



READING ROADRUNNERS NEWSLETTER JUNE 2016

In these days of economic and political turmoil, it's nice to know that some traditions remain steadfast. So it's always reassuring that the minute the sun makes an appearance there is a dedicated band of Roadrunners willing to give up their Thursday evenings in pursuit of physical excellence, camaraderie and chicken in the basket. Fellow athletes, I give you the Pub Runs. This particular bunch of intrepid enthusiasts had descended on the Volunteer in Theale, but there are still plenty more locations left to discover throughout the summer. Take a look at what's coming up - they are a great way to socialise and meet other members.

Lots of running to look forward to this month, as well as a couple of milestone birthdays... Don't forget your bug spray.

INSIDE THIS MONTH:

- **CHARITY NEWS**
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Welcome from the Editor

CHRIS CUTTING

There is a ritual I have noticed in my years at the club, that occurs whenever you have recently completed a race of note. In the ensuing weeks you will be approached by one of the more senior club members. They will engage you in polite repartee, before gradually steering the conversation round to your

recent performance. They will enquire after your time., which you will share with them. Satisfied, they will depart with a look that sits halfway between 'Nice try, youngster' and 'God help us if there's a war'.

Enjoy your running this month.



Chairman Chat

CARL WOFFINGTON

The track floodlight problem is over for the moment. Our track sessions were disrupted for a while due to the collapse of a floodlight structure. The lights and structures were all removed and track sessions have been back to normal over the last month. We are ok at the moment as the evenings are light during our sessions. I understand that the cycle club train later and their sessions are still disrupted. We may see the introduction of some temporary floodlights soon. These may help us later in the year as the evenings draw in.

The RR Club Champs continues. The Marlow 5 took place on a very hot day. It clashed with the Woodley 10k and the Bracknell 1/2, so numbers at Marlow were a bit down. The Royal Berks 10k took place this month. Lots of green vests out on a warm day but not quite so hot as the Marlow race. We supplied some marshals for this race, so thanks to those that volunteered. By the time you read this the Kintbury 5 will also have taken place. The Didcot 5 takes place on 3rd July.

We've held our 2nd and 3rd Pub Runs of the summer series. 19th May was the Lands End, thanks to Jim and Nigel. 26th May was the Volunteer, thanks to Tina. Details of forthcoming Pub Runs are on the RR website. Dates are 16th June (Pete Morris and Richard Bury) and 30th June (Kevin Jones and Carl

Woffington).

The London 10k has just taken place. This race incorporates the National Road 10k Champs, so there is a good standard of Club Runners at the sharp end of the race. RR entered M & F teams in the race. There was some excellent running from our teams with some PBs. I'm sure details will be found in the results section of this newsletter. The team results are not published yet. We also supplied a team of marshals for the race. Thanks to those that volunteered.

The Ridgeway Relay takes place on the 19th June. We have 4 teams entered. I've been out to help recce a leg and I suspect others will be doing the same. There are usually a few stories going around after this race, normally around the theme of runners getting lost. Sometimes while actually running the race and sometimes while trying to find the start or finish locations of the leg. Good fun day out.

Our own Dinton Relays take place on 3rd July, thanks to Sandy. Please look out for details and support the event if you can. It's the same venue as the last couple of years and the same format.

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



Ladies' Captain - Report

CLAIRE SEYMOUR

It has been a very busy month for the ladies of RR, with so many races to choose from! In particular the 10K distance, I think we almost had one every week throughout May! We also had a couple of club championship races which were very popular, and we had also had the start of the summer series races that take place - Woodland 5, Dinton 5K/10K and Yateley 10K. Well done to everyone who ran and maybe even finished 1st in their age category and earned themselves a trophy! I know there were a few of you! I would also like to say Congratulations to Christina Calderon who completed the Comrades Marathon: a fantastic achievement - well done!

It's now time to look towards the relay events that RR put teams out for, and we still have spaces on teams for the Runnymede Relays. We are also looking to enter teams for the Bounders Relays! More info to follow later in my report.

So on to the Club Championship results for the month

Royal Berkshire 10K *Club Championship*

We had a good turnout of ladies (29) for this race, which takes you through Green Park on to quiet country lanes around Pingewood. Our first lady home and 2nd lady on the podium was Alice Leake which is a fantastic result - well done! Alice was followed not too far behind by Nikki Gray who was 4th lady overall. Well done to Katherine Sargeant and Tina Wilson, who finished 1st in their age categories! There were also quite a few PBs to report, Melanie Shaw, Donna Saunders, Zoe de la Pascua, Amanda Box, Lisa Kilby, Sarah Drew, El Deighton, Margot Bishop and Sheryl Higgs. Some great results so well done to everyone who ran.

Kintbury 5 *Club Championship*

The second of our 5 mile races for the club championship. We had a good turnout of RRs and I even had a comment made to me by a Newbury AC runner that it was great to see so many of us supporting their race. It's certainly a lovely run through quiet, undulating country lanes and highly recommended! Again we had some great results from

our ladies with Nikki Gray finishing 2nd lady overall, Katherine Sargeant also had a very good run and finished 4th lady overall and 1st in her age category, and Lesley Whiley 1st in her age category. Again we had quite a few PBs from our ladies: Nikki Gray, Katherine Sargeant, Rachael Derry, Sam Whalley and Donna Saunders. Well done everyone.

