



## READING ROADRUNNERS NEWSLETTER MAY 2015

Post-Easter is the time the running season goes particularly bonkers and this year is no exception. The annual Roadrunner invasion of London took place as usual with two full coachloads from RG6 taking the capital by storm, shortly before the sleepy Bank Holiday streets of Shinfield were overrun by green-clad Stormtroopers, Rebel Princesses, Mandalorian Bounty Hunters and at least one Ewok.

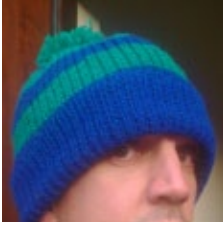
Elsewhere this month we have the latest in our series of European raids (it's Zurich's turn this time), the first of our Vets League reports and a full update on all our charity news, including some exciting headwear developments!

As usual there's lots to get involved with this month - summer evening races start in earnest, so enjoy the extra daylight - and remember your bug spray!

### INSIDE THIS MONTH:

- **ZURICH MARATHON**
- **VETS LEAGUE TRACK & FIELD**
- **SHINFIELD FEEDBACK**
- **CHARITY NEWS**





## Welcome from the Editor

CHRIS CUTTING

In the interests of supporting fellow 'volunteer-led' events, the editorial team found themselves at Reading Beer Festival this Bank Holiday weekend. After several pints of Mr Grundy's it became clear that we weren't alone as more and more Roadrunners made their presences known (including one lovely old bird in a pink sparkly hat celebrating her fiftieth birthday). That Monday morning - there they all were again, bright eyed and bushy-tailed and ready to help out at yet another local event, the Shinfield 10K.

It's good to see that the club continues to attract those that are so community-minded. It's not unusual for the editor's path to cross with other club members at various other events and goes to show what an important part the club and its members play in the local area. Big Society? Us lot have been doing that for years.

The Newsletter is politically impartial. Please drink responsibly.



## Chairman Chat

CARL WOFFINGTON

The London Marathon took place and went well. Congratulations to all RR's that ran it. Thank you to all RR's that marshalled it. The weather forecast for heavy rain in the morning was thankfully wrong. It stayed dry and was a good day for both running and marshalling.

Our very own Shinfield 10k took place. It was themed and the fancy dress runners were popular on the course. I saw the race from both helper and runner views. All went well. It was great to see so many juniors out in their races. This event just seems to get better and better each year. Well done to Colin (10k) and Tom (juniors) plus all the helpers – too many to mention but you know who you are.

The Club Champs is in full swing. Fair Oaks 5 took place last month and there are a few races coming up in the near future. Thanks to Bob.

We have had our first pub run. It took place from the Grosvenor Hotel in Caversham. Thanks to Sandy and Andy. Look out for future dates, still being compiled.

We will have held our Reading parkrun takeover by the time you read this. Thanks to Fergal.

Our charity is also in full swing. The usual car boot sales are taking place. Well done to Kerri for coordinating and being so proactive. Also well done to the usual crew who just quietly get on with it and do such an amazing job.

We have a Quiz Night coming up in May. Tickets are now on sale. Full details can be found on RR website Social Page. See Amanda for tickets.

We have done some work on RR Clubhouse planning. Early stages yet but there should be something in the minutes. Please talk to me if you wish to know more.

Carl



## Ladies' Captain - Report

CLAIRE SEYMOUR

We are already in to the month of May (doesn't time fly!) and I hope you all enjoying running with the lighter warmer evenings as I know I am! It makes such a difference to come home from work and run whilst it's not cold and dark.

Another good thing about the lighter evenings is that the clubs Summer Pub runs start up again, I joined the first one recently from Caversham organised by Sandy Shepherd and Andy Brakespear, and it was a lovely to be running 5-6 miles off road through the countryside with company, followed by a pub meal, and it was great to see some new faces too! So give one of these a try if you get chance, no one is ever left behind so they are perfect for everyone, and there is also a shorter walk at the same time as the run if you prefer a leisurely stroll instead. Details of the pub runs are listed on the RR website.

I would like to say well done to the ladies who have run a marathon over the last month! I hope all those long training runs paid off and you achieved the results you were hoping for! And maybe even got yourself a new PB! And I wonder how many of you are now planning the next one and have already signed up for it!

