bill Watson, Dave Brown)

RR Are we there yet?	58	3:26:53
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(John Bullock, Rachel Derry, Andy Dingle, Madeleine Starks, Susan Knight, Maureen Sweeney)

RR Easier said than run	60	3:30:01
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(Elizabeth Ganpatsingh, Claire Seymour, Donald Scott-Collett, Tom Harrison, Toni McQueen, Lin Morton)

RR Ladies on the run	61	4:10:21
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(Helen Pool, Sarah Drew, Amanda Box, Jane Silvey, Caroline Hargreaves, Catherine Douglas)

RR Will run for cake	64	4:21:05
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(Fiona Ross, John Bailey, Christine Callaghan, Lorraine Bailey, Linda Wright, Chris Drew)

Note that there is some question over the positions and the total times for the slower teams, due to the mass start for leg 6.

5th July**Potteries Marathon**

Dean Allaway	37	3:15:17	3:14:57
Paul Monaghan	116	3:37:31	3:37:09
Dave Wood	209	3:54:29	3:54:06
Pete Morris	530	5:05:40	5:05:16
Martin Bush	582	5:20:12	5:18:57

Ridgeway Relay

RRR A	4	9:47:13
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(Mark Worringham, Alice Leake, David McCoy, Caroline Hoskins, Ben Whalley, Rupert Shute, Lance Nortcliff, Ian Gosling, Mark Saunders, Andrew Smith)

RRR B	11	11:09:38
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(Aaron Chai, Sian James, Alan Wilson, Lesley Whiley, Belinda Tull, Darrell Robins, Colin Cottell, Peter Aked, Melvin Silvey, Pete Jewell)

RRR Ladies	41	14:41:10	5th Ladies Team
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(Clare Elliott, Angharad Shaw, Mandy Oakley, Julie Rainbow, Maureen Sweeney, Tracey Lasan, Madeleine Starks, Catherine Leather, Tina Wilson, Claire Seymour)

RRR Over 60s	42	15:35:19	1st Veterans Team
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(David Dibben, Ken Beck, Roger Pritchard, Liz Atkinson, Carl Woffington, Tom Stagles, Andy Atkinson, Tom Harrison, Cecilia Csemiczky, Nigel Hoult)

Tadley 10k

Peter Cook	48	44:19	
Alix Eyles	53	44:39	4th F
Stuart Jones	57	45:01	
David Leake	84	47:23	4th MV60
Tom Wright	110	49:37	
Angela Burley	151	53:40	
Donna Saunders	152	53:40	
Julie Wing	276	1:13:16	
Stephen Wing	284	1:17:39	

8th July**Yateley 10k Race 2**

Keith Russell	7	35:01	35:00	
Alan Wilson	24	37:41	37:36	PB, 5th
MV40				
David Ferguson	40	38:54	38:46	
Ian Giggs	61	40:01	39:57	
Kevin Jones	89	42:00	41:53	
Katherine Sargeant	105	42:49	42:29	2nd
FV45				
Paul Milnes	138	43:51	43:41	
Sam Hammond	140	43:58	43:41	
Paul Monaghan	154	44:18	43:59	
Nick Adley	206	46:06	44:11	
Pete Morris	246	47:15	46:56	
James Meston	418	52:27	52:06	
Tony Streams	452	53:24	52:34	
Philip Reay	646	59:32	58:15	

9th July**Dinton 10k Race 3**

Andrew Poole	6	39:03	
Ian Giggs	8	39:53	
Richard Charley	9	40:24	2nd MV40
Chris Mason	15	41:42	1st MV50
Nikki Gray	16	42:07	2nd F
David Caswell	26	44:29	3rd MV50
Stuart Jones	29	44:50	
Katherine Sargeant	30	44:51	2nd FV40
Dave Wood	32	45:03	

ROADRUNNERS RESULTS

Paul Monaghan	36	46:29	5th MV50
Matthew Andrade	38	46:42	
John Bullock	45	47:38	
Richard Lawrance	54	48:41	
Simon Brimacombe	59	49:26	
Rachel Derry	60	49:27	PB
Douglas Shepherd	73	52:14	
Roger Pritchard	102	56:49	5th MV60
Trisha Arnold	119	1:00:27	1st FV60
Palee D'Souza	162	1:17:13	

Dinton 5k Race 3

Simon Elsbury	2	18:11	
Andrew Blenkinsop	6	19:24	2nd MV40
Sarah Urwin-Mann	7	19:26	1st F
Blue Caswell	13	21:25	
Nick Delley	18	22:14	
Paulina Erceg	22	22:41	5th F
Pete Morris	24	22:52	2nd MV50
Richard Morgan	26	23:32	1st MV60
Tony Streams	33	24:45	3rd MV50
Catherine Leather	34	24:51	3rd FV40
Tracy Jenkins	36	25:03	4th FV40
Dave Brown	37	26:37	
Helen Pool	41	27:06	5th FV40
Maureen Sweeney	51	28:36	2nd FV50

Linda Wright	62	30:11	4th FV50
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Season's Bests

Ladies

5k	Ellie Gosling	18:28
5 miles	Claire Marks	34:43
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

Men

5k	Mark Worringham	16:04
5 miles	Mark Worringham	26:53
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



WINE TOUR & TASTING

Saturday 5th September

2pm – 4pm

Stanlake Park Wine Estate, Twyford, RG10 0BN

£17.50 to include a tour of the Estate and tasting

Cash or cheques payable to Reading Roadrunners, please; see Katie Gumbrell for tickets.

Reading Roadrunners Committee Meeting

TUESDAY 14TH JULY 7.30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Roger Pritchard	(Gen Sec)
Alan McDonald	(ex-officio)
Amanda Box	(Social Sec)
Bob Thomas	(ex-officio)
Catherine Leather	(ex-officio)
Simon Denton	(ex-officio)

APOLOGIES FOR ABSENCE:

Paul Monaghan, Sandra Sheppard, Anne Goodall.

