

READING ROADRUNNERS NEWSLETTER MAR 2015

No need to mention PBs or championship wins this month, the only figures that matter are the staggering £25K+ raised by the club and handed over to the Alexander Devine Children's Hospice Service at this month's dinner dance.

Richard Hammerson was on hand to present the cheque and the amount raised was largely down to his Saturday morning team of car booters and their incredible efforts throughout the last 12 months.

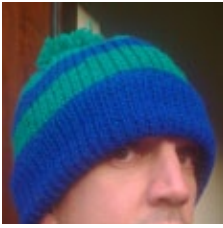
Elsewhere, Adele and Team Bramley carried off another first class event last month. Again, a lot of hard work and effort was rewarded in the shape of lots of positive feedback from the many other clubs and runners.

This month, several of you seem to be showing interest in running the local Half Marathon - let's see a good turnout and performances. See you on the start line!

INSIDE THIS MONTH:

- **HOW GOOD IS YOUR GARMIN?**
- **STEYNING STINGER**
- **BRAMLEY REPORT**
- **DINNER DANCE**





Welcome from the Editor

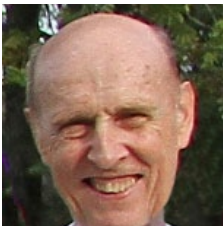
CHRIS CUTTING

After having fixed the temperamental keyboard from last month, it's back to business as usual and I kick off this latest issue with a farewell to our outgoing Ladies' Captain. Tina's tenure will always be remembered at Newsletter HQ not only for her knitting prowess and pioneering use of Microsoft Word, but also for her boundless enthusiasm for organising races and events and for her encouragement of runners of every ability. Despite the Editor's regular race finishes amongst the top three ladies, Tina always stuck to her guns and resisted my attempts to join the ladies' team, for which she must also be applauded.

I'll leave it to Tina to announce her replacement, but I'm sure you'll give her the same level of support as ever.

Please keep your contributions coming in and enjoy your running this month.

Chris



Chairman Chat

CARL WOFFINGTON

We ran the final race in the Hampshire League and did well. I'm sure the team captains report will cover the results.

We held our annual Bramley 20/10 race and all went well. Thanks to Adele and all the helpers that contributed and made it such a success.

We also held our Dinner Dance at Sonning Golf Club. A good number attended and the whole evening was enjoyable. Good food and the dance floor was full all night. Thanks to Anne and Toni for organising it.

The results of the RR XC Club Championships are now available. Trophies will be presented at the Spring Do. In addition to the age category winners there will be extra trophies presented because we won the league. If you ran 5 or more TVXC races then you will receive a memento. Please try to attend the Spring Do presentation if you have a trophy.

Spring Do details:- Saturday 14th March, 7:30 to 11:30pm. Woodford Park Leisure Centre, Haddon Drive, Woodley, RG5 4LY. £12.50 to include hot meal of fish 'n' chips, sausage 'n' chips or vege option 'n' chips. Cash bar & disco. See Tina at track Wednesday for tickets. The Spring Do isn't just for trophy winners, it's a social event for you all. Bring friends and family too.

A gentle reminder that our memberships run out at the end of February. We have to the end of March to renew. From 1st April you will no longer be able to renew but will have to re-join – extra cost and problems with a break in Membership.

Also, a reminder that our AGM takes place on Tuesday 24th March. You will soon receive your AGM pack in the post giving full details. It will also contain your renewal form for membership, so please don't just bin the whole lot.

Carl



Ladies' Captain - Report

TINA WILSON

As you are aware I am stepping down at the end of March 2015 so this will be the last of my Captain's reports.

Before you ask, I do have good news Claire Seymour is taking over as Ladies Captain. Claire is a true team player and I know she will be a fantastic Ladies Captain.

(I'm going to teach her all I know – so if you think you are in for a quiet time come the team races – think again!)

Bramley 20/10

There were some great results from the ladies – (Nigel Hoult has reported these later on in this newsletter.)

Just a gentle reminder to all who run in UKA road races. If you enter races as a Reading Roadrunner could you please wear your green vest - you just never know if you are going to be part of a team prize.

Let me give you an example of what happened to me when I first joined the club.

I'd entered the White Horse Half marathon and had quite a good race and finished middle of the pack and was happy with my time and my run. I came away with my china mug feeling very chuffed.

I then went to track the following Wednesday only to be presented with a team prize and I was very confused – all this was so new to me and I had absolutely no idea how or why.

Two other lady Reading Roadrunners had finished in the top 5 positions and with my score I'd unknowingly made up a Reading Roadrunners team – I was over the moon! It goes to show you gotta be in it to win it!

National Cross Country Championship – Parliament Hill – 21st February 2015

Sarah Urwin-Mann, Iren Liming, Claire Seymour and Alice Leake represented the ladies of Reading



Roadrunners in this extremely high standard of Cross Country running & it was Mud, Glorious Mud!

It was a huge field of runners with 865 ladies competing. There were almost 5,300 participants!

To give you a feel of what it's like have a read of the article Claire found and I would urge everyone who loves Cross Country to run this race at least once.

www.telegraph.co.uk/men/active/11429049/The-greatest-running-race-you-have-never-heard-of.html

Here's a snippet.

Only the bible of the club runner, Athletics Weekly, reports on it along with a handful of local newspapers. Yet it's one of the greatest, most epic events you can ever be part of. You don't have to be a budding Mo Farah or Paula Radcliffe to do so - although she has taken part in the women's event on several occasions, winning gold as a junior in the 1992 championship at Cheltenham.

You just have to belong to a running club and want to be there - and that covers a very wide gamut indeed. This is an event that "equally belongs to the star and to the scrubber", as Athletics Weekly apparently once put it.

Well that's it from me.

I'd like to finish my report thanking everyone who has run in the team events I have organised, for running in the Cross Country fixtures (& finally winning the TVXC

I have made so many friends and got to know so many runners and I have to say I feel so fortunate to belong to a great running club – I have had the best time ever!

Wishing you happy running,
best wishes Tina





Men's Captain - Report

MARK WORRINGHAM

As we all know, and as I have definitely not just looked up on Wikipedia, the old Anglo-Saxon term for February was 'solmonath', meaning mud-month. The Anglo-Saxons got a lot wrong, including treating bleeding with horse dung and founding Woking, but they were on the money with this one. It therefore seems fitting to begin the report of last month with reference to the most recent cross country fixtures.

The final cross-country league fixture of the season was the conclusion of the Hampshire League in Bournemouth on 7th February. I was delighted that we managed to get more than enough to field a good men's team in both the seniors and vets. Luc Jolly finished 10th, certainly the highest individual male placing I can recall in this league, whilst Rob Tan finished in his highest position this season of 38th. Lance Nortcliff (48th), Alex Harris (81st) and Ian Giggs (102nd) completed the scoring, with Colin Cottell (129th) joining Lance and Alex in scoring for the vets. The senior men's team finished 7th in the match itself (cheekily beating Reading AC in the process), whilst the vets were 4th in Veterans Division 2.

All in all, it's been a really positive season in the Hampshire League, a league in which we've struggled to field full teams in the past. We've had lots of people try these races out for the first time, and hopefully they enjoyed them. The senior men's team finished the season 8th in Division 1, avoiding relegation by a solid points margin, whilst the veteran's team finished 2nd in Veterans Division 2. A big thank you to everyone who turned out during the season, and I hope to see the interest continue next year.

In a suitably unpleasant crescendo to the cross country season, a team of Roadrunners took on the English National Cross Country at Parliament Hill on 21st February. From the accounts of runners, or, as I like to think of them, 'survivors', this was quite the experience, with thousands stampeding over 12km of solid mud. Rob Tan led us home in 486th, with Lance Nortcliff, Ian Giggs, David Ferguson, Colin Cottell, David Lennon and Gary Brampton following in varying degrees of filthiness. One runner recorded the whole thing on his headcam and uploaded it to YouTube, and I can recommend seeking it out, although not before eating.

The conclusion of cross country means that we saw the end of mud, swamps and branches sticking out at exactly face or groin height, to be replaced by lovely

flat stretches of road. This came as a relief to those of us who, like me, rather vainly consider themselves to be akin to sports cars, in need of a nice smooth surface, rather than 4-wheel drives. The Wokingham Half Marathon is one of the flattest of the lot, and, on an uncharacteristically beautiful morning, yielded at least six PBs amongst the men, from Brian Kirsopp, Gareth Goodall, Chris Cutting (although he doesn't like to talk about it), Peter Reilly, Kingsley Starling and myself. The men were also third team.

The following weekend, our own event at Bramley saw another slew of PBs and high placings. In the 10-mile event, Tony Carter's storming time of 54:10 for second place indicates he is taking his cross-country form into the road racing season, with Luc Jolly running a fine 55:32 for 4th. There then followed a cavalcade of green between places 13 and 18, with Ryan O'Brien, Simon Elsbury, Ian Gosling, Ben Whalley and Jamie Cole coming home in quick succession. Unsurprisingly given those results, we won first team. In the 20 mile race, at least 12 men managed a PB, which certainly bodes well for marathon campaigns. David McCoy led the men home in 59th place, backed up by Ashley Middlewick 63rd, Andrew Smith 64th and Gavin Rennie 73rd. The men's team was 5th in the event.