Whilst for some of us the Marathon season is almost over until the autumn, it's now 10K time and we also have a few club championship races coming up over the next month. So before I mention the races coming up, here is a summary of some of the races we have taken part in recently

### **Fairoaks 5 – Sunday 19th April – Club Championship Race**

Well done to all our ladies who took part in this scenic, multi terrain race near Woking organised by Ellie and Ian Gosling of Barnes Fitness. Congratulations to Claire Marks who was first Lady to finish in a time of 34.42 and also to Tina Wilson who finished 1st vet 50 lady

### **London Marathon**

The weather forecast leading up to Marathon day was not good! Heavy rain, thunder and lightning, but as per usual and lucky for the runner's, marshals and supporters the weather changed and we had cool, overcast conditions which turned out to be almost perfect conditions for the runner's.

We had quite a few ladies who were lucky to have received a place to run. We also had some great results. Carrie Hoskins was our first lady home in a 3.04.14 with a new PB! Carrie was followed by 18 RR ladies which is really great for the club. So well done to you all and I hope you enjoyed running at London, and the great support and buzz you get from the crowds and our encouraging marshalls at 11 and 23 miles! I have some great memories of running my first London and approaching our marshall points last year! Good luck to all the ladies who have entered the ballot for the 2016 race.

### **Shinfield 10K**

Our very own race organised by Colin Cottell and Team was a great success, and it appeared that if our ladies weren't running they were helping in some way. We had 36 ladies that took part in the race, and it's particularly impressive to see a few ladies racing a week after running the London Marathon! I hope your legs weren't too sore afterwards! Carrie Hoskins was our first lady home and I noticed we had quite a few PB's in the results so well done to you all

### **Southern vet track and field league – 1st fixture – Horspath, Oxford- Monday 4th May**

We had the long awaited 1st fixture of the Southern Vet track and field league, and for those of us that took part last year we were really keen for this league to start up again as we really enjoyed it last year. We had some good results for the RR ladies, Congratulations to Sarah Urwin-Mann for winning the 1500m race and to Tracey Lasan for finishing 1st in the V50 category also for the 1500m. Well done and Thank you to all the ladies that took part, Adele Graham, Tracey Lasan, Sarah Urwin-Mann, Kerri French, Amanda Box, Belinda Tull, Irene Liming, Cecilia Csemiczky and myself. The weather was awful but this didn't dampen our spirits and we all had a fun evening out. A full report with a few photos will follow soon from Adele.

If you're interested in joining in the fun and taking part at the next fixture held at Abingdon on Monday 18th May, or would like some more information please contact us at [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org) or please feel free to have a chat with us at the track on a Wednesday evening.

**Other races:**

So whilst some of our ladies were preparing for London, a few of us decided to run a different marathon and my choice for this spring was Brighton on the 12th April. It was great to see a few other RR ladies out on the course, Julie Rainbow, Gemma Stobie, Katy Webb and Emma Grenside. The Brighton marathon route has quite a few out and back sections so you are able to shout and wave at fellow RR's I hope they will all agree with me that we had a lovely day out running along by the sea.

A week later on the 19th April we had Manchester Marathon where Andrea Marnoch had a good run and finished with a new PB, and Milton Keynes on Monday 4th May where Katy Webb ran her third marathon in a month after previously running Brighton and London, and well done to Maddie Starks who completed her first marathon.

We also had a group of RR ladies out in Zurich running the marathon or 10K, and quite a few ladies that took part in the Earley 10K and Danesfield Dash 10K so it has been quite a busy month for us all.

And finally a special mention goes to Julia Molyneux for completing 2 marathons in 2 days - St George's day marathon on Friday 23rd April and Wonderland Caucus Race on Saturday 24th April and to Christina Calderon for completing 35 miles at the Pewsey Downsaround.

Races coming up in the next month:

Just a reminder of a couple of club championship races happening over the next month:

Sunday 17th May – Royal Berkshire 10K

Sunday 7th June – Chiltern Chase 10K

If you would like to see a list of all the Club championship races and other events happening over the next year a copy of our race calendar can be found on the Reading Roadrunner's website on the Team events page, and a copy can also be found on the notice board at the track. If you have any questions about any of the races listed feel free to contact us at [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Bupa 10,000 – Monday 25th May

The British 10K Championships will again be incorporated with the BUPA London 10,000 on

Monday 25th May 2015, and Reading Roadrunners have received 6 men's and 6 women's places for this event, under the condition that those places were to be given to some of the clubs faster runners. So based on this and also looking at some of the other team events the ladies have taken part in over the last year, I have selected the following team:

- Carrie Hoskins
- Sarah Urwin-Mann
- Belinda Tull
- Ellie Gosling
- Alix Eyles
- Alice Leake

We wish you all the best of luck Ladies and hope you have a good race!

And finally a reminder that I'm currently organising teams for the Runnymede Relays on Saturday 4th July. Please contact me via the team captain's email or via Facebook if you're interested in taking part.

Happy running!

Claire

## **New Members**

### **APRIL 2015**

Blue Caswell, Andy Patrick, Steve Wilks, Philip Reay, Matthew Andrade, Stuart Jones, Katie Marcham, Scott McGowan, Niall Crispin, Ying Cui, Jane Tweddle and Timothy Lowe.





## Men's Captain - Report

MARK WORRINGHAM

Everyone's attention this month was of course focused on London, and we had a large contingent of Roadrunners out, both running and marshaling, and as always there were some really excellent performances.

First club member home was Tony Carter, but unfortunately clad in the white and blue of his firstclaim team, Tyne Bridge Harriers. It was a stonking run from Tony, coming in a huge PB of 2:32:10, and finishing comfortably within the first 100 in the non-elite race. Luc Jolly was the first Roadrunners vest across the line in another big PB of 2:35:20, followed closely by Rupert Shute, who is remarkably consistent in his London performances. All of them can now claim to have beaten Paula Radcliffe, and they don't even need to tell anyone the circumstances - much like my uncle's claim to have beaten Steve Ovett in a junior race, ignoring the fact that he was 2 years older, and possibly on the other side of puberty.

In total, there were an excellent 9 male Roadrunners under 3 hours, with more big PBs from Andrew Smith (2:49:25), Alex Warner (2:53:27) and Brian Grieves (2:58:44), strong runs from Mark Saunders and David McCoy, and Alex Harris even managed to nurse his aching backside around the course to creep under 3 hours. There was no sub 3 from Lance Nortcliff and Dean Allaway this time, but it is surely only a matter of time for both.

Also running impressive PBs were Paul Monaghan, David Caswell, Andy Stanbury, Tim Hogarth, Sam Hammond, Andy Dingle and Justin Watkins, whilst Tony Streams managed incredibly to run his second marathon PB in two weeks, after breaking four hours at Brighton.

As well as London, club members were competing in a number of other marathons, and doing equally well. Martin Bush managed three marathons on consecutive days, which is pretty much par for the course for him. At Brighton, Simon Elsbury ran well under three hours, despite a fairly laid back approach to training for it, which is, I'm sure you'll agree, sickening. Ryan O'Brien had a strong marathon debut, despite not quite getting what he wanted, and there was also a PB for Paddy Hayes. Other marathon PBs this month included an excellent run from Steven Siddell at Manchester, Donald Scott-Collett in Paris, Darrell

Robins in Milton Keynes, and Eugene McSorley in the Shakespeare Marathon.

There was a strong RR presence at the Fairoaks 5 and 10, with Duncan Mollison, Andy Blenkinsop and Gavin Rennie all finishing in the top ten in the five mile race, with Duncan curiously managing a PB on this tough off-road course, as did Chris Cutting in the 10, which probably indicates needing to run more 5 and 10 mile races. Richard Morgan won the M60 category in the five mile race. On the same day, Fergal Donnelly also finished 7th in the Earley 10K.

To round off the month was our very own Shinfield 10K, and as always it was an excellent race, with terrific organization in both the main races from Colin and his team, and in the junior races from Tom. They even managed to lay on some beautiful weather - not sure how they managed that, but it presumably involved some kind of human sacrifice inside a wicker man or something, so I don't ask too many questions. We had another win in the men's team competition, with Tony Carter, Duncan Mollison (in another new PB), Edward Dodwell and myself claiming the bling. Meanwhile, Nigel Hoult was first M60 with a suspiciously neat 39:59, David Dibben was first M65, and I was second overall, so my main criticism for Colin next year is not to allow people faster than me to enter.

A few hours after Shinfield, it was time for the first meeting of the Southern Vets track and field league at Oxford. Nigel Hoult and Pete Morris were the only ones foolhardy enough to attempt a Shinfield/track race double. Good performances were everywhere, but the undisputed male stars of the evening were Melvin Silvey, showcasing some classic hurdling skills in winning the M50 steeplechase in pouring rain, and Peter Aked, breaking in some shiny new spikes with a win and a PB in the high jump. Not great conditions for either of these events. There will be three more meetings, and lots of events to try, so if anyone over 35 has ever sat there watching the Olympics on TV and thought "I can do better than these lycra-clad meatheads", now is your chance to prove it.

We still need runners for a variety of team events. In a shameless copy and paste from last month's report, here they are:

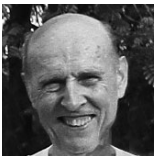
- South Downs Marathon Relay, Saturday 20th June (please contact Tom Harrison or myself)
- Runnymede Relays, Saturday 4th July (please contact Claire)
- Ridgeway Relay, Sunday 5th July (please contact Claire or myself, or Cecilia Csemiczky for the old folks' team)
- Bounders Relay, Tuesday 21st July (not Thursday 16th as I mistakenly put in my e-mail!)
- River Relay, date to be announced, usually September.

For the Ridgeway specifically, we have a strong A team which I hope can challenge the top positions, and the B team is shaping up to be pretty handy as well, but we still have a few legs on the B team to fill. Please do let me know ASAP if you're interested, as we need to finalise arrangements so people can scope out their legs beforehand.

That's it for this month, but I hope May brings as many success stories as April did.

Mark

## Your Committee



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**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

## Charity Corner

KERRI FRENCH, CHARITY COORDINATOR

Well this years Roadrunners charity work this year has got off to a flying start

Tim Povey has been very busy banking all the donations from club members, other local organisations and races we have marshalled at including Wokingham & Reading Half Marathons

The first car boot sale was a great success at Prospect Park and made over £700 profit. If you'd like to get involved with these get in touch with Geoff Chaffer.... Best wishes to Geoff and his poorly knee!

In the run up to London Marathon we ran a sweepstake on my chip time which was 5.24.04 well done to Sam Hammond who pulled out the winning time of 5.24 and won himself a bottle of champagne. This fundraiser also raised well over £200 for the charity.

The latest charity fundraisers were at Shinfield 10k, big thanks to everyone who baked some scrummy cakes and to the refreshments team on the day. We also had collection buckets at the start and finish ... there's always an opportunity to make a big of money!



Our next fundraising idea is knitwear ... So if you fancy a funky bobble hat or scarf in club colours (ready for cross country or typically british weather) then get in touch

with Social Secretary Amanda Box whose Mum loves to knit and will knit you one all profits will go to the club charity.

There will also be a raffle at the Quiz night

Do check the charity board in the corridor to keep up to date with events and our ever growing totaliser!

Thanks

Kerri French - Charity Coordinator

PS - a late thank you to Ken Beck & wife for organising the Breakfast & Bluebell run which raised £180, from all the lovely runners who enjoyed a double yoker fry up!



# Southern Counties Veterans Athletics League 2015

## 1st FIXTURE - ADELE GRAHAM



Whilst some Jedi knights were helping Colin 'Skywalker' Cottell to clear up after a very successful Shinfield 10k on Bank Holiday Monday, in another distant galaxy (well...Oxford actually) another set of Reading Roadrunners were preparing for the first vet athletics fixture of the season.....and hoping that the Force was still with them!

After organising the ladies for the last two years Belinda has handed the baton over to our new ladies captain, Claire Seymour, with the men's team organised by men's captain Mark Worringham.

As always, we had an excellent turnout, despite the Bank Holiday & Shinfield being on the same day. Teams comprised Amanda Box, Cecilia Csemiczky, Sarah Urwin-Mann, Belinda Tull, Kerri French, Tracey Lasan, Irene Liming, Claire Seymour, and Adele

Graham for the ladies and Pete Aked, Dean Allaway, Dave Caswell, Nigel Hault, Lance Nortcliff, Pete Morris, John Preston, and Mel Silvey for the men. Once again we were the largest and certainly the loudest club there.

Despite glorious sunshine at Shinfield earlier in the day, by 6.30pm it had started to rain. By the end of the meeting conditions were truly awful, with pouring rain giving everyone a thorough soaking. However, despite the fact that everyone was cold & wet that did not dampen our spirits & we had some great results.

For the ladies, the 1500m was our top event of the evening, with Sarah coming through in a stunning sprint to line to win the race and gain 1st place for the W35A string. Belinda was 2nd for the W35B string with Tracey 1st in the W50. Although we were



less successful in the sprints, Tracey put in another excellent performance to come 3rd in the W50 400m and Cecilia was 4th W60 100m. In the field events Kerri was 6th in both the W35 long jump and hammer. Adele was 4th in both the W50 hammer and javelin, and Belinda was 4th in the W35 javelin.



The men started with Mel 'good for your age' Silvey proving that he was indeed good for his age, sailing over the barriers like a whippet to come 1st in the M50 3000m steeplechase...and with an AW standard!!!. In the 1500m Dean was 6th and Dave was 6th M35 A and B respectively. Pete Morris was 6th M50. In the sprints Nigel was 5th M60 100m and Lance 7th M35A and John 5th M50 in the 400m. In the field events Pete Morris was 8th M35 shot, while John was 7th M50. In the high jump Pete Aled has clearly missed his vocation in life. He had an excellent result to win the M35 with the joint highest high jump of the night (onto a very wet high jump cushion).



Overall the ladies team finished 6th out of the 6 clubs present, but we were only 3 points behind Reading AC and 19 points behind Oxford. The men finished 7th of 8 teams, 19 points in front of White Horse Harriers.



Lots to build on for the next 3 fixtures. We learned last year that it is worth entering as many events as possible as you pick up points even if you come last. By fielding a competitor in every event we gain over the other clubs by sheer numbers as most of them do not field a full team – you have to be in it to win it .

Everyone really enjoys these events – there is true team spirit and it is good fun. It would be great to see a Reading Roadrunner takeover at the remaining fixtures - the next one is on Monday 18th May, so if you fancy having a go at track & field speak to Claire or Mark.

Adele Graham



# Shinfield feedback

COLIN COTTELL

Thanks to the almost 100 volunteers from Reading Roadrunners for their enthusiastic support at Shinfield. You are all amazing, and we couldn't do it without you.

Also thanks to our main sponsors Enterprise Security Distribution, and Barnes Fitness.

The comments from those who ran are testament to your commitment and hard work. A rule of thumb in the media is that one published letter means 10,000 people thinking the same way, so these comments are only the tip of the iceberg.

## Twitter feedback

"Next May day bank holiday, I'm going to #run @ Shinfield10k again. Reckon I'll be finishing a bit slower than in previous years!"

"Of course, as long as there is bbq and cake afterwards I'll be there. Thanks for a well organised event. See you next year."

"Beautiful weather for the @Shinfield10k today . Great event , thanks to organisers and marshals ."

"Thanks for another great event. May the fourth be with you for next year."

"Well organised event. Thanks guys."

"Another fantastic Shinfield 10k. Always a great atmosphere. Thanks everyone!"

"Thanks as always @ReadRoadrunners! @finchcoasters thoroughly enjoyed their morning at @Shinfield10k with lots of PBs!"

"well done on a well organised event"

"great time had by all the Reading Joggers. Lovely medal"

"New PB @Shinfield10k this morning - 51:30. Really good race, thanks to all the marshals. Looking for sub-50 at @Yateley10k !"

"Great win by @jackgregory29 at @Shinfield10k today!"

"thanks for a great race today from all @finchcoasters"

"Cheers for my first intergalactic Star Wars 10K @ ReadRoadrunners @Shinfield10k . May the sauce be with you."

"Thanks @ReadingRR @Shinfield10k for the run!"

"another great run!"

"Thanks guys. Nice run on a gorgeous morning and a Pb"

"Another great year , not my PB but well happy with my 45.28. Well organised as ever !"

"Threshold training done thanks @Shinfield10k! My legs were a bit trashed but nice 2 see some of the @ ReadingAc girls!"

"Great race and I even got a new PB. Thanks for the mention as I got to the finish"

"Great 10k today time 52.36 @Shinfield10k . Will definitely run again next year!"

"RAWRGWAWGGR." May the fourth be with you at Shinfield 10 & Junior Fun Run." words and pictures: Lindsay Padbury <http://fb.me/3W5MxVn9L>

## Key stats

- 28 mentions on Twitter on race day alone
- 33 new followers in the last week (now 416)
- 16,661 impressions (people – not necessarily unique people - seeing the posts) in the last week
- On race day alone we had 66 link clicks, 12 retweets, 22 favourites, 18 replies

### Facebook feedback

"Fantastic race, thanks to everyone involved in organising it! Loved it Disappointed to find my chip time for some reason hasn't worked though - friends either side of me both took 16 seconds to cross the line, but my gun and chip times are identical (and 4 seconds the wrong side of 50!) Can I unofficially just deduct 16 secs?!?"

"My kids loved spotting the Star Wars characters and Minnie Mouse. Thanks to all the good sports who dressed up."

"They had a great time. They definitely consider themselves to be honorary Roadrunners! (re: Kids helping at the finish)"

"Thanks for a fun day. My kids loved the junior race and are now keen to try the junior park runs. We all liked the medals too. We also enjoyed watching my hubby in the 10k. The Marshals were very friendly and helpful as we dashed from point to point to spot Daddy!"

"Thanks for a great day, my kids loved the junior race!"

"Thanks for a fantastic, well organised race. I love the medal!"

"Thanks for a great event! Do you record and publish the junior race results?"

"Thanks to everyone for a great race, well organised and good route. 2 mins 43 secs quicker than my previous best so well happy! See you next year!"

"Thanks guys - really well put on event and a great medal. 1 minor point is that another water stop around 7-8k would be nice. Otherwise, top event"

"Another water stop would have been great. May the 4th be with you all."

"Great day- Thank you !!!"

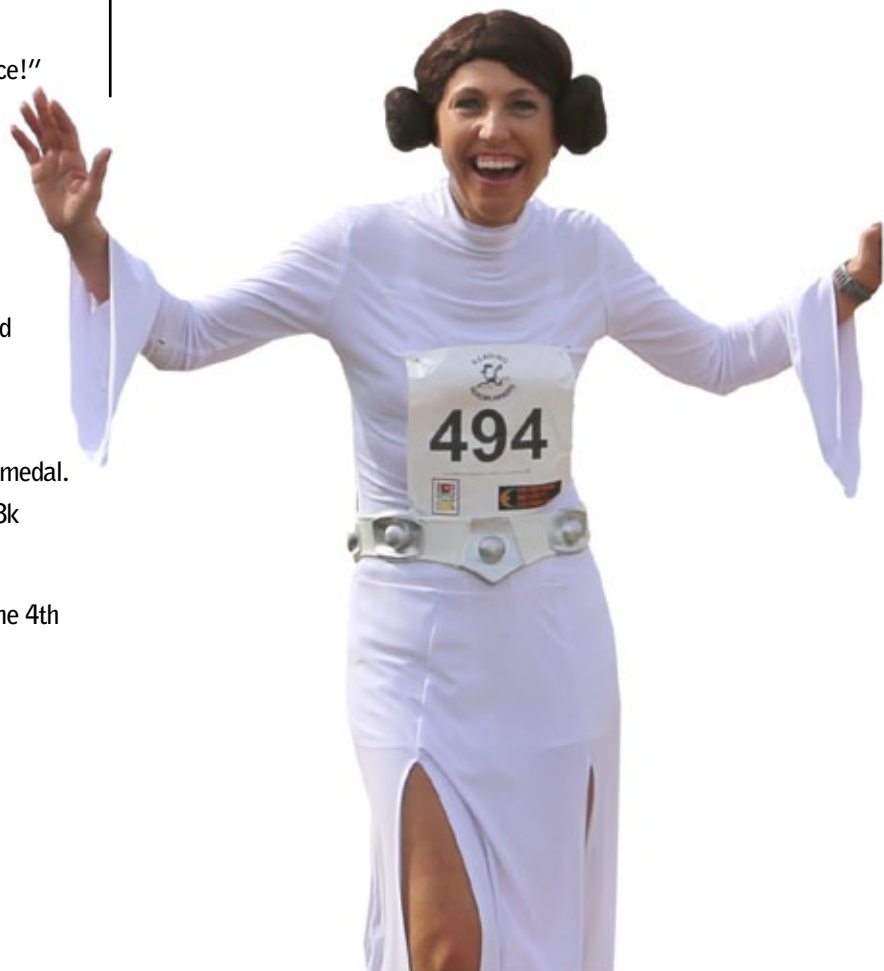
### Key stats:

- 49 new page likes this week (now on 488)
- 672 different people engaged with our posts in some way this week (through liking, following links or commenting)
- We had 4,156 clicks on our posts this week

### Negative feedback

I have heard three bits of negative feedback:

1. A couple of people asked for an additional water stop at around 8k.
2. I heard that someone thought we should make it clear the massage was not free in the publicity as they were expecting a free massage.
3. The old headphones debate.





## The Saturday Morning Team do Zurich

ADELE GRAHAM



Following recent outings to Paris and Amsterdam, the Saturday Morning Team were looking for another European race for the next outing. Ex- Road Runner Sophie Pindora has recently relocated to Zurich with her family, so what better way to celebrate Sophie's upcoming 40th birthday than a cheeky Swiss weekend with a marathon/ 10k thrown in for good measure?

Team Zurich comprised Kim Stevens, Paul Godbold and our host in Zurich Sophie Pindoria running the marathon, Jane Silvey, Gilly Cook, Cath Reynolds, Caroline Judge and Susanna Yeomans running the 10k and the support team of Adele Graham (still injured) and Linda Wