



READING ROADRUNNERS NEWSLETTER JULY 2016

It's very rare that we give over the centre spot on the front page to a Sandhurst Jogger, but on this occasion we're going to let it go. He and the others are not trying to recreate an episode of Countdown but are the first leg runners in this year's Dinton Relays, organised this year by Sandy and her team and by all accounts a storming success.

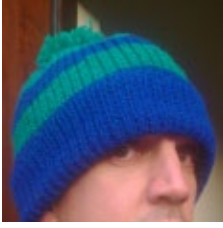
Good news this month for those of you that thought our band of coaches were packed away into a smelly cupboard every Wednesday with the rest of the equipment - our new 'Coaches' Corner' column is here and will hopefully become a regular fixture. We hope you find it useful!

Lots to fit in this month before we have our August break - have a great summer and see you in September.

INSIDE THIS MONTH:

- **COACHES' CORNER**
- **DINTON RELAYS**
- **CHAMPIONSHIP**
- **TOM IS 80!**





Welcome from the Editor

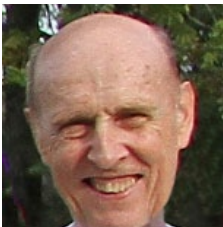
CHRIS CUTTING

Carrying on the tradition of trying to kick off the newsletter with some good news, we have a new Roadrunners Baby to celebrate! Paulina and Scott are the proud parents and we wish them all the very best.

You may also have noticed that we have a certain couple of landmark birthdays taking place. Although

sharing a combined age of *cough COUGH cough*, Tina and Tom bring a lot to the club and are much valued and popular members. There is a much better-worded tribute to Tom later in this issue and I'm sure we wish them both many happy returns.

Enjoy your running this month!



Chairman Chat

CARL WOFFINGTON

There has been 3 Club Championship races during the last month. Kintbury 5 (5th June), Wargrave 10k (12th June) and Didcot 5 (3rd July). There is only 1 race coming up in the next month, which is the Harwell 1/2 on 29th August.

We have held 2 Pub Runs in the last month. Butchers Arms (16th Jun) and Bramshill Hunt (30th Jun). There are 3 left to go before we lose daylight. All 3 are next month. 21st Jul Rainbow, Assendon, 4th Aug Greyhound, Tidmarsh and 18th Aug TBC.

The Ridgeway Relay took place on 19th June. RR entered 4 teams and all did well. The logistics of leg recce beforehand and transport between legs on the day are quite complicated. Thanks to the team organisers for a successful day out.

The Dinton Relays took place on the 5th Jul and went well. Thanks to Sandy for her 1st year in the Race Director role.

The Runnymede Relays took place on 2nd July.

We had another fixture in the Southern Vets League. This fixture at Bracknell track and jointly hosted by RR & RAC.

RR supplied a small marshal team for the Great City Race on 14th July.

By the time you read this we will have had the Bounders Relay (19 Jul) and the track timed 5k (22nd Jul).

A date for you diary. The postponed RR Quiz Night has been rescheduled for Saturday 10th September. Please look out for details soon.

The car boot sales are ongoing with dates on our website, please help if you can.

RR don't hold a Committee meeting nor produce a Newsletter for the month of August. I have already been on my main summer holiday and I know that some of you have done the same. The schools are about to break up for the summer holiday and many of you will soon be off on holiday. I wish you all well during the coming summer months, both with your running and holidays.



Ladies' Captain - Report

CLAIRE SEYMOUR

I'm writing this report hoping that the summer's going to arrive soon as we are having yet another downpour! Luckily I fitted in my run earlier when the sun was shining, but that's how it seems to be at the moment, more like April showers than weather we should be having in June/July! And it seemed strange this year avoiding the showers at the Ridgeway and Runnymede Relays when in previous years the weather has been hot and sunny! However on the plus side it does make conditions for running, and particularly racing, slightly easier!

June has been mainly about the relays, with Ridgeway and Runnymede as mentioned above and we also had lots of teams out at Endure 24. We also wrapped up the final couple of fixtures at the Southern Vet Track and Field League which were great fun as usual and our ladies produced some good results on the track and field! we also co-hosted a fixture at Bracknell with Reading AC, which went very well, we had lots of RR's helping with refreshments, officiating, results and Reading AC were very grateful for this, so thanks to all those people who helped out!

Ridgeway Relay – Sunday 19th June

This is one of my favourite events of the year, and I was really pleased to have a great team of ladies and men who decided to run for our ladies team in 2016. David Dibben got us off to a good start at 7.45am from Ivinghoe Beacon, David then handed over to Susan Knight in good time followed by Caroline Hargreaves, Julie Rainbow, Belinda Tull (Belinda also ran a leg for the B team!) Tracey Lasan, Myself, Sam Whalley, Toni McQueen and Tina Wilson. Tina decided to take on leg 10 this year to bring the Ladies team home with the finish being at Marlborough Leisure Centre, however whilst on her run she had to navigate her way through a field of cows and bulls!

However Tina rose to the challenge and luckily didn't have any issues, and did us proud moving us from 38th position in to 37th, with a really great finish for the team! Our total time for the full 86.5 miles was 13h:42mins and we moved from 41st place last year to 37th this year, we were up against some tough

competition, and we took 1 hour off of our previous time! But most importantly we all had a good day out and really enjoyed it! And I'm pleased to report that no one got lost!!

Alice Leake and Nikki Gray also had great runs on the A team keeping the team in a good position, with Sian James and Belinda Tull running well on the B team. We also had quite a few ladies on the over 60's team, Liz Atkinson, Cecilia Csemiczky, Trisha Arnold, and Janice Thomas and the team as a whole were very pleased and proud to come away with the wooden spoon!!

Wargrave 10K *Club Championship race*

We had 17 ladies take part in this popular local race through quiet undulating country lanes, this was the 2nd 10K race of the Club Championship and we had a good turn-out of members considering this race was held on the same weekend as Endure 24. Our first lady Home was Carrie Hoskins, Carrie was also 3rd lady overall and 1st in her Age Category! Carrie was followed by Nikki Gray (4th lady), Katherine Sargeant (2nd in her Age Category) and Lesley Whiley (1st in her Age Category), Carrie, Nikki, Katherine and Lesley also won the ladies team prize, so a big well done to them!

Wargrave 10K is also part of the Berkshire Road Championships and we had a clean sweep of medals for the ladies! Gold for Nikki Gray, Katherine Sargeant, Lesley Whiley and myself! With Christina Calderon winning Silver. Congratulations to you all!

Runnymede Relays – Saturday 2nd July

I was pleased to have enough runners volunteer to have 6 teams out for these relays around the lovely surroundings of Windsor Great Park. The run is mainly off road with two distances a short leg of 2.75 miles and a long leg of 5.3 miles, (the long leg reminds me of some of XC races in the winter as its off-road and quite hilly in places as you climb up level with the Copper Horse) The teams are made up of 6 runners, so we had a few mixed teams, and a few ladies teams. The weather was a bit hit and miss at times, and we were lucky to have our RR gazebo to shelter under.

All the teams did really well with our A team finishing in 3rd position overall, with Alice Leake and Sarah Urwin-Mann having great run's! Alice also won a trophy for fastest lady on the short leg!

Didcot 5 *Club Championship* - Sunday 3rd July

So the following day after the Runnymede Relays, the Didcot 5 took place. We had a good turn-out of the green vests and I was impressed to see quite a few runner's taking part the day after running at the relays. Our first lady home in 3rd position was Alice Leake, followed by 14 RR ladies with quite a few PB's so well done to Alice Leake, Nicole Rickett, Nicola Hall, Jenny Mulhearn, and Sheryl Higgs and all the other RR's that took part.

