

Great scenes from sporting history:
7th June 2015



READING ROADRUNNERS NEWSLETTER JUNE 2015

..and they said it could never happen. In a sporting feat up there with Liverpool's comeback in Istanbul, Botham's Headingley test and Cambridge United's 7-2 mauling of Cardiff City in 1994, the names Caswell, Caswell Jr. and Heaton were forever etched in club history at the Chiltern Chase as they scooped third place team in the 5K. Never let it be said that this club only celebrates its faster runners - Emma, Katherine and Blue, we salute you!

And speaking of sporting titans, the club is proud to hold some actual bona-fide geniuses amongst its numbers. Team 'Wee Nessie's London Marathon Timing Chip' swept to victory in the fundraising quiz night and are awaiting their second claim Mensa memberships as we speak.

The pub runs and evening races are now in full swing - several now becoming famous for their after-show picnics. Enjoy your summer running!

INSIDE THIS MONTH:

- **CHARITY NEWS**
- **SUMMER MILE EVENT**
- **VINEYARD TOUR**
- **RACE RESULTS**





This month's Guest Editor

CERATOPOGONIDAE BROADMOORUS (THE CROWTHORNE MIDGE)

As a larval insect mainly found close to man-made bodies of water, my time is mostly taken up hovering in a small area of space, landing on dung and spreading African Horse Fever. So it was a lovely change of scene to see so many of your club runners enjoying a run round the old stamping ground followed in such an enthusiastic fashion by one of the most impressive picnics seen in the Broadmoor car park for a long time. My 6-8000 colleagues and I noticed, in no particular order, some particularly fine flapjack, banana bread, brownies, lemon

tarts, fruit buns and what may have been a pistachio mille-feuille.

Anyway, it was nice to see so many of you out enjoying the warm summer evenings and may I just say, tasting so nice. Some of those dog walkers can leave a bit of a gamey tang in the mandibles - always nice to get something a bit more free range!

Till next time!



Chairman Chat

CARL WOFFINGTON

We held the RR takeover of Reading parkrun. It was very successful with a new record for the number completing a Reading parkrun. Thanks to Fergal for coordinating this and looking after me on the day.

The Club Champs is in full swing. The Royal Berks 10k took place. RR received a request from the organiser to supply 20 marshals. This was with just a few days notice. RR supplied 17 – excellent and thanks to those that volunteered – also to Glynne who coordinated the recruitment. I ran the race and there was a RR marshal at every point. I also received my finish medal from an RR. Thanks to Bob for organising the champs.

We have had our second pub run. It took place from the Turners Arms in Mortimer. Thanks to Dwayne and Glynne. Look out for future dates, still being compiled. We seem to be short of people organising these this year.

We had a Quiz Night in May. It was successful and enjoyed by those that attended. Thanks to Amanda.

RR sent 2 teams to the BUPA London 10k, 6 men and 6 women. All ran well and there were a few pb's. RR also sent a team of 26 marshals. It was a bit stressful for some of the marshals. Thanks to Glynne for help on this.

We have done some more work on RR Clubhouse planning. Unfortunately we have come to a halt on it. Reading Borough Council is doing an assessment of sports facilities in the Borough. This is being conducted by an independent consultant who will prepare a report. The report is scheduled for end 2015. The Council will not approve any development until after the report is published. We have to wait to early 2016 to find out where we stand on this. However, there is a possibility that the report may show a need for a building that could be used as a base by both ourselves and the cycle clubs. If this should happen then obviously we no longer need to go for plans, approvals, grants, building etc. So fingers crossed. Thanks to Andy for all the work he has put in on this.

Carl



Ladies' Captain - Report

CLAIRE SEYMOUR

As marathon month has more or less been and gone, (If you ran a marathon recently I hope you're recovering well!) The month of May has been a very busy month for us all. We have had a couple of club championship races, the start of the Barnes Fitness Dinton 5K/10K race series and the start of the Woodland 5 race series (which includes THAT famous hill AND RR picnic at the finish!) These races seem to come around so quickly year after year! I don't know where the time goes! But each year's these events seem to attract more and more of us which is great! We also have a busy month ahead of us, but more on that a little bit later. So here is a summary of what we have all been up to!

Marlow 5 mile – Club Championship – Sunday 10th May

Whilst a few of us were recovering from Shinfield 10K the week before, 12 of us ladies took part in the 2nd 5 mile race of the Club Championship! The race is set around the streets of Marlow (not the most scenic parts unfortunately!) but it's relatively flat and good for a PB if the conditions are right! It also has one of the best goodie bags around! We had some good results with Lesley Whiley being first RR lady to finish and also first V50 lady in a time of 34.50, so congratulations to Lesley. Not only that but along with Mary Janssen and Katherine Sargeant, Lesley also made up the ladies team that finished in 2nd place! Well done to everyone who took part and to the ladies who came away with a new PB, Katie Gumbrell, Liz Atkinson and Sev Konieczny.

Royal Berkshire 10K – Club Championship – Sunday 17th May

At least 29 RR ladies took part in this popular well organised race which so far seems to attract lovely weather (if not slightly on the warm side) I marshalled this year, so was out there cheering you all on! Our first RR lady to finish was Alix Eyles so well done to Alix and to all the other ladies that followed on not too far behind! And congratulations to all the ladies who earned themselves a new PB! Rachel Derry, Sandra Sheppard, Louise Atkinson, Margot Bishop and Juliet Dimmick to name a few.

Southern Vet Track and Field League – Oxford – Monday 18th May

It started off as a fine sunny evening when we arrived at the Horspath sports ground in Oxford, but sadly the weather didn't last as it unfortunately turned very wet, cold & miserable by the time the ladies 3000m race was to start! Still, Sarah Urwin-Mann had a great run nonetheless. She led from the start, holding on to finish strongly and take the win, whilst getting a shiny new PB for her efforts as well! Tracey Lasan also had a very good run, finishing with an AW standard performance in her age category, so brilliant running and well done to you both!!

We had a strong showing in some of the other events too, with Clare Bryant finishing an amazing 2nd in the triple jump, and Adele Graham and Irene Liming burning up the track in the 2000m race walk! Adele and Irene also took on the Shot and Discus, competing well in both events. Well done ladies!!

I just wanted to say I was really pleased to be part of the 4 x 400m team relay with Clare, Tracey and Sarah. Thanks also goes to Jane Silvey and Amanda Box for helping out at short notice with the men's pole Vault! As usual we all had a very enjoyable evening despite the weather!