Vitality London 10K *Team event*

As you may be aware the club is given 6 free ladies and men's places to offer to our runners, if we have previously entered teams in to the Southern Road Relays at Aldershot in September. As we entered teams last year we qualified for these places and I selected the team members based on participation in the TVXC and Hampshire League, Aldershot relays and other team events throughout the year. We had a great team of ladies take part and they all did really well! The conditions were perfect for racing, as it was overcast and not too warm. Our first lady finisher was Alice Leake with a new 10K PB of 37.58, 2nd lady for RR was Sarah Urwin-Mann in 38.20 (Sarah was also 2nd in her age category which is a great result in an event of this size), 3rd lady was Carrie Hoskins in 39.17, Katherine Sargeant was our 4th lady to finish in a new PB time of 41.29, Julie Rainbow also ran a new PB time of 45.09 and Sam Whalley with a new PB of 48.58. Our ladies' team finished in 10th position out of 195 teams which is a fantastic result, as they were up against some tough competition. An enjoyable day out was had by all.

Dates for your diaries

- Didcot 5 *Club Championship* - Sunday 3rd July
- Harwell Half Marathon *Club Championship* - Monday 29th August
- Monday 20th June – Southern Vet League, Bracknell – Reading RR/Reading AC hosting

As this fixture is local to us it's a good opportunity for ladies and men to take part who perhaps haven't been able to get to the other fixtures further away for the 6.30pm start!

Events for the ladies are as follows: 100m, 1500m, 400m, Relay, Long jump, High jump, Hammer. If you're in the following age categories V35, V40, V50, V60 and would be interested in joining the team, please contact me via teamcaptains@readingroadrunners.org by Thursday 17th June.

Runnymede relays

On Saturday 2nd July we have the Runnymede Relays, which are being held in the grounds of Windsor Great Park. I'm looking to enter several teams, with each team being made up of 6 runners. All abilities are welcome. The Long Legs (1, 3 and 5) are approximately 5.25 miles, and the short legs (2, 4, and 6) are approximately 2.75 miles. The first leg starts at 12 noon and each leg starts and finishes in the same place! Quite a few of us will bring our picnic stuff with us for afterwards, it's a lovely afternoon out! I'm looking for a few more runners to fill the teams so if you're interested in taking part please let me know by Monday 20th June via the team captains' email.

Bounders Relays

On Tuesday 19th June the Bounders Relays are being held at Crowthorne Woods, start time 7pm. Teams are made up of 4 runners and each leg is 2.5 miles per leg. Each team must contain at least 1 vet (35+ female, 40+ male) Teams can be single sex or mixed. If you're interested in taking part please email myself and Mark as soon as possible via the team captains email.

And finally

Southern Road Relays, Aldershot – Saturday 17th September

I will be looking to enter a few ladies teams for these relays (senior and vet) being held at Rushmoor Arena, this is a great event and highly recommended. If you're interested in taking part please contact me via the team captains email.

I wanted to finish my report by wishing all of our teams at the Ridgeway Relay Good luck and hopefully everyone will find there way and wont get lost! Will look forward to seeing quite a few of you on the day!

Kit News

CHRIS DREW

I appreciate its not really the weather to be thinking about keeping your legs warm but the trouser samples are in.

Running kit (vests and t-shirts) is on sale on a Wednesday night in the foyer at Palmer Park Stadium between 6.30pm and 8pm. Leisure kit is supplied to order every few weeks once members require enough items to place an order with our supplier. Every few weeks we have a Leisure Kit sale where members can try on every garment before placing an order. Keep an eye on our Facebook page for advance warning of kit nights

You can now download an order form for kit to fill in and hand in at the track at:
<http://www.readingroadrunners.org/Club%20Kit.html>

Please note that leisure kit orders will only be placed as above and the club cannot refund items that don't

fit - trying on someone else's kit might be wise before placing an order.





Men's Captain - Report

MARK WORRINGHAM

NB: Due to our glut of David McCoys, I'm going to start referring to them as I and II in this report. Maybe one day we can get up to VI or VII. It is my dream to at some point field a relay team composed entirely of people named David McCoy.

It seems that, unexpectedly, some of you actually care about the gubbins I scrawl in this column. Last month, I opined that Ben Whalley's 10K PB at Woodley was slower than he was capable of. Poor Ben took this to heart, and decided to leave everything out there at the Vitality London 10K, to ensure I could not quibble in the slightest. The result was an excellent PB of 35:49. I was all set to praise this run without reservation, but then Ben made the mistake of telling me he felt pretty comfortable throughout. You just can't help some people.

The team did very well, finishing 48th in what was the national 10K championships. David McCoy II was first Roadrunner home in a brand new PB of 34:32, with the first team completed by Ben and then Lance Nortcliff in 35:55, with Lance coming back from injury struggles. The second team also did well in 77th, consisting of Ian Gosling (37:15), David McCoy I (38:27) and Dean Allaway (39:31). Tony Streams also continued his recent flow of PBs with 46:04. You may have noticed that there is a Streams/flow joke there that is so poor, I almost don't want to own up to it being deliberate.

The most popular race of the month was the Royal Berkshire 10K. Seb Briggs finished in 2nd in an excellent new PB of 33:54, becoming by my reckoning only the fourth Roadrunner to go under 34 minutes in at least five years, and probably a lot longer than that. Jamie Smith and David McCoy II were 5th and 6th respectively. Nigel Hoult placed further pressure on his trophy cabinet with yet another V60 win, with Pete Jewell claiming the V50 prize into the bargain. Brian Grieves set a new 10K PB of 39:42, and there were also PBs for Stuart Jones, Ewan Harris, David Walkley and Frank Cooper.