Dates for your diaries

Harwell Half Marathon *Club Championship* - Monday 29th August

Southern Road Relays, Aldershot – Saturday 17th September

I will be looking to enter a few ladies teams for the SEAA road relays (senior and vet) being held at Rushmoor Arena, Aldershot. This is a great team event and a good opportunity to take part in the same race as some of our Olympians (I remember being lapped by Steph Twell last year who is representing us in the 5000m at Rio next month) I also remember Ian Giggs telling me that he got lapped by an up and coming Mo Farah when he took part a good few years ago. If your interested in taking part please contact me via the team captains email as soon as possible

Hope you all have an enjoyable summer whatever your plans may be!

Claire

Roadrunners at the Runnymede Relays





Men's Captain - Report

MARK WORRINGHAM

So summer is well and truly upon us, and we start to look forward to the greatest festival of running, jumping, throwing, rowing, kicking, hitting stuff and clandestine drug use that the world has to offer. That's right, it's school sports days. Or possibly the Olympics. I am saddened to announce that, once again, no Reading Roadrunners have been selected for the GB team for Rio, despite clearly meriting their place. The public's experience of the games will be much diminished by not being able to watch Nigel Hoults duking it out with the Finns and Czechs in the javelin, or Dean Allaway chasing down Eliud Kipchoge over 26.2 miles through the streets of Rio. There is clearly a bias against the athletes of our club at play, and I urge you to write en masse to British Athletics to protest.

In the absence of well-deserved international selection, we have had to make do with a variety of other races. One of the biggest turnouts of the month was in the Wargrave 10K, sadly robbed this year of the presence of Paul Daniels as starter, one of the victims of the Great Celebrity Purge of 2016. In the race, David McCoy II just missed out on the podium in 4th, whilst Brian Kirsopp was second V50, winning a Berkshire silver medal in the process. Ewan Harris finished in a PB of 43:06, only three minutes behind his dad, promising a fearsome father-son rivalry in the future.

The day before had been Endure 24, an event involving running as far as you can in 24 hours, an event which people, completely counter-intuitively, seem to actually massively enjoy. This is a mystery to me, but clearly I am in a minority. Biggest props go to the borderline psychopaths who attempted to do it solo, notably Ben Whalley, Dean Allaway, Pete Morris and Gary Brampton. Ben ran 100 miles, which is just silly. The Reading Falcons, comprising Ian Giggs, Chris Kelly, Peter Miskell, Matthew Green and Mark Apsey, also get a notable mention, finishing second male team of 3-5.

One of the highlights of the year is usually the Ridgeway Relay, and so it proved again this time round, even if our struggle to get back on the podium continues. Our second fourth place in a row makes us very much the Ringo Starr of the Ridgeway Relay, but at least we aren't Vale of Aylesbury, who are Pete Best. I was going to do a full separate report on the Ridgeway to avoid cluttering up the captain's report with it, but it turned out that writing it would have interrupted my busy schedule of falling asleep on the sofa and waking up in front of a five-year

old repeat of 'Mock the Week' in the early hours of the morning. So I shall deal with it here instead.

The A team started the day very much in the mix, and by halfway were running in a very strong second place, only two minutes behind the leaders, Oxford, thanks to some really good runs, particularly by David McCoy, Nikki Gray and Chris Lucas. However, our lead over Newbury and Headington in 3rd and 4th gradually eroded over the second half. Our moment in the sun came when Jamie Cole on leg 8 ended his leg in the lead, but the teams behind were closing rapidly, and had saved some of their top runners until last. Despite a game effort, we finished 4th, only 45 seconds behind third place, which is a pretty small margin after over 80 miles, and 14 minutes behind the winners.

The B team had a strong start and strong finish, and there were some physical and metaphorical ups and downs along the way, not least when Donald Scott-Collett got into a bit of trouble on his leg and did very well to finish at a decent pace, and also when a runner who will remain nameless was in the toilet when his teammate arrived at the handover (but nevertheless still gained several places), but 12th (and 2nd B team) represents a very decent return. All in all it was a good day, as once again nobody got lost. It's almost like we know what we are doing.

A Team

	Team pos	Ind pos
Mark Worringham	2	2
Alice Leake	4	6
David McCoy II	2	1
Nikki Gray	2	2
Chris Lucas	2	2
Lance Nortcliff	2	4
Ryan O'Brien	2	8
Jamie Cole	1	4
Andrew Smith	2	10
David McCoy I	4	7

B Team

	Team pos	Ind pos
Brendan Morris	11	11
Sian James	12	17
Donald Scott-Collett	21	37
Belinda Tull	19	14
Colin Cottell	20	24
David Fiddes	20	24
Ian Gosling	17	5
Henry Stapley	13	9
Chris Kelly	14	27
Melvin Silvey	12	12

The final two matches of the Vets Track and Field took place this month. I was delighted with the response we got for volunteers to help at the meeting we co-hosted at Bracknell, which enabled it to run smoothly, so a big thank you to everyone who helped. The main benefit of co-hosting at Bracknell was that we didn't have to travel to Swindon, which is always a plus. Unfortunately, the Bracknell meeting being the day after the Ridgeway Relay meant some tired legs. I think almost all the main contenders in the 5,000m had run a leg of the Ridgeway, but were still unwilling to accede to my suggestion to just jog round in a big mass. Many PBs were had in the various events, but a special mention must go to Duncan Mollison's storming 1500m. The final event at Oxford saw Reading Roadrunners finish 5th, and ending the league in 6th overall, featuring an excellent 2nd V50 for David Fiddes in the 800m and a Roadrunners dominance of the 3,000, with Ben Paviour, Lance Nortcliff and myself all finishing in the top five. I do sense that some of the interest in this league is waning a bit though, which is a shame as it is an excellent series. It would be fantastic to see some new faces next year.

Otherwise, there seem to have been races all over the shop this month. I will pick out some performances here and there, and apologies to anyone I've missed. There

was a marathon win for Ashley Middlewick at the Queens Birthday Bash Marathon, the prize for which I believe is a knighthood, whilst Brian Grieves finished second in the Thames Trail Marathon. Lance Nortcliff took third and first V40 at the New Forest 10, and Matthew Green was third at the Gibbet Challenge 10K. Nigel Hoult added to his burgeoning collection of V60 trophies – legend has it he sits atop a pile of them in his living room, like the dragon Smaug in The Hobbit – at the Didcot 5 and the Forest 5, whilst Bill Watson was 2nd V50 and Simon Elsbury 7th overall at the latter. In shorter distances, Duncan Mollison ran an excellent 4:38 at the City of London Mile, whilst Brian Shave won the V80 1500 at the Surrey and Sussex Masters Championships.

In the final races for this month's report, Rob Corney and Jamie Smith finished 1-2 at the Thames 10k, with Brian Kirsopp and Pete Jewell emulating the feat for the V50s. Rob followed that up by winning race 3 of the Dinton Pastures 10k the very next day (supported by a 2nd V40 place for Richard Hallam-Baker and first V50 for Bill Watson), clearly taking lessons on race frequency from David McCoy II. Speaking of which, one of the highlights of the Yateley 10k for me was once again witnessing first hand David's tactic of setting out at the pace of Linford Christie and finishing at the pace of Agatha Christie, as he led the eventual winner (a man with a sub-30 10K PB) for the first kilometre. David was eventually 6th in another sub 35 performance, and I managed second in the race in a bit of a return to form.

So, that's it for this month, and for next month as well as the newsletter takes a summer hiatus. In terms of future events, an excellent senior and V40 team is coming together for the Southern Road Relays at Aldershot on Sunday 18th September, but I'm really hoping to be able to put out a second senior team and a V50 team as well. This is one of the events that attracts some of the best runners from across the south, and is a great one to be involved in, so if you are interested, please do let me know.

Enjoy your summer.

Saturday 10th September

QUIZ NIGHT!

St Peters Church Hall, Church Rd, Earley, Reading RG6 1EY - 7pm start



Coaches Corner

Hello!

Welcome to the (probably) first ever Coaches' Corner. The aim of this page is to give you more information about the technicalities of running and to explain some of the terms we coaches use. It's not going to be an in-depth article about the science of running, but hopes to give you a "now I get it" moment or two.

This month, we're aiming to answer the question, "Why are sessions structured like that?"

Each session of physical activity should be structured in a similar way, whether or not it's guided by a coach: warm up including dynamic stretches; main session; cool down and static stretches. (That is, even if you're going for a run on your own on a rainy Sunday morning, you should be putting in a warm up and cool down, including stretches. Hands up if you do that, honestly, really, every time?!) This structure helps to prepare the body before you overload it and can prevent injury.

1. Heart-rate warm-up

To do any kind of movement, your muscles need a good supply of oxygen-rich blood. By increasing the heart rate, you increase the blood flow and the rate at which oxygen gets into your body. This gets your body ready for the work you're going to ask it to do. You should aim to warm up all of your body because even your arms have to do some of the work.

As your heart-rate increases, your brain also releases some of your panic hormones (adrenaline is the most famous example: popularly known as the flight or fight hormone). You might find that you feel awful after your first lap or two: this is entirely typical. Your brain is adjusting to the extra work you're asking your body to do and deciding whether or not it's a good idea. Part of the purpose of the warm up is to get your mind ready for exercise.

2. Dynamic stretches / mobility

These are the warm up stretches, which form part of the routine of getting your body ready for the next session. Research shows that the pre-exercise stretches are best done in their moving forms, as mobility stretches (walking lunges instead of static ones; kick-your-bum running

instead of quad stretches). Static stretches, before the muscles have been fully lengthened by the main session, can cause injuries.

During this part of the session, your coach may get you to work on some ABC drills (agility, balance and coordination). This might include fast changes of pace, standing on one leg or arm circles where one arm circles forwards while the other backwards. It may seem like some form of torture, but all athletes need to have a firm set of basic skills (known as the fundamentals), to be able to tackle the rigours of their event, whoever they are and whatever it is. By adding some ABC drills and exercises, just a couple of times a week, anyone can get better at running, whatever that means for the individual.

Your coach should perform any demonstrations silently. They should ask you to watch what they're doing before you have a turn yourselves and they might ask you to focus on a particular part of the exercise.

3. Main session

In order to train the body to do something new or different, we have to put stress on the body. This is known as overload. The body then recovers and adapts. If we want the body to learn something specific, we must do something specific: if you wanted to learn to play the piano, a violin lesson wouldn't be much use; similarly, if you want to run faster, you have to practise running faster.

The main session is the "what are we doing tonight?" bit. It may include a selection of these:

a. Strength work (physical preparation)

This could be specific to the event you're training for, e.g. hill running in preparation for a hilly run or the cross-country season. It could be training that develops the elastic properties of the muscles: jumping or throwing. It could be more general training, such as balancing.

Because all runners benefit from being strong (see the ABCs above), don't assume that less running on a track night means you're not doing running training. One of our very own Reading Roadrunners knocked 40 minutes off their marathon time this year, by running less and doing more strength work.

b. Technical drills

These drills address the technical skills of running: high knees; driving elbows; good posture etc. Different types of running require different skills and, depending on your ABC skills (them again!), you might need to develop a particular area first. Again, this section might involve walking or even some standing still!

c. Practising

The running! At last!

This is the part of the session where you get to put into practice the skills you've been learning during the session so far. It's also the part of the session where you get to practise running at a particular pace or for a particular length of time. You might practise sprinting, which is important, even for endurance runners. You might work with a partner in a parlauf session or go into the park for a fartlek session.

Your coach might stop you and remind you about the technical aspects you've been working on. Reminders are there to help you to be a better runner.

4. Cool down

Once you've finished the session, your coach might ask you to do a lap or two as a gentle recovery. The aim of this is to reduce your heart rate slowly, after all the effort it has put in all night. It also serves to reduce your temperature and prepare your mind for relaxation.

5. Static stretch and relaxation

Now you've done the hard work, you need to stretch your tired muscles. The stretches should be relevant to the work you have done and held for up to 30 seconds. Because your muscles are tired, you shouldn't be overworking them. No more strength work, ABC drills or other activities should be incorporated into your cool-down. This is the time to relax!

Next month, we'd like to answer one of your questions. Please email the Newsletter Editor at the usual address, post something on the Facebook page or ask a coach.

Until next time,

Coach in the Corner

Happy Birthday Tom!

It's known that three score years and ten
Is life expectancy for men.
But Tom, it's obvious you want more,
'Cos now you've reached a cool four score,
And it is a well known fact
That your age you never act!
Whizzing round the track's wide loop,
Encouraging your training group,
A buff oft' tied upon your head.
"He's no slow-coach", I've heard it said.
You're noted for your awful jokes
And for organising the 'old folks'
In the annual Ridgeway Run.
You even make it sound like fun!



In our Roadrunners you're a star,
And a legend's what you are.
Long may your old legs do their stuff
On road, on track and on the rough.
Long may you wear the green and blue.
A Happy Eightieth to you.

Tim Povey

Championship Update

BOB THOMAS

We're now more than half way through this season's Club Championships with five more races to take place in the Road/Multi-terrain competition. In the Marathon Championship, 97 members have completed 168 marathons between them to date. With 200 being the maximum number of points anyone can score in the Road/Multi-terrain Championship, the leaders in each category are:

Road/Multi-terrain			Marathon		
Category		Pts	Time		
Ladies					
Senior	Nikki Gray	198	Nikki Gray	London	3:04:15
Vet 35	Fleur Denton	188	Caroline Jackson	Hamburg	3:22:15
Vet 45	Katherine Sargeant	199	Carrie Hoskins	London	2:59:24
Vet 55	Linda Wright	149	June Bilsby	Brighton	4:39:42
	Liz Atkinson	149			
Vet 60			Lorraine Bailey	London	5:29:05
Vet 65	Janice Thomas	198			
Men					
Senior	Dave McCoy	194	Keith Russell	London	2:33:23
Vet 40	Simon Denton	188	Ben Whalley	London	2:55:47
Vet 50	Alan Freer	195	Gavin Rennie	Manchester	3:04:40
Vet 60	Andy Atkinson	150	Andy Atkinson	London	4:07:21
Vet 65	Dave Dibben	200	Paul Jenkins	London	4:16:22
Vet 70	Frank Cooper	150	Tom Harrison	London	4:44:57

Please remember that it is a rule that for your race result to score in the Championship, you need to run in a Club vest. If you elect not to wear the Club colours when running in one of the Championship nominated races, please advise champs@readingroadrunners.org so that your result can be removed.

Please note that the date of the Ricky Road 10 is now confirmed as 30 Oct 16.