MINUTES OF THE MEETING OF TUESDAY 2ND JUNE, 2015

The minutes were proposed as a true record by Bob Thomas and seconded by Alan McDonald.

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON TUESDAY 5TH MAY 2015

CLUB CAMCORDER Roger reported that the club camcorder was worth anything from £34 to £400 according to what was being sold on ebay. It was decided that the camcorder would be offered to club members for £200.

NEW MEMBERS GROUP ALLOCATION Roger reported that he had advised Simon Davis that the committee would like second timers to be allocated to groups on a rota basis.

WINE TASTING Carl reported that he had spoken to Katie Gumbrell about booking the wine tasting event.

CHAIRMAN'S REPORT

EVENTS Carl reported that the club had participated in the South Downs Relay, the Runneymede relay and the Ridgeway relay. Carl said that the club won the South Downs relay and that the over 60s team in the Ridgeway won the veterans team prize. Carl said that the next relay the club was entering would be the Bounders relay at Crowthorne. Finally, Carl reported that the club's own Dinton relays, was scheduled for Thursday 30th July.

TREASURER'S REPORT

ACCOUNTS Sandra had issued the May accounts to

the committee prior to the meeting and in her absence, Roger asked if anyone had any questions about the accounts. There were no questions.

SHINFIELD ACCOUNTS Sandra had asked for a decision to be made regarding an item of expense (£67.17) to be addressed as there was no balancing figure against it for income. It was decided that Colin Cottell would be asked to lodge the item as sundries.

SECRETARY'S REPORT

PAUL & PENNY KUROWSKI Roger reported that he had attended Paul & Penny's 'house cooling' party, prior to their departure for Devon, upon Paul's retirement. Paul told Roger that other club members also attended earlier but had since left before Roger's arrival. Roger proposed that the committee present Paul & Penny with a gift in appreciation of their past work for the club. The committee decided to present them with a £50 voucher.

(Paul and Penny are both life members, Paul was chairman and Penny was also a committee member, they were both coaches and also official timekeepers at club events) **ACTION** Roger to purchase the vouchers.

RUNNING ROOMS Roger reported that he had an email from a new website that was for runners wanting accommodation for events. The accommodation was provided by other runners and the website offered runners the opportunity to either register that they had rooms available, or to search for rooms. The committee decided that this was a good idea, but before we advise club members that this was available, the committee should stress that the club does not endorse the website and that members must make their own judgement.

ACTION Roger to pass to Paul Monaghan, to put a link to the site on RR website.

CHILD PROTECTION Roger said that Nigel Hoult had advised him, that UKA gave advice to coaches on child protection, with recommendations to complete home study packs, or to attend child protection courses.

Carl said that he was also talking to Katie Gumbrell on the subject. ONGOING.

PALMER PARK FACILITIES Roger reported that Nigel Hoults had expressed his concerns regarding the inoperative showers and hand driers etc. Amanda also reported that the ladies hand drier was not working.

ACTION Roger to ask the duty manager what was being done.

COTSWOLD Roger reported that the Cotswold shop had confirmed that the club discount of 15% was renewed until 30th June 2016. Club members are advised that in order to obtain the discount, they must present their membership cards at point of purchase.

SEAA AGM Roger reported that notice had been given of the South of England Amateur Athletics Association's 2015 Annual General meeting, to be held at 13-15 Great Scotland Street, London SW1A 2HJ on Sunday 13th Sept.

EMMA MOORE Roger reported that Emma Moore had offered her resignation as she has moved away.

Roger said that he had signed off her EA change of club form and also resigned her from the EA club list.

MEMBER'S DISPUTE Roger reported that the matter between two members as reported in his 'Secretary's Report' at the AGM, had finally been resolved, with letter of apology and letter of acceptance being exchanged between the two parties. This matter is now finally closed.

LETTER FROM A MEMBER Roger reported that he had received a letter from a member regarding the status of their membership. This was also of concern to England Athletics, who had asked for this to be addressed within 24 hours of the meeting. **ACTION** Roger to reply to the member and to copy in EA.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Roger had received from Anne, her June report: -

1 new Junior @ £21, 1 new Junior @ £23, 13 new members @ £30 cash = £390, 3 new members @ £30 cheque = £90

Anne reported £524 banked for June.

SOCIAL SECRETARY'S REPORT

DINNER DANCE Amanda said that she was awaiting replies from venues for next year's Dinner Dance.

Amanda said that it would not be at Sonning Golf Club, as too many members said they did not like the venue.

KARAOKE NIGHT Amanda reported that Alice Johnson was organising a Karaoke night.

BARN DANCE Amanda reported that Christine Usher was organising a Barn Dance on the 8th August.

CHRISTMAS PARTY Amanda reported that a booking had been made for Saturday 12th December for the Christmas Party at Woodford Park Pavilion.

OTHER EVENTS Amanda said that there were plans for a Disco and Theatre night.

COACHING CO-ORDINATORS REPORT None received.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

MORTIMER 10K Bob Thomas presented the committee with a budget for this year's Mortimer 10k.

The committee accepted the budget and asked Bob to proceed with the event.

DOOR ROTA

Wed 15th July Shirley Smith, Glynne Jones.

Wed 22nd July Alan McDonald, Glynne Jones.

Wed 29th July To be arranged.

Wed 5th Shirley Smith

Wed 12th Aug To be arranged.

Wed 19th Aug To be arranged.

Wed 26th Aug Shirley Smith

Wed 2nd Sept Shirley Smith

Meeting Closed 9.00pm

Next Meeting Tuesday 1st September.