



READING ROADRUNNERS NEWSLETTER MARCH 2016

The club has been slightly overwhelmed with stories of achievement this month, but pride of place has been given to the lovely bunch above, who once again pulled a first-class Bramley event out of the hat. It's always nice to hear such positive comments from competitors, both during and after the event. A big well done to all involved!

Hot on their heels come all those involved with 2015's club charity. The cheque was handed over to Me2 at the dinner dance just hours before the newsletter went to press and the final total was in excess of a staggering £27,000.

Another special mention must go to the club's 'Mr. Marathon' Martin Bush who this month clocked up his 800th marathon - an incredible record and hopefully he has plenty more in his legs yet!

INSIDE THIS MONTH:

- **CLUB CHAMPIONSHIP**
- **NEW KIT!**
- **BRAMLEY REPORT**
- **NEW LIFE MEMBER**



BRAMLEY

RACE COMMITTEE

Have you ever wondered how a road race happens? Well here is your chance to get involved with our flagship event!

We have been fortunate enough to have the same committee for several years now, and they have done an excellent job. This is reflected in the positive feedback about the race and how highly it is rated by runners generally, both in Runners World and elsewhere.

However, due to various other commitments a number of committee members will be stepping down this year. We need to fill the following vacancies:

- Someone well organised & diligent as Safety Officer
- Someone numerate for accounts and budgets
- Someone persuasive to help Alan with the Chief Marshalls job
- Two outgoing/ chatty people to look after/ pursue sponsorship and communications/ publicity

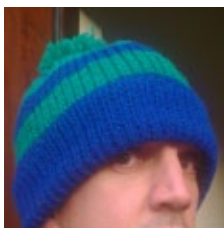
Don't worry if you have never done anything like this before – it's fairly straightforward. Enthusiasm is all that is required!

Interested?

Please speak to Glynne or Adele: adelegraham@btinternet.com
or 07778 405814

Please give some thought to helping – the race cannot continue to run without the support of the committee!

(PS This year's Race Report is on Page 8)

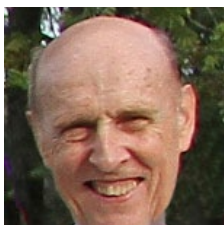


Welcome from the Editor

CHRIS CUTTING

This month's issue contains what must be as close to an exclusive as we have ever had, and I must say it makes very thought-provoking reading. On receiving his Life Membership award at the Dinner Dance, Jim Kiddie very politely entertained a moderately 'refreshed' Editor on the possibility of writing an article. Jim being a perfect gentleman, his article was written and sent by teatime the next day.

For those of you who know Jim's story or are simply completely unaware of it, I would recommend you take a moment and read his contribution this month as it is an initially fairly harrowing, but ultimately inspiring tale. There are lessons to be learnt for all of us and I thank Jim wholeheartedly for sharing his experience with us all.



Chairman Chat

CARL WOFFINGTON

The cross country season is now over. The last races in both the TVXC and Hampshire leagues were held in February. I'm sure the Team Captains reports will give full details of results. I would just comment that we did well in both leagues and we had good numbers of RR's out in the races throughout the winter. I am doing the RR XC Champs again for this winter. There are still some provisional TVXC results which are holding things up. I will get a results table out as soon as race results are known. There will be a presentation evening on Saturday 30th April. Put the date in your diary, more details to follow soon.

The Bramley 20/10 took place during February. It was excellent as usual. Lots of hard work put in by many helpers, so a big thank you to you all. Good running weather on the day too.

RR also provided marshal teams for the Wokingham 1/2. All went well for our teams but there was a perfect lesson on why not to pass your race number on to someone else if you can't run.

Tony Canning organised the second of his timed track 5km runs during February. There was a very good turnout and it was enjoyed by all. Thanks Tony.

Congratulations to Martin Bush who managed to run his 800th marathon a couple of weeks back. An amazing achievement.

By the time you read this the RR Dinner Dance will have taken place. Thanks to Toni and Anne.

The RR AGM takes place on Tuesday 22nd March. You should have all now received your AGM packs giving full details. You must be a current member to vote ie you must have renewed.

RR will supply marshals at the start of the Reading 1/2. Contact Richard Hammerson if you wish to help. I can confirm that if you marshal the 2016 race you can have a free entry to the 2017 race.

There will be a build up to the Shinfield 10k over the next few months. We will need marshals and helpers as usual. Please volunteer to help if you can.

Please ignore this last paragraph if you have recently renewed your RR membership. It's a gentle reminder for those that haven't. RR 2015/16 membership expires on 29th February for most of us. Membership can be renewed up to 31st March. Membership is considered lapsed on 1st April and renewal is no longer possible. From 1st April onwards it's a re-join rather than a renewal.



Ladies' Captain - Report

CLAIRE SEYMOUR

I'm writing this report on the first day of spring, which I'm very glad about as it means that the lighter warmer evenings will soon be here and no more training in the dark! Hope your training is going well for those spring 'Half's and marathons: I don't know about you but I'm finding that the time is flying by and Reading Half, Brighton, Manchester and the London marathon will soon be upon us!

In February we sadly had the final TVXC fixture of the season held on Sunday 7th Feb by TVT, we were in a good position going in to this race, our scoring ladies (Carrie Hoskins, Alix Eyles, Ellie Gosling and Julie Rainbow) had a great run finishing in 5th position which meant along with the men's results, for the 2nd year running we won the overall team trophy! Our ladies team finished in joint 1st position with Sandhurst, which is a great result for our club!! I'm still waiting on the decision regarding the ladies team trophy, however fingers crossed we may get to hold on to it for the second year running! Thanks to all the runners that have taken part in these fixtures, they have been very enjoyable and I hope you're all proud of your achievements, whether you run near to the front of the pack and are one of our scorers or are the last runner home: we have all contributed to these overall results. Well done all.

We are planning to hold a XC Presentation evening on Saturday 30th April to celebrate our success this season, more details will follow and tickets will be on sale very soon, so watch this space...

We also had the final fixture of the Hampshire League. This was held on Saturday 13th February on a new course at Dibden Enclosure in the New Forest, and turned out to be one the best so far -reminded me very much of some of the TVXC courses. Sarah Urwin-Mann who has been our first finisher for the club at the other fixtures was on holiday, so for this fixture the rest of us had some work to do to retain our position of joint 3rd for the vets!

We were up against some tough competition, as Reading AC (who we were in joint 3rd position with) fielded a very strong team! We were very pleased to have Belinda Tull on the team just back from her trip to South Africa! Belinda did us proud and was our first lady finisher for the club, followed by Sam Whalley in her best finishing position yet. I was pleased to be our 3rd scorer, closely followed by Tracy Jenkins, and Cecilia

Csemickzy with a great sprint finish (which Cecilia won!). We finished 7th for the seniors and 5th for the vets, with the final positions after 5 fixtures being 6th senior team on aggregate and 4th vet team, which we were very pleased with. Sarah Urwin-Mann also secured a bronze medal for finishing 3rd vet lady on aggregate, an amazing result! Well done and thanks to all the ladies that have supported this league throughout the 2015/16 season.

The following day we had our very own race - Bramley 20/10. I couldn't believe how many PBs there were!! The conditions were perfect for racing, which could only of helped. We had lots of our ladies running the 10 and 20 mile distance, with some great results. Firstly well done to our ladies, Carrie Hoskins, Katherine Sargeant and Katy Webb who won the team prize for the 20 mile race! Carrie was also first in her age category and all three ladies recorded PB's! We also had a 2nd place for our ladies team for the 10 mile race (Nikki Gray, Pippa White and Alix Eyles). Well done to all the other ladies that completed either the 10 mile or 20 mile distance, in particular to Sheryl Higgs and any other ladies who completed the 10 or 20 mile distance for the first time.