Dinton Relay Races

SANDRA SHEPPARD

A great night was had by all at the Dinton Relays, which this year was won by team 'Running Wild' - Heather & John Bowley and Becky Woolford. A big thank you to all those who helped with the race entries, marshalling and the catering and barbecue. Full results below:

Team	Club	Team Penalty	1st Runner			Penalty
		Points	Name	Act Time	Est Time	Points
W	Reading Roadrunners - Running Wild	38	Heather Bowley	00:18:11	00:18:10	1
O	Reading Roadrunners - Nameless	41	Toni McQueen	00:15:39	00:15:08	31
GG	Sandhurst Joggers C	52	Wayne Boardman	00:15:11	00:15:45	34
FF	Sandhurst Joggers A	67	Matt Johnson	00:16:01	00:17:00	59
K	Reading Roadrunners - Steady on Lance	71	Lance Nortcliff	00:13:48	00:13:30	18
S	Reading Roadrunners - Thingy	76	Helen Pool	00:13:49	00:14:22	33
B	Reading Roadrunners - NBM	80	Nigel Houlst	00:13:06	00:12:30	36
T	Reading Roadrunners - Mums on the Run	81	Katherine Heaton	00:20:22	00:20:00	22
LL	Reading Roadrunners - Last Minute Dot Com	94	Jeff Lucking	00:20:57	00:21:00	3
DD	Reading Roadrunners - The Wheelies	101	Claire Marks	00:14:01	00:13:50	11
Z	Reading Roadrunners - Jansen Only	105	Mary Jansen	00:14:01	00:13:44	17
BB	Reading Roadrunners - Beauties and the Beast	106	Kristin Brandl	00:15:00	00:14:45	15
A	Reading Roadrunners - Three Old Timekeepers	112	Ken Beck	00:17:11	00:17:50	39
HH	Reading Roadrunners - Just 4 Fun	121	Paul Smith	00:17:54	00:18:45	51
JJ	Reading Roadrunners - Speedy at the Back	126	Catherine Leather	00:16:18	00:17:15	57
E	Reading Roadrunners - The Tail Gunners	132	Kevin Bilsby	00:16:38	00:18:20	102
M	Reading Roadrunners - Le Choo Choo	139	Pete the Train Morris	00:16:58	00:17:20	22
D	Reading Roadrunners - Thursday Night Out Runners	139	Phil Seager	00:20:22	00:18:30	112
F	Reading Roadrunners - Away Fine Oh	147	Gill Glennon	00:16:31	00:16:58	27
N	Reading Roadrunners - Team ICK	147	Juliet Fenwick	00:20:57	00:21:00	3
R	Reading Roadrunners - Ambulance Finnish	148	Garry Tuttle	00:11:40	00:12:15	35
MM	Reading Roadrunners - Better late than never	157	Erica Key	00:12:48	00:13:13	25
X	Reading Roadrunners - The Super Awsom Team	159	Angela Burley	00:15:53	00:16:30	37
V	Reading Roadrunners - The Baileys	162	Lorraine Bailey	00:20:40	00:20:45	5
Y	Reading Roadrunners - The Misfits	204	Katherine Sargeant	00:13:28	00:14:30	62
C	Reading Roadrunners - Age Before Beauty	222	Pete Jewel	00:11:32	00:12:00	28
J	Reading Roadrunners - Wile-e-Coyote	233	Emma caswell	00:23:18	00:25:22	124
EE	Sandhurst Joggers B	247	Phil Turner	00:13:17	00:14:38	81
U	Reading Roadrunners - The Unpredictables	266	Tom Wright	00:13:47	00:16:45	178
H	Reading Roadrunners - Shave's Shufflers	282	Roger Pritchard	00:17:54	00:18:45	51
P	Reading Roadrunners - Heros	289	Susannah Palmer	00:19:17	00:19:50	33
G	Reading Roadrunners - Odd Boy Out	329	Sheryl Higgs	00:24:33	00:28:00	207
KK	Sandhurst Joggers D	358	Paul Alexander	00:12:37	00:13:49	72
AA	Reading Roadrunners - PIMs	388	Pip White	00:13:03	00:14:30	87
L	Reading Roadrunners - Wings Over Woodley	991	Julie Wing	00:22:27	00:15:00	447



DINTON RELAY RACES

2nd Runner				Penalty	3rd Runner				Penalty
Name	Act Time	Est Time	Points		Name	Act Time	Est Time	Points	
John Bowley	00:16:38	00:16:30	8		Becky Woolford	00:19:59	00:19:30	29	
Stuart Humphreys	00:12:51	00:13:00	9		Suzanne Bate	00:18:29	00:18:30	1	
Zerna Sla	00:17:43	00:18:00	17		Graham Robinson	00:10:59	00:11:00	1	
Kirsten Johnson	00:19:34	00:19:34	0		Mark Fallowfield-Smith	00:11:12	00:11:20	8	
Susie Rees	00:17:04	00:17:22	18		Claire Seymour	00:17:57	00:17:22	35	
Julia Pitman	00:17:38	00:17:00	38		Ros Crawford	00:15:05	00:15:00	5	
Bill Watson	00:12:48	00:13:15	27		Mark Apsey	00:10:58	00:11:15	17	
Ellie Gosling	00:13:00	00:13:40	40		Ian Gosling	00:11:41	00:12:00	19	
Alison Wrigley	00:19:08	00:19:50	42		David Cottam	00:14:41	00:15:30	49	
Gavin Rennie	00:12:04	00:12:50	46		Barry Baker	00:14:36	00:13:52	44	
Zeb Jansen	00:13:47	00:13:40	7		Bill Crooks	00:18:39	00:20:00	81	
Nicki Walters	00:17:00	00:16:20	40		Simon Davis	00:13:54	00:14:45	51	
Richard Morgan	00:15:32	00:16:05	33		Jim Kiddie	00:15:35	00:16:15	40	
Tracy Jenkins	00:15:09	00:15:50	41		Yvonne Edwards	00:18:50	00:19:19	29	
Fleur Denton	00:15:52	00:16:00	8		Simon Denton	00:13:44	00:14:45	61	
June Bilsby	00:16:50	00:16:50	0		Liz Stevens	00:17:45	00:17:15	30	
Charlie Macklin	00:16:34	00:18:23	109		Brian Kirsop	00:11:38	00:11:30	8	
Ian Giggs	00:11:53	00:12:00	7		Melvin Silvey	00:12:50	00:13:10	20	
Adele Graham	00:18:46	00:19:28	42		Kim Stevens	00:15:34	00:16:52	78	
Neil Fenwick	00:15:43	00:17:00	77		Mike Dimmick	00:15:53	00:17:00	67	
Simon Palmer	00:12:18	00:13:30	72		Trinity Tuttle	00:20:04	00:20:45	41	
Tim Hogarth	00:14:42	00:15:00	18		D Power	00:14:30	00:16:24	114	
Mary Carol Dezutter	00:17:35	00:17:46	11		Donna Saunders	00:14:42	00:16:33	111	
James Bailey	00:14:57	00:15:45	48		John Bailey	00:16:34	00:18:23	109	
Tony Streams	00:14:33	00:16:00	87		Dave Woolford	00:14:25	00:15:20	55	
Diane Hodder	00:16:08	00:17:54	106		Paul Bridge	00:16:35	00:18:03	88	
Susan Knight	00:15:21	00:15:40	19		Sam Whalley	00:14:50	00:16:20	90	
Jodie Shimmen	00:17:42	00:18:30	48		Lance King	00:17:32	00:19:30	118	
Linda Wright	00:18:54	00:17:45	69		Lynda Haskins	00:18:06	00:18:25	19	
Brian Shave	00:31:09	00:28:06	183		Carl Woffington	00:18:27	00:19:15	48	
Catherine Douglas	00:18:27	00:20:00	93		Sarah McGowan	00:16:17	00:19:00	163	
Alice Kerr	00:18:42	00:18:30	12		Paul Kerr	00:12:40	00:14:30	110	
Sarah Alexander	00:15:00	00:17:00	120		Gerry Mephram	00:16:01	00:13:15	166	
Sarah Morgan	00:14:56	00:16:30	94		Michelle Harris	00:17:33	00:21:00	207	
Stewart Wing	00:13:45	00:22:00	495		Steve Wing	00:23:11	00:24:00	49	



Roadrunners Results

NIGEL HOULT

This has been another month with lots of events of varying distances, including the conclusion of the veterans' track and field competition, Endure 24 and a couple of popular relay events.