In other races, a number of Roadrunners turned out for the Goring 10K on 1st March. Rob Tan was 4th overall, whilst Duncan Mollison somehow managed to run a PB on this tough course in 39:03. On the same day, Tony Carter finished 27th in the Bath Half Marathon in 1:12:44, whilst Nigel Hoult came in 8th V60. A week earlier, a number of Roadrunners took part in the Richmond Half Marathon, with David Evans coming in 4th in 1:15:42.

In last month's report, I made note of the achievements of one Gary Brampton in twice running marathons on consecutive days. Well, apparently, that was just some kind of mild warm-up, because this month he has surpassed that by running four marathons on consecutive days at the Quadzilla marathon in Milton Keynes. All I can do is marvel at his feat, and make a mental note to steer clear of his laundry basket.

That's it for this month, but I look forward to being able to report on some great results for Roadrunners in forthcoming races, particularly the big ones, the Reading Half and the London Marathon.

SteYning Stinger Marathon

MARCH 1ST, 2015

Sarah Pachonick



This marathon taught me three lessons: 1. Not all marathons are created equal 2. Pay attention to names: races with names like 'Grizzly', 'Muddy' and 'Stinger' are bound to be more than a jog in the park, and 3. Pride comes before a fall, or, in my case, about 4 of them.

It was an early start – registration was in a local school at 7.30. The total number of entrants for the half and full marathon together was 500, and the race had sold out. I was in two minds about what shoes to wear. Luckily I opted for my trail shoes. However, as I mentioned earlier, this did not stop me from falling I was not really nervous at this time – I had run marathons before. Now I know that Ignorance Is Bliss. I had no idea what awaited me.

I can't remember much of the run itself. I had to concentrate to make sure I was putting my feet in the best place (but this, as I mentioned earlier, did not save me from falling). The first two falls happened within the first 3 miles as we jogged out over quagmire-fields on our way up to the South Downs. The others as I tried to run up other muddy tracks. One of these falls happened as I approached a photographer; he got a picture of me falling head-first, one foot in the air.

New Starters

JANUARY

Jay Gilbert, Craig Knowles, Ashley Middlewick, John Bullock, Mike Harling, Arturo Martinez de Murguia, Mandy Oakley, Katy Webb, Joseph Parr, Andrea Schaezler, Danni Bentley, Robert MnEnaney, Ben Walley, David Poswer, Diarmuid Coffey, Rachel Derry and Jenny Gale.

FEBRUARY

David Armstrong, Stuart Kinton, Toby McNeill, Susan McTavish and Ben Hart.

The uphill were brutal, and the downhill were tricky, and there was always the thought, to misquote Isaac Newton, that what goes down will have to go up again soon. Unfortunately, I missed the cut-off time for a 3 mile loop off the main route at about mile 20. By this stage, my gluteus maximus was starting to complain, so I was relieved not to have to do the full marathon; I joined those on their way back from the loop to run-walk the last 3 miles.

On a brighter note, the views were spectacular, the sun was shining, the company was good, and the marshals were helpful. When I got back to the School I left my shoes with all the other blackened pairs outside and found a bathroom where I could wash the mud off my face, hands and knees; then I went to the canteen for the breakfast that they laid on. This was such a nice touch – just what you want after 5 hours and 18 minutes of running up and down hills. A was a tough run and a great experience; I can see why the Stinger gets such great reviews on Runner's World. I'll just have to do a lot more training if I decide to do it again..

MEMBERSHIP RENEWALS

Can I please remind you that a new membership form must be completed and handed in before the end of March. Renewal dated is 1st March. Can you please PRINT you details clearly. All change of addresses should be sent to the Membership Secretary.

Any change of address must also be changed on England Athletics as well.

| RRR SUNDAY X COUNTRY LEAGUE TABLE 2014 / 15 | | | | | | | | | | | |
|---|-------------------|---------|---------|---------|--------|--------|--------|-----------|--------|-----------------|----------------------|
| | | 09-Nov | 23-Nov | 30-Nov | 14-Dec | 21-Dec | 11-Jan | 18-Jan | 01-Feb | | |
| Prize | Name | Datchet | S'hurst | Handy X | Metros | RR | Tadley | Bracknell | TVT | Points Total | no. races ran(4+) |
| 1 | Alix Eyles | 3 | 5 | 9 | 3 | 6 | 4 | 4 | 8 | 19 | 8 sen |
| 2 | Ellie Gosling | 30 | 3 | 4 | 1 | 3 | | 11 | | 22 | 6 sen |
| 3 | Alice Leake | 8 | 6 | 11 | | 5 | 1 | | | 31 | 5 sen |
| | Claire Seymour | 104 | 81 | 75 | 48 | | 76 | 80 | 57 | 336 | 7 sen |
| | Jenny Owen | | 89 | 72 | 68 | 98 | 106 | | | 433 | 5 sen |
| | Katie Gumbrell | 96 | 105 | 76 | | 87.75 | 74 | | | 438.75 | 5 sen |
| | Louise Atkinson | 144 | 117 | 90 | 74 | 112 | 95 | 111 | 96 | 466 | 8 sen |
| 1 | Carrie Hoskins | 2 | 1 | 3 | 2 | 2 | | 1 | 3 | 8 | 7 v40 |
| 2 | Julie Rainbow | 28 | 28 | 35 | 11 | 30 | 45 | 32 | 22 | 119 | 8 v40 |
| 3 | Catherine Leather | | 72 | 69 | 41 | 70 | 70 | 81 | 55 | 305 | 7 v40 |
| | Sev Konieczny | 164 | 130 | 110 | 87 | 120.29 | 116 | 126 | 109 | 962.29 | 8 v40 |
| 1 | Mary Janssen | 31 | 18 | 18 | | | 17 | 14 | | 98 | 5 v50 |
| 2 | Susan Knight | 97 | | 80 | 49 | | 79 | | 66 | 371 | 5 v50 |
| 3 | Tina Wilson | 130 | 90 | | 50 | 86.8 | | 86 | 78 | 390.8 | 6 v50 |
| | Kathy Tytler | 151 | | 98 | 78 | 107.4 | 112 | | 98 | 493.4 | 6 v50 |
| | Sandra Sheppard | 138 | 104 | 79 | | 99.75 | 78 | | | 498.75 | 5 v50 |
| 1 | Toni McQueen | | | 55 | 39 | 47 | 38 | 56 | | 235 | 5 v60 |
| 2 | Heather Bowley | 149 | | 96 | 72 | 102.75 | 94 | | | 513.75 | 5 v60 |
| 3 | Liz Atkinson | 145 | 120 | | 83 | | 110 | 113 | 99 | 525 | 6 v60 |
| | Cecilia Csemiczky | 140 | 114 | 102 | 82 | | | 125 | | 563 | 5 v60 |
| | Lorraine Bailey | 163 | | 109 | | 118 | 131 | 123 | 112 | 593 | 6 v60 |
| 1= | Simon Elsbury | | | 12 | 11 | 16 | 8 | | 13 | 60 | 5 sen |
| 1= | Andrew Smith | 19 | 18 | 10 | | 11 | 9 | 12 | | 60 | 6 sen |
| 3 | Ryan O'Brien | | 48 | 30 | 26 | 41 | | 20 | | 165 | 5 sen |
| | Ian Giggs | 50 | 36 | 36 | | 66 | 36 | 102 | 45 | 203 | 7 sen |
| | Paddy Hayes | 45 | | 60 | | 48 | 51 | 54 | 76 | 258 | 6 sen |
| | Kenny Heaton | 75 | | 69 | | 82 | 73 | 72 | 58 | 347 | 6 sen |
| | Aaron Chai | 151 | 161 | 78 | 81 | 71 | 104 | 73 | 96 | 399 | 8 sen |
| | Chris James | | 166 | 163 | 99 | 148 | 116 | 124 | | 650 | 6 sen |
| | Tom Wright | | 204 | | | 151 | 136 | 160 | 151 | 802 | 5 sen |
| 1 | Richard Usher | 30 | 44 | 20 | | 20 | 19 | 19 | 30 | 108 | 7 v40 |
| 2 | Alex Harris | 28 | 32 | 25 | 17 | 23 | 21 | 30 | 44 | 114 | 8 v40 |
| 3 | Andy Blenkinsop | 51 | 50 | | 30 | 37 | 23 | 28 | 35 | 153 | 7 v40 |
| | Fergal Donnelly | 69 | | 61 | 45 | 53 | 30 | 46 | 48 | 222 | 7 v40 |
| | Bill Watson | 92 | 87 | 54 | 75 | 85 | 61 | 50 | 55 | 295 | 8 v40 |
| | Peter Cook | 83 | 77 | 91 | | 102 | 93 | | | 446 | 5 v40 |
| | Chris Cutting | 87 | 96 | 108 | | 94.25 | 86 | | | 471.25 | 5 v40 |
| | David Caswell | 130 | 130 | 104 | | | | 107 | 108 | 579 | 5 v40 |
| | David Lewis | 143 | 161 | | 96 | 107 | | | 199 | 706 | 5 v40 |
| | Lee Hinton | 168 | 202 | 160 | | 160 | 198 | 152 | 172 | 812 | 7 v40 |
| | Chris Drew | 209 | 247 | 207 | | 176 | 168 | 188 | | 948 | 6 v40 |
| | Peter Higgs | | 243 | 185 | | | 158 | 238 | 192 | 1016 | 5 v40 |
| 1 | Peter Jewell | 34 | 37 | 45 | 35 | 49 | 42 | 74 | 90 | 193 | 8 v50 |
| 2 | Gavin Rennie | 46 | 53 | | | 56 | 48 | 45 | 49 | 241 | 6 v50 |
| 3 | Chris Mason | 65 | 75 | | | 75 | | 81 | 81 | 377 | 5 v50 |
| | Mel Silvey | 76 | 85 | | | 79 | | 94 | 98 | 432 | 5 v50 |
| | Colin Cottell | 101 | 94 | 101 | | 95 | 88 | 82 | 87 | 446 | 7 v50 |
| | Keith Ellis | 128 | 148 | 119 | | | 99 | | 111 | 605 | 5 v50 |
| | Andy Breakspear | 158 | 150 | 113 | | 125 | 106 | 135 | | 629 | 6 v50 |
| | Anthony Streams | 205 | | 184 | | 175 | 160 | 202 | 183 | 904 | 6 v50 |
| | Peter Reilly | 242 | 250 | 206 | 151 | 203.66 | 182 | | 191 | 933.66 | 7 v50 |
| | John Bailey | 275 | | 238 | | 209 | 224 | 230 | 228 | 1129 | 6 v50 |
| 1 | Nigel Hoult | 105 | 172 | 126 | 98 | 114 | 130 | 130 | 109 | 552 | 8 v60 |
| 2 | David Dibben | 154 | 177 | 138 | 106 | 124 | 133 | 138 | | 639 | 7 v60 |
| 3 | Andy Atkinson | 194 | 205 | | 120 | 143 | 140 | 156 | 150 | 709 | 7 v60 |
| | Richard Morgan | 177 | 211 | 176 | | 149 | 137 | 165 | 153 | 780 | 7 v60 |
| | Jim Kiddie | 179 | 207 | 173 | 124 | 179.4 | 214 | | | 869.4 | 6 v60 |
| | John Bowley | 261 | | 229 | 179 | 205 | | 225 | | 1099 | 5 v60 |
| | Carl Woffington | 284 | 286 | 241 | 182 | 240 | 219 | 233 | 235 | 1109 | 8 v60 |
| 1 | Tom Harrison | 254 | 275 | 231 | | | 215 | 226 | 226 | 1152 | 6 v70 |
| There have been 8 races. The RR cross country championship will count the best 5 results from the 8 area races. | | | | | | | | | | | |
| The above table shows all runners who have competed in 5 or more races. | | | | | | | | | | | |
| The RR home fixture counts as a run for helpers, average points are calculated for the RR race helpers. | | | | | | | | | | | |
| RR have won the local league and a RR memento will be awarded to those who have run in 5 or more races. | | | | | | | | | | | |
| RR Champs Awards will be:- First 3 Senior, Vet 40, Vet 50 & Vet 60 | | | | | | | | | | | |
| First only Vet 70 | | | | | | | | | | | |
| Remember in cross country the least points is best. | | | | | | | | | | | |
| Awards will be presented at the Spring Do 2015, 14th March 7:30 to 11:30, Woodford Park, Woodley, RG5 4LY | | | | | | | | | | | |
| Carl Woffington | | | | | | | | | | | |