The other big race to report this month was Wokingham Half marathon. This race also forms part of our Club Championship for 2016! Conditions weren't ideal for PB's with a strong wind blowing, however quite a few were recorded nonetheless, with our ladies team (Nikki, Katy, Katherine and Erica) narrowly missing out on the team prize by seconds (gun time), however going by chip time they were the quicker team on the day! The Wokingham Half is also part of the Berkshire road championships, of which some of our ladies came away with medals, Senior Ladies Gold – Nikki Gray, FV35 Bronze – Christina Calderon, FV45 Bronze – Katherine Sargeant and finally last year's FV55 champion Sandra Sheppard - Gold. Great running all, well done!

Just a reminder I'm currently taking names for the Ridgeway Relay ladies team, Mark is taking names for the A and B teams, and Cecilia Csemiczky, the Over 60's team (stage distances range from 5.4 miles to 11 miles). If you're interested in running or would like more information please contact us at teamcaptains@readingroadrunners.org.

Have a good month of running!

Claire



Men's Captain - Report

MARK WORRINGHAM

So, the cross country season is finally over, and it's time to pack away those spikes or trail shoes for another 8 months. If you're anything like me, you won't even bother to wash them before doing so, and then go back a year later to find they've become home to a unique ecosystem, featuring a number of species quite possibly new to science. Either that or they will harden into a shape very different from their original form, meaning that when you try to wear them in the first race of next season, they will scrape all the skin off the back of your foot. Like mine did. So, actually, it's probably best to wash them.

Of course, it has been another great season for the Roadrunners in the Thames Valley League. Two overall league wins on the bounce is fantastic work, and much credit goes to Claire for continuing Tina's excellent geeing up work in getting people out. The numbers of runners suggests that people didn't need much persuading. Although the club overall finished third in the final match at TVT, failing to win for the first time, the men kept their winning record going, helped by four runners in the top ten. Rob Corney came in third with a cracking run. Dave McCoy, Andrew Smith and Mark Saunders filled out positions 8 to 10. Doug Kelley finished in 15th and Mark Apsey continued his return in 25th, with the scoring vets being Fergal Donnelly (34th) and Brian Kirsopp (45th).

Looking back over the league, it's gratifying to see that there have been 17 different men scoring points for us over the course of the season. In fact, there have been nine different men that have achieved at least one top ten finish. It goes to show that as a club, we can put out all kinds of different teams that can compete for the win, which is pleasing – although it does make you wonder what would happen if we had our strongest team out every time. Particular kudos to Lance Nortcliff for three wins in his five runs, having never been higher than second in his four previous cross country seasons with the club, and for Dave McCoy for scoring the most times, with six of the seven races.

The conclusion of the Hampshire Cross Country League was also in February, and more good news for RRR, as we finished sixth in the match, and therefore eighth overall in Division 1 and well clear of relegation. Although we only had five men running, they all did a sterling job in scoring, with Keith Russell

23rd, Dave McCoy 34th, Andrew Smith 40th, Ben Whalley 60th and James Silman 158th. Credit also to Colin Cottell, who helped out with marshalling, therefore helping the match to go ahead. The other good news of the day was that, despite Lance Nortcliff unfortunately having to miss the race with injury, results conspired to ensure that he retained his position of second veteran overall in the league. This is a great achievement, because there are some very handy over 40s running in this league, so well done to him.

There were only a couple of downsides to the day. Unfortunately, not fielding a full team in the first and last races meant that our vets team finished bottom of Division 1. The other is that the organisers have some very stern words to say about the way some attendees parked, causing a number of complaints. I'm certain these would not have been Roadrunners, but nevertheless I ought to pass on the concerns, which can be read in full on the Hampshire XC website.

Anyway, all that muddy nonsense is behind us now, and February saw Roadrunners turning back to the roads, as the name suggests that they should. First of the big races up was our very own Bramley 20 & 10, and it seems that Alan Makepeace and his organising team did another sterling job, despite the late scare with volunteers. Well done to all who helped make sure this race went ahead.

In the 20 mile race, disappointingly no Roadrunners could keep up with Jonny Hay's new course record. Come on everyone, it's only 5:08 minute mile pace! Still, there was a veritable glut of 20 mile PBs from our men – far too many to list, but a blanket well done to all. In fact it would be easier to list those that didn't run a PB. First Roadrunners home were Alex Harris in 49th and Ian Giggs 58th.

In the kids' race ... sorry, the 10 mile race, there was victory again for RRR in the men's team competition, with Jamie Smith, Dave McCoy and Duncan Mollison claiming the prize, finishing in 5th, 9th and 17th respectively. All three ran PBs, as did Fergal Donnelly, Chris Buley, Ricky Cowley and David Walkley. In addition, there were some excellent age group positions, with Nigel Hoults second V60, Jim Kiddie second V65 and Tom Harrison bagging the V75 category, demonstrating that Roadrunners mature

beautifully with age.

The following weekend saw another big turnout, this time for the Wokingham Half Marathon. With the wind whipping up, particularly in the last three miles, PBs were a lot thinner on the ground, but some managed to do it nonetheless, which was annoying for those of us who would have liked to claim that the conditions made running fast completely impossible. Seb Briggs was first among the PBs, breaking 1:15, with Rob Corney not far off that either. Andrew Smith, Dave McCoy and Brian Kirsopp also recorded PBs, as did Ricky Cowley, Sam Hammond, Stuart Jones and Phil Reay. Against some tough competition, the men's team of myself, Seb, Keith Russell and Rob came in 5th overall, with an average time of almost exactly 1:15.

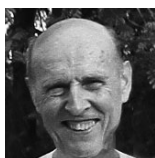
One other PB to note on the roads was Dave McCoy, slicing another 13 seconds off his Wokingham time

the following weekend at the Kingston Half Marathon. Congratulations are also due to Martin Bush for completing a mind-boggling 800th marathon this month (by which I mean 800 in his life, not this month, although I wouldn't put that past him).

Once again, it's time to start thinking about the Ridgeway Relay, which will be held on 19th June. We finished 4th last year, running one of our fastest ever times for the course, and I'm convinced we can do better this year. We have the potential team to finish somewhere on the podium, maybe even top, but we need to get people out on the day. As usual, we have an A team, B team, ladies' team and old folks team entered, so it would be great if people could let me know if they want to run, and whether they have a preference for any specific leg. I will be separately going round, cajoling, threatening and, if necessary, blackmailing people into running, so watch out for that.

Good running to all in March.

Your Committee



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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

2016 Club Championship

BOB THOMAS

We will run two Club Championships again this year: the Road & Multi-terrain Championship and the Marathon Championship. You don't need to register that you're taking part in either or both Championships, but remember that it's a rule to run in Club colours.

Road & Multi-terrain Championship

To qualify you must return a result in each of four distance categories, 5 mile, 10K, 10 mile and Half Marathon, in any of the nominated races. You can choose from two road races and a multi-terrain race at each distance:

Marathon Championship

The format of the Marathon Championship is the same as last year: you can enter marathons of your choice anywhere in the world. If you want your result to count, make sure it's recorded in the newsletter results section or mail it to champs@readingroadrunners.org. The member recording the fastest result in each age category during the season will be declared the age category winner. Your age category is fixed according to your age on 1Jan16.

The season will run from 1Jan to 31Dec16.