The most popular of the individual events by far was the Wargrave 10k, which featured in both the club and county championships. We won the ladies' team prize and our ladies also claimed many Berkshire Championships medals, with Brian Kirsopp being the only man to win one. Endure 24 also attracted a considerable number of competitors, with four men and four ladies competing solo, considerably more than last year. At the Ridgeway Relay our A team narrowly missed out on a podium finish, although our veterans' team once again claimed the wooden spoon, this time by a considerable margin! We were more successful at the Runnymede Relays, with our A team coming third and Alice Leake taking the prize for the fastest lady on a short leg.

We only had two overall winners – Ashley Middlewick at the Queen's Birthday Bash marathon and Rob Corney, but the latter managed a double of two wins in two days (Thames 10k and Dinton 10k), which is impressive. There were also only two first ladies: Alice Leake at the Gibbet Challenge and Nikki Gray at the 3rd Dinton 10k, where we also managed a clean sweep of the MV50 category. One final result of note is Duncan Mollison's time of 4:38 in the City of London mile, which as well as being a PB beat all of the elite ladies.

Well done to everyone who raced this month, and good luck in your other races over the summer. Don't forget to send your results to results@readingroadrunners.org, particularly if you're competing in some faraway place.

22nd May

Royal Windsor Half Marathon (missed from last time)

Chloe Lloyd	1052	2:19:30	PB
Sarah Richmond-De'voy	1053	2:19:31	

5th June

Surrey & Sussex Masters Championships, Ewell 1500m

Brian Shave	9:38.17	1st MV80
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8th June

Woodland 5 (missed from last time)

Jim Kiddie	37	45:48
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Winchester & District AC Midweek Graded Open 3000m

Mark Worringham	2	9:19.98
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11th June

Queen's Birthday Bash Marathon

Ashley Middlewick	1	3:24:24
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Day Off Marathon

Martin Bush	19	4:50:38
Christina Calderon	36	6:02:47

Run the Rock 10k

Angharad Shaw	74	1:02:14
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11th-12th June

Endure 24

Solo Male

Ben Whalley	8	100 miles in 22:10:02
Dean Allaway	37	80 miles in 24:00:11
Pete Morris	73	60 miles in 21:39:55
Gary Brampton	90	50 miles in 11:54:06

Solo Female

Kathy Tytler	24	65 miles in 22:51:07
Teresa Caswell	28	65 miles in 24:24:10
Eva Simmons	54	50 miles in 24:22:40
Sev Konieczny	60	45 miles in 24:24:40

Male Team of 3-5

Reading Falcons	2	200 miles in 23:52:23
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(Ian Giggs, Chris Kelly, Peter Miskell, Matthew Green, Mark Apsey)

Mixed Team of 3-5

Reading Eagles	34	175 miles in 24:15:06
(Pete Jewell, Kenny Heaton, Alix Eyles, Dave Caswell, David Fiddes)		
Reading Hawks	48	160 miles in 24:29:24
(Sian James, Sarah Pachonick, Steve Simmons, Caroline Jackson, Paul Monaghan)		
Reading Owls	98	135 miles in 24:00:12
(Dave Brown, Peter Higgs, Donald Scott-Collett, Dave Wood, Linda Wright)		

Mixed Team of 6-8

Dingles Berries	126	145 miles in 24:15:21
(John Bullock, Rachael Derry, Andy Dingle, Madeleine Starks, Amanda Box, Caroline Hargreaves)		
Reading Allsorts	173	130 miles in 23:56:48
(Alice Kerr, Katherine Heaton, Paul Kerr, Tracy Jenkins, Emma Caswell, Mandy Carden, Russell Prentice)		

12th June**Phone Home Marathon**

Martin Bush	27	5:03:01
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Wargrave 10k

Name	Pos	Gun	Chip	
Dave McCoy	4	35:29	35:29	
Brendan Morris	19	38:21	38:17	
Brian Kirsopp	25	38:53	38:47	2nd MV50
Andrew Smith	27	39:01	38:56	
Richard Hallam-Baker	29	39:27	39:22	
Carrie Hoskins	35	40:14	40:09	3rd F, 1st FV40
Alex Harris	36	40:19	40:14	
Nikki Gray	47	41:16	41:11	4th F
Alan Freer	54	42:01	41:54	
Ewan Harris MJ	68	43:11	43:06	PB, 3rd
Katherine Sargeant	70	43:19	43:13	2nd FV40
Lesley Whiley	76	43:37	43:31	1st FV50
Mark Andrew	84	44:35	44:18	
James Silman	92	45:12	44:53	
Christopher James	103	45:44	45:27	
Mary Janssen	117	46:23	46:06	2nd FV50
Vincent Williams	124	46:35	46:35	PB
David Dibben	132	47:02	46:45	
Daniel Rickett	145	48:04	47:40	
Tony Streams	153	48:19	48:10	
Mo Fassihinia	155	48:21	48:07	
Nicole Rickett	168	49:18	48:54	
Peter Reilly	170	49:22	49:04	
Andy Atkinson	185	49:48	49:29	

Stephen Dellow	198	50:25	50:14	
Joanne Sollesse	200	50:30	50:11	
Claire Seymour	208	51:02	50:43	
James Kiddie	214	51:16	51:00	
Stewart Wing	217	51:25	50:52	
Richard Morgan	231	52:00	51:41	
Susan Knight	245	52:54	52:32	
Christina Calderon	265	54:28	53:59	
Frank Cooper	279	55:16	54:52	
Sandra Sheppard	307	57:29	57:12	
Heather Bowley	325	59:08	58:44	3rd FV60
Eleanor Phipps	329	59:26	58:56	
Liz Atkinson	368	1:04:36	1:04:11	5th FV60
Louise Atkinson	383	1:10:16	1:09:31	
Veronica Andrew	400	1:14:01	1:13:15	
Julie Wing	401	1:15:49	1:15:15	
Stephen Wing	407	1:23:59	1:23:15	
Ladies team: 1st (Carrie, Nikki, Katherine, Lesley)				
Berkshire Championships				
MV50: Brian Kirsopp – Silver				
Senior Ladies: Nikki Gray – Gold				
FV35: Claire Seymour – Gold, Christina Calderon – Silver				
FV45: Katherine Sargeant – Gold				
FV55: Lesley Whiley – Gold				

Downlands Dash 10k

Ed Dodwell	5	41:42	1st MV55
Nicholas Adley	21	47:57	4th MV35
Sarah Phelps	113	1:08:31	

13th June**Battersea Park 5k**

Antony Streams	97	22:38
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15th June**Forest 5**

Simon Elsbury	7	29:34	
Ian Gosling	17	30:45	4th MV40
Bill Watson	42	33:42	2nd MV50
Ellie Gosling	58	34:55	
Nigel Hoult	61	35:02	1st MV60
Barry Baker	90	37:31	
Rachel Derry	125	39:35	
Donna Saunders	143	40:28	PB
Pete Morris	145	40:34	3rd MV60
Kim Stevens	182	42:30	5th FV45
Dave Brown	183	42:38	
Scott Gillespie	205	43:23	
Sarah Hicks	216	43:59	

ROADRUNNERS RESULTS

Charlie Macklin	221	44:15	
Grace Lyon	222	44:19	
Kathy Vickers	224	44:23	
Angharad Shaw	254	46:14	
Steve Simmons	268	47:11	
Justin Watkins	281	47:28	PB
Cecilia Csemiczky	337	51:54	
Eva Simmons	432	1:15:24	

18th June

South Downs Marathon

Martin Bush	367	5:55:08	5:54:04
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Southern Athletics League Division 3 SW

5000m

Ryan O'Brien	16:51.5	PB
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1500m

Ryan O'Brien	4:36.6
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19th June

Ridgeway Relay

RRR A	4	9:49:31
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(Mark Worringham, Alice Leake, Dave McCoy, Nikki Gray, Chris Lucas, Lance Nortcliff, Ryan O'Brien, Jamie Cole, Andrew Smith, David McCoy)