How good is your Garmin?

Nigel Hoults

When I started running, some 15 years ago, the most technologically advanced thing that any runner carried was a stopwatch, and we all assumed that a 10k race really was 10 kilometres long. But now that almost everyone runs with a Garmin or similar, there's nearly always someone claiming afterwards that the race was short, or long, or that the kilometre/mile markers were in the wrong place. We've come to rely on these aids, but just how good are they?

All of these devices use the Global Positioning System or GPS, which is a satellite navigation system created by the US in the late 1970s, and consisting of 24 or more satellites (the number varies as old ones fail and new ones are launched). At the start, this was expected to enable people to navigate to about 100m accuracy (there were parts of the system only available to the military that were designed to be more accurate), but as we all know they got it wrong, and it's actually far better than that. Buried amongst the multitude of things that you can display on most Garmins is the

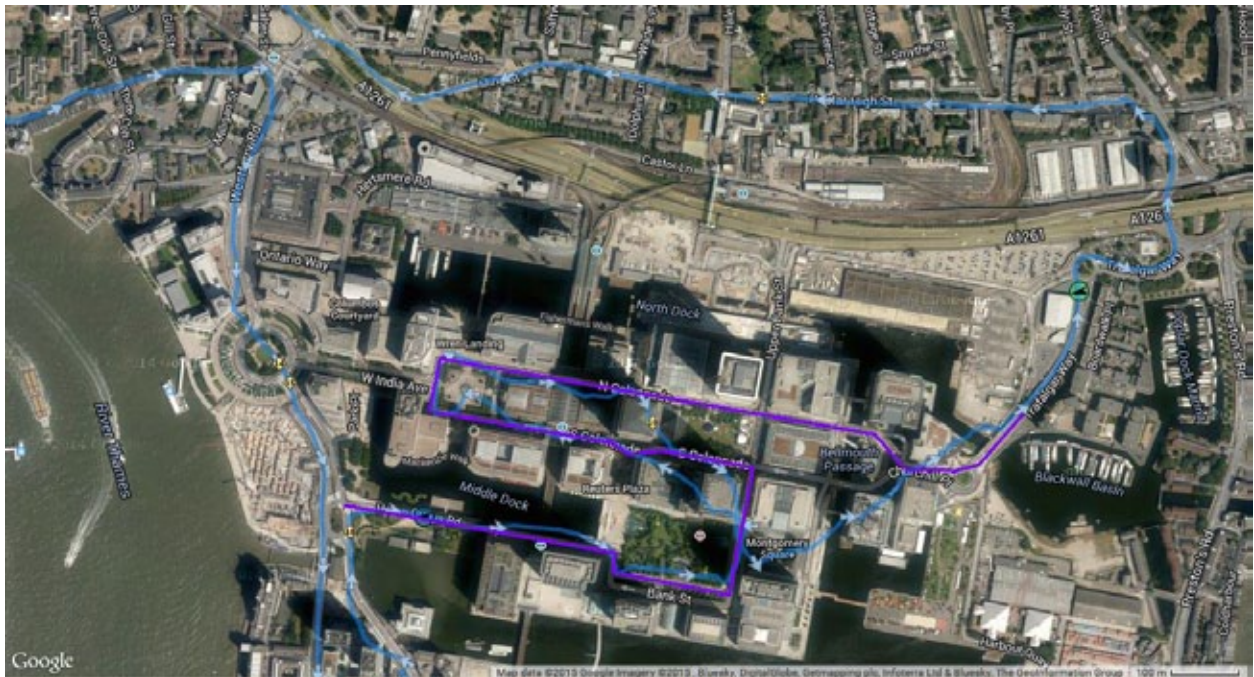
accuracy, and on a good day mine can show this to be 3m.

To see how this works in practice, the picture below shows where my Garmin thinks I ran for a number of Woodley parkruns. Many of you will be familiar with the course; the section I've shown is a narrow tarmac track, so I can be pretty certain that I actually took the same route every time. You can see that most of the lines are within 5m of the track, so the accuracy here was very good; even so, the total distance measured varied over about 80m, and while part of that could be blamed on where I started and where exactly the finish funnel was, it shows that even a short course like this can appear to be quite a bit out. It also seems that sharp bends tend to result in the distance being over-estimated, so when running on the Palmer Park track I nearly always find that a lap comes out as more than 400m, and therefore my pace isn't as quick as the Garmin says.



However, this isn't the whole story; if you run through a more built-up area, things can get a lot worse. Without going into technical detail, for a Garmin to work at all it has to be able to see at least four of the satellites, and the accuracy gets better the more you can see. So if you're going under a bridge or through a tunnel, forget it, and even city centres with tall buildings will cause

problems. In fact, buildings are particularly bad, because the signals bounce off them just the same as sunlight does, and that can confuse things even more. Here's a section of the London Marathon 2011 through Docklands; the blue line is my Garmin's route and the purple one the actual course. You can see that it's at least 200m out in places.



Another factor seems to be how long the device has been running for; with my Forerunner 610, it takes a minute or two from when it tells you it's ready for the accuracy to be decent, and moving about rather than standing still seems to help as well. Here's a recording of a track session before I realised this; I can assure you that I did not cross the back straight diagonally in the wrong direction, breaking every track rule in the book! Nowadays, I start my Garmin on the way to the track (or before warming up for a race), and the problem seems to have gone away.

So, by all means use your Garmin as an aid, but remember that it isn't infallible. Official course measurers use a bicycle with a special counter, and can measure a 10k course to about 10m accuracy, and that's far better than you can expect from any Garmin.



Shinfield Races

BANK HOLIDAY MONDAY 4TH MAY 2015, 9.30AM Under UKA Rules (licence 2015-13849)

This year the Shinfield 10k and Junior Races fall on May the Fourth, which also happens to be Star Wars Day.

It's a bit I bit corny, I know, but this year May the Fourth also represents your chance to be star, be that by winning a category prize, running a PB, scoring for the club in the team competition, or just getting round after a lay-off from injury. And even if you are not running, you too can be a star by volunteering to help with many of the numerous tasks that are essential to putting on five races, catering for all ages and abilities.

Please contact Fergal Donnelly, Fergal.Donnelly@Getronics.com, if you would like to marshal the 10k race, and email shinfield@readingroadrunners.org if you can help with anything else. Alternatively, have a word with myself Colin Cottell, or Tom Harrison – we are at the club most Wednesdays.

Our thanks go to Enterprise Security Distribution, and Reading Rascals, our sponsors.

Please find more details, including how to enter below.



**Reading
Roadrunners**

Bank Holiday Monday 4th May 2015

Shinfield 10k Race

Start 9.30 am

UK Athletics race, licence number 2015-13849

Medal for all those finishing in under 90 minutes.

Age category & team prizes / Refreshments / Mayday Fete.

More information and entry form at www.readingroadrunners.org



Shinfield Junior Races

Medal for all finishers

Under 7 - 2.1k Starts 11am / Under 10 - 2.1k Starts 11.30am

Under 13 - 3.6k Starts 12 noon / Under 16 - 5.9k Starts 12 noon



May the Fourth be with you!



www.facebook.com/shinfield10k



www.twitter.com/shinfield10k

Bramley Races 2015

ADELE GRAHAM, RACE DIRECTOR



The 21st Bramley 2010 races were held on Sunday 15th February 2015. This is Reading Roadrunners flagship race, and is a certified UK Athletics event. We are proud to have retained our British Association of Road Races Gold Grade for exceptionally high standards of race organisation and commitment to runners.

Once again the race was a sellout, confirming the continued popularity of the race with runners. We had a record number of starters (1,407) and 1,387 finishers. Conditions were excellent – dry, not too cold with little wind.

The 10 mile race was won by Daniel Thorne (Reading AC) in 50:26, with the first Reading Roadrunner in second place - Tony Carter in 54:11. In the ladies race the winner was Elinor Kirk of Swansea Harriers (56:35). The first Reading Roadrunner was Ellie Gosling in fifth place (1:02:09).

In the 20 mile race the men's winner was John Sanderson of Guildford and Godalming AC in 1:51:26, with the first Reading Roadrunner being David McCoy in 59th place (2:10:54). The ladies race was won by



Samantha Amend of Belgrave Harriers in 2:03:05, with the first Reading Roadrunner being Carrie Hoskins in 131st place (2:19:25).

Full results are on the website. Lots of lovely comments from runners on the Runner World website saying how much they enjoyed the race and what great support there was from the marshals.

Huge thanks to the army of people too numerous to mention who helped with marshalling, water stations, car parking, catering, start/ finish, goodie bag stuffing, site set up, van driving/ loading etc. etc. It is a monumental organisational task & we couldn't do it without the dedication of those who show up every year to assist.

Also thanks to the race committee who work hard all year to make it happen– Simon Davis (Entries), Linda Edwards (Sponsorship), Gill Glennon (Safety Officer), Glynne Jones (Deputy Race Director), Alan Makepeace (Chief Marshal), Alan McDonald (Course Director), Toni McQueen (Catering), and Graham Spratt (Accounts).

Roll on next year – planning has already started!



Roadrunners Results

NIGEL HOULT

This month saw the start of the Spring race season, including the very popular Wokingham Half Marathon (which for once had good weather, unlike the snow or flooding of previous years) and of course our own Bramley 20 and 10 mile races.

At Wokingham, our ladies team won, and our men's team came 3rd, led home by Mark Worringham in 10th place for a PB, with ten others also recording PBs; well done to all of them. This is a great achievement, as Wokingham attracts some high calibre runners; the first lady (Hayley Munn) was last year's UK U23 marathon champion, while 2nd placed Mara Yamauchi was the 4th fastest UK half marathon runner of all time (and the 2nd fastest UK marathon runner, beaten only by Paula Radcliffe).

Over 120 Roadrunners took part in our own Bramley 20/10 races, with loads of PBs being recorded, especially over 20 miles. In the 10 mile race Tony Carter finished 2nd and Luc Jolly close behind in 4th, with Ryan O'Brien and Simon Elsbury also breaking the one hour mark, and we won the male team prize: probably the best performance of recent years. Well done one and all!

The prize for endurance this month must go to Gary Brampton, who ran four marathons in four days; more than even our most prolific marathon runners would consider. Well done Gary!

Next month we will have the most popular race of the year, the Reading Half Marathon; good luck to all who are running it. Getting the results for this into the newsletter is always a bit of a challenge, so there are a couple of things I'd like to mention.

Firstly, for our newer members, you may have entered before you joined the club; to make sure I pick up your result, please email me on results@readingroadrunners.org to let me know. The same applies to any second claim runners who registered under their other club.

Secondly, some of you might be wondering how your PBs get mentioned here. While I pick up some of them myself, the only sure way is for you to let me know. Remember that a PB is for the distance, not the event, and that your first race over that distance counts automatically (it gets harder after that!).

Finally, the contentious issue of number swaps: a few races allow them right up to the last minute, some allow them up to a few weeks before the event, many like

Reading Half ban them completely – but we all know that people still swap numbers. If you give your number to someone else, or run under someone else's number, please let me know, so that I can ensure the right names appear in the results here, and in the club championships for races that form part of these.

5th – 8th February

Quadzilla (4 Marathons in 4 days!)

Day 1

| | | |
|---------------|----|---------|
| Gary Brampton | 50 | 5:09:46 |
|---------------|----|---------|

Day 2

| | | |
|---------------|----|---------|
| Gary Brampton | 49 | 5:16:46 |
|---------------|----|---------|

Day 3

| | | |
|---------------|----|---------|
| Gary Brampton | 42 | 4:54:40 |
|---------------|----|---------|

Day 4

| | | |
|---------------|----|---------|
| Gary Brampton | 51 | 5:35:57 |
|---------------|----|---------|

Overall

| | | |
|---------------|----|----------|
| Gary Brampton | 41 | 20:57:19 |
|---------------|----|----------|

7th February

Eton Dorney 10k

| | | |
|-------------------|---|-------|
| Ashley Middlewick | 5 | 36:56 |
|-------------------|---|-------|

Hampshire League XC, Bournemouth

Ladies

| | | | |
|------------------|----|-------|--------|
| Sarah Urwin-Mann | 20 | 23:47 | 5th FV |
|------------------|----|-------|--------|

| | | | |
|--------------|----|-------|--|
| Toni McQueen | 84 | 29:04 | |
|--------------|----|-------|--|

| | | | |
|----------------|----|-------|--|
| Claire Seymour | 96 | 31:04 | |
|----------------|----|-------|--|

Ladies Team: 13th (10th in the series)

Ladies Vets Team: 8th (7th in the series)

Men

| | | |
|-----------|----|-------|
| Luc Jolly | 10 | 32:10 |
|-----------|----|-------|

| | | |
|------------|----|-------|
| Robert Tan | 38 | 34:05 |
|------------|----|-------|

| | | |
|-----------------|----|-------|
| Lance Nortcliff | 48 | 34:45 |
|-----------------|----|-------|

| | | |
|-------------|----|-------|
| Alex Harris | 81 | 37:14 |
|-------------|----|-------|

| | | |
|-----------|-----|-------|
| Ian Giggs | 102 | 38:13 |
|-----------|-----|-------|

| | | |
|---------------|-----|-------|
| Dan Stockwell | 113 | 39:00 |
|---------------|-----|-------|

| | | |
|---------------|-----|-------|
| Colin Cottell | 129 | 40:34 |
|---------------|-----|-------|

| | | |
|--------------|-----|-------|
| David Lennon | 160 | 43:35 |
|--------------|-----|-------|

Mens Team: 7th in Division 1 (8th in the series)

Mens Vets Team: 4th in Division 2 (2nd in the series)

8th February

Surrey LDWA Punchbowl Marathon

| | | |
|------------|---|---------|
| Alan Freer | 1 | 3:13:00 |
|------------|---|---------|

Wokingham Half Marathon

ROADRUNNERS RESULTS

| Name | Pos | Gun | Chip | |
|----------------------|------|---------|---------|----------|
| Mark Worringham | 10 | 1:11:39 | 1:11:38 | PB |
| Mark Saunders | 36 | 1:16:32 | 1:16:30 | |
| David McCoy | 101 | 1:21:30 | 1:21:28 | |
| Andrew Smith | 118 | 1:23:04 | 1:22:39 | |
| Gavin Rennie | 134 | 1:24:05 | 1:23:40 | 2nd MV50 |
| Steven Siddell | 167 | 1:25:54 | 1:25:25 | |
| Brian Kirsopp | 183 | 1:26:32 | 1:25:45 | PB |
| Gareth Goodall | 185 | 1:26:33 | 1:26:18 | PB |
| Kenny Heaton | 235 | 1:28:32 | 1:27:58 | |
| Chris Cutting | 252 | 1:29:13 | 1:28:07 | PB |
| Paul Kerr | 255 | 1:29:25 | 1:28:28 | |
| Kevin Jones | 275 | 1:30:24 | 1:30:21 | |
| Nikki Gray | 299 | 1:31:25 | 1:30:17 | |
| Belinda Tull | 336 | 1:32:55 | 1:32:48 | |
| Claire Marks | 349 | 1:33:19 | 1:32:10 | PB |
| Alan Thomas | 379 | 1:34:19 | 1:33:41 | |
| David Caswell | 415 | 1:35:34 | 1:34:27 | |
| David Ferguson | 421 | 1:35:42 | 1:34:22 | |
| Paul Monaghan | 433 | 1:36:09 | 1:34:59 | |
| Katherine Sargeant | 434 | 1:36:11 | 1:35:02 | PB |
| David Fiddes | 441 | 1:36:31 | 1:35:09 | |
| Rob Cant | 447 | 1:36:46 | 1:35:23 | |
| Simon Palmer | 474 | 1:37:56 | 1:36:40 | |
| Paulina Erceg | 509 | 1:39:03 | 1:37:32 | PB |
| Lesley Whiley | 551 | 1:40:17 | 1:39:40 | 2nd FV50 |
| Peter Kitteridge | 587 | 1:41:34 | 1:40:59 | |
| Dave Wood | 599 | 1:42:00 | 1:39:44 | |
| Pete Morris | 721 | 1:45:44 | 1:44:29 | |
| Colin Cottell | 726 | 1:45:49 | 1:37:04 | |
| Ian Horritt | 735 | 1:46:07 | 1:44:44 | |
| Tony Streams | 741 | 1:46:17 | 1:44:00 | |
| Gemma Stobie | 810 | 1:48:17 | 1:46:01 | |
| Susie Rees | 811 | 1:48:17 | 1:46:01 | |
| Nick Robey | 821 | 1:48:30 | 1:47:45 | |
| Paul Carter | 833 | 1:48:59 | 1:45:59 | |
| Katy Webb | 834 | 1:48:59 | 1:45:59 | |
| Peter Reilly | 893 | 1:51:06 | 1:48:12 | PB |
| Dave Brown | 950 | 1:52:39 | 1:49:14 | |
| Catherine Leather | 966 | 1:52:58 | 1:50:04 | |
| Peter Higgs | 977 | 1:53:11 | 1:50:16 | |
| Sarah Pachonick | 978 | 1:53:13 | 1:50:57 | PB |
| David Bird | 980 | 1:53:20 | 1:50:06 | |
| Angela Burley | 996 | 1:53:52 | 1:50:44 | |
| James Godsell | 1005 | 1:54:11 | 1:51:13 | |
| Martin Bush | 1025 | 1:54:38 | 1:51:02 | |
| Donald Scott-Collett | 1072 | 1:55:49 | 1:52:39 | |
| Barry Baker | 1078 | 1:55:58 | 1:53:48 | |
| Colin McCarlie | 1087 | 1:56:07 | 1:53:57 | |
| Ken Beck | 1110 | 1:57:19 | 1:54:24 | |
| Julie Thompson | 1122 | 1:57:38 | 1:54:37 | |
| Kim Stevens | 1125 | 1:57:40 | 1:55:13 | |
| Nelesh Kotecha | 1185 | 1:59:43 | 1:56:33 | |
| Sandra Sheppard | 1205 | 2:00:37 | 1:57:53 | |
| Amanda Box | 1342 | 2:06:41 | 2:03:37 | PB |

| | | | |
|--|------|---------|---------|
| Russell Prentice | 1357 | 2:07:31 | 2:04:48 |
| Tom Harrison | 1366 | 2:08:10 | 2:03:49 |
| Andrea Marnoch | 1400 | 2:10:11 | 2:08:00 |
| Justin Watkins | 1407 | 2:10:42 | 2:06:44 |
| Janice Thomas | 1473 | 2:15:00 | 2:11:58 |
| Rita Dykes | 1476 | 2:15:09 | 2:12:08 |
| Lee Hinton | 1505 | 2:17:14 | 2:14:58 |
| Kingsley Starling | 1540 | 2:20:13 | PB |
| Emma Greside | 1571 | 2:23:03 | 2:19:58 |
| Lorraine Bailey | 1577 | 2:24:29 | 2:19:55 |
| Catherine Douglas | 1608 | 2:28:23 | 2:23:49 |
| Margot Bishop | 1621 | 2:30:16 | 2:26:37 |
| Shirley Holmes | 1622 | 2:30:16 | 2:26:37 |
| Anne Marie Cocker | 1642 | 2:35:13 | |
| Ann McKinnon | 1656 | 2:41:13 | 2:36:27 |
| Sarah Harris | 1665 | 2:45:39 | 2:41:29 |
| Ladies team: 1st (Nikki, Belinda, Claire, Katherine) | | | |
| Mens team: 3rd (Mark, Mark, David, Andrew) | | | |
| Berkshire Champs: | | | |
| MV50: Gold – Gavin Rennie, Silver – Brian Kirsopp | | | |
| FV45: Gold – Lesley Whiley | | | |

Reading 5 miles

| | | | |
|--------------|-----|---------|----------|
| Julie Wing | 113 | 1:05:57 | 2nd FV60 |
| Stephen Wing | 115 | 1:08:16 | 2nd MV60 |

15th February

Bramley 20

| | | | |
|--------------------|-----|---------|---------|
| David McCoy | 59 | 2:10:54 | 2:10:46 |
| Ashley Middlewick | 63 | 2:11:45 | 2:11:37 |
| Andrew Smith | 64 | 2:11:56 | 2:11:45 |
| Gavin Rennie | 73 | 2:13:24 | 2:13:12 |
| Peter Aked | 86 | 2:14:42 | 2:14:31 |
| Ian Giggs | 88 | 2:15:05 | 2:14:49 |
| Alex Warner | 96 | 2:15:55 | 2:15:42 |
| Alan Wilson | 97 | 2:15:56 | 2:15:14 |
| Dean Allaway | 111 | 2:17:25 | 2:17:11 |
| Caroline Hoskins | 131 | 2:19:25 | 2:19:09 |
| Gavin Collins | 158 | 2:23:48 | 2:23:18 |
| Kenny Heaton | 164 | 2:24:42 | 2:24:20 |
| Steven Siddell | 167 | 2:24:59 | 2:24:39 |
| Lance Nortcliff | 170 | 2:25:04 | 2:24:56 |
| Chris Cutting | 176 | 2:25:58 | 2:25:14 |
| Alix Eyles | 181 | 2:26:57 | 2:26:13 |
| Nikki Gray | 208 | 2:29:11 | 2:28:52 |
| Bill Watson | 244 | 2:32:45 | 2:32:15 |
| Brian Grieves | 246 | 2:32:52 | 2:31:52 |
| Paul Monaghan | 247 | 2:32:59 | 2:32:17 |
| Erica Key | 254 | 2:33:32 | 2:32:52 |
| Rebecca Stark | 260 | 2:34:03 | 2:33:34 |
| Belinda Tull | 262 | 2:34:11 | 2:33:51 |
| Patrick Hayes | 271 | 2:35:19 | 2:34:34 |
| David Caswell | 273 | 2:35:29 | 2:34:47 |
| Katherine Sargeant | 274 | 2:35:35 | 2:34:53 |
| Andy Stanbury | 292 | 2:37:41 | 2:35:15 |

ROADRUNNERS RESULTS

| | | | | |
|---|-----|---------|---------|----------|
| David Ferguson | 298 | 2:37:51 | 2:36:45 | |
| David Legg | 333 | 2:41:07 | 2:40:24 | PB |
| Pete Morris | 361 | 2:43:29 | 2:43:01 | |
| Tim Hogarth | 362 | 2:43:36 | 2:42:56 | PB |
| Paulina Erceg | 378 | 2:45:23 | 2:44:22 | |
| Katy Webb | 401 | 2:47:38 | 2:46:25 | |
| Fleur Denton | 403 | 2:48:00 | 2:46:47 | PB |
| Claire Woodhouse | 405 | 2:48:35 | 2:47:23 | |
| Melanie Shaw | 406 | 2:48:35 | 2:47:23 | |
| Andrew Atkinson | 439 | 2:51:54 | 2:49:58 | PB |
| Aaron Chai | 440 | 2:52:00 | 2:50:03 | |
| Tom Stagles | 454 | 2:53:53 | 2:52:36 | 4th MV65 |
| Dave Wood | 490 | 2:58:36 | 2:56:55 | PB |
| Kristin Brandl | 508 | 3:00:17 | 2:59:36 | |
| Sarah Pachonick | 525 | 3:01:31 | 3:00:01 | PB |
| Dave Brown | 539 | 3:04:22 | 3:02:37 | |
| Nick Robey | 557 | 3:07:28 | 3:04:59 | |
| Martin Bush | 576 | 3:09:43 | 3:09:43 | |
| Kim Stevens | 602 | 3:14:29 | 3:13:11 | |
| Ta Akem-Che | 616 | 3:17:14 | 3:15:15 | |
| Claire Seymour | 624 | 3:18:26 | 3:16:44 | |
| Emily Kermode | 656 | 3:23:58 | 3:21:47 | |
| Louise Atkinson | 668 | 3:28:45 | 3:26:47 | |
| Simon Davis | 669 | 3:28:53 | 3:28:11 | |
| Tom Harrison | 670 | 3:28:53 | 3:26:31 | 3rd MV75 |
| Irene Liming | 706 | 3:38:29 | 3:36:16 | |
| Emma Grenside | 709 | 3:39:13 | 3:37:18 | |
| Justin Watkins | 719 | 3:43:37 | 3:41:40 | |
| Lorraine Bailey | 728 | 3:48:02 | 3:46:08 | |
| Mens team: 5th (David, Andrew, Gavin) | | | | |
| Ladies team: 2nd (Carrie, Nikki, Erica) | | | | |

Bramley 10

| | | | | |
|-------------------|-----|---------|---------|--------------|
| Tony Carter | 2 | 54:11 | 54:10 | |
| Luc Jolly | 4 | 55:33 | 55:32 | |
| Ryan O'Brien | 13 | 59:36 | 59:32 | PB |
| Simon Elsbury | 14 | 59:46 | 59:42 | |
| Ian Gosling | 16 | 1:00:23 | 1:00:15 | 1st MV40 |
| Ben Whalley | 17 | 1:00:34 | 1:00:28 | 2nd MV40 |
| Jamie Cole | 18 | 1:00:37 | 1:00:33 | PB, 3rd MV40 |
| Ellie Gosling | 32 | 1:02:09 | 1:02:02 | 5th F |
| Alex Harris | 44 | 1:03:49 | 1:03:44 | |
| Fergal Donnelly | 57 | 1:05:48 | 1:05:37 | PB |
| Duncan Mollison | 59 | 1:05:52 | 1:05:45 | PB |
| Simon Gold | 74 | 1:07:10 | 1:06:57 | |
| Chris Mason | 78 | 1:07:40 | 1:07:30 | 5th MV50 |
| Daniel Stockwell | 88 | 1:08:23 | 1:08:12 | |
| Ben Smith | 89 | 1:08:24 | 1:08:11 | |
| Paul Kerr | 98 | 1:09:00 | 1:08:48 | |
| Graham Tull | 102 | 1:09:17 | 1:09:05 | 5th MV55 |
| David Marsden | 119 | 1:10:41 | 1:10:29 | |
| Philippa White | 122 | 1:10:54 | 1:10:40 | |
| Paul Milnes | 148 | 1:12:56 | 1:12:22 | |
| Lesley Whiley | 158 | 1:13:53 | 1:13:42 | 2nd FV50 |
| Andrew Breakspear | 161 | 1:14:04 | 1:13:46 | |
| David Dibben | 174 | 1:14:48 | 1:14:20 | 1st MV65 |
| Andrew Runnacles | 184 | 1:15:18 | 1:14:50 | |

| | | | | |
|--|-----|---------|---------|--------------|
| Julie Rainbow | 188 | 1:15:32 | 1:15:03 | 5th FV45 |
| Richard Morgan | 190 | 1:15:38 | 1:15:04 | 2nd MV65 |
| Brian Fennelly | 211 | 1:17:39 | 1:17:04 | |
| Lee Hinton | 213 | 1:17:44 | 1:17:11 | |
| John Bullock | 229 | 1:18:32 | 1:17:28 | |
| Clare Elliott | 231 | 1:18:42 | 1:18:04 | 2nd FV55 |
| Tony Streams | 240 | 1:19:26 | 1:18:56 | |
| David Power | 241 | 1:19:30 | 1:19:10 | |
| Joanne Cocksey | 249 | 1:20:50 | 1:19:51 | |
| Craig Knowles | 255 | 1:21:15 | 1:20:01 | |
| Sarah Morgan | 266 | 1:22:02 | 1:21:49 | |
| Andrew Morgan | 267 | 1:22:03 | 1:21:50 | |
| Colin McCarlie | 274 | 1:22:50 | 1:22:00 | |
| Catherine Leather | 296 | 1:24:32 | 1:22:52 | |
| James Meston | 321 | 1:26:24 | 1:25:27 | |
| Angela Burley | 323 | 1:26:38 | 1:25:05 | PB |
| Elizabeth Ganpatsingh | 336 | 1:27:31 | 1:26:14 | PB |
| Tracy Jenkins | 346 | 1:27:55 | 1:26:38 | |
| Sandra Sheppard | 362 | 1:28:58 | 1:27:57 | 5th FV55 |
| Tina Wilson | 377 | 1:29:56 | 1:28:54 | |
| Robert Hele | 379 | 1:30:00 | 1:28:17 | |
| Mary Carol De Zutter | 395 | 1:31:13 | 1:29:58 | |
| Donna Saunders | 398 | 1:31:23 | 1:29:50 | PB |
| Fiona Holloway | 416 | 1:32:15 | 1:31:05 | |
| Amanda Box | 422 | 1:32:35 | 1:31:52 | PB |
| Steve Simmons | 436 | 1:33:58 | 1:31:41 | |
| Paul Smith | 442 | 1:34:08 | 1:33:18 | |
| John Bowley | 443 | 1:34:12 | 1:33:26 | 4th MV65 |
| Jacqueline Fitzjohn | 455 | 1:35:54 | 1:34:54 | |
| Emma Chesswas | 468 | 1:37:09 | 1:35:20 | |
| Rita Dykes | 492 | 1:39:17 | 1:38:11 | 3rd FV65 |
| Sarah McGowan | 515 | 1:40:49 | 1:38:55 | |
| Liz Atkinson | 537 | 1:42:31 | 1:40:35 | PB |
| Kingsley Starling | 543 | 1:43:31 | 1:41:01 | PB, 1st MV70 |
| Carl Woffington | 569 | 1:48:04 | 1:46:09 | 5th MV65 |
| Veronica Andrew | 623 | 2:01:00 | 1:59:04 | |
| Ann McKinnon | 627 | 2:05:04 | 2:03:08 | |
| Palee D'Souza | 634 | 2:09:40 | 2:07:14 | |
| Julie Wing | 639 | 2:13:34 | 2:12:41 | |
| Stephen Wing | 640 | 2:14:49 | 2:12:44 | |
| Mandy Carden | 643 | 2:26:21 | 2:24:00 | |
| Gary Brampton | 644 | 2:26:22 | 2:24:01 | |
| Mens team: 1st (Tony, Luc, Ryan) | | | | |
| Ladies team: 2nd (Ellie, Philippa, Lesley) | | | | |

Bath Skyline 10k

| | | | |
|---------------|-----|---------|--|
| Ray McGroarty | 380 | 1:28:49 | |
|---------------|-----|---------|--|

21st February

Eton Dorney Runs

| | | | |
|---------------|----|---------|----|
| 20k | | | |
| Nick Nash | 21 | 1:42:31 | |
| 10k | | | |
| Angharad Shaw | 43 | 53:18 | PB |

National XC Champs, Parliament Hill**Ladies**

| | | |
|------------------|-----|-------|
| Alice Leake | 184 | 37:54 |
| Sarah Urwin-Mann | 245 | 39:32 |
| Claire Seymour | 700 | 50:54 |
| Irene Liming | 798 | 55:42 |

Men

| | | | |
|-----------------|------|---------|---------|
| Robert Tan | 462 | 48:48 | |
| Lance Nortcliff | 766 | 52:14 | |
| Ian Giggs | | 59:54 | No chip |
| David Ferguson | 1550 | 1:01:49 | |
| Colin Cottell | 1565 | 1:02:01 | |
| David Lennon | 1705 | 1:04:48 | |
| Gary Brampton | 1886 | 1:11:25 | |

22nd February**Hugin 6 hour Challenge**

| | | |
|---------------|----|-----------------------|
| Gary Brampton | 8 | 29.7 miles in 5:53:50 |
| Mandy Carden | 57 | 19.8 miles in 5:45:00 |

Malta Marathon

| | | | |
|-------------|-----|---------|---------|
| Martin Bush | 476 | 4:24:30 | 4:23:40 |
|-------------|-----|---------|---------|

Heartbreaker Marathon

| | | |
|----------------|-----|---------|
| Julia Molyneux | 160 | 5:08:16 |
|----------------|-----|---------|

Pewsey Terminator

| | | | |
|----------------------|-----|---------|----------|
| Keith Ellis | 101 | 1:49:40 | |
| Sian James | 184 | 2:01:18 | 2nd FV55 |
| Donald Scott-Collett | 293 | 2:16:15 | |
| Kathy Tytler | 439 | 2:57:04 | |

Brighton Half Marathon

| | | | |
|------------|------|---------|---------|
| John Keech | 1063 | 1:41:00 | 1:39:53 |
| Rita Dykes | 5010 | 2:13:26 | 2:09:10 |

Portsmouth Coastal Half Marathon

| | | | |
|--------------|-----|---------|------------------|
| Paul Godbold | 405 | 2:00:58 | 1:59:54 |
| Kim Stevens | 424 | 2:02:18 | 2:01:14 2nd FV50 |

Richmond Half Marathon

| | | | |
|---------------|-----|---------|---------|
| Dave Evans | 4 | 1:15:43 | 1:15:42 |
| Simon Elsbury | 51 | 1:25:45 | 1:25:41 |
| Alexa Briggs | 264 | 1:40:55 | 1:40:15 |
| Katy Webb | 356 | 1:45:22 | 1:44:48 |
| Paul Carter | 357 | 1:45:22 | 1:44:47 |

Winchester 10k

| | | |
|----------------|-----|-------|
| Tony Streams | 235 | 49:59 |
| Fiona Holloway | 413 | 57:05 |

28th February**Race Your Pace Half Marathon, Eton Dorney (final on Fri)**

| Name | Pos | Gun | Chip |
|---------------|-----|---------|------------------|
| Simon Elsbury | 5 | 1:20:01 | 1:19:43 |
| Brian Grieves | 36 | 1:27:47 | 1:27:29 4th MV45 |

| | | | |
|------------------|-----|---------|---------|
| Simon Gold | 58 | 1:29:16 | 1:28:59 |
| George Kinyanjui | 77 | 1:31:17 | 1:31:17 |
| Sam Hammond | 116 | 1:36:36 | 1:36:08 |
| Katy Webb | 210 | 1:44:07 | 1:43:42 |
| Chris Mortimer | 261 | 1:49:05 | 1:48:42 |

1st March**Mill Hill Marathon**

| | | |
|----------------|----|---------|
| Gary Brampton | 25 | 5:41:55 |
| Pete Morris | 34 | 5:56:55 |
| Julia Molyneux | 38 | 6:03:55 |
| Martin Bush | 52 | 6:52:59 |

Steinyng Stinger Marathon

| | | |
|-----------------|-----|---------------------------|
| Sarah Pachonick | 123 | 5:18:00 (ran 22.84 miles) |
|-----------------|-----|---------------------------|

Grizzly

| | | |
|-----------------|------|------------------|
| Lance Nortcliff | 101 | 3:01:08 |
| Darrell Robins | 188 | 3:13:26 |
| Colin Cottell | 555 | 3:46:12 |
| Peter Higgs | 1234 | 4:49:16 |
| Irene Liming | 1235 | 4:49:19 |
| Claire Seymour | 1236 | 4:49:21 |
| Tom Harrison | 1329 | 5:09:47 2nd MV75 |
| Lorraine Bailey | 1337 | 5:10:30 |
| John Bailey | 1338 | 5:10:31 |

Grizzly Cub

| | | |
|--------------|-----|---------|
| Linda Wright | 417 | 2:34:55 |
|--------------|-----|---------|

Bath Half Marathon

| | | | |
|-------------|-----|---------|---------|
| Tony Carter | 27 | 1:12:48 | 1:12:44 |
| Nigel Hoult | 493 | 1:28:35 | 1:28:30 |

Berkhamstead Half Marathon

| | | | |
|-------------|-----|---------|---------|
| Andy Dingle | 838 | 2:08:26 | 2:07:21 |
|-------------|-----|---------|---------|

Eastbourne Half Marathon

| | | | |
|----------------|-----|---------|------------|
| Sophie Hoskins | 523 | 1:54:14 | 1:53:21 PB |
|----------------|-----|---------|------------|

Goring 10k

| | | | |
|--------------------|-----|-------|---------------|
| Robert Tan | 5 | 37:08 | 37:07 |
| Darryl Plank | 13 | 38:12 | 38:11 |
| Duncan Mollison | 20 | 39:05 | 39:03 |
| Richard Usher | 23 | 39:18 | 39:16 5th MV |
| Edward Dodwell | 39 | 40:48 | 40:47 1st MSV |
| Brian Kirsopp | 47 | 41:38 | 41:34 3rd MSV |
| Chris Mortimer | 65 | 42:36 | 42:33 |
| Alix Eyles | 72 | 43:02 | 42:58 3rd F |
| Christopher Asemi | 86 | 44:08 | 44:03 |
| Richard Morgan | 208 | 48:48 | 48:27 3rd MM |
| Brian Fennelly | 253 | 50:01 | 49:44 |
| Clare Elliott | 260 | 50:17 | 49:55 2nd WSV |
| Christopher Miller | 287 | 51:11 | 50:26 |
| Tom Stagles | 305 | 51:43 | 51:34 5th MM |
| Tony Streams | 324 | 52:16 | 51:28 |
| Robert Hele | 335 | 52:37 | 52:10 |

| | | | | |
|-----------------|-----|---------|---------|--------|
| Tracy Jenkins | 376 | 54:06 | 53:38 | |
| Jim Kiddie | 432 | 55:29 | 54:38 | |
| Sandra Sheppard | 500 | 56:51 | 55:59 | |
| Paul Smith | 587 | 59:08 | 58:39 | |
| John Chilton | 674 | 1:01:26 | 1:00:45 | |
| Rita Dykes | 766 | 1:04:05 | 1:03:15 | 5th WM |
| Trisha Arnold | 830 | 1:07:12 | 1:05:36 | |

Yateley Hockey Club 10k

| | | | |
|---------------|---|-------|-------|
| Ian Gosling | 2 | 38:37 | |
| Ellie Gosling | 4 | 41:28 | 1st F |

Season's Bests

| | | |
|---------------|--------------------|---------|
| Ladies | | |
| 5k | Carrie Hoskins | 19:53 |
| 5 miles | Annabel Richardson | 45:33 |
| 10k | Sarah Urwin-Mann | 39:21 |
| 10 miles | Ellie Gosling | 1:02:02 |
| Half Marathon | Nikki Gray | 1:30:17 |
| 20 miles | Carrie Hoskins | 2:19:09 |
| Marathon | Julia Molyneux | 5:08:16 |
| Men | | |
| 5k | Tony Carter | 16:37 |
| 5 miles | Stephen Wing | 1:08:16 |
| 10k | Lance Nortcliff | 36:16 |
| 10 miles | Tony Carter | 54:10 |
| Half Marathon | Mark Worringham | 1:11:38 |
| 20 miles | David McCoy | 2:10:46 |
| Marathon | Martin Bush | 4:23:40 |



This is a great family day out for all levels of runners and we have won on a couple of occasions. The race is from Slindon, near Arundel, along the South Downs Way to the Queen Elizabeth Country Park near Petersfield. Wonderful countryside, some of the sunniest weather in the country and we finish with a picnic on the grass while we watch the full marathon runners, (Pete and Martin?), come steaming in. We shall need four fast runners as we aim to win again with our first team, but we shall also field two or three other teams who will be out there for the sheer joy of running across the Downs in the English countryside.

There are four hilly, undulating Legs, 7.7 miles; 5.4 miles; 7.2 miles and 5.9 miles.

Please email: mworringham@hotmail.com

or tom.harrison13w@btinternet.com if you would like to run.

There is also a full marathon, half marathon and fun run for Juniors.

More details at www.209events.com

Reading Roadrunners Committee Meeting

TUESDAY 3RD MAR 2015 7.30PM

ATTENDANCE:

| | |
|-------------------|------------------|
| Carl Woffington | (Chairman) |
| Roger Pritchard | (Gen Sec) |
| Sandra Sheppard | (Treasurer) |
| Anne Goodall | (Membership Sec) |
| Paul Monaghan | (Media & Web) |
| Alice Johnson | (Social) |
| Bob Thomas | (ex-officio) |
| Simon Denton | (ex-officio) |
| Catherine Leather | (ex-officio) |

APOLOGIES FOR ABSENCE:

Alan McDonald.

MINUTES OF THE MEETING OF TUESDAY 3RD FEBRUARY 2015

The minutes were proposed as a true record by Alice Johnson and seconded by Bob Thomas.

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

BANK DEBIT CARD Sandra said she had not had any spare time to chase this up ONGOING.

RACE CLOCK INSURANCE Roger confirmed that the insurance policy for our equipment (race clocks, PA system, generator and gazebo) commenced on the 13th February and that he had received the documents.

TROLLEY Carl reported that he had not had any spare time to chase this up ONGOING.

READING HALF MARATHON Roger reported that our free complimentary entries were being sent out this week.

Roger also reported that we do not have to raise 20 volunteers to marshal and that RHM will be happy to accept as many as we can manage under the twenty originally requested.

MEMBERSHIP VETTING RULE Roger confirmed that this would be included in the AGM packs.

PARK RUN Carl reported that he had spoken to Fergal and that Fergal will arrange a date for RR Park Run.

TV XC TROPHIES Carl reported that the trophies were on order and that they were expected on Wednesday.

CLUB SUBS SURVEY Carl reported that he was still getting feedback and comments. ONGOING

TV XC HOME FIXTURE Roger confirmed that a cheque for £12 was received from the Metros and paid in.

ST PETER'S CHURCH HALL Roger confirmed that he had heard from the church people, who confirmed the booking, but have not asked for a deposit or the full amount of the hire.

MEMBER'S PETITION Roger confirmed that the reply had been sent to the member.

MEMBERSHIP CARD SIGNATURES Carl confirmed that he had requested in a bulletin, that members who get their membership cards by post should sign the card and place a photo inside.

COACHES WHISTLES Roger confirmed that he had advised Simon (Davis) to purchase the whistles.

DINNER DANCE GUESTS Roger confirmed that he had advised Glynne, that if Jamie from the Sweatshop declined an invitation, he could invite Chris Sumner instead.

CASH FOR EXPENSES Anne confirmed that she had obtained the chequebook in order to withdraw the cash.

KIT MONITOR Carl confirmed that Steve Siddell had agreed to continue as kit monitor for next season.

CLUB CHAMPIONSHIPS Bob confirmed that he had published the list of races for next season's championships.

AGM Roger Confirmed that he had placed the list of nominations for committee posts on the club notice board.

CHAIRMAN'S REPORT

KIT Carl said that when he spoke to Steve Siddell about continuing as kit monitor, Steve told Carl, that he was looking into a new supplier, who also supplied kit bags and would get quotes. Paul asked if he could have a list of kit and prices to put on the website. Sandra said, that we need to put a value on the stock for the club accounts.

Carl said that he would speak to Steve. ACTION Carl.

DINNER DANCE Carl recorded thanks to Anne and Toni for organising the dinner dance, which was excellent.

Carl reported that we had omitted to thank the coaches at the dinner dance and that we must do that next year.

ACTION Carl to thank the coaches in his AGM report.

TREASURER'S REPORT

RETURNED CHEQUE Sandra reported that there was one returned cheque for a membership renewal.

Anne reported that the member was very embarrassed and apologised and issued a new cheque.

INVOICE FROM FLOWER SHOP Sandra said she had received a very small invoice from a flower shop, but did not know what it was for. Carl said that it was the delivery charge for the dinner dance flowers.

DINNER DANCE Sandra asked Anne if she had any receipts from Sonning Golf Club and Anne presented the receipts she had. Sandra said she had an invoice from Sonning Golf Club for £3,000, but would wait until she checked the figures before she pays. **ACTION** Sandra to check and pay.

TV XC HOME FIXTURES Sandra reported that Sandhurst Joggers had still not paid their entry fee, but Sandra opened some mail at the meeting that Roger brought from Palmer Park and there was a cheque from Sandhurst.

Sandra said that all clubs have paid now.

CLUB ACCOUNTS Sandra said that Gavin (Rennie) has carried out the audit reading for the AGM and would be issuing a certifying letter. **ACTION** Sandra to send a copy to Roger for the records.

BRAMLEY Sandra reported that the Bramley accounts are not finalised, as there are still outstanding receipts.

SECRETARY'S REPORT

COACHING COURSE Roger presented the committee with an application form received from the coaching co-ordinator, for a level 2, 4-day course for Alan Wilson, at Eastleigh in Hampshire at a cost of £240.

Roger said that there was a request on the form for fuel expenses, which the committee passed for approval.

ACTION Roger to advise Simon that the committee has approved.

ASSOCIATION OF RUNNING CLUBS Roger reported that we had received our annual approach from the ARC, asking if we wanted to join the association. The Committee voted in favour of declining.

PROPOSED NEW RULE 12a Roger raised the subject of the rule that was proposed at last years AGM regarding free offers to club members that was rejected due to the wording. The rule was re-drafted saying that if there were more members applying for any offers than were available, the committee would conduct a ballot to choose the recipients. **ACTION** Roger to include in the AGM packs.

LETTER OF COMPLAINT FROM A MEMBER Roger presented the committee with a letter from a member, who wished to remain anonymous, with complaints against two members. One of the members was Carl Woffington, who was accused of mismanagement of an investigation against another member, and of showing discourtesy and lack of respect to the petitioner. After re-visiting the evidence on file on this matter and as Carl is the chairman, the secretary proposed a vote of confidence in the chairman for the way in which he had managed the investigations.

The vote was unanimous in support of the chairman, in all aspects of the subject matter. The committee now considered their course of action with the petitioner, who had received a warning not to resurrect the claims against the other member, as this and other claims of misconduct by other members had already been thoroughly investigated by the welfare officer in the case of the named member, and by Carl in the case of non-named members. As the petitioner was found guilty of breach of conditions previously placed on them, the committee decided by a vote of 4 for, 2 abstentions and 1 against to take disciplinary action. **ACTION** The secretary to respond to the petitioner within five days, in conformance of rule 3 (j) with the committee's ruling.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Anne reported 70 membership renewals generating income of £1,950 and 5 new members that included a junior generating income of £141. There were also renewals from 3 life members generating £36.

AGM PACKS Anne commented that she thought the AGM packs were going out too late, as they contain the membership forms, which meant that members got the forms after their membership was due for renewal.

ACTION Anne to raise this item next January and get Roger to do the AGM packs earlier.

POSTAGE Anne reported that she would need to purchase 100 stamps for membership cards to be posted.

ACTION Anne to purchase the stamps and give Sandra a receipt.

SOCIAL SECRETARY'S REPORT

DINNER DANCE Alice recorded her thanks to Toni for the dinner dance and said she was sorry she could not be there.

COACHING CO-ORDINATORS REPORT

None submitted.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

SEAA XC MASTERS CHAMPIONSHIPS Roger reported that he had received silver and bronze medals for Rita Dykes and Cecilia Csemiczky respectively for the women's 65+ category in the SEAA master XC championships.

Roger said that as Rita Dykes was not attending the dinner dance, he delivered the medal to her house (Cecilia was presented hers at the dinner dance)

ONLINE MEMBERSHIP PAYMENTS Paul said that he wanted to arrange a meeting with a representative from a website (Paysubs Online) specialising in setting up and running an online system for membership payments. Carl asked Bob if he would like to be involved in the meeting and Bob confirmed he would attend.

ACTION Paul to set up the meeting.

DOOR ROTA

Wed 4th Mar

Shirley Smith, Anne Goodall, Glynne Jones.

Wed 11th Mar

Glynne Jones, Anne Goodall, Alan McDonald (provisional)

Wed 18th Mar

Christina Cotter, Shirley Smith, Anne Goodall, Glynne Jones.

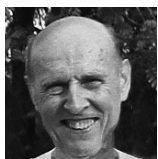
Wed 25th Mar

Christina Cotter, Anne Goodall, Glynne Jones.

Next Meeting Tuesday 7th April.

Meeting closed 10.00pm

Your Committee



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GENERAL SECRETARY
& CLUB COACH

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SIMON DENTON

CLUB EX-OFFICIO



CATHERINE LEATHER

CLUB EX-OFFICIO



ALAN McDONALD

SOCIAL SECRETARY



BOB THOMAS

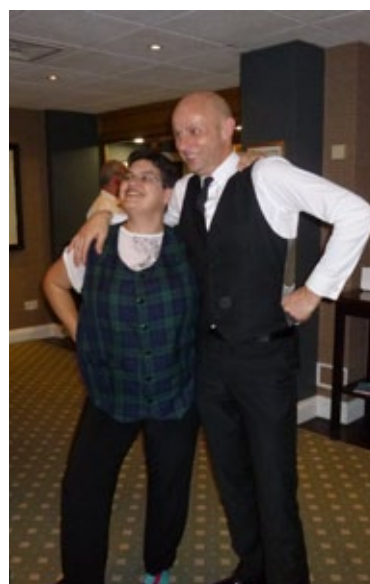
CLUB EX-OFFICIO

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

Dinner Dance

The great and the good were present in their finery at the Annual Dinner Dance for the championship awards, charity presentations and to generally 'shake some action'. The editorial team's quest for scandal was hampered by a case of the sniffles that night and it looked like we would go home empty-handed. That is until the picture on the right landed on our desk...



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