Distance	Race	Type	Date
5 miles	Marlow	Road	08May16
	Kintbury	MT	05Jun16
	Didcot	Road	03Jul16
10K	Royal Berks	Road	15May16
	Wargrave	Road	12Jun16
	Frieth Hilly	MT	16Oct16
10 miles	Maidenhead	Road	25Mar16
	Ricky Road	Road	23Oct16†
	Mapledurham	MT	04Dec16
Half marathon	Wokingham	Road	21Feb16
	Harwell	MT	29Aug16
	Marlow	Road	06Nov16

21 Wokingham HM	25 Maidenhead 10		08 Marlow 5	15 Royal Berks 10K	05 Kintbury 5	12 Wargrave 10K	03 Didcot 5	29 Harwell HM		16 Frieth Hilly 10K	23 Ricky Road 10	06 Marlow HM	04 Mapledurham 10		
Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec					

Age categories

For both Championships the age categories are as follows:

Men	Senior	MV40	MV50	MV60	MV65	MV70	
Ladies	Senior	FV35	FV45	FV55	FV60	FV65	FV70

Awards

Trophies will be awarded in each category in each championship, to be presented at the 2017 Club dinner dance.

Bramley Races 2016

ADELE GRAHAM, RACE DIRECTOR

Bramley 2010 was held on Sunday 14th February 2016, the 22nd year of Reading Roadrunners flagship race. The races continue to be extremely popular with runners, and we were completely sold out again by the closing date.

Despite rain on Saturday, the day of the race was dry, although very cold. Foil blankets were duly dispatched to all marshall points in case the cold proved a problem for some of the runners.



Jonny Hay 20 mile winner being accosted by the Race Director!

As usual, our trusty helpers were all out early to make sure everything was in place by the start time. Runners slowly begin to arrive, and at 10.30 over 1,370 runners started to make their way through the rural lanes of Hampshire.

Hot favourite in the 20 mile race was Jonny Hay. Bramley was set to be his first test event in the lead up to London, where he is hoping to be in the top two British athletes and qualify for Rio. At the half way point he was certainly going well, passing through 10 miles some considerable way in front of the leading 10 mile finisher.

He did not slow over the next 10 miles and completed the race with a new course record of 1:42:43. The first Reading Roadrunner home was Alex Harris in 49th place (2:10:43). The ladies race was won by Bryony Proctor of Aldershot Farnham & District AC in 2:00:33, with the first Reading Roadrunner being Carrie Hoskins



- 68th place in 2:14:11, who had an excellent run around 5 mins faster than last year! Southampton AC won the men's team prize, with Reading Roadrunners taking the ladies honours - a great result for Carrie Hoskins, Katherine Sargeant and Katie Webb.

The 10 mile race was won by Roy Scott (Southend AC) in 54:45, with the first Reading Roadrunner in fifth place - Jamie Smith in 58:14. In the ladies race the winner was Kathy Bailey of Winchester & District AC (1:01:31). The first Reading Roadrunner was Nikki Gray in 35th place (1:04:20). Reading Roadrunners took the men's team prize - well done to Jamie Smith, David McCoy and Duncan Mollison. Hart Roadrunners took the ladies team title.

Full results are on the website. Once again we have had lots of great feedback from runners saying how much they enjoyed the race, how well it is organised and what fantastic support there was from the marshals.





Information Desk team

Massive thanks again to the small army of people too numerous to mention who we rely on 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).



A Life Member's Story

JIM KIDDIE

When Glynne Jones presented me with my Life Membership award at the annual Dinner Dance this month I felt delighted and honoured. I'd just like to say a big "Thank you" to those involved in my selection.

As Glynne made the presentation he referred to the "bond" that exists between us. It exists because Glynne suffered a stroke on the 26th February 2006. My whole life was turned upside down a year and a day later on the 27th February 2007. Our editor, Chris, has asked me to describe what happened. As the BBC would say - you may find the following story disturbing (I do!).



Cast your mind back nine years. I had been retired for just over three years. I was in great shape, and running well. I had already knocked out 99 Half Marathons, and I was about to clock up my hundredth. It would be sub 1-30 of course. It would be almost routine.

Then suddenly, that night, I had what is called a "thunderclap headache", and that is the only description required! It was only my second headache in almost sixty years and since the other one was

meningitis I knew I was in big trouble. Pat called the ambulance and a CT scan at Royal Berks Hospital revealed a major brain haemorrhage. I was then transferred to John Radcliffe Hospital's Neuroscience Department at Oxford.

The standard treatment is to insert a small coil into the femoral artery in the groin and feed it from there right up into the brain, where it is disconnected at the site of the burst, and forms an internal seal. They tried on two separate occasions and failed both times. They discovered that an aneurism on the carotid artery had burst in the centre of my brain directly behind my eyes, but fortunately had stopped bleeding. I was conscious throughout most of the procedures, and could feel the probe going around inside my brain.

What they also discovered was that part of my artery system in the brain was missing and part of it was mal-formed from birth. This isn't as rare as it might sound, but it meant they couldn't get the tiny coil to sit securely in the right spot.

The surgeon then came and sat on the bed and started to explain things to me. They had given me only a 50/50 chance of surviving the first 24 hours, and a 5% chance of survival without major brain damage up to that point he said. But now the serious stuff was about to begin. They were going to perform a craniotomy – cut a hole in the side of my head, retract the frontal lobe of my brain, go right into the centre of my brain and put a clip around the offending aneurism. If anything went wrong he calmly explained, he would cap the artery off and I would be paralysed and speechless for the rest of my life. Signing the consent form for the operation was one moment I shall never forget.

The op was a complete success, and I was discharged four days later. The surgeon said that if I'd not been as fit as I was he doubted whether I would have survived. I came home with a nine-inch scar and thirty-five stitches across the front of my head. (it played havoc with my hair style). Also, the surgeon had fitted titanium plates, screws and quite a few staples in my skull to hold it all together. The little wobbly bump on my forehead is a screw sticking up. Yes, I really do have a screw loose.

When I first came home I was so weak I couldn't even

climb the stairs without stopping to rest, but I was already determined to run again. The physical story was, in many ways, the easy part of the recovery. Much harder was the mental roller coaster I was about to ride. The brain doesn't like being mauled about, and it



can react in some strange and unpredictable ways. For example I would find myself roaring with laughter for no obvious reason (a bit like listening to Tom's jokes on a Wednesday night). Then, within seconds I was crying like a baby. Then the cycle would start all over again. At times I questioned my own sanity. Pat gave me great support throughout this period, and I'm sure my recovery would have taken much longer without her help.

It took me two years to regain full fitness, and I did finally run that elusive 100th Half Marathon at Reading in 2009 - a race that brought tears of emotion to my eyes.

I do have a few minor defects remaining (don't laugh, we all have some), but the whole experience has taught me one thing I'm sure Glynne would agree with – life is very fragile. One minute everything was going well then, within seconds, it was almost over.

New Kit

CHRIS DREW

We will soon be receiving a batch of new running vests and technical t-shirts from Scimitar Sports. The redesigned club kit features sublimation printing (the design is in the fabric) so it's goodbye to those seams running diagonally across your chest. Both the t-shirts and the vests will have side panels and flatlock seams to avoid chafing. The side panel on the vest will be a mesh to aid ventilation – you will undoubtedly run faster than ever!



I'll post in the Facebook group as soon as the new kit arrives and of course it'll be prominently displayed at track. In the meantime please take advantage of some excellent clearance prices on the old kit which is as always available in the foyer.

We've also re-launched the leisure wear range which now includes a green polo shirt in both unisex and ladies sizes as well as a kit bag, shower jacket and fleeces with both full and half zip. The new hoody has got thumbholes in the cuffs and is accompanied by a zody (a zipped hoody).

All items feature the club logo and with the exception of the shower jacket, our name is proudly emblazoned across the back. All the items can, of course, be personalised.

We've one of everything available to try on before you order but there's too much to keep at Palmer Park so I'll be holding regular 'kit nights' at track. I hope that with club kit more readily available lots of you will take advantage and we can reinforce our club identity when we assemble at events.



Roadrunners Results

NIGEL HOULT

Last month saw two of the most popular races – the Wokingham half marathon, with 107 of you taking part (well up on last year) and our own Bramley 20/10, with 99 over the two distances (down quite a lot). Bramley was held on a fairly good day for running, if a bit cold for some, and nearly half of you got PBs, which is an excellent achievement. Our ladies team came first over 20 miles, and the men did likewise over 10. Wokingham, by contrast, was on a mild but very windy day. In spite of that, there were some excellent times recorded, and 21 PBs which is amazing; however, our ladies team were unlucky, missing out on first place by just a few seconds. Several members collected medals in the Berkshire Championship, including two golds for Nikki Gray and Sandra Sheppard. Well done one and all.

The sharp-eyed amongst you may have noticed that “D. McCoy” is appearing quite frequently in the results (and twice in those two races); this is because we now have two members of that name. I’ll leave any jokes about which one is the “real McCoy” to Tom, but in order to distinguish them here, the younger appears as Dave and the older as David.

Of course, there are some who like to run further than 20 miles – much further in some cases. So well done to Gary Tuttle and Simon Palmer, on completing their first 50 mile ultra. Phil Reay went one better still, running 66 miles in the Pilgrim Challenge. Martin Bush and Julia Molyneux, on the other hand, seem to prefer the marathon distance or thereabouts, completing four on consecutive days at the end of the month. Martin did several more besides, and has now passed the 800 mark – and I thought 100 5k parkruns was an achievement!

Finally, we had the last events in the two cross-country leagues. In the Hampshire League, Lance Nortcliff and Sarah Urwin-Mann finished in the top three on aggregate, an excellent result in a very competitive league. In the Thames Valley League, our men once again won, and although the absence of some of our faster ladies meant that they could only manage 5th place, in the league we still managed to win the overall and men’s competitions, and tie for victory in the ladies’. Well done everyone who supported the club in these competitions.

Next month is a busy time, with the Reading and Fleet half marathons and the Maidenhead 10, so good luck to everyone running in those. It’s harder to spot the Roadrunners in these larger races (Reading especially), so if you aren’t shown in the results as a Reading Roadrunner – maybe you entered before you joined us – then please be

sure to let me know so that your result can be included: results@readingroadrunners.org.

6th-7th February

Pilgrim Challenge (66 miles)

Day 1

Phil Reay	211	9:21:52
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Day 2

Phil Reay	107	8:08:08
Christina Calderon	108	8:08:09

Overall

Phil Reay	127	17:30:00
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6th February

Thames Trot 50

Gary Tuttle	35	8:13:44
Simon Palmer	39	8:27:21

7th February

Watford Half

Name	Pos	Gun	Chip
Justin Watkins	1381	2:03:21	2:02:14
Emma Grenside	1770	2:27:30	2:25:02
Sev Konieczny	1796	2:31:30	2:29:01

TVXC League, Bramshill

Rob Corney	3	33:39	
Dave McCoy	8	34:52	
Andrew Smith	9	34:58	
Mark Saunders	10	35:01	
Douglas Kelley	15	36:12	
Mark Apsey	25	37:16	
Fergal Donnelly	34	37:41	
Ian Giggs	41	38:25	
Brian Kirsopp	45	38:47	
Paddy Hayes	46	38:48	
Carrie Hoskins	52	39:24	2nd F, 1st FV
Kenny Heaton	56	39:28	
Dean Allaway	58	39:41	
Julian Hough	60	39:46	
Chris Cutting	67	40:03	
Bill Watson	78	40:38	
Daniel Stockwell	82	40:52	
Stuart Jones	92	41:32	
Peter Cook	98	41:44	
David Fiddes	114	42:44	
Mel Silvey	120	42:53	
Nigel Hoults	138	44:20	

ROADRUNNERS RESULTS

Keith Ellis	141	44:23
Nick Adley	160	45:19
Alix Eyles	163	45:30
Ellie Gosling	175	46:12
Julie Rainbow	176	46:15
Tom Wright	182	46:38
Lee Hinton	186	46:50
Martin Douglas	215	49:10
Rachel Derry	217	49:12
Andy Atkinson	223	49:35
Peter Higgs	227	50:03
Anthony Streams	228	50:04
Melanie Shaw	235	50:32
Toni McQueen	245	51:20
Dave Brown	246	51:21
Catherine Leather	248	51:30
Peter Reilly	250	51:41
Donna Saunders	251	51:50
John Bullock	252	51:51
Susan Knight	254	52:01
Tracey Jenkins	261	52:21
Claire Seymour	269	53:20
Heather Ridgus	275	53:55
Jamie Smith	276	53:56
Jenny Owen	278	54:16
Katie Gumbrell	279	54:17
Lin Morton	286	55:27
Louise Atkinson	290	55:47
Bob Thomas	318	59:02
Maureen Sweeney	323	59:58
John Bailey	328	1:01:15
Yvonne Edwards	329	1:01:25
Tom Harrison	330	1:01:26
Liz Atkinson	332	1:02:00
Maria Norville	333	1:02:42
Catherine Douglas	336	1:03:05
Linda Wright	337	1:03:06
Kerri French	339	1:03:24
Pete Morris	344	1:04:32
Janice Thomas	348	1:05:15
Carl Woffington	349	1:05:17
Ann McKinnon	352	1:05:38
Kathy Tytler	360	1:10:03
Lorraine Bailey	361	1:11:28
Sheryl Higgs	363	1:34:42
Mens Team: 1st, Ladies Team: 5th (Overall: 3rd)		
Series Result: Overall 1st, Men 1st, Ladies 1st=		

13th February

Unusual Suspects Challenge

Martin Bush	45	26.25 miles in 4:54:51
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Hampshire League XC, Dibden Inclosure

Ladies

Belinda Tull	60	27:41
Samantha Whalley	73	28:54
Claire Seymour	90	31:08
Tracy Jenkins	93	31:30
Cecilia Csemiczky	113	39:43
Ladies Team:	11th (6th on aggregate)	
Ladies Vets Team:	5th (4th on aggregate)	
Veteran Ladies Aggregate:	Sarah Urwin-Mann 3rd=	

Men

Keith Russell	23	36:56
David McCoy	34	37:44
Andrew Smith	40	38:05
Ben Whalley	60	39:21
James Silman	158	51:49
Mens Team:	6th (8th on aggregate) in Division 1	
Veteran Men Aggregate:	Lance Nortcliff 2nd	

14th February

Punchbowl "Marathon" (20.5 miles)

Alan Freer	1	3:13:00
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Valentine's Day Challenge

Caroline Hargreaves	63	26.2 miles in 5:15:08
Martin Bush	68	26.2 miles in 5:24:48
Amanda Box	114	13.1 miles in 2:31:53

Bramley 20

Name	Pos	Gun	Chip	
Alex Harris	49	2:10:43	2:10:38	
Ian Giggs	58	2:13:12	2:13:08	PB
Caroline Hoskins	68	2:14:11	2:14:07	PB, 1st FV45
Brian Kirsopp	102	2:17:54	2:16:53	PB
Chris Cutting	137	2:21:54	2:20:32	PB
David McCoy	138	2:22:08	2:21:25	
Kenny Heaton	166	2:25:50	2:25:25	
Katherine Sargeant	171	2:26:11	2:25:48	PB, 5th FV45
Katy Webb	181	2:27:08	2:26:03	PB
Gary Tuttle	182	2:27:39	2:26:22	PB
Paul Kerr	184	2:27:48	2:26:27	PB
James Godfrey	191	2:28:37	2:27:06	
Gavin Collins	199	2:29:39	2:28:22	
Brooke Johnson	203	2:30:11	2:28:52	PB
Simon Palmer	211	2:31:15	2:29:58	PB
Erica Key	212	2:31:19	2:30:05	PB, 4th FV40
Patrick Hayes	241	2:35:08	2:33:45	PB
Paul Monaghan	242	2:35:13	2:34:51	
Daniel Stockwell	289	2:39:33	2:38:15	PB
Sam Hammond	314	2:41:50	2:40:30	PB
Liang Guo	315	2:41:55	2:40:23	
Tim Hogarth	340	2:43:55	2:42:13	PB

ROADRUNNERS RESULTS

Julie Rainbow	347	2:44:17	2:42:53	PB
Mel Shaw	386	2:47:12	2:46:08	PB
Jemma Fulbrook	431	2:52:24	2:50:34	PB
Loretta Briggs	432	2:52:24	2:50:34	PB
David Power	434	2:53:01	2:51:11	PB
Gary Brampton	489	2:58:15	2:56:45	PB
Simon Davis	498	2:59:54	2:58:12	
Madeleine Starks	537	3:03:19	3:01:16	PB
Sarah Pachonick	538	3:03:25	3:01:25	
Claire Seymour	545	3:05:08	3:03:39	PB
June Bilsby	573	3:09:52	3:07:26	PB
Paul Carter	602	3:13:59	3:12:33	PB
Donna Saunders	643	3:20:34	3:18:08	PB
Nikki Waters	644	3:20:43	3:18:42	
Louise Atkinson	665	3:23:50	3:21:34	PB
Mary Carol De Zutter	710	3:34:49	3:32:24	PB
Irene Liming	714	3:36:33	3:34:11	5th FV65
Juliet Dimmick	755	4:10:11	4:07:44	PB
Ladies Team: 1st (Carrie, Katherine, Katy)				

Bramley 10

Name	Pos	Gun	Chip	
Robert Tan	3	56:24	56:24	PB (Reading AC)
Jamie Smith	5	58:14	58:14	PB
Dave McCoy	9	1:00:08	1:00:08	PB
Duncan Mollison	17	1:02:28	1:02:24	PB
Fergal Donnelly	32	1:04:14	1:04:09	PB, 4th MV40
Nikki Gray	35	1:04:20	1:04:15	PB
Nigel Hoult	52	1:07:44	1:07:37	2nd MV60
David Marsden	72	1:09:41	1:09:31	
Chris Mason	74	1:09:58	1:09:50	
Chris Buley	80	1:10:24	1:10:09	PB
Philippa White	81	1:10:24	1:10:11	
Peter Cook	82	1:10:33	1:10:09	
Ricky Cowley	90	1:11:31	1:11:04	PB
Dan Clarke	94	1:11:55	1:11:18	
Paul Milnes	95	1:11:56	1:11:43	
Alix Eyles	108	1:13:06	1:12:57	
Claire Marks	109	1:13:06	1:12:58	2nd FV50
Paul Billing	128	1:14:23	1:13:58	
Liz Jones	142	1:14:48	1:14:34	2nd FV55
Scott Erceg	156	1:16:13	1:14:29	
Stephen Dellow	182	1:18:27	1:18:27	
Ben Whalley	184	1:18:36	1:18:05	
Tony Streams	185	1:18:38	1:18:14	5th MV55
Tom Wright	194	1:19:07	1:18:17	
Clare Elliott	209	1:20:31	1:19:41	4th FV55
Catherine Leather	235	1:22:09	1:21:24	
Jim Kiddie	247	1:22:56	1:22:25	2nd MV65
Martin Douglas	254	1:23:33	1:23:06	
Susan Knight	255	1:23:35	1:23:05	PB
Samantha Whalley	279	1:24:46	1:24:15	PB
Sarah Morgan	281	1:25:00	1:23:18	
Angela Burley	285	1:25:38	1:24:01	PB
David Walkley	288	1:25:42	1:24:57	PB

Tina Wilson	294	1:26:02	1:25:16	5th FV55
Grace Lyon	314	1:27:19	1:26:38	
Chris Drew	320	1:27:28	1:26:42	
James Meston	323	1:27:43	1:26:09	
Rachel Cholerton	329	1:28:00	1:27:23	
Angharad Shaw	347	1:29:02	1:28:25	
Nick Robey	374	1:30:52	1:29:03	
Andrew Curd	406	1:33:28	1:32:36	
Sandy Sheppard	431	1:35:14	1:34:56	
Tom Harrison	446	1:36:32	1:35:56	1st MV75
Kevin Bilsby	455	1:36:59	1:34:32	PB
Susannah Palmer	474	1:38:46	1:37:59	PB
Lin Morton	475	1:38:46	1:38:00	
Elizabeth Stevens	478	1:39:00	1:36:34	
Moiria Allen	481	1:39:12	1:37:45	
Julie Bagley	511	1:42:17	1:41:30	
Linda Wright	519	1:43:47	1:43:20	
Jennifer Gale	523	1:44:30	1:43:46	PB
Liz Atkinson	541	1:46:51	1:44:35	
Carl Woffington	553	1:48:45	1:46:40	5th MV65
Emma Grenside	564	1:51:03	1:48:46	
Ann McKinnon	567	1:51:31	1:49:26	PB
Melanie Parker	573	1:52:18	1:50:43	
Julie Wing	594	2:02:48	2:01:56	4th FV65
Stephen Wing	599	2:08:08	2:05:46	
Sheryl Higgs	606	2:30:06	2:28:43	PB
Mens Team: 1st (Jamie, Dave, Duncan)				
Ladies Team: 2nd (Nikki, Philippa, Alix)				

Reading 5

Nick Adley	16	36:27
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15th February

Breakfast Race

Julia Molyneux	41	26.24 miles in 5:24:07
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20th February

100 Marathon Club AGM Marathon

Martin Bush	65	4:51:00
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21st February

Seville Marathon

Name	Pos	Gun	Chip
Paul Monaghan	3471	3:31:54	3:29:56

The Good, The Bad and The Ugly Marathon

Steven Armitage	39	4:17:04
Martin Bush	57	4:49:00

Meon Valley Plod

Donald Scott-Collett	155	5:02:07
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Wokingham Half Marathon

Name	Pos	Gun	Chip
Mark Worringham	34	1:13:52	1:13:49
Seb Briggs	42	1:14:42	1:14:35 PB

ROADRUNNERS RESULTS

Keith Russell	55	1:15:45	1:15:42	
Rob Corney	56	1:15:47	1:15:26	PB
Andrew Smith	99	1:18:51	1:18:49	PB
Dave McCoy	120	1:19:55	1:19:44	PB
Ryan O'Brien	133	1:20:30	1:20:24	
Brian Kirsopp	222	1:24:45	1:23:53	PB
Nikki Gray	248	1:26:08	1:25:14	PB
Gavin Rennie	249	1:26:16	1:26:04	
Dean Allaway	279	1:27:49	1:27:36	
David McCoy	308	1:28:39	1:28:27	
Ian Giggs	319	1:29:05	1:28:53	
Kenny Heaton	338	1:29:50	1:28:54	
Katy Webb	356	1:30:15	1:28:54	PB
Bill Watson	358	1:30:17	1:29:44	
Simon Elsbury	360	1:30:18	1:28:56	
Alan Freer	369	1:30:36	1:30:13	
Ricky Cowley	466	1:33:48	1:32:38	PB
Katherine Sargeant	476	1:34:06	1:32:30	PB
Erica Key	480	1:34:08	1:32:56	PB
Brooke Johnson	492	1:34:38	1:33:30	
Chris Mason	498	1:34:50	1:34:33	
David Caswell	521	1:35:27	1:34:53	
Darrell Robins	531	1:35:37	1:34:02	
Sam Hammond	544	1:35:55	1:34:46	PB
Belinda Tull	552	1:36:10	1:35:52	
Daniel Stockwell	558	1:36:15	1:34:18	
Joseph Noonan	559	1:36:16	1:34:23	
Fergal Donnelly	560	1:36:16	1:34:48	
Julian Hough	589	1:36:56	1:35:57	
Nicholas Adley	618	1:37:38	1:37:17	
Matthew Morgan	667	1:38:55	1:36:18	
Alix Eyles	672	1:39:00	1:38:30	
Dan Clarke	679	1:39:19	1:37:26	
Chris James	686	1:39:27	1:38:29	
Stuart Jones	687	1:39:29	1:36:52	PB
Kevin Jones	718	1:40:05	1:39:53	
Claire Marks	719	1:40:06	1:38:37	4th FV50
David Legg	723	1:40:08	1:37:19	
Paul Milnes	731	1:40:14	1:38:23	
David Dibben	766	1:41:12	1:39:06	
Peter Felgate	769	1:41:16	1:40:08	
Wayne Farrugia	785	1:41:38	1:40:29	
Chris Manton	857	1:43:52	1:41:52	
Mark Andrew	913	1:45:17	1:41:55	
Gemma Buley	964	1:46:47	1:44:04	PB
Jemma Fulbrook	973	1:46:56	1:44:14	PB
Simon Denton	979	1:47:11	1:43:22	
Tony Streams	1002	1:47:47	1:46:10	
Brian Fennelly	1068	1:49:39	1:46:17	
Andy Atkinson	1121	1:50:49	1:48:32	
Loretta Briggs	1146	1:51:31	1:48:49	
Nelesh Kotecha	1149	1:51:32	1:48:24	
Paul Godbold	1190	1:52:17	1:47:51	
Colin McCarlie	1195	1:52:20	1:49:12	
David Hammond	1233	1:53:27	1:49:48	

Paul Carter	1236	1:53:33	1:50:17	
Phil Reay	1256	1:53:55	1:52:11	PB
Chris Miller	1277	1:54:28	1:50:39	
Jim Kiddie	1278	1:54:29	1:50:41	
Christina Calderon	1282	1:54:33	1:52:49	
Stephen Dellow	1323	1:55:43	1:53:04	
Angela Burley	1334	1:56:05		
Peter Reilly	1355	1:56:45	1:53:14	
Nick Robey	1401	1:58:01	1:55:06	
Fleur Denton	1508	2:00:38	1:55:46	
Claire Seymour	1527	2:01:12	1:56:31	
Chris Drew	1545	2:01:42	1:56:32	
Andy Dingle	1552	2:01:54	1:56:45	
Natalie Bravo	1563	2:02:04	1:59:35	
June Bilsby	1589	2:02:37	1:56:42	PB
Katie Gumbrell	1598	2:02:57	1:57:33	PB
Louise Atkinson	1634	2:04:11	1:58:42	
Donna Saunders	1637	2:04:16	1:59:07	PB
Andrew Osborn	1654	2:04:39	1:59:15	
John Bullock	1692	2:05:58	2:01:44	
Sandra Sheppard	1796	2:10:34	2:06:43	
Julie Thompson	1798	2:10:45	2:05:13	
Sarah Drew	1865	2:13:32	2:07:41	
Bob Thomas	1866	2:13:37	2:08:12	
Liz Stevens	1917	2:16:11	2:10:16	PB
Kathy Vickers	1970	2:19:23	2:14:13	
Mary Carol De Zutter	1971	2:19:23	2:14:14	
Sarah Richmond-Devoy	1992	2:21:07	2:14:31	
Justin Watkins	1993	2:21:08	2:18:47	
Lee Hinton	1994	2:21:08	2:14:32	
Catherine Douglas	2005	2:21:30	2:15:11	PB
Ray McGroarty	2039	2:23:42	2:16:50	
Janice Thomas	2073	2:27:04	2:23:12	
Liz Atkinson	2079	2:27:29	2:20:22	
Irene Liming	2080	2:27:29	2:20:22	
Linda Wright	2081	2:27:33	2:25:08	
Caroline Hargreaves	2113	2:30:56	2:25:41	
Amanda Box	2114	2:30:56	2:25:42	
Margot Bishop	2115	2:30:56	2:24:20	PB
Robert MacLean	2128	2:32:51	2:26:49	
Ann McKinnon	2136	2:33:57	2:27:32	PB
Veronica Andrew	2174	2:39:21	2:32:13	
Andy Patrick	2181	2:40:47	2:37:52	
Peter Morris	2183	2:40:47	2:37:53	
Emma Grenside	2184	2:40:47	2:37:49	
Trisha Arnold	2185	2:40:50	2:37:52	
Alice Johnson	2186	2:40:51	2:37:57	
Melanie Parker	2195	2:42:27	2:36:02	
Cecilia Csemiczky	2209	2:45:11	2:38:03	
Julie Wing	2230	2:48:57	2:46:08	

Ladies Team: 2nd (Nikki, Katy, Katherine, Erica)
 Mens Team: 5th (Mark, Seb, Keith, Rob)
 Berkshire Championships
 Senior Men: Silver – Keith Russell
 MV50: Silver – Brian Kirsopp, Bronze – Gavin Rennie
 Senior Ladies: Gold – Nikki Gray
 FV35: Bronze – Christina Calderon
 FV45: Bronze – Katherine Sargeant
 FV55: Gold – Sandra Sheppard

Old Deer Park Richmond Half

Name	Pos	Gun	Chip
Emily Kermode	974	2:19:04	2:17:21

26th February

Marathon Day Marathon

Martin Bush	92	5:08:43
Julia Molyneux	97	5:15:47

Palmer Park Track 5k

Rob Corney	2	16:14
Tony Carter	4	16:31
Jamie Smith	6	16:34
Dave McCoy	7	16:48
Ryan O'Brien	8	16:53
Andrew Smith	10	17:02
Ben Whalley	11	17:14
Jamie Cole	12	17:45
Ian Giggs	13	17:55
Chris Lucas	14	18:00
Fergal Donnelly	15	18:07
Brian Kirsopp	16	18:38
Richard Hollam-Baker	18	18:42
Ashley Middlewick	19	18:45
Peter Miskell	20	18:54
Dean Allaway	21	18:57
Bill Watson	23	19:17
Chris Buley	26	19:45
James Silman	28	20:46
Melanie Shaw	30	21:40
Dan Stockwell	31	21:41
Geoff Pummell	32	21:43
Sarah Pachonick	35	22:32
Steve Dellow	36	22:54
Martin Douglas	37	22:55
Donald Scott-Collett	38	22:58
Peter Reilly	39	23:02
Samantha Whalley	40	23:22
Zaid Yousif	41	23:40
Helen Pool	42	25:39
Pete Morris	43	26:28
Roger Pritchard	44	26:59
Robert Hele	45	27:38
Carl Woffington	46	29:05

Sev Konieczny	47	29:18
Rajiv Dhallam	48	36:25

27th February

Chocathon Challenge

Martin Bush	65	26.95 miles in 5:48:20
Julia Molyneux	70	26.95 miles in 6:00:16

English National XC Championships, Castle Donnington

Senior Men

Robert Tan	311	50:31	(Reading AC)
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Senior Ladies

Alice Leake	86	34:59
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28th February

Relativity Run

Martin Bush	63	26.8 miles in 5:26:41
Julia Molyneux	68	26.8 miles in 5:50:28

Brighton Half Marathon

Andrew Sumner	2482	1:48:55	PB
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Kingston Half Marathon

Name	Pos	Gun	Chip
Dave McCoy	12	1:19:31	1:19:31 PB
Paul Monaghan	288	1:40:30	1:39:40
Justin Watkins	891	2:07:23	2:05:45

Heartbreaker Half Marathon

Philippa White	52	1:43:49	
Maureen Sweeney	229	2:23:36	2nd FV55
Linda Wright	267	2:41:35	3rd FV55

St. David's Day 10k, Cardiff

Name	Pos	Gun	Chip
Tina Wilson	587	53:22	51:19
Carl Woffington	1409	1:02:46	1:00:43
Jenny Mulhearn	1646	1:05:02	1:03:00

29th February

Leap Year Challenge

Martin Bush	42	26.2 miles in 5:06:33
Julia Molyneux	57	26.2 miles in 5:41:46
Mandy Carden	105	3.25 miles in 50:43

2016 Season's Bests

Ladies

5k	Katy Webb	20:04
5 miles	No result	
10k	Sarah Urwin-Mann	37:24
10 miles	Nikki Gray	1:04:15
Half Marathon	Nikki Gray	1:25:14
20 miles	Carrie Hoskins	2:14:07
Marathon	Caroline Hargreaves	5:15:08

Men

5k	Rob Corney	16:14
5 miles	Nick Adley	36:27
10k	Lance Nortcliff	33:47
10 miles	Robert Tan	56:24
Half Marathon	Mark Worringham	1:13:49
20 miles	Alex Harris	2:10:38
Marathon	Ashley Middlewick	3:23:54

Sec's Secrets

GEN SEC

As we are now approaching the London Marathon, let's look back nearly 20 years to 1997, when RRs had a member running with the elite men. I kid you not, however it was not one of our top men Chris Mason, who posted 2:41:00 but one of our top women, Carol Bowker. Carol was the first RR woman to run sub three hours and qualified for an elite women's start, which went off before the elite men. Carol was caught by the leading men somewhere around the Isle of Dogs and we have this picture supplied by Carol, taken from a TV screen, so sorry about the quality.



The picture shows the eventual men's winner Antonio Pinto of Portugal (with dark glasses) over Carol's right shoulder. Of special interest is runner No.4 (also with dark glasses) Paul Evans. Why of Special interest? Because Paul was course record holder for the Reading Half Marathon and technically still holds his record, because the current record was set on a different course. Paul also holds the course record for

the Maidenhead 10 and that was also on an old route. Paul eventually finished 8th in this London Marathon in 2:09:18, but was not the first Brit home. That honour went to another runner of interest, Richard Nerurkar, who finished 5th in 2:08:36. Richard won the World Cup Marathon in 1993 in Spain and also won the Hamburg Marathon the same year. But why is Richard also of interest? Because Richard has actually completed the Bramley 10 mile course, but did not win a prize. Well no doubt he would have, but he completed the course on his bike, supporting his wife who ran. Just to finish off the 1997 LM, Liz McColgan (Busy Lizzie) was beaten on the finish line by Joyce Chepchumba by one second. Just to go back to Chris Mason, I have it on the highest authority, that the day after this event, Chris became engaged.

STAN ELDON

Unfortunately due to poor health, the club's unofficial patron Stan Eldon could not come to this year's Dinner Dance as Guest of Honour. Stan sent his best wishes to the club and is pleased that RRs are still flourishing. If you have not yet read Stan's book 'Life on the Run', an updated version is now available as an eBook on Amazon.

TRIVIA

Richard Nerurkar's coach, ex-European 5000 champion Bruce Tulloh, used to do training runs around Wargrave with Stan Eldon, who was my coach.

Reading Roadrunners Committee Meeting

TUESDAY 1st MARCH 2016 - 7.30PM

ATTENDANCE:

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

APOLOGIES FOR ABSENCE:

Bob Thomas, Amanda Box.

MINUTES OF THE MEETING OF TUESDAY 1st FEBRUARY 2016

The minutes were then proposed as a true record by Catherine Leather and seconded by Paul Monaghan.

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON TUESDAY 1st FEBRUARY 2016

EQUIPMENT INSURANCE Sandra confirmed she had paid the £159.00. Premium.

RACE ARCH Catherine reported that the race arch has been ordered and a deposit has been paid. Catherine said it is expected to be delivered in mid-April. Roger said that it needs to be added to the equipment insurance. ACTION for next general secretary.

LONDON MARATHON COACHES Roger confirmed that he had advised Anne of the number of seats available and the cost of the three coaches, in order that Anne could calculate the price for a seat, which Anne confirmed is £16.

DIDCOT RUNNERS Roger reported that he had sent Didcot Runners an email, enquiring about the 'appointments' they referred to and asked for more information, as RRs had no record of having 'appointments' with them.
Roger said that the email did not receive a response, possibly due to being sent to RRs in error. CLOSED OUT.

DISABILITIES Roger confirmed that he had forwarded the information for coaches on disabilities to Simon Davis.

LIFE MEMBERSHIP AWARD Carl confirmed that he had purchased the award. Roger reported that we now have approval from Dwayne Stewart, Anne Stewart-Power, Paul and Penny Kurowski. Roger said that he could not contact Carol Bowker, as he did not have

her details. Anne said that Carol had renewed her 'Life' membership and her email was on the membership list. Roger said that only Sid Gibbs had not been consulted, but he would do that on Wednesday night. ACTION Roger to contact Carol and speak to Sid Gibbs.

TROLLEY Catherine confirmed that she had sourced the trolley and had purchased it. Carl said that it has been used.

CHAIRMAN'S REPORT

OUTGOING GENERAL SECRETARY Carl recorded thanks to Roger for his service to the committee and club.

LIFE MEMBERSHIP AWARD Carl reported that the committee had voted by email to award a Life Membership to Jim Kiddie, following approval from the Life Members. Now that there is a majority approval from the life members (with no objections) the presentation will take place at the dinner dance.

PRESENTATION EVENING Carl reported that the committee had voted by email to hold a Presentation Evening (formally Spring Do) and that it is being organised by Claire Seymour with help from Amanda Box.

MARTIN BUSH Carl said that he would like to record that Martin Bush has now completed 800 Marathons.

TVXC Carl reported that the club had competed in the last fixture of the TVXC league on the 7th February at Eversley hosted by TVT. Carl said that RRs won the men's and it looks like RRs have won the league this season.

HAMPSHIRE XC LEAGUE: Carl reported that the club had attended the Hampshire XC fixture on the February 13th at Dibden, but he did not know how many turned up (if any), as it was the day before Bramley. Simon said that he had spoken to Claire Seymour and that Claire mentioned that we might have had enough runners at the fixture.

BRAMLEY 20/10 Carl reported that the Bramley 20/10 went well on the 14th February, with no major hiccups.

WOKINGHAM HALF MARATHON Carl said that we had supplied marshals for the WHM on Sunday February 21st and that the event went well for the club.

DINNER DANCE Carl reminded everyone that the Dinner Dance is coming up on Saturday 5th March. Carl asked Anne for a list of members who are going to see what prizes need to be taken to Sonning Golf Club. Anne confirmed that 108 tickets were sold, which was more than last year. ACTION Carl to liaise with Anne for a list.

READING HALF MARATHON Carl reported that the RHM have confirmed that complimentary free places will be given to the club for marshalling at this year's event. Roger asked Carl if Richard Hammerson had confirmed that a marquee would also be provided for the club, as Richard had been to a meeting with RHM. Carl said he did not know if it was confirmed. ACTION Roger to speak to Richard Hammerson.

TREASURER'S REPORT

EXPENSES Sandra gave Carl a cheque for his expenses for wine etc for the Dinner Dance.

SOUTHERN XC CHAMPIONSHIPS Sandra reported that she had issued cheques to a list of members, who entered and ran the SEAA XC Championships at Parliament Hill Fields, but withheld one cheque, as there were doubts about one member. Carl confirmed that the named runner was a member.

DINNER DANCE BAND Sandra reported that Toni McQueen had requested £800 for the 'Honeymooners' band for the Dinner Dance. ACTION Anne to cash a cheque on Thursday and give the cash to Toni.

RAC CLUBHOUSE Sandra reported that Reading AC has informed us, that their clubhouse has been hired out on the 16th March and that we will not have access until after 5.00pm. ACTION Carl to inform Glynne.

AGM Sandra asked who booked the hall for the AGM and Roger confirmed that he did. Sandra said that she had not received a request for payment or a deposit. Roger said that we pay on issue of an invoice after the event.

Sandra reported that Gavin Rennie is auditing the accounts ready for the AGM.

JANUARY ACCOUNTS Sandra reported that the January accounts had not been finalised, due to being very busy with Bramley and writing up her AGM report.

SECRETARY'S REPORT

RACE CLOCKS Roger reported that two race clocks have been requested for events in March. Roger said that the first was needed by the Stroke Association for their event on Sunday 13th and they would like to collect on Saturday 12th. Roger said that Microsoft at TV Park had requested a clock for Thursday 17th and said that he would take the clock over himself, if Alan could give him a clock on Wednesday night. Roger handed Alan the contact details of the Stroke association to liaise for collection of a clock on Saturday 12th.

LONDON MARATHON COACHES Roger Requested a cheque for £1,424.00 payable to Stewarts Coaches and

Sandra duly produced the cheque. ACTION Roger to take the cheque to Stewarts.

SEAA Roger requested a cheque for £20 for the affiliation fee to the South of England Athletic Association.

Sandra duly produced the cheque. ACTION Roger to complete the membership application and send with cheque to the SEAA.

WOKINGHAM HALF MARATHON Roger reported that all members that volunteered to marshal had turned up on the day. Roger mentioned that one runner (non RR member) was taken to hospital with cardiac arrest, but his identity could not be established, as he was wearing someone else's race number. Roger said that the organisers had to contact the entrant to ask whom he gave the number to, in order to advise the hospital of the person's identity.

Roger commented that he had received an email from a member recently, saying that they had a race number, but could not run and asked if we knew any members who might want the number. Roger said he explained to the member why such a practice should be avoided, as this is exactly the sort of thing that might happen.

AGM Roger asked Carl how many hard copies of the AGM pack should we take to the AGM. After a little discussion, it was decided to order 20 copies from Higgs printers. ACTION Roger to order from Higgs.

MEMBERSHIP SECRETARY'S REPORT

NEW MEMBERS Anne reported that in February, we had 12 new seniors @ £31 = £372, 35 renewals @ £29 = £1,015, 1 renewal @ £18 and 1 renewal @ £15, also 4 life members renewed at £13 making a total of £1,472 banked.

Anne reported that there had also been 166 renewals completed on line with England Athletics.

Anne reported that 38 seats had been booked so far for the London Marathon Coaches and said that tickets would not be on sale on Wednesday 16th, as Anne would not be at Palmer Park.

SOCIAL SECRETARY'S REPORT None received.

COACHING CO-ORDINATORS REPORT None received.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

THE HONEYMOONERS Alan said that Toni McQueen has been asked by Sonning Golf Club to supply details of the DD band's Public Liability insurance. Carl said that he thought that on the band's website, that they had

PLI. Simon looked up the band online and confirmed they had PLI. ACTION Carl to speak to Toni.

BRAMLEY Alan asked about a letter sent to the Chairman and Secretary, from a Bramley entrant, who wanted a deferment from this year's race to next year. Roger said he responded, saying that the matter was nothing to do with this committee and that he would pass this on to the race director. Carl said that Adele had decided to allow the entrant a deferment to 2017.

DINTON RELAYS Sandra asked if Roger and Carl would do the results. Carl said that it would either be Peter Green, or Roger and himself. Sandra asked who did the timing last year and Roger said it was Kerri French. Sandra said that Jim Kiddie would do the entries on the day, but Jim would need some help, as it was too much for him last year.

Sandra asked Alan if he would do the BBQ and Alan Agreed. Alan asked Roger, if he organised the BBQ equipment and Roger said it was Richard Hammerson in the past.

SHINFIELD CATERING Sandra said that we should get the accounting sorted out before the event this year, as last year there was a problem with the budgets. Sandra asked if this could go on the agenda for the new committee, so that this can be cleared before Shinfield, as to how the catering monies would be accounted for. ACTION Place on agenda.

BERKSHIRE 10K Sandra raised the subject of recruiting marshals for the Berkshire 10K, as she thought that RRs were not going to supply any more marshals for races, other than the established few we do already. Carl explained that Berks 10K had originally asked RRs to guarantee 50 marshals for a charity donation, but this was declined and RRs told Berks 10K that we might be able to supply some marshals, but definitely not guarantee how many.

AGM NOMINATIONS Anne asked how many committee nominations had been submitted. Roger said there were enough to form a committee, but there were still vacant places to be filled. Simon said he would submit his nomination on Wednesday 2nd. ACTION Simon to submit form.

BAR CODES Paul raised the subject of a member offering to supply bar codes for the turnstiles for a charity donation. The object being that the bar codes were reduced to fit on the back of a membership card. A lengthy discussion followed and although the committee realised that this was not an attempt at fraud, but an attempt to help members, it was agreed that the member should have consulted the committee. Carl closed the subject saying that he had already spoken to

the member on the subject.

DESK ROTA Roger reported that Glynne had spoken to him on more than one occasion, complaining that the committee were not supplying enough people for desk duty, as Glynne could not man the desk and be on duty at the turnstiles at the same time. This was reducing the number of people on the desk to one on some occasions.

Carl said we must start utilising the volunteers who have put themselves forward for desk duty.

Catherine asked if we could have something on the website, where members could submit their names.

Anne said that there was only one Wednesday in March, where we needed someone and Alison Wrigley was suggested for the 30th. ACTION Roger to contact Alison.

TEAM CAPTAINS Carl said that we should advise the team captains that we would like an annual report from them at the AGM. ACTION Roger to contact the team captains.

LONDON 10K Carl reported that the London 10K had advised him, that unless we had entered the National Road Relays, or the SEAA Road Relays, RRs would not get the usual 6 men's and six women's free places for the British 10K Road Race championships, that are incorporated into the London 10K. Carl said that he had advised the London 10K that we had competed in the SEAA Relays and as a result, we had secured the 12 places for the team event. ACTION Carl to advise the team captains that we need to enter teams for the next National Road Relays, or regional road relays, to ensure we get the 12 free places.

CLUB HOUSE Carl raised the subject of the club-house. Carl said that there is going to be a swimming pool built at Palmer Park and this could have an effect on our chances of building a clubhouse. A long discussion took place on the implications and on alternatives. It was decided as a first action to push Reading Borough Council for an update. ACTION Roger to contact Ben Stainsby of RBC.

DOOR ROTA

Wed 2nd March,
Christina Cotter, Glynne Jones, Anne Goodall.

Wed 9th March,
Kevin Godard, Glynne Jones, Anne Goodall.

Wed 16th March,
Shirley Smith, Christina Cotter, Glynne Jones,

Wed 23rd March,
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 30th March,
Glynne Jones, Anne Goodall, Alison Wrigley (provisionally)

Meeting Closed 9.40pm

Next Meeting Tuesday 5th April.