Bupa 10000 – Bank Holiday Monday 25th May

As mentioned in last month's report the club are given 6 men's and 6 ladies places, on the condition we send our fastest teams available. It is to take part in the British 10K road championships which is incorporated within the Bupa 10K. Carrie Hoskins, Sarah Urwin-Mann, Ellie Gosling, Alix Eyles, Belinda Tull and Alice Leake made up our women's team. The route was slightly different to previous years, and I actually preferred it, our marshals were also located on a different part of the course and it was really encouraging to see them on the way out and back. So on to the results, our ladies team did very well, our first lady to finish was Alice Leake in a brilliant time of 38.32 knocking around 6 minutes off of her previous PB! Alice was then followed closely by Carrie Hoskins also with a new PB time of 38.59! and Sarah Urwin-Mann 39.11, the other ladies finished shortly behind them with Ellie Gosling finishing in 41.41 which is a

really great result taking in to account Ellie's recent exciting news, and Ellie was closely followed by Alix Eyles and Belinda Tull. Unfortunately at the time of writing my report the team results haven't been announced. There were also a few other ladies that decided to take part (myself included) with PB's for Maddie Starks and Emma Grenside!

Other races:

The marathon distance was clearly not enough for some of our ladies! As Belinda Tull, Julia Molyneux and Gemma Stobie took part in the Marlborough Downs Challenge (33 miles) and Sarah Harris took part in the Ox Ultra (38 miles)

We had the 1st of the Woodland 5 series, with Ellie Gosling 3rd lady to finish and Clare Marks picking up a trophy for 3rd lady vet.

We also had the first of the Dinton Pastures 5K/10K series, with Sarah Urwin-Mann finishing 2nd lady in the 5K, Tracy Jenkins 2nd V40 and Maureen Sweeney 1st V50, and in the 10K Sandra Sheppard finishing 2nd V50 and Trisha Arnold 1st V60.

Well done to everyone who has taken part in various races of every distance this month!

Events for June/early July

We have the Ridgeway Relay coming up on Sunday

5th July and I'm pleased to report that I have a really great Ladies team. We are a mixed ability team and hopefully we will all have a fun day out. I will look forward to reporting how we get on in next month's newsletter!

We also have our club championship 10K race Wargrave 10K taking place on Sunday 15th June and the New Forest 10 taking place on Sunday 12th July

And I just wanted to remind you all that I'm currently taking names for the Runnymede Relays being held on Saturday 4th July at Windsor Great Park starting at midday! I'm looking for runners of all abilities, this is a very social event and if the weather's good we will normally bring a picnic with us. If you're interested in taking part please email me via teamcaptains@readingroadrunners.org.

Mark (Men's Captain) is also taking names for the Bounder's Relay on Tuesday evening 21st July, so if you're interested in taking part please contact Mark via the team captains email mentioned above.

Finally I just wanted to wish all the Endure 24 teams the best of luck this weekend (14/15th June), let's hope for a weekend of glorious sunshine this year!

So that sums up my report for June! I hope you all have a good month of running!

Our man in the Adriatics

You-know-who finds it difficult to separate the Jeep from the Croats.





Men's Captain - Report

MARK WORRINGHAM

May has been a busy month for many, defying any expectation of a post London/Reading quiet period, with RRs in action across the country, and in several other parts of Europe. It has also been characterised by an irritatingly insistent wind, that seems to have defied the laws of physics by blowing in every direction at once. There were three overall winners for the club this month. Ben Whalley finished first in the 'Wingit Woodley' event, organised to fill the hole left by the cancellation of the Woodley 10K. Andy Blenkinsop won the first of the Dinton 5K series in 19:29, whilst Andrew Smith won race 1 of the Woodland 5 series in 31:42. A large number of Roadrunners were racing in this event, with Simon Elsbury, Ian Giggs and Gavin Rennie also finishing in the top 10.

The other two races that featured herds of stampeding Roadrunners this month were the two club championship races, the Marlow 5 and the Royal Berkshire 10K.

At Marlow, a number of PBs were recorded, including Andrew Smith, Ryan O'Brien and Steven Siddell. Nigel Hoults took second in the V60 race, and I was second overall. The men's team came very close to winning the team prize, but it was snatched from our grasp by Maidenhead AC.

The Royal Berkshire 10K was even more popular, and saw more success for the club. Ryan O'Brien ran a PB in 36:21 to take 4th (which he subsequently beat a week later), with Jamie Cole first V40 in a new PB of 37:12, and Pete Jewell winning the V50 category. There were more PBs throughout the field, but particular mention must go to Aaron Chai's 39:59, a time which must no doubt have left him nervously sweating until he got confirmation of the final result.

We were asked once again to select men's and ladies' teams for the BUPA London 10K. I picked the team as a mix of those who scored the most points for us during both leagues of the cross-country season, and anyone too fast to ignore. Our team consisted of Simon Elsbury, Ian Gosling, Lance Nortcliff, Ryan O'Brien, Keith Russell and Andrew Smith, with three to score for the team. In the end, it was a strong run by all of them. Keith led the team home in 142nd with 34:30, a good result on his way back from (relative) unfitness. Andrew was our second runner in 191st in a new PB of 35:07, building on his excellent recent

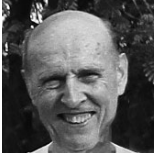
marathon. Lance completed the team in 36:07 for 255th place. Ryan also ran a PB close behind in 36:12, with Ian and Simon not far behind to ensure all our men finished under 37. I have not yet seen the results for where this placed the team, but they certainly represented the club well.

Match 2 of the Vets track and field took place at Oxford, and there were more impressive performances. Duncan Mollison treated us to the rare sight of a green vested Reading Roadrunner in full sprint flow, finishing second in the 200m in 25.8 seconds. That rugby pace finally coming into its own.

Meanwhile, Nigel Hoults had an excellent performance in the 2000m walk., winning the V0 category. Those of us watching were a bundle of nerves, because Nigel's walking style looks surprisingly similar to Nigel's jogging style. The officials were therefore paying particularly close attention to his feet every time he went past, but to our collective relief he managed to keep it safe. This was followed some 30 seconds later by whatever the walking equivalent of a sprint finish is between Lance and Pete Morris, with Pete actually out-dipping Lance on the line by a fraction of a second. My kids, who were watching from the stand, thought the race walk was one of the funniest things they had ever seen, so apologies to anyone participating who was distracted by the hoots of laughter from the stand. Suitably inspired, they set off on their own comedy race walk around the perimeter fence, so maybe RRR have encouraged them into a whole new sport.