RRR B	12	11:35:03
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(Brendan Morris, Sian James, Donald Scott-Collett, Belinda Tull, Colin Cottell, David Fiddes, Ian Gosling, Henry Stapley, Chris Kelly, Melvin Silvey)

RRR Ladies	37	13:42:50	5th Ladies team
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(David Dibben, Susan Knight, Caroline Hargreaves, Julie Rainbow, Belinda Tull, Tracey Lasan, Claire Seymour, Samantha Whalley, Toni McQueen, Tina Wilson)

RRR Over 60s	42	17:02:39	3rd Vets team
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(Jim Kiddie, Ken Beck, Pete Morris, Liz Atkinson, Richard Morgan, Andrew Atkinson, Trisha Arnold, Janice Thomas, Cecilia Csemiczky, Tom Harrison)

Hampshire Hoppit Trail Marathon

Name	Pos	Gun	Chip
Kenny Heaton	17	3:38:16	3:38:10
Dean Allaway	29	3:54:16	3:54:09
Caroline Jackson	85	4:33:33	4:33:23
Paul Monaghan	86	4:33:33	4:33:22
Martin Bush	155	5:38:25	5:37:40
Julia Molyneux	163	5:49:39	5:49:03
Kathy Tytler	180	7:13:58	7:13:18

Hampshire Hoppit Half Marathon

Name	Pos	Gun	Chip
Alan Wilson	17	1:39:11	1:39:03
Ray McGroarty	167	2:35:07	2:34:35
Susie Rees	172	2:36:44	2:36:06
Linda Wright	217	3:03:30	3:02:52 4th FV60

Hungerford Harey 8

Richard Usher	5	51:44	1st MV40
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Wasing Park 10k

Name	Pos	Gun	Chip	
Brian Kirsopp	2	38:54	38:54	1st MSV

Richmond 10k

Name	Pos	Gun	Chip	
Alan Freer	165	41:30	41:25	PB

Go Dad Southwark 10k

Ashley Middlewick	5	38:01
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City of London Mile

Duncan Mollison	24	4:38	PB
Nigel Hoult	430	5:58	

20th June

SCVAC Vets League, Western Division, Bracknell

100m Women

Adele Graham	17.0	PB
Eleanor Phipps	19.1	

100m Men

Duncan Mollison	12.4	
Bill Watson	16.7	PB

400m Women

Sarah Urwin-Mann	74.8	
Tracey Lasan	78.5	
Claire Seymour	94.5	
Eleanor Phipps	94.7	
Cecilia Csemiczky	108.6	

400m Men

David Caswell	70.9	PB
Nigel Hoult	75.2	PB

1500m Women

Sarah Urwin-Mann	5:07.7	PB
Tracey Lasan	5:53.0	PB

Belinda Tull	6:13.0	
Toni McQueen	6:51.5	PB
Claire Seymour	6:54.4	

1500m Men

Duncan Mollison	4:19.2	PB
Bill Watson	5:33.4	PB
Nigel Hoult	5:36.2	
Simon Denton	5:39.1	PB

5000m Men

Mark Worringham	16:23.5	
Lance Nortcliff	16:53.2	PB
David Caswell	20:51.4	PB
Simon Denton	21:48.7	PB

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

RRR Ladies	5:36.8
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Long Jump Women

Adele Graham	2.91	PB
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Hammer Women

Adele Graham	17.17	PB
Cecilia Csemiczky	4.87	

Javelin Women

Belinda Tull	15.96	
Adele Graham	12.37	PB

25th June**Jeskyns Challenge**

Martin Bush	43	26.2 miles in 5:16:05
Julia Molyneux	48	26.2 miles in 5:35:27

GSK Orange Run**10k**

Name	Pos	Gun	Chip	
David Caswell	8	42:00	41:57	1st MV50

5k

Name	Pos	Gun	Chip	
David Caswell	17	24:50	24:41	1st MV50

2.5k

David Caswell	9:50	1st MV50
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26th June**Swansea Half Marathon**

Name	Pos	Gun	Chip
Mark Worringham	11	1:13:28	1:13:28
Andy Dingle	1663	1:58:13	1:57:09

Gibbet Challenge 10k

Matthew Green	3	42:24	
Alice Leake	14	46:16	1st F
Chris Cutting	17	46:40	
Richard Usher	38	52:57	
Nicholas Adley	69	1:00:03	
Chris Drew	85	1:04:33	
Pete Morris	112	1:15:27	
Sarah Richmond-De'voy	113	1:15:27	
Sara Parkinson	114	1:15:27	
Sarah Drew	115	1:15:27	
Charlie Macklin	116	1:15:27	
Kathy Tytler	125	1:28:07	

Sam Run**10k**

Name	Pos	Gun	Chip	
Paul Kerr	14	41:08	41:06	
Alix Eyles	26	45:06	45:03	5th F
Barry Baker	35	46:59	46:55	3rd MV50
Jim Kiddie	60	50:53	50:42	2nd MV60
Ian Nelson	78	53:18	53:12	

5k

Name	Pos	Gun	Chip
David Legg	16	21:07	21:03
Alex Harris	19	21:29	21:28
Pawet Buda	23	22:49	22:49
Kathy Vickers	50	27:04	26:55
Sev Konieczny	121	34:25	33:55

2nd July**Thames Trail Marathon**

Brian Grieves	2	3:22:18
David Caswell	7	3:55:45
Wayne Farrugia	8	4:02:31

The Snickerthon Marathon

Martin Bush	41	5:28:02
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Runnymede Relay

RRThe A Team	3	2:24:51
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(Dave McCoy, Sarah Urwin-Mann, Andy Mutton, Alice Leake, Lance Nortcliff, Ben Whalley)

ROADRUNNERS RESULTS

RR Mind over Miles	14	2:44:36
(Henry Stapley, Mel Silvey, Katherine Sargeant, Ian Giggs, Nigel Hoult, Pete Jewell)		
RR Pacesetters	22	3:06:09
(David Fiddes, Tony Streams, Dave Dibben, Alan Freer, Jim Kiddie, Pete Morris)		
RR Ladies on the Run	31	3:17:35
(Eleanor Donaghue, Helen Pool, Claire Seymour, Clare Bryant, Toni McQueen, Sam Whalley)		
RR Will Run for Chocolate	54	3:47:36
(Madeleine Starks, Cecilia Csemiczky, Amanda Box, Sandy Sheppard, Caroline Hargreaves, Catherine Leather)		
RR The Run Arounds	55	3:52:03
(Andy Atkinson, Maureen Sweeney, Linda Wright, Alice Kerr, Susie Rees, Liz Atkinson)		

3rd July

Enigma Need for Speed Marathon

Martin Bush	33	5:01:55
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Tadley 10k

Jamie Smith	4	36:09
Mark Apsey	5	37:16
Nicholas Adley	75	47:04
Bob Thomas	174	58:33

Didcot 5

Brendan Morris	11	30:11	
Alice Leake	12	30:26	PB, 3rd F
Alan Freer	29	32:32	
Nigel Hoult	37	33:19	2nd MV60
Katherine Sargeant	40	33:44	3rd FV45
David Fiddes	41	34:00	
Kevin Jones	45	34:28	
Keith Ellis	51	34:51	
Simon Denton	65	36:22	
Tony Streams	86	37:52	
Nicole Rickett	87	38:00	PB
Stewart Wing	91	38:13	
Pete Morris	99	38:50	
Jim Kiddie	101	39:15	
Catherine Leather	108	39:43	
Daniel Rickett	109	39:50	PB
Fleur Denton	118	41:01	
Kathy Vickers	128	42:47	
Sandra Sheppard	147	45:24	5th FV55
Nicola Hall	151	45:57	PB
Andrea Marnoch	153	46:19	
Jenny Mulhearn	177	51:07	PB
Sev Konieczny	179	53:43	
Julie Wing	186	56:31	

Emma Caswell	187	1:00:15
Stephen Wing	189	1:02:42
Sheryl Higgs	190	1:06:22 PB

9th July

Lyke Wake Challenge (40ish miles)

Richard Usher	8	7:05
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Summer Ranscombe Challenge

Martin Bush	64	26.4 miles in 6:00:44
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10th July

North Downs Way Marathon

Name	Pos	Gun	Chip
Gavin Collins	13	3:51:10	3:51:07
Gemma Buley	100	5:20:36	5:20:10
Martin Bush	108	6:32:10	6:31:48
Julia Molyneux	138	6:20:14	6:19:48
Pete Morris	139	6:20:14	6:19:47

North Downs Way Half Marathon

Name	Pos	Gun	Chip
Rebecca Stark	15	1:52:59	1:52:55

Wales Marathon

Name	Pos	Gun	Chip
Dean Allaway	106	3:42:26	3:27:59

Wales Half Marathon

Name	Pos	Gun	Chip	
Katy Webb	26	1:33:16	1:32:50	4th F

Wales 10k

Simon Elsbury	5	37:51
Kerri French	157	1:05:03

Wycombe Half Marathon

Ashley Middlewick	14	1:37:23
Justin Simons	58	1:47:23
Mary Janssen	90	1:53:39 2nd FV50
Kim Stevens	271	2:21:02
Sarah Hicks	273	2:21:29
Eleanor Phipps	327	2:29:37

Wycombe 10k

Nicholas Adley	110	59:43
Kathy Vickers	118	1:00:17

ROADRUNNERS RESULTS

New Forest 10

Name	Pos	Gun	Chip	
Lance Nortcliff	3	58:26	58:25	1st MV40
Sarah Urwin-Mann	39	1:06:20	1:06:15	2nd F, 1st FV45
Barry Baker	200	1:19:25	1:19:04	
Claire Seymour	281	1:23:31	1:23:19	
Jim Kiddie	282	1:23:32	1:23:02	2nd MV65
Sandra Sheppard	531	1:36:56	1:36:25	
Linda Wright	626	1:43:08	1:42:51	4th FV60

British 10k (London)

Joanne Sollesse	1749	50:37
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11th July

SCVAC Vets League, Western Division, Oxford

200m Women

Clare Bryant	30.5	
Adele Graham	36.9	PB
Claire Seymour	41.3	PB

200m Men

David Fiddes	31.7	PB
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800m Women

Belinda Tull	3:19.6
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800m Men

Mark Worringham	2:20.3	
Lance Nortcliff	2:21.5	PB
David Fiddes	2:42.8	
Nigel Hoult	2:56.2	

3000m Men

Mark Worringham	9:21.8	
Ben Paviour	9:50.7	
Lance Nortcliff	9:53.4	PB
David Fiddes	12:04.4	PB
David Dibben	13:45.9	PB

5000m Women

Tracey Lasan	21:11.8	
Helen Pool	21:13.9	PB
Claire Seymour	24:34.4	

4 x 200m Relay Women

RRR Ladies	2:23.9
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4 x 200m Men

RRR Men	2:04.9
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2000m Walk Men

Nigel Hoult	14:54.6
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Triple Jump Women

Clare Bryant	9.00	PB
Adele Graham	5.86	PB

Discus Women

Clare Bryant	18.63
Adele Graham	11.60

Javelin Men

Nigel Hoult	11.10
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Shot Putt Women

Clare Bryant	7.66
Adele Graham	5.75

12th July

Veterans AC 5k Road Championships, Battersea Park

Richard Hammerson	37	28:09	5th MV70
Brian Shave	44	33:34	2nd MV80

13th July

Yateley 10k

Name	Pos	Gun	Chip	
Mark Worringham	2	33:10	33:10	
Dave McCoy	6	34:52	34:52	
David McCoy	28	38:13	38:12	
Brendan Morris	31	38:25	38:24	
Ian Giggs	52	40:02	39:58	
Gary Tuttle	63	40:32	40:29	
Nikki Gray	90	41:54	41:49	
Katherine Sargeant	93	41:57	41:52	3rd FV45
David Legg	105	42:25	42:18	
Kevin Jones	117	43:01	42:57	
Wayne Farrugia	233	47:33	46:24	
Martin Douglas	320	50:20	49:50	
Justin Watkins	403	53:08	52:34	PB
Grace Lyon	425	53:52	53:05	

Thames 10k

Name	Pos	Gun	Chip	
Rob Corney	1	34:08	34:08	PB
Jamie Smith	2	34:43	34:43	
Brian Kirsopp	8	38:19	38:17	1st MV50
Pete Jewell	13	39:18	39:16	2nd MV50
Stuart Jones	34	42:47	42:40	
Christopher James	45	44:19	44:07	
Melanie Shaw	53	44:52	44:49	5th F

ROADRUNNERS RESULTS

Susan Knight	111	50:58	50:53	3rd FV50
Paloma Crayford	113	51:00	50:42	
Sally Carpenter	137	52:42	52:31	
Amanda Box	140	52:58		PB
Danielle Milbank	142	53:03	52:59	
June Bilsby	158	54:03	53:45	PB
Sarah Hicks	161	54:08	53:40	
Kevin Bilsby	170	54:28	54:11	PB
Sandra Sheppard	235	58:13	57:58	
Charlie Macklin	294	1:01:46	1:01:35	
Linda Wright	295	1:02:04	1:01:50	
Kathy Tytler	348	1:07:01	1:06:26	

14th July

Dinton 10k Race 3

Name	Pos	Gun	Chip	
Rob Corney	1	35:01	35:01	
Douglas Kelly	5	37:41	37:39	
Richard Hallam-Baker	8	39:42	39:41	2nd MV40
Richard Charley	10	41:04	41:03	4th MV40
Bill Watson	12	41:53	41:47	1st MV50
Nikki Gray	21	44:19	44:13	1st F
Paul Monaghan	23	44:48	44:43	2nd MV50
David Caswell	24	45:05	45:01	3rd MV50
Ricky Cowley	29	45:57	45:52	
Simon Denton	30	46:09	46:02	
Paul Carter	35	47:05	47:00	PB
Katy Webb	36	47:06	47:01	3rd F
Dave Brown	41	47:50	47:40	
Jonathan Belson	45	48:30	48:17	
Fleur Denton	60	51:54	51:44	4th FV40
Moirra Allen	108	1:01:03	1:00:38	3rd FV50
Trisha Arnold	149	1:16:00	1:15:36	1st FV60

Dinton 5k Race 3

Name	Pos	Gun	Chip	
Simon Elsbury	2	17:37	17:37	
Ryan O'Brien	3	17:51	17:51	
Ian Giggs	7	20:08	20:07	
Caroline Jackson	12	21:13	21:12	2nd F
Nicholas Adley	13	21:37	21:35	
Vincent Williams	17	22:00	21:57	4th MV40
Dave Wood	19	22:57	22:55	5th MV40
Catherine Leather	31	24:48	24:38	2nd FV40
Sarah Richmond De'voy	49		29:01	28:38
Jenny Oakley	73	32:41	32:20	
Jenny Mulhearn	81	33:36	33:14	

Standard Chartered Great City Race 5k

Duncan Mollison	80	17:31	
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2016 Season's Bests

Ladies

5k	Alice Leake	18:18
5 miles	Alice Leake	30:26
10k	Sarah Urwin-Mann	37:24
10 miles	Nikki Gray	1:04:15
Half Marathon	Nikki Gray	1:25:14
20 miles	Carrie Hoskins	2:14:07
Marathon	Carrie Hoskins	2:59:24

Men

5k	Rob Corney	16:14
5 miles	Dave McCoy	27:46
10k	Mark Worringham	33:10
10 miles	Robert Tan	56:11
Half Marathon	Mark Worringham	1:13:28
20 miles	Dave McCoy	2:08:06
Marathon	Keith Russell	2:33:23

Reading Roadrunners Committee Meeting

TUESDAY 12 JULY 2016 – 7:30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Simon Denton	(ex-Officio)
Andy Dingle	(ex-Officio)
Anne Goodall	(Membership Sec)
Catherine Leather	(ex-Officio)
Paul Monaghan	(Social networks/ Webmaster)
Alan McDonald	(ex-Officio)
Sandra Sheppard	(Treasurer)
Bob Thomas	(General Sec)

APOLOGIES FOR ABSENCE:

Amanda Box

MINUTES OF THE PREVIOUS MEETING

The minutes were proposed as a true record by Sandy, seconded by Simon.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Club roadmap Discussion deferred to the next meeting.

Facebook Anne expects to have removed ex-members from the Facebook access list shortly.

Club 30th anniversary Sandy has looked into an events company, Chilli Sauce – www.chillisaucel.co.uk. The company offers a wide range of facilities, but is quite expensive.

Other ideas received to date include:

- Sports day
- T-shirt
- Mug
- Summer ball
- Riverboat trip
- Treasure hunt

Members are still invited to offer ideas on how to celebrate the anniversary next year to Carl. The Committee hopes to make a decision on how to proceed at the next meeting, in September.

CHAIRMAN'S REPORT

People Carl reported that Amanda Box has resigned as the Social Secretary and from the Committee. Carl thanked Amanda for her help on the Committee over the past 15 months.

Carl also reported that Michelle Wilson has resigned

as a coach. Carl thanked Michelle for her coaching commitment over many years and on behalf of the many members Michelle has helped with their running over the years.

Both ladies have resigned for personal reasons.

Events Carl recounted some of the events in which the Club has been involved recently, including:

- 05 June Kintbury 5 Championship race
- 16 June Pub run: Sonning Common
- 19 June Ridgeway Relay
- 30 June Pub run: Arborfield
- 02 July Runnymede Relays
- 03 July Didcot 5 Championship race
- 05 July Dinton Relays

Notable forthcoming events include:

- 19 July Bounders Relay
- 21 July Pub run: Rainbow, Assendon
- 22 July Timed 5K at Palmer Park
- 04 August Pub run: Greyhound, Tidmarsh
- 18 August Pub run: tbd
- 29 August Harwell HM Champs race

TREASURER'S REPORT

Accounts Sandy reported the Shinfield 10K accounts to be complete and in profit, as are the Dinton Relay accounts.

Sandy has yet to reach agreement with Reading council regarding how track rental fees will be recovered for the days lost while the lights were being decommissioned.

GENERAL SECRETARY'S REPORT

Stadium lighting & Clubhouse Bob reported writing to Marcus Hermon at Reading Council asking to meet to discuss the Council's plans for replacing the stadium lighting and for an update on the council's plans for the stadium facility. Mr Hermon has not replied.

Carl offered that he had been assured by the stadium manager that the lighting will be in place before the nights draw in.

Action: Bob & Carl to work on gaining engagement with Reading council.

Cotswold Outdoors Cotswold Outdoors has renewed the 15% discount enjoyed by the Club for another year.

Championship Club vest rule Bob reported that he

had been alerted to an exchange between members on the Club Facebook page regarding the Championship rule that, for a runner's race result to score in the Championship, the runner must wear Club colours. The Committee reaffirmed that the rule stands.

SEAA AGM This year's AGM will be held on 4Sep16.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that seven new members joined during June, taking the present membership to 472.

SOCIAL SECRETARY'S REPORT

Nothing to report

ANY OTHER BUSINESS

XC co-ordinator Sandy noted that we still have no replacement for Glynne Jones as the XC co-ordinator. If anyone would be interested in understanding more

about the role or, indeed, to volunteer, they should contact Carl (chairman@readingroadrunners.org). It would be feasible for the role to be shared between more than one member.

Social Secretary Amanda's resignation prompts the need to recruit a new Social Secretary.

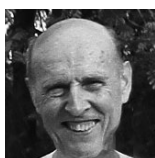
Track timed 5K Sandy noted that she has booked use of the RAC clubhouse for the 5K event on 22Jul16.

DOOR ROTA

03 Jul 16	Shirley, Claire Seymour
20 Jul 16	Alan, Sev Konieczny
27 Jul 16	Anne, Shirley
03 Aug 16	
10 Aug 16	Anne, Shirley
17 Aug 16	Anne, Shirley
24Aug16	

DONM: 6Sep16

Your Committee



CARL WOFFINGTON
CHAIRMAN
chairman@readingroadrunners.org



PAUL MONAGHAN
WEBMASTER/SOCIAL NETWORKS
webmaster@readingroadrunners.org



BOB THOMAS
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SIMON DENTON
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treasurer@readingroadrunners.org



CATHERINE LEATHER
CLUB EX-OFFICIO



ANNE GOODALL
MEMBERSHIP SECRETARY
membership@readingroadrunners.org



ALAN McDONALD
CLUB EX-OFFICIO



ANDY DINGLE
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

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

WHAT BREXIT MEANS TO YOU

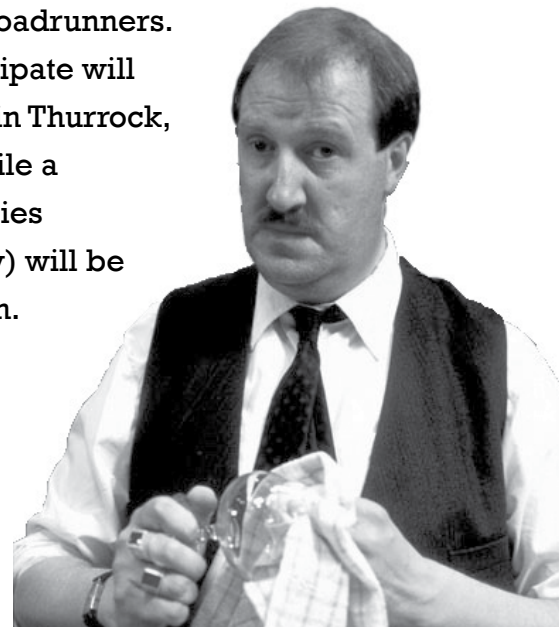
The people have spoken and Great Britain is coming **OUT** of the EU, subject to a new government being formed, an actual tangible strategy being created, a workable exit agreement being negotiated and border rights being remapped. We know that those involved have made the break in all of our best interests, but how will Brexit **REALLY** affect **YOU** the runner?



1 The altogether 'foreign-looking' Roadrunner emblem will be replaced with a bulldog wearing a bowler hat. Runners posing for post-race group photos will be obliged to arrange themselves so that the bulldog always has its back to Brussels.

2 Marathons and other events held on foreign soil will no longer be open to Roadrunners.

Members wishing to participate will instead be bussed to a car park in Thurrock, where they will perform laps while a succession of great British victories (Trafalgar, Culloden, Headingley) will be reeled past on a moving platform.



3 Annual trip to local vineyard to be replaced with day outing to tripe sanctuary in Halifax.

4 Any faintly foreign-sounding terminology will be replaced with British alternatives, such as the current Swedish 'fartlek' which will hereto be referred to as 'Enoch's Efforts'. Similar alternatives will be found for Russian Twists, Chinese Burns and French Kissing.

5 Committee to be dissolved with immediate effect and replaced by a directionless band of dead-eyed, ambition-hungry Fauntleroyes, village green Third Reich obsessives and psychopaths. (*I think that's quite enough now - Impartiality Editor*).