The Kintbury 5 was another race that drew a big RR contingent. David McCoy II was in third overall in 27:46, with Matthew Green 7th in 28:37 and Ben Whalley just behind in 28:46, also winning the V40 prize. Richard Usher was third V40 and David Dibben was third V60. Somehow, another V60 came out of the woodwork to push Nigel Hoult into a rare second place.

At the first race in the Yateley series, both Stuart Jones

and Tony Streams bettered the PBs they had set earlier in the month, whilst David McCoy II was fifth overall. There were wins for Mark Apsey at the Silchester 5, Matthew Green at the Park House 10K and Rob Corney at the Dinton 10K. Rupert Shute, on a rare outing over 10K, took 2nd at the Wallingford Thames Run. Some great times were recorded in the Westminster Mile, with both Duncan Mollison and Jamie Smith running well below 5 minutes. At the other end of the spectrum, there was a marathon PB for Brian Kirsopp at Edinburgh with 3:08. Congratulations also to those Roadrunners (Dave Wood, Phil Reay and Christina Calderon) who completed Comrades.

Whilst on holiday, I myself managed victory in Berlin, just like Dennis Kimetto, albeit that mine was the IGA Mazda 10K rather than the slightly more famous marathon. Unlike Kimetto, I didn't run a world record, but was pretty close, less than 8 minutes behind. It was very hot, so that's got to be worth seven and a half minutes, giving me something to aim for next time. Unfortunately, the prize was a voucher for a local car service company, but never mind. Perhaps it was a gentle reminder not to go round claiming the prizes from local races for local people.

The second veterans' track and field meeting in Oxford saw some more strong performances, with Duncan Mollison harnessing his speed to run 25.4 in the 200 and 2:05.6 in the 800. Keith Russell and Nigel Hoult developed a rivalry over the classic combination of the 2000m race walk and the discus. Keith pipped Nigel by a second in the race walk, with Nigel some way down on his legendary performance last year. The discus was less close I'm afraid, with Keith chucking 14 metres, which I reckon is approximately the length of a good sized canal narrowboat for those who enjoy unnecessary visualisations. Among other performances, Paul Godbold managed a handy triple jump of 8.88m

Only five races this month for David McCoy II, not including parkruns. Bit slack if you ask me.

Just a reminder that the Bounders Relay will be taking place on Tuesday 19th July, and I will be taking names for this, so please get in touch if you want to run. I am also starting to think about the SEAA Relays on 18th September, and I will be pestering some of our faster runners to help us put a strong team together. Until next time, enjoy the summer.



Charity Chatter

SUSIE REES

Hello you generous and gorgeous lot!

It's been a busy few months on the fundraising front; so much so, that I failed to get an update together for last month's newsletter – although I'm sure the recent change in job and on-going house buying palaver has largely had something to do with it too (#drowninginpaperwork), so forgive me for touching on old (ish) news.

Back in April, we had the **London Marathon sweepstake** – well done Alison Wrigley for pulling out the winning finish time for Chris Cutting, our multi-talented Editor, who flew round the city in an amazing 03:22:34. Special thanks to those who helped out with selling the times after I inadvertently got on the coach with just 7 of us on board, including the driver! Talk about getting out of it!

Next up in the fundraising calendar, was the **annual XC presentation** spectacle, beautifully organised by Claire Seymour and Amanda Box. We boogied the night away, congratulated the prize winners and devoured an awesome buffet. Thank you to those who kindly donated raffle prizes and bought tickets; we had so many prizes that we had both a raffle for the adults and another for the kiddlywinks.



The lovely **Shinfield 10k and Junior races**, was May's focus, where I talked to a few inquisitive runners about Sport in Mind's work and you all got busy in the kitchen meaning Toni's tea stall did a roaring trade. Never one to 'throw in the towel' Race Director Colin and his small but perfectly formed committee did us proud on the day.



Simon Denton has worked his magic on the **Virgin Money Giving online account** and currently, it is boasting a huge **£780!** So far, contributions have come via the friends and colleagues of Emma Caswell, Sam Whalley, Pete Higgs and Ann McKinnon – thank you for sharing the page guys! An extra special thank you to Ann, who had a house clearance and donated all proceeds to the charity. Ann made a whopping **£626** and wanted me to pass on her thanks to those who came and bought things. Ann, we wish you every success in your upcoming big adventure! You can find the page by visiting www.virginmoneygiving.com, selecting the charity field, and putting Reading Roadrunners into the search. As previously mentioned, I would be ridiculously excited to hear from anyone interested in getting sponsorship for a race / crazy challenge and raising money for Sport in Mind, so please get in touch if this is you! Did someone say Ironman 2017?!?!

Last but by no means least, the **Prospect Park Car Boot Sales** kicked off and are now in full swing and bringing in the big bucks.



Our Club 'Car Boot Heroes' Geoff Chaffer, Richard Hammerson, David & Diana Stares have been making these happen year after year. We salute you gang! Alongside them, thank you to Tracy Jenkins, Amanda Box, Sandy Sheppard, Fiona Ross and Alison Wrigley for donning the high viz and helping with car parking, alongside volunteers from the Charity. I am still looking for volunteers for:

- Saturday 9th July
- Saturday 23rd July
- Saturday 6th August
- Saturday 20th August
- Saturday 3rd September
- Saturday 17th September

So please, pretty please, do get in touch with me if you are able to help out. Although the start time is early at *cough cough* 7am, you can step down at around 8.30am leaving you free to browse the stalls and grab a bargain and still be back in time for Saturday Kitchen a long run.