In terms of future events, we now have full teams for the South Downs Marathon Relay and Ridgeway Relay, and plenty of names for the Bounders Relay, so I'll shut up about all of those for the moment. However, I do want to highlight the SEAA 6-stage relays, which take place just outside Aldershot on Sunday 20th September. This attracts many of the best runners from across the south, including GB internationals. We've put teams into this highly competitive event in the last couple of years, and it would be great to do so again. We can put out several seniors and vets teams, depending on how many are interested, so all are welcome, but I'd love for us to be able to enter the best possible RRR senior and veterans 'A' teams, and really see what we can do. Please let me know if you're interested.

Your Committee



CARL WOFFINGTON
CHAIRMAN
chairman@readingroadrunners.org



PAUL MONAGHAN
WEBMASTER/SOCIAL NETWORKS
webmaster@readingroadrunners.org



ROGER PRITCHARD
GENERAL SECRETARY
& CLUB COACH
gensec@readingroadrunners.org



SIMON DENTON
CLUB EX-OFFICIO



SANDRA SHEPPARD
CLUB TREASURER
treasurer@readingroadrunners.org



CATHERINE LEATHER
CLUB EX-OFFICIO



ANNE GOODALL
MEMBERSHIP SECRETARY
membership@readingroadrunners.org



ALAN McDONALD
CLUB EX-OFFICIO



AMANDA BOX
SOCIAL SECRETARY
socialsec@readingroadrunners.org



BOB THOMAS
CLUB EX-OFFICIO

WELFARE OFFICER: JENNY MILLER

Jenny is the club's welfare officer. She is not part of the committee and can be contacted directly on 0118 966 2375

.....

WINE TOUR & TASTING

Saturday 5th September

2pm – 4pm

Stanlake Park Wine Estate, Twyford, RG10 0BN

£17.50 to include a tour of the Estate and tasting

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

Charity Corner

KERRI FRENCH, CHARITY COORDINATOR

Well our charity totaliser keeps growing and growing and stands at **£7342.73** including sponsorship from Reading Half and London Marathon and with a further £1200 raised via our Just Giving page.

This month saw it boosted by the introduction of our knitwear range, do put in your orders with Social Secretary Amanda Box ready for the Cross Country Season, chilly track events and relays coming up. Other clubs will be most envious of our array of knitted accessories!

The car boot sales have been blessed with good weather and the team have been doing an excellent job over at Prospect Park. Geoff Chaffer is out of hospital and it was lovely to see him and his dodgy knee back up at the track last week. If you can help at the car boots or have items to donate get in touch with Geoff - 07713 756187.

Amanda also organised a fab quiz at Earley St Peters which raised £295 for Me 2 Club our charity of the year

Big thanks to all of those that donated items for our record breaking raffle, 50 prizes were up for grabs on the night. This left Reading Roadrunners legend Brian Shave who was rendered (almost) speechless by the amount of prizes, the most in the clubs history

Brian's speech was nothing compared to Me 2 Club supported child my very own Leo French who took to the mic to thank the Roadrunners for all they do and finished with a big 'Roadrunners-You Rock!' and you know what Roadrunners? ... you do!

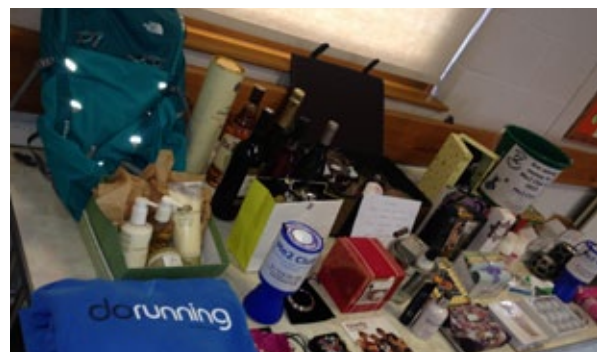


Here is Leo with the winning team on the night



We are now on the hunt for prizes for the next charity raffle ... alcohol and sport related prizes seem to go down rather well, so see me at the track to donate

Keep being awesome!



New Members

MAY 2015

We would like to welcome the following new members.

Alice Carpenter, Rachel Cholerton, Ben Chambers, Eoin Davies, Steve Lane, James Silman, Sam Swinerd, Jo Swinerd, Scott Gillespie, Nolwenn Crastes, Steven Armitage, Christopher Lucas and Heather Marnoch.

Roadrunners Results

NIGEL HOULT

It's been another busy month, with a number of mid-week races as well as the usual weekend ones. The most popular by far was the second running of the Royal Berkshire 10k, where 67 Roadrunners took part; 14 achieved PBs, the fastest being Ryan O'Brien, who finished 4th. We also had many of the male age category winners: Jamie Cole (MV40), Pete Jewell (MV50), David Dibben (MV65) and Kingsley Starling (MV70). Marlow 5 attracted a good number of you this year, no doubt due in part to the absence of the (official) Woodley 10k on the same day, with 10 PBs being recorded. We had first two places in the FV50 category (Lesley Whiley and Mary Janssen), and finished second in both team categories.

Over the Bank Holiday weekend there were the usual two races in London. A number of members took part in the Westminster Mile, where Steve Cram was also competing. He recorded a road mile PB of 5:41, so Robert Tan and Dan Stockwell can say they've beaten the former British 1500m champion (and Blue Caswell wasn't far behind). But before you get too excited – that's for the road mile for which (amazingly) it was his first attempt; his PB for a mile on the track is a far more impressive 3:46:32, which is still the British record. We also had men's and ladies' teams, and several more individual entries, in the London 10k the following day; six recorded PBs, the team results are not yet available.

This month also saw the start of the Woodland 5 and Yateley 10k series. The former was by far the more popular, and we had winners in both the men's and ladies' categories (Andrew Smith and Alice Leake respectively).

Our members also competed in no less than 10 different marathons and three ultras, the longest being the famous "Comrades", in South Africa where Dave Wood ran. Three marathon PBs were recorded (Ben Whalley and Emma Grenside at the Kent Roadrunner and Steven Armitage at Edinburgh), while Nigel Hoult won the MV60 age category at Londonderry.

Finally, there were a few track and field events, including the second in the vets league. For the ladies, Sarah Urwin-Mann was first in the 3000m and Clare Bryant second in the Triple Jump, while for the men Nigel Hoult was second overall (excluding guests) in the 2000m walk and first in the 60+ age category, while Duncan Mollison was second in the 200m. It just goes to show that we can do more than just road running, and I'd encourage the other veterans in the club to give these events a go – you might surprise yourself!

Well done to everyone who raced this month, and keep those good performances coming in over the summer! Don't forget to let me know how you get on, especially if you're running some of the more remote or unusual events.

19th April

Fairoaks 5 (missed from last time)

Kevin Jones 18 33:52 4th MV50
... and Gavin Rennie was 2nd MV50

3rd May

Neolithic Half Marathon

Niall Crispin 37 1:51:45

9th May

Bewl Water Marathon

Martin Bush 104 5:30:30 5:30:14
Gary Brampton 107 5:43:38 5:43:28

Bewl Water Half Marathon

Mandy Carden 229 3:55:04 3:54:37

Maverick Original Devon 22k

Becky Stark 2:17:59 1st F

Grand Prix von Bern (10 miles)

Darryl Plank 540 1:06:51

Chieveley Chase

Peter Cook 19 40:44
Stuart Jones 49 45:51

10th May

Marlborough Downs Challenge 33 miles

Gavin Rennie 38 5:26:02 4th MV50
Graham Tull 55 5:41:34
Belinda Tull 75 6:07:17
Gemma Stobie 120 7:02:14
Julia Molyneux 121 7:02:27

Halstead Marathon

Martin Bush 385 4:50:09 4:49:02

Bracknell Half Marathon

Alan Thomas 70 1:31:54 1:31:49
Kenny Heaton 76 1:32:19 1:32:14
Alix Eyles 86 1:33:32 1:33:28
John Bullock 226 1:43:24 1:42:40 PB
Emily Prince 363 1:51:39 1:51:05
Frank Cooper 655 2:11:08 2:10:03
Julie Wing 819 2:50:29 2:49:39

ROADRUNNERS RESULTS

Stephen Wing 823 2:57:37 2:56:24

Hackney Half Marathon

Dan Stockwell 481 1:31:38 1:30:43
 Joe Warner 6363 2:17:44 2:03:36
 Alex Warner 6366 2:17:44 2:03:37

Oxford Town and Gown 10k

Mark Smith 96 40:14 40:12
 Tim Miller 394 45:47 45:40 PB
 Jacqueline Smith 477 46:52 46:45

Wingit Woodley 10k

Ben Whalley 1 39:51
 Dean Allaway 8 49:13
 Dave Brown 9 49:19
 Chris Drew 19 54:37
 Kingsley Starling 31 1:02:35 PB
 Juliet Dimmick 39 1:07:44
 Sarah Walters 41 1:07:59
 Sarah Drew 42 1:08:03
 Sarah Pachonick 48 1:25:43

Marlow 5

Mark Worringham 2 26:53 26:53 PB
 Andrew Smith 6 28:12 28:11 PB
 Ryan O'Brien 22 29:47 29:46 PB
 Jamie Cole 24 29:52 29:51 4th MV40
 Richard Usher 40 31:23 31:21
 Ian Giggs 42 31:30 31:26
 Steven Siddell 43 31:37 31:34 PB
 Nigel Hoult 57 32:08 32:04 2nd MV60
 Aaron Chai 59 32:17 32:10
 Kevin Jones 66 32:37 32:33
 Chris Cutting 67 32:49 32:36
 Paul Milnes 111 34:36 34:24
 David Caswell 116 34:45 34:38
 Lesley Whiley 120 34:54 34:50 1st FV50
 Paul Monaghan 127 35:20 34:57 PB
 Mary Janssen 155 36:03 35:50 2nd FV50
 Katherine Sargeant 158 36:07 35:45 5th FV40
 Richard Morgan 174 36:45 36:21
 Tony Streams 243 38:28 37:56 PB
 James Kiddie 288 39:18 38:47
 James Meston 307 39:51 39:24
 Peter Reilly 320 40:11 39:37
 Claire Seymour 343 40:41 40:16
 Katie Gumbrell 383 41:38 41:14 PB
 Andy Dingle 427 42:52 42:15 PB
 Maureen Sweeney 564 46:10 45:21
 Andrea Marnoch 570 46:22 45:58
 John Chilton 592 46:48 45:57
 Justin Watkins 668 48:30 47:10
 Liz Atkinson 707 49:14 48:15 PB
 Cecilia Csemiczky 783 51:19 49:55

Louise Atkinson 804 51:54 50:54
 Sev Konieczny 813 52:06 51:07 PB
 Rosamund Lee 912 56:23 55:02

Mens Team: 2nd (Mark, Andrew, Ryan)

Ladies Team: 2nd (Lesley, Mary, Katherine)

14th May

Dinton 10k Race 1

Simon Elsbury 3 38:23
 Ian Giggs 5 39:33
 Andrew Poole 6 39:35
 Richard Charley 10 41:47 2nd MV40
 David Caswell 17 44:08 4th MV40
 George Kinyanjui 18 44:19 5th MV40
 Sam Hammond 20 44:33
 Paul Monaghan 27 46:01 3rd MV50
 Dave Wood 28 46:04
 Katherine Sargeant 31 46:41 5th F, 4th FV40
 John Bullock 35 47:26
 Paul Carter 43 48:24
 Andrew Runnacles 44 48:30 4th MV50
 Katy Webb 47 48:45
 Rachel Derry 61 50:52
 Simon Brimacombe 65 51:29
 Sandra Sheppard 69 53:07 2nd FV50
 Russell Murray 90 58:20
 Trisha Arnold 107 1:03:52 1st FV60

Dinton 5k Race 1

Andrew Blenkinsop 1 19:29
 Sarah Urwin-Mann 4 19:57 1st F
 Blue Caswell 8 21:18
 Pete Morris 9 22:55 2nd MV50
 Nick Radley 11 23:24
 Tracy Jenkins 13 24:00 4th F, 2nd FV40
 Tony Streams 16 24:31 3rd MV50
 Catherine Leather 22 25:26 4th FV40
 David Pink 23 25:56 4th MV50
 Claire Seymour 24 26:32
 Helen Pool 31 27:48 5th FV40
 Maureen Sweeney 35 28:09 1st FV50