So, what's yet to come on the fundraising calendar I hear you ask? I expect more than anything else, you are all bursting to know how things are developing on the **naked (ish) calendar** front. I'm sorry to say, I don't know! But a certain Irish fella with average coloured hair will, I'm sure, fill us in. If we can catch him.

The **Dinton Pastures Relays** are fast approaching, on Tuesday 5th July for which there is a plan to also hold a **Reading Roadrunners Bake Off** whereby 10 of your best ever showstoppers will be requested, judged and raffled off. Soggy bottoms and sweet baps strictly allowed and more details to follow.

I am also hopeful that in the lead up to Christmas, you'll be able to get some shopping done trackside, not only from Chris Drew's shiny new kit stall but through an **Auction of Goods and Promises**. So far, I've got a voucher for two at Berkshire's dedicated flotation centre in Pangbourne, two bottles of uber posh champers, and an absolutely priceless, Meerkat money box. I know, I know, you all want the latter. Coming soon I promise! Oh and I am going to be making and selling some '**Pebble Art**' for you to laugh at hang up in your homes. Here's one I've made already for a friend who was expecting her first baby. Google 'Pebble Art' to get an idea of some of the other pictures that will be available to buy if you like what you see!



Continuing the efforts of Kerri French and Dean Allaway in setting up the **charity mile events** last year, there is a plan to see these return and Kerri has proposed August 5th. Watch this space.

I will end by letting you know some exciting developments that Sport in Mind are working on currently. Having already set up a variety of different sport sessions to those experiencing mental health difficulties in Reading, Wokingham, Maidenhead, Slough, West Berkshire and to in-patients at Prospect Park hospital, the charity is now starting to bring yoga sessions to an additional authority, Bracknell Forest. Additionally, the charity is currently in discussion with Run England about setting up some specific sessions at Palmer Park on a Friday evening, aimed at those with disabilities and mental health problems to benefit from the joys of running. There are already sessions for the visually impaired taking place, so to have these additional sessions taking place would be wonderful. The charity has hinted at needing some volunteers to assist with this and who may receive coaching through Run England. Once things are more definite and with the permission of the committee, I will appeal for anyone who would be interested in this opportunity. Again watch this space.

That's it for this month, so until next time, keep talking, keep moving and keep well. Oh, and keep up the generosity and general gorgeousness!

With thanks and gratitude,
Susie

Roadrunners Results

NIGEL HOULT

We're now into the summer season of mid-week races as well as all the usual weekend ones, so there were lots of events last month, from track and field to ultra-marathons. However, two were dominant in terms of numbers, and both were club championship races: the Royal Berkshire 10k, with 75 running, and the Kintbury 5, with 44. Despite warm (even hot) conditions, both of these produced a good number of PBs: 15 at the Royal Berkshire 10k and 17 at Kintbury, the latter all the more surprising given the hilly nature of the course. Well done to all those who got one (or even two). Another race giving a good number of PBs was the BUPA London 10k, with 10 from 22 runners. Our ladies team also did well there, finishing 11th.

We had a few race winners: Mark Apsey at the Silchester 5 and Woodland 5, Matthew Green at the Park House 10k, Mark Worringham at a 10k race in Berlin, and Rob Corney at the Dinton 10k. There were also two first ladies: Nikki Gray at the new Binfield 10k, and Katy Webb at the Dinton 10k. Well done to all of them.

Further afield, three members ran the Comrades (ultra)marathon in South Africa, so well done to Dave, Christina and Phil. You may remember that Phil ran the Marathon des Sables only a month ago: what an amazing double!

Finally, especially for new members, can I emphasise the importance of making sure that you put the club name down correctly when entering races, since that's what I use to pick up these results. It should be "Reading Roadrunners", not "Reading Road Runners" or "Reading RR", and certainly not "Reading Runners" or anything else; if your result isn't shown here, that's probably the reason why. If you notice that the organiser's got it wrong in the results, or you ran an unusual race that I might not spot, just email the results link to results@readingroadrunners.org.

Good luck with all your races over the next month, I look forward to reporting on some great results.

2nd May

Milton Keynes Half Marathon (missed from last time)

Name	Pos	Gun	Chip
Julie Bagley	1812	2:35:22	2:25:43

7th May

Silchester 5

Mark Apsey	1	31:48	PB
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8th May

Prague Marathon

Name	Pos	Gun	Chip
Paul Godbold	3339	4:28:29	4:26:35

14th May

All Nations 10k, Dorney Lake

Susan Knight	22	50:40	PB, 3rd FV50
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Chieveley Chase (5.7 miles)

Richard Usher	11	37:25	3rd MV40
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15th May

Krakow Marathon

Kenny Heaton	407	3:16:39	
Dean Allaway	442	3:17:37	
Paul Monaghan	641	3:25:04	
Caroline Jackson	643	3:25:09	
Tony Streams	2201	3:51:23	
Justin Watkins	4811	4:44:00	
Martin Bush	4818	4:44:08	
Caroline Hargreaves	5165	4:58:32	
Pete Morris	5349	5:13:23	

Riga Half Marathon

Linda Wright	3281	2:26:12	
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Riga 10k

Maureen Sweeney	2248	57:50	
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Great Baddow 10

Steven Armitage	142	1:14:27	1:14:13
Ashley Middlewick	180	1:16:46	1:16:41

ROADRUNNERS RESULTS

Royal Berkshire 10k

Name	Pos	Gun	Chip	
Seb Briggs	2	33:54	33:54	PB
Dave McCoy	6	35:54	35:54	
Jamie Smith	5	35:05	35:05	
Alice Leake	19	38:54	38:52	2nd F
Nigel Houlst	26	39:37	39:36	1st MV60
Pete Jewell	28	39:53	39:51	2nd MV50
Brian Grieves	31	39:59	39:42	PB, 2nd MV45
Nikki Gray	32	40:14	40:14	4th F
Stuart Jones	35	40:22	40:20	PB
Ben Smith	50	41:13	41:13	
Kevin Jones	60	41:57	41:52	2nd MV55
Paul Kerr	61	42:05	41:37	
Mark Smith	66	42:14	42:09	3rd MV50
Katherine Sargeant	68	42:15	42:11	1st FV45
Alasdair Marnoch	72	42:27	42:21	4th MV50
Callum Harling	81	43:03	43:00	
David Fiddes	97	43:47	43:43	
Nicholas Adley	121	44:30	44:27	
Melanie Shaw	133	44:49	44:44	PB, 3rd FV35
Alex Harris	137	44:53	44:50	
Ewan Harris	140	44:54	44:51	PB
James Silman	145	45:12	45:11	
David Dibben	148	45:24	45:18	1st MV65
Simon Denton	152	45:29	44:56	
Joe Blair	162	45:49	45:42	5th MV55
Wayne Farrugia	173	46:12	45:34	
Brian Fennelly	202	47:29	47:19	
Sam Hammond	245	48:36	48:07	
Tracy Jenkins	251	48:42	48:09	3rd FV50
Simon Brimacombe	262	48:57	48:43	
Sarah Pachonick	286	49:18	48:58	5th FV40
James Kiddie	317	49:42	49:22	3rd MV65
Daniel Stockwell	332	50:03	49:51	
Claire Woodhouse	333	50:04	49:52	
Richard Scarr	340	50:11	49:52	4th MV60
Jacqueline Smith	352	50:26	49:52	4th FV50
David Walkley	361	50:38	49:52	PB
Chris Drew	375	50:58	50:44	
Donna Saunders	377	51:00	50:46	PB
Nelesh Kotecha	388	51:17	50:45	
Angela Burley	398	51:31	51:17	
Fleur Denton	402	51:36	50:52	
Catherine Leather	432	52:18	51:34	
Zoe de la Pascua	503	53:23	52:33	PB
Andy Dingle	506	53:26	53:12	
Tina Wilson	513	53:36	52:51	1st FV55
Fiona Joyce	528	53:48	53:22	

Andy Patrick	553	54:26	54:02	
Amanda Box	565	54:38	54:24	PB
Frank Cooper	590	55:02	54:18	PB, 2nd MV70
Kathy Vickers	612	55:17	54:56	
Tom Wright	613	55:17	54:16	
Roger Ganpatsingh	655	56:12	55:17	
Andrea Marnoch	686	56:52	56:19	
Lisa Kilby	711	57:17	56:55	PB
Sarah Richmond Devoy	742	57:35	56:52	
Sandra Sheppard	774	58:05	57:20	
Sarah Drew	797	58:30	57:51	PB
Julie Bagley	803	58:37	58:37	
Paul Smith	826	59:00	58:26	
El Deighton	849	59:22	58:10	PB
Annette Russell	928	1:00:40	59:56	
Emma Grenside	966	1:01:26	1:00:27	
Chloe Lloyd	995	1:02:03	1:01:20	
Janice Thomas	1012	1:02:34	1:01:29	3rd FV65
Jenny Mulhearn	1086	1:04:02	1:03:00	
Robert Maclean	1107	1:04:32	1:02:02	
Margot Bishop	1160	1:05:21	1:03:38	PB
Carl Woffington	1294	1:08:37	1:07:17	
Alice Kerr	1312	1:09:20	1:07:25	
Joy Wellstead	1348	1:10:39	1:09:15	
Nick Robey	1409	1:12:27	1:10:30	
Angela Liu	1418	1:12:49	1:12:17	
Emma Caswell	1567	1:23:47	1:22:02	
Sheryl Higgs	1596	1:28:07	1:26:12	PB

Oxford Town and Gown 10k

Name	Pos	Gun	Chip
Patrick Hayes	165	41:22	41:15

Bristol 10k

Alison Wrigley	5346	58:25	
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Park House 10k

Name	Pos	Gun	Chip
Matthew Green	1	36:49	36:49

Berkshire Track and Field Championships, Palmer Park

400m

Robert Tan	56.0	PB
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800m

Robert Tan	2:04.3
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ROADRUNNERS RESULTS

16th May

SCVAC Vets League, Western Division, Oxford

200m Men

Duncan Mollison	25.4
Paul Godbold	31.1
David Fiddes	31.8
Nigel Hoult	36.2

200m Women

Adele Graham	37.8
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800m Men

Duncan Mollison	2:05.6
Mel Silvey	2:41.0
David Fiddes	2:41.2

800m Women

Belinda Tull	3:01.9
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3000m Women

Sarah Urwin-Mann	10:54.0
Belinda Tull	12:24.1
Claire Seymour	14:07.8
Gill Glennon	14:50.4

4 x 400m Relay Men

RRR Men	5:06.9
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4 x 400m Relay Women

RRR Ladies	6:12.5
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2000m Walk Men

Keith Russell	14:31.7
Nigel Hoult	14:32.7

2000m Walk Women

Gill Glennon	14:26.3
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Triple Jump Men

Paul Godbold	8.82
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Discus Men

Keith Russell	14.02
Nigel Hoult	9.13

Discus Women

Adele Graham	10.58
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Javelin Men

Keith Russell	25.55
Mel Silvey	20.56

Shot Women

Adele Graham	6.03
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20th May

Copenhagen Mini Marathon (2km)

Name	Pos	Gun	Chip	
Ewan Harris	21	7:50	7:47	PB

22nd May

Richmond Park Marathon

Name	Pos	Gun	Chip
Paul Monaghan	87	3:49:13	3:49:03
Martin Bush	225	4:59:42	4:58:48

Worcester Marathon

Name	Pos	Gun	Chip
Ashley Middlewick	62	3:45:29	3:45:07

Copenhagen Marathon

Name	Pos	Gun	Chip
Alex Harris	159	3:02:07	3:01:56

Royal Windsor Half Marathon

Ricky Cowley	135	1:42:48
Chris Drew	530	1:59:53

Wallingford Thames Run 10k

Rupert Shute	2	35:40
Peter Cook	54	43:31
Tony Streams	90	46:48
Pete Morris	298	1:02:24
Katherine Heaton	318	1:05:01 PB

Binfield 10k

Name	Pos	Gun	Chip	
Nikki Gray	6	39:18	39:17	1st F
Ellie Barnes	17	41:58	41:56	5th F
David Caswell	23	43:06	43:03	
David Legg	24	43:13	42:59	
William Guest	50	48:04	47:50	

Southern Athletics League Division 3 SW, Reading

3000m Steeplechase

Ryan O'Brien	11:42.7 PB
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ROADRUNNERS RESULTS

1500m

Robert Tan	4:17.4	PB
Ryan O'Brien	4:23.1	PB

28th May

Kent Roadrunner Marathon

Kenny Heaton	36	3:24:28	
Caroline Jackson	57	3:32:11	4th F
Paul Monaghan	96	3:44:20	
Kristin Brandl	128	3:52:44	
Rachel Derry	274	4:31:58	PB
Andy Dingle	296	4:43:29	
Sarah Pachonick	319	4:51:33	
John Bullock	328	4:53:24	
Martin Bush	332	4:56:43	
Julia Molyneux	368	5:12:58	

Edinburgh 10k

Name	Pos	Gun	Chip
Steven Armitage	536	54:21	53:38

Edinburgh 5k

Name	Pos	Gun	Chip
Steven Armitage	232	28:27	28:03

29th May

Comrades Marathon (89.13km)

Name	Pos	Gun	Chip
Dave Wood	8016	10:47:41	10:44:24
Christina Calderon	8017	10:47:41	10:42:53
Phil Reay	8018	10:47:41	10:42:53

Liverpool Marathon

Caroline Jackson	325	3:36:54
Paul Monaghan	750	3:58:39
Martin Bush	1777	4:50:45

Edinburgh Marathon

Name	Pos	Gun	Chip	
Brian Kirsopp	222	3:08:13	3:06:48	PB
Paul Kerr	556	3:25:13	3:22:56	
Steven Armitage	1506	3:47:27	3:45:13	
Paul Jenkins	4248	4:40:56	4:35:19	4th MV70

Edinburgh Half Marathon

Name	Pos	Gun	Chip
Alice Kerr	7992	2:52:22	2:38:27

Dymock Half Marathon

Juliet Dimmick	127	2:33:44
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Newbury 10k

Name	Pos	Gun	Chip	
Matthew Green	10	37:40	37:40	
Nigel Houlton	65	44:28	44:26	1st MV60
Tony Streams	170	48:31	48:23	
Pete Morris	287	52:40	52:32	
Amanda Box	381	55:48	55:38	
Andy Dingle	410	57:06	56:56	
Sheryl Higgs	784	1:31:32	1:31:14	

Marlow Radio Run 10k

Nick Adley	43	48:05	47:58	
Toni McQueen	82	52:01	51:53	3rd FV55

Die Gärten der Welt 10k, Berlin

Mark Worringham	1	34:16
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Westminster Mile

Robert Tan	4:34	PB
Duncan Mollison	4:41	PB
Jamie Smith	4:48	
Dean Allaway	5:32	
Ashley Middlewick	5:41	
Peter Cook	5:54	
Brian Grieves	6:03	
Dan Stockwell	6:09	
David Walkley	6:11	PB
Heather Ridgus	6:37	
Andrew Atkinson	6:41	
John Bailey	7:54	
Liz Atkinson	9:19	
Sev Konieczny	9:43	
Lorraine Bailey	10:06	
Kerri French	11:50	

30th May

BUPA London 10k

Ryan O'Brien	127	34:24	PB
Dave McCoy	133	34:32	PB
Ben Whalley	219	35:49	PB
Lance Nortcliff	226	35:55	
Ian Gosling	333	37:15	
Alice Leake	390	37:58	PB
Sarah Urwin-Mann	429	38:20	2nd FV45
David McCoy	445	38:27	
Carrie Hoskins	530	39:17	PB, 4th FV45
Dean Allaway	561	39:31	
Katherine Sargeant	849	41:29	PB
Liz Jones	1542	44:56	
Julie Rainbow	1608	45:09	
Helen Pool	1732	45:36	PB
Tony Streams	1836	46:04	PB

ROADRUNNERS RESULTS

Nick Robey	2365	48:00	
Claire Seymour	2514	48:32	PB
Samantha Whalley	2650	48:58	PB
Caroline Hargreaves	4764	54:21	PB
Andy Patrick	4995	54:56	
Emma Grenside	6622	58:27	
Simon Hunt	7240	59:55	
Sarah Phelps	7588	1:00:48	
Mens team: 48th (Dave, Ben, Lance)			
Ladies team: 11th (Alice, Sarah, Carrie)			

1st June

Yateley 10k Race 1

Name	Pos	Gun	Chip	
Dave McCoy	5	34:52	34:52	
Brendan Morris	30	37:44	37:41	
David McCoy	43	39:08	39:05	
Stuart Jones	64	41:12	40:05	PB
Ian Giggs	66	40:25	40:20	
Katherine Sargeant	89	41:44	41:32	2nd FV45
David Legg	101	42:23	42:11	PB
Lesley Whiley	130	43:15	43:11	1st FV55
Kevin Jones	131	43:15	43:11	
Tony Streams	212	45:58	45:36	PB
Wayne Farrugia	241	47:02	46:48	
Martin Douglas	393	51:06	49:36	
Grace Lyon	540	55:20	53:35	
Justin Watkins	558	55:55	54:48	

4th June

Dartmoor Discovery (32 miles)

Ashley Middlewick	14	4:27:53	
Dean Allaway	46	5:00:13	

Viking Coastal Marathon

Martin Bush	58	4:37:48	
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Transylvanian Bear Race (47km)

Caroline Hargreaves	36	8:43:22	
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British Athletics League Division 4, Bedford

5000m

Robert Tan	16:40.85	PB	
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1500m

Robert Tan	4:16.36	PB	
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800m

Robert Tan	2:04.54		
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5th June

Reculver Marathon

Martin Bush	73	5:07:12	
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Chiltern Chase 15k

Name	Pos	Gun	Chip
Joe Blair	42	1:15:25	1:15:24
Nicole Rickett	78	1:21:54	1:21:47
Daniel Rickett	87	1:26:33	1:26:26

Chiltern Chase 10k

Name	Pos	Gun	Chip
Duncan Mollison	8	38:37	38:37
Eleanor Donoghue	60	46:41	46:35
Liz Jones	67	47:15	47:07
Angharad Shaw	197	56:52	56:43

Kintbury 5

Dave McCoy	3	27:46	
Matthew Green	7	28:37	
Ben Whalley	8	28:46	PB, 1st MV40
Richard Usher	18	30:39	3rd MV40
Alex Harris	22	31:19	PB
Henry Stapley	23	31:23	
Brian Grieves	24	31:23	
Fergal Donnelly	28	31:40	PB
Nikki Gray	32	32:12	PB, 2nd F
Katherine Sargeant	35	33:32	PB, 4th F, 1st FV40
Nigel Hoult	37	33:46	2nd MV60
Ewan Harris	44	34:09	PB, 3rd MU20
Peter Cook	45	34:11	
David Caswell	46	34:13	4th MV50
Lesley Whiley	47	34:15	1st FV50
Kevin Jones	54	35:30	5th MV50
David Dibben	69	36:21	3rd MV60
Mary Janssen	70	36:33	2nd FV50
Aaron Chai	73	36:49	
Tony Streams	75	36:52	PB
Vince Williams	78	37:07	PB
Nicholas Adley	88	38:11	
Tracy Jenkins	96	38:56	4th FV50
John Bullock	99	39:20	PB
Rachael Derry	100	39:22	PB
Samantha Whalley	102	39:31	PB, 5th FV40
Claire Seymour	111	40:05	
Andy Atkinson	113	40:17	
Jim Kiddie	121	40:56	
Pete Morris	126	41:19	
Andy Dingle	128	41:32	PB
Donna Saunders	130	41:49	PB
John Bowley	151	44:06	

ROADRUNNERS RESULTS

Amanda Box	157	45:17	PB
Sandra Sheppard	159	45:26	
John Bailey	171	45:58	PB
Heather Bowley	174	47:17	
Nikki Hall	182	48:04	PB
Linda Wright	183	48:05	
Liz Atkinson	186	49:18	
Carl Woffington	196	50:58	
Lorraine Bailey	206	54:05	
Ann McKinnon	208	54:32	
Sheryl Higgs	215	1:05:10	PB

8th June

Woodland 5 Race 2

Mark Apsey	1	33:26	
Brendan Morris	3	33:54	
Gavin Rennie	7	35:44	3rd MV
Ian Giggs	10	36:54	
Bill Watson	14	37:42	
Claire Marks	29	40:59	4th FV
Barry Baker	34	43:45	
Gill Glennon	45	48:09	
Elizabeth Ganpatsingh	46	48:13	
Sarah Hicks	47	49:16	
Catherine Leather	48	49:21	
Angharad Shaw	49	50:04	
Charlie Macklin	51	50:44	
Justin Watkins	52	51:32	PB
Sandy Sheppard	53	51:44	
Alasdair Marnoch	56	53:03	
Annette Russell	63	56:20	PB
Adele Graham	68	1:00:34	

9th June

Dinton Pastures 10k Race 2

Name	Pos	Gun	Chip	
Rob Corney	1	35:10	35:09	
Dave McCoy	2	36:38	36:37	
Richard Charley	7	41:06	41:04	1st MV40
Katy Webb	8	41:13	41:11	1st F
Nikki Gray	10	41:39	41:37	2nd F
Katherine Sargeant	13	43:44	43:41	4th F, 2nd FV40
Caroline Jackson	15	44:05	44:02	5th F
Paul Monaghan	16	44:25	44:22	1st MV50
David Caswell	18	44:52	44:49	2nd MV50
Amelia Churnside	20	45:28	45:21	
Tony Streams	35	47:48	47:42	4th MV50
Paul Carter	39	48:36	48:28	
Matthew Andrade	40	48:38	48:13	
Blue Caswell	43	48:58	48:53	
Ricky Cowley	48	49:53	49:45	

John Bullock	54	50:33	50:27	
Paloma Crayford	55	50:54	50:49	5th FV40
Simon Brimacombe	56	51:03	50:57	
Madeleine Starks	70	52:58	52:53	PB
Grace Lyon	72	53:46	53:38	
Rachel Derry	88	56:20	56:15	
Andy Patrick	92	56:40	56:27	
Trisha Arnold	129	1:03:18	1:03:13	1st FV60
Juliet Dimmick	141	1:10:13	1:09:46	
Clare Davies	148	1:12:29	1:12:13	

Dinton Pastures 5k Race 2

Name	Pos	Gun	Chip	
Simon Elsbury	2	18:14	18:13	
Brendan Morris	3	18:30	18:28	
Sarah Urwin-Mann	9	19:37	19:35	2nd F, 1st FV40
Ian Giggs	11	20:45	20:43	
Tracey Lasan	14	22:01	21:58	3rd F, 1st FV50
Vincent Williams	16	22:06	22:04	4th MV40
Nicholas Adley	22	23:14	23:11	
Tracy Jenkins	29	24:16	24:07	3rd FV50
James Delves	31	24:24	24:07	
Pete Morris	41	25:48	25:45	2nd MV60
Catherine Leather	42	25:54	25:44	4th FV40
Sarah Richmond Devoy	60	28:51	28:24	
Linda Wright	64	29:22	29:12	1st FV60
Moira Allen	70	29:57	29:30	
Jenny Mulhearn	87	33:14	32:47	

2016 Season's Bests

Ladies

5k	Alice Leake	18:18
5 miles	Nikki Gray	32:12
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	Lance Nortcliff	33:47
10 miles	Robert Tan	56:11
Half Marathon	Mark Worringham	1:13:49
20 miles	Dave McCoy	2:08:06
Marathon	Keith Russell	2:33:23

Reading Roadrunners Committee Meeting

TUESDAY 10 MAY 2016 – 7:30PM

ATTENDANCE:

Carl Woffington	(Chairman)
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, Simon Denton, Andy Dingle

MINUTES OF THE PREVIOUS MEETING

The minutes were proposed as a true record by Anne, seconded by Catherine.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Club roadmap An outline paper on candidate options for development was briefly discussed. It will be discussed in more depth at the next meeting.

Organising race marshalling Andy will publish the dates of forthcoming marshalling requirements and a means of prospective volunteers lodging their availability.

XC race manager Carl had no response to his email asking for volunteers to take over from Glynne Jones as XC race manager. Carl will try again closer to the XC season.

Facebook Anne is progressing with the removal of access rights to the Club's Facebook page from ex-members.

CHAIRMAN'S REPORT

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

- Royal Berks 10K – Championship race
- 2May pub run at the Lands End, hosted by Jim Kiddie & Nigel Hoult
- 26May pub run at The Volunteer, Theale, hosted by Tina Wilson

- 30May London 10K, in which the Club was well represented and to which it provided marshals. The Club was five marshals short of our requested quota.

Notable forthcoming events include:

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

Sandy has taken over as the Race Director for the Dinton Relays this year.

The pub runs have been very well attended so far this year.

TREASURER'S REPORT

Accounts Sandy reported completion of the Accounts to end-April.

GENERAL SECRETARY'S REPORT

Nothing to report

MEMBERSHIP SECRETARY'S REPORT

Membership Anne reported that eleven new members joined during May and that she received seven late renewals.

SOCIAL SECRETARY'S REPORT

Nothing to report

ANY OTHER BUSINESS

Proposal to amend the Championship dress rule

Bob proposed that the requirement to wear a Club vest at a race for the result to be included in the Club Championship should be widened to include charity vests when the member is supporting that charity.

The Committee disagreed: the proposal was rejected.

Website hosting renewal Paul advised that renewal of the website hosting service falls due in July. It was agreed that Paul should renew the service at a cost of £104 for two years.

RR 30th anniversary Carl noted that the 30th anniversary of the Cub's inauguration falls in 2017 and that this milestone should be celebrated – but how?

Club members having any thoughts on ways of marking the occasion are invited to contact Carl to discuss their ideas. chairman@readingroadrunners.org

Action: Sandy to contact event organisers for ideas, and the Committee to think about options for discussion at a future meeting.

GENERAL NOTE

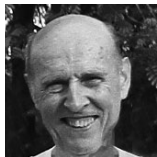
If members should wish for an issue to be discussed at a Committee meeting, they should contact Bob Thomas in the first instance: gensec@readingroadrunners.org

DOOR ROTA

01June16 Anne, Shirley
08June16 Emma Caswell, Shirley
15June16 Christina, Alison Wrigley
22June16 Emma, Shirley
29June16 Emma, Liz Atkinson
06July16 Emma, Shirley
13July16 Shirley, Claire Seymour

DONM: 12Jul16

Your Committee



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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