16th May

North Downs Way 50 miles

Gary Brampton 161 11:50:17

Nuclear Rush

Ian Giggs 1857 4:42:07
 Peter Higgs 1858 4:42:08
 Angharad Shaw 1859 4:42:11
 Antony Streams 1860 4:42:11
 Pete Morris 1861 4:42:11

ROADRUNNERS RESULTS

17th May

Leiden Marathon

Dean Allaway	72	3:22:45	3:22:44
Paul Monaghan	85	3:25:19	3:25:02

Richmond Park Marathon

Michael Sartorius	187	4:16:24	4:15:26
Philip Reay	281	4:56:49	4:56:08
Martin Bush	302	5:10:15	5:09:07

Royal Berkshire 10k

Ryan O'Brien	4	36:21	36:21	PB
Jamie Cole	8	37:12	37:12	PB, 1st MV40
Duncan Mollison	11	37:49	37:49	
Andrew Poole	15	38:22	38:00	
Pete Jewell	26	39:38	39:36	1st MV50
Aaron Chai	37	40:02	39:59	PB
Steven Siddell	39	40:09	40:09	
Daniel Stockwell	48	40:41	40:35	
Chris Mason	69	41:50	41:49	3rd MV50
David Caswell	78	42:05	41:59	
Paul Billing	81	42:14	42:11	
Alix Eyles	97	42:48	42:45	
Paul Kerr	99	42:52	42:35	
Keith Ellis	108	43:25	43:23	
Peter Cook	110	43:29	43:07	
Sam Hammond	121	43:59	43:52	
Katherine Sargeant	135	44:26	44:08	3rd FV45
Eugene Howson	143	44:39	44:05	
John Bullock	147	44:43	44:24	PB
Simon Denton	153	44:53	44:32	PB
David Dibben	154	44:53	44:43	1st MV65
Pete Morris	180	45:44	45:37	
Stuart Jones	212	46:41	46:20	
Claire Woodhouse	249	47:24	47:07	5th FV35
Niall Crispin	259	47:35	46:33	PB
Tom Wright	267	47:43	47:29	
Tracy Jenkins	276	47:52	47:31	
Nick Robey	277	47:53	45:59	
Paul Carter	278	47:53	47:42	PB
Jim Kiddie	311	48:31	48:11	2nd MV65
Sarah Pachonick	353	49:16	48:52	5th FV40
James Meston	364	49:23	49:03	
Tony Streams	378	49:39	49:15	
Rachel Derry	463	51:28	50:29	PB
Sandra Sheppard	486	52:10	51:48	PB, 3rd FV55
Dave Brown	502	52:25	51:23	
Andy Dingle	508	52:35	52:16	PB
Chris Drew	518	52:47	52:27	
Angela Burley	528	52:58	51:29	
Nelesh Kotecha	539	53:16	51:09	
Rob Bursell	570	53:50	53:14	
Tina Wilson	627	54:58	53:52	
Louise Atkinson	640	55:08	54:07	PB
Paul Smith	754	56:51	56:07	
Donna Saunders	755	56:54	55:25	
Rhodri Vaughan	788	57:32	56:45	

Yvonne Edwards	803	57:46	55:53
Ni Joe Akem-Che	811	57:53	56:47 PB
Russell Prentice	812	57:54	57:37
Ray McGroarty	823	58:08	56:57
Andrea Marnoch	858	58:47	56:53
Linda Vinton	918	59:48	58:51 3rd FV60
Emma Grenside	929	1:00:05	59:01
Catherine Leather	975	1:00:53	59:01
Liz Atkinson	1079	1:02:57	1:00:47
Carl Woffington	1149	1:04:14	1:02:11 3rd MV65
Shirley Holmes	1154	1:04:21	1:03:41
Margot Bishop	1155	1:04:21	1:03:41 PB
Kingsley Starling	1179	1:04:48	1:02:45 1st MV70
Sev Konieczny	1204	1:05:26	1:03:20
Juliet Dimmick	1218	1:05:33	1:03:44 PB
Linda Wright	1271	1:07:08	1:05:31
Alice Johnson	1393	1:10:47	1:09:44
Palee D'Souza	1467	1:14:02	1:11:50
Angela Liu	1502	1:16:54	1:14:44
Emma Caswell	1548	1:20:56	1:20:14
Katherine Heaton	1575	1:25:56	1:23:49
Mandy Carden	1593	1:30:43	1:28:47

Stockley Park 10k

Simon Elsbury	13	38:43
Katy Webb	97	48:08 PB

Woodbridge 10k

Bill Watson	100	43:45	43:39
-------------	-----	-------	-------

18th May

SCVAC Vets League, Western Division, Oxford

200m Men	
Duncan Mollison	25.80
David Caswell	31.20
Lance Nortcliff	32.69
Nigel Hault	38.85

200m Women	
Tracey Lasan	38.63
Clare Seymour	42.02
Irene Liming	50.34

800m Men	
Mark Worringham	2:17.06
Duncan Mollison	2:17.19
Mel Silvey	2:50.2

800m Women	
Catherine Leather	3:21:57
Claire Seymour	3:33.21

3000m Women	
Sarah Urwin-Mann	11:19.53
Tracey Lasan	12:36.23

ROADRUNNERS RESULTS

4 x 400m Relay Men
RRR Men 4:15.8

4 x 400m Relay Women
RRR Ladies 5:25.3

2000m Walk Men
Nigel Hoult 12:33.6
Pete Morris 12:57.2
Lance Nortcliff 12:57.6

2000m Walk Women
Irene Liming 15:34.5
Adele Graham 15:46.9

Triple Jump Men
Andy Dingle 7.62

Triple Jump Women
Clare Bryant 8.84

Discus Men
Mel Silvey 16.78
Nigel Hoult 11.56

Discus Women
Irene Liming 11.06
Adele Graham 9.75

Javelin Men
Peter Aked 23.66
Pete Morris 18.30
John Preston 17.59

Shot Women
Adele Graham 5.83
Irene Liming 5.19
Catherine Leather 4.63

20th May Woodland 5 Race 1

Andrew Smith	1	31:42	
Simon Elsbury	5	33:13	
Ian Giggs	9	34:56	
Gavin Rennie	10	34:59	5th MV
Alice Leake	11	35:23	1st F
Pete Jewell	13	36:12	
Chris Cutting	14	36:15	
Ellie Gosling	17	37:38	3rd F
Aaron Chai	18	37:53	
Peter Cook	22	38:16	
Bill Watson	26	39:12	
Claire Marks	32	39:41	3rd FV
Nick Adley	37	40:11	
Paul Monaghan	43	40:56	
Andrew Runnacles	49	41:33	
Tom Wright	53	42:09	

Richard Morgan	55	42:50
Paul Carter	57	43:33
Jim Kiddie	59	44:09
Katy Webb	61	44:35
Catherine Leather	70	46:00
Sandra Sheppard	77	47:32
Katie Gumbrell	82	49:58
Lin Morton	83	49:59
Susan Knight	84	50:11
Neil Conway	88	50:29
Claire Seymour	89	50:34
Pete Morris	90	50:43
Maureen Sweeney	91	50:44
John Bailey	94	53:17
Liz Atkinson	102	56:38
Emma Greside	103	56:40
Irene Liming	104	56:41
Andy Atkinson	109	58:29
Catherine Douglas	110	58:32
Linda Wright	112	1:00:59
Sev Konieczny	113	1:01:31
Lorraine Bailey	114	1:01:58
Sheryl Higgs	118	1:17:45
Kingsley Starling	119	1:17:46

23rd May Shindig in the Shires Marathon

Gary Brampton 29 5:51:31

24th May The Ox

Ultra
Dean Allaway 60 6:37:24
Sarah Harris 161 9:04:12

Marathon

Ian Giggs 18 4:05:08
Martin Bush 55 4:49:14
Pete Morris 16 5:35:23
Julia Molyneux 129 5:47:34

Copenhagen Marathon

Simon Palmer 1982 3:36:31

Newbury 10k

Brooke Johnson	77	45:20	45:10
John Bullock	111	47:14	46:57
Rachel Derry	228	51:56	51:40
Kingsley Starling	635	1:08:27	1:07:47

Wallingford 10k

Ed Dodwell	12	39:46	39:46	2nd MV
David McCoy	15	40:25	40:24	
James Silman	147	52:06	52:03	
Angela Burley	151	52:20	52:02	
John Chilton	235	59:23	58:58	
Gareth Grocott	292	1:06:01	1:05:11	

ROADRUNNERS RESULTS

Westminster Mile

Men

Robert Tan	56	5:10	5:09
Dan Stockwell	75	5:19	5:18
Blue Caswell	180	5:43	5:43
David Caswell	240	5:57	5:56
Andy Atkinson	560	6:55	6:52
Chris Drew	684	7:25	7:18
John Bailey	816	8:06	8:01

Women

Liz Atkinson	444	8:38	8:35
Sarah Drew	474	8:47	8:41
Sev Konieczny	552	9:11	9:07
Sarah Walters	592	9:20	9:12
Lorraine Bailey	738	10:20	10:16
Emma Caswell	829	11:11	11:07

25th May

London 10k

Keith Russell	142	34:36	34:30	
Andrew Smith	191	35:21	35:07	PB
Lance Nortcliff	255	36:16	36:07	
Ryan O'Brien	267	36:34	36:12	PB
Ian Gosling	293	36:57	36:42	
Simon Elsbury	323	37:18	36:55	
Alice Leake	440	38:54	38:32	PB
Caroline Hoskins	490	39:21	38:59	PB, 4th FV45
Sarah Urwin-Mann	521	39:33	39:11	
Ellie Gosling	809	41:56	41:41	
Alix Eyles	936	42:49	42:41	
Katherine Sargeant	1054	43:43	43:21	PB
Belinda Tull	1073	43:50	43:29	
Chip times and positions only beyond this point				
Nick Robey	1224		44:03	
Antony Streams	2388		48:32	
Claire Seymour	2959		50:12	
Madeleine Starks	4395		54:04	PB
Emma Grenside	5476		56:37	
Ray McGroarty	7678		1:02:03	
Justin Watkins	8681		1:05:13	
Kingsley Starling	8993		1:05:19	

30th May

Kent Roadrunner Marathon

Ben Whalley	16	3:10:17	3:10:14	PB
Dean Allaway	20	3:14:06	3:14:04	
Paul Monaghan	59	3:34:25	3:34:22	4th MV50
Gemma Stobie	140	4:00:07	3:59:48	
Sarah Pachonick	199	4:20:07	4:19:48	
Martin Bush	244	4:33:21	4:32:41	
Emma Grenside	258	4:41:16	4:40:40	PB
Philip Reay	296	4:55:12	4:54:39	
Andy Patrick	299	4:56:30	4:55:53	
Gary Brampton	348	5:22:55	5:22:17	

Soleus Southern Men's League, Par

5000m

Robert Tan	17:33.0
------------	---------

1500m

Robert Tan	4:44.2
------------	--------

31st May

Comrades Marathon (87.7km)

Name	Pos	Gun	Chip
Dave Wood	8396	11:18:51	11:16:31

Walled City Marathon (Londonderry/Derry)

Nigel Hoult	128	3:24:10	3:23:47	1st MV60
-------------	-----	---------	---------	----------

Edinburgh Marathon

Steven Armitage	1331	3:28:32	PB
Iain Wilson	2794	3:59:57	
Linda Vinton	5820	4:55:59	
Amanda Box	6193	5:06:39	

Edinburgh Half Marathon

Kingsley Starling	6182	2:14:33	
-------------------	------	---------	--

Bristol 10k

Mark Worringham	46	32:50	
-----------------	----	-------	--

3rd June

Yateley 10k

Mark Worringham	2	33:21	33:20	
David Ferguson	24	37:38	37:28	
Alan Wilson	38	38:55	38:35	
Kevin Jones	98	41:46	41:41	
Ian Giggs	102	41:58	41:51	
Katherine Sargeant	118	42:31	42:12	PB, 2nd FV45
Sam Hammond	171	44:18	44:07	
Paul Milnes	191	44:49	44:41	
Nick Adley	194	44:58	44:33	
Andrew Runnacles	249	47:01	46:32	
Pete Morris	348	49:42	49:14	
Kristin Brandl	374	50:30	50:10	
Tony Streams	406	51:25	50:23	
Martin Bush	571	56:06	54:18	
Christine Callaghan	685	1:00:08	59:39	

Watford Open Graded Meeting

3000m

Robert Tan	9:41.52	PB
------------	---------	----

Season's Bests

Ladies		
5k	Ellie Gosling	18:28
5 miles	Claire Marks	34:43
10k	Alice Leake	38:32
10 miles	Ellie Gosling	1:02:02
Half Marathon	Ellie Gosling	1:23:50
20 miles	Carrie Hoskins	2:19:09
Marathon	Carrie Hoskins	3:04:14

Men		
5k	Luc Jolly	16:20
5 miles	Mark Worringham	26:53
10k	Mark Worringham	32:50
10 miles	Tony Carter	54:10
Half Marathon	Mark Worringham	1:11:38
20 miles	David McCoy	2:10:46
Marathon	Tony Carter	2:32:10

Reading Roadrunners Committee Meeting

TUESDAY 2ND JUNE 2015 7.30PM

ATTENDANCE:

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

APOLOGIES FOR ABSENCE:

Amanda Box, Catherine Leather

MINUTES OF THE MEETING OF TUESDAY 5TH MAY 2015

The minutes were proposed as a true record by Anne Goodall and seconded by Sandra Sheppard.

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

CLUB SUBS SURVEY Carl said that this is work in progress.

CLUB KIT Carl said that this is work in progress.

PAYSUBS ONLINE Paul said that this is work in progress.

WOODLEY 10K Carl said he would be writing to David Stares.

HOODIE Anne confirmed that the Hoodie had been paid for and collected.

CLUB HOUSE LEASE (refer to Gen Sec's report)

ENGLAND ATHLETICS WELFARE (refer to Gen Sec's report)

FRIDAY TRACK FEES Roger confirmed that he had asked Glynne to text Sandra with the track fees on Fridays.

BERKSHIRE XC SELECTION Roger confirmed that he had circulated the selection procedure to the team captains.

QUIZ NIGHT (refer to Social Sec's report)

SEASIDE TRIP (refer to Social Sec's report)

CHRISTMAS PARTY (refer to Social Sec's report)

CHARITY NOTICE BOARD Amanda confirmed by e-mail that she had rearranged the charity notice board.

CHAIRMAN'S REPORT

READING PARK RUN Carl reported that the Reading Parkrun on Saturday 9th May, managed by RRs was a success and the record for the number of runners taking part in a TVP Parkrun was broken. Carl recorded thanks to Fergal Donnelly.

ROYAL BERKS 10K Carl reported that RRs were approached by Chris Sumner (via Glynne Jones) requesting to provide marshals for the event at short notice, due to a charity letting the event down. RRs managed to muster 17 marshals for Sunday 16th May and consequently, Chris Sumner has offered the club £200 for the club charity. Carl recorded thanks to Glynne Jones for recruiting the marshals and coordinating with Chris Sumner.

QUIZ NIGHT Carl reported that the quiz night went well and recorded thanks to Amanda Box for organising.

LONDON BUPA 10K Carl reported that we entered a team of 6 men and a team of 6 women and also supplied the event with 26 marshals, who were on duty on a new route. Carl recorded thanks to Glynne for his assistance.

PUB RUN Carl reported that there was a pub run at the Turners Arms in Mortimer and thanked Dwayne Stewart-Power for organising it and thanks to Glynne for leading the walk. Carl said that the next pub run would be at the Three Horseshoes in Henley on Thursday 4th June hosted by Julie Rainbow (landlady and member)

TREASURER'S REPORT

ACCOUNTS Sandra issued everyone a copy of the latest accounts and one question was raised regarding the SHINFIELD 10k. Sandra said that she is waiting for some bills and that the Shinfield accounts were incomplete.

Sandra reported that the BRAMLEY 20/10 accounts were finalised and that the event made a profit of nearly £10,000. Sandra reported that READING AC have sent an invoice for the club house hire and that it was reduced by £20 due to the plumbing being out of order. This means that we can't use the sink to wash up things.

SECRETARY'S REPORT

ENGLAND ATHLETICS WELFARE Roger reported that progress had been made for settlement between the two members and that agreement was reached in principle and that documents were drawn up to be signed by the two parties. Roger said he was waiting to hear from one of the parties as to when the documents could be exchanged.

CLUBHOUSE Roger reported that he had attended a meeting with Ben Stanesby of Reading Borough Council.

Roger Explained to Ben, that in order to obtain a grant from Sport England for a clubhouse, we would need a draft lease of at least 7 years duration to be appended to the grant application. Ben informed Roger that all further development of sports facilities has been placed in abeyance, pending an assessment of all of Reading's facilities. The assessment, is being carried out by an independent consultant, and until the report is published, Reading Borough Council cannot make any plans or provisions for sports facilities in the borough and as such, a draft lease cannot be issued. Roger asked Ben what the purpose of the assessment was. Ben explained that it was the duty of all boroughs to provide their inhabitants with a minimum requirement per capita of playing fields, swimming pools, sports centres, athletics venues etc, and that due to the expansion of Reading, it has to be ascertained if additional facilities have to be provided.

Roger asked Ben how this affected Palmer Park Stadium and Ben said that depending on the report, the stadium may have to be expanded and or redeveloped in line with the recommendations of the independent consultants. Ben added that the cycling club are also looking at building a club house and that it may be possible for the borough to provide a separate building on the site, where both clubs could enjoy usage and use as club headquarters, without seeking a grant to build our own facility. Roger asked when the assessment was due to be completed and a report published. Ben said that it is expected at the end of 2015. Roger raised the subject of the grounds

maintenance building and asked if any part of this could be used, or could be extended. Ben said that there may be room equal to twice the size of Reading AC's clubhouse, but would have to check. Roger explained that RRs would be prepared to fit-out any available space with changing rooms, showers and kitchenette etc, if such space was available. Ben said that the idea was good in principle, but would check not only the available current building space, but also the available development space if an extension were to be considered.

Ben concluded that all possibilities would still be held in abeyance pending the report.

ROYAL BERKSHIRE 10K Roger reported that subsequent to RRs providing emergency marshal cover, due to a charity organisation letting the event down at the last minute, Chris Sumner had spoken to Glynne Jones and offered RRs exclusive marshal rights in the future. Chris offered a charity donation of £750 for the provision of 50 marshals. RR will not be taking up this offer due to supporting other events around the same time of year, but would be happy to assist as much as we can.

MICROSOFT RACE CLOCK Roger reported that he had collected the clock loaned to Microsoft, for their annual UK Junior 5k fun run. Roger said that he had examined the clock before the event and that it was in the same condition upon collection and that he had handed the £100 deposit cheque back to Microsoft.

SECOND CLAIM MEMBERS Roger reported that he had been in touch with England Athletics, to report that many of our second claim members did not appear on our membership list. EA requested the names of the missing members and Roger duly supplied the names of 11 members. Roger subsequently received a reply from EA saying that they have all been processed and that they should all now appear on the listings. Roger said he checked the secretary's portal and found that 10 of the names now appear, but one member was still missing. Roger said that he had reported this to EA and was awaiting a reply. Roger reported that Kingsley Starling's application to change first claim to RRs has been passed by EA. Roger checked the portal to see if Kingsley was transferred and he was.

MEMBER REQUEST Roger reported that a member had requested that their name did not appear in any results, not just in the club newsletter, but in any publication, including the online power of 10. It was explained that although we could accommodate this request as far as the newsletter was concerned, they would have to contact EA with the request as we did not have any power over them. The member was also advised to ask race organisers not to include them in their results. Roger said that he had written to EA about this, but has not received a reply.

CLUB CAMCORDER Roger reported that he was loaning his camcorder to Nigel Hoult for coaching purposes.

Roger said that as the club camcorder was now superseded by high definition and that his own camcorder could be used by any club member (with committee approval) what should the club do with the club camcorder. Roger suggested placing it on Ebay, to determine an approximate value of the camera.
ACTION Roger to look on Ebay.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Anne reported 10 new members joining in May @ £30 = £300 also two second claim members @ £18 = £36 and one new junior @ £23. Also 6 late renewals at £30 = £180. Anne reported banking £539 in total for May. Anne said that the membership now stands at 445.

SOCIAL SECRETARY'S REPORT

QUIZ-NIGHT Amanda reported by email that she had kept the £60 from the proceeds for the hall hire and Roger confirmed that he had received an invoice from Earley St Peter's Hall and handed it to Sandra.

SEASIDE TRIP Ongoing.

CHRISTMAS PARTY Amanda reported by e-mail that a provisional booking had been made for Saturday 12th December for the Christmas Party at Woodford Park Pavilion. Amanda asked the Committee for a cheque for £150 deposit to secure the booking. This was agreed by the committee and Sandra made out the cheque and gave it to Roger to hand to Amanda.

COACHING CO-ORDINATORS REPORT

Simon reported that he was encouraging new members to try all the groups, but there were many who did not want to leave his group. Simon said that you could not force members to go into other groups if the committee feel that his group is too large. Simon pointed out that on some occasions, Lee's group was larger than his. Simon asked if the committee was concerned about the coaches, or the athletes? Simon said that he would be happy to attend a committee meeting to discuss the matter. Simon concluded that he would be away for two weeks in June and the whole of July and that he had arranged cover in his absence. After some discussion, it was decided that a rota of groups should be used for second time attendees, instead of second timers going automatically into Simon's group.
ACTION Roger to advise Simon to introduce a rota.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

JUNIOR CLUB POLICY Carl reported that he had received an email from Katie Gumbrell, who

asked if the club had any child protection policies or procedures in place? Katie was concerned that the coaches may be vulnerable, by not knowing how to report any concerns relating to child protection matters. Equally, coaches might need additional training to protect themselves from false or malicious accusations. Katie said it might be wise to take some action before any such event occurs and that she would be happy to support the committee in this matter.

Simon Davis was copied in on this email and he said that as far as he knew, we have nothing in place and this is a valid point, as we seem to be getting more juniors joining. Roger reported that the coaches we had in the past who coached juniors had a 'Young Athlete' qualification and that as far as he knew, none of our current coaches have such a qualification. Roger said that he had sent an email to June Swift at EA, asking for guidance on setting up a junior section and getting coaches qualified for young athletes. Roger added that this also contained a request for advice on conforming to EA policy on safeguarding young athletes. Roger said that the information that came back was of no assistance. Carl said that the NSPCC seemed to be the best people to consult on safeguarding juniors. Roger said that the NSPCC offered on line courses that lasted about three hours and cost £20 for anyone wanting NSPCC accreditation on safeguarding children. Carl said the problem was that the club has no rules on junior membership and how the club would look after their interests. Roger said that we only allow juniors to join, if they are accompanied by their parents. Bob said that there was an alternative and that was to make the minimum age 18.

The committee agreed that Katie had a valid point and that Carl would thank her for her input and also talk to Katie on how we move forward on the issue.

CLUB CHAMPIONSHIPS Bob reported that a member who was contesting the club championships had reported that other members contesting the championships had broken the rules by not wearing club vests. The committee agreed that the rule must be enforced and that the results must exclude anyone not wearing a club vest.

WINE TASTING Katie Gumbrell asked the committee for approval for her to organise another wine tasting in September as she has done in previous years. This met unanimously with committee approval.
ACTION Carl to tell Katie to proceed and ask what deposit cheque she needed to secure a booking.

CLUB KIT Catherine Leather sent an email to Carl with details of a service provided by a kit supplier, whereby members could go online and order their kit directly, instead of selling kit at the track. The committee agreed that it is worth looking into.
ACTION Carl to investigate further.

DOOR ROTA

Wed 3rd June
Shirley Smith, Glynne Jones, Anne Goodall

Wed 10th June
Christina Cotter, Glynne Jones, Anne Goodall.

Wed 17th June
Carl Woffington, Glynne Jones, Anne Goodall.

Wed 24th June
Christina Cotter, Glynne Jones, Anne Goodall.

Wed 1st July TBA

Wed 8th July TBA

Meeting Closed 9.23pm

Next Meeting Tuesday 14th July

SUMMER MILE EVENT

FRIDAY 26TH JUNE

This is an open track session to members and non-members to come and run a mile as fast as you can.

Cost £2.50

**(track fee £1.50 with £1 going to our club charity.
www.me2club.org.uk)**

Register & Warm up from 6.30 - 6.55pm

Timed miles from 7pm-7.30pm

Feel free to invite friends along to experience a track session at a friendly local running club

2 volunteers will be needed on the night to assist with timings

There will also be a chance to win a bottle of wine for 50p a ticket - all proceeds going to the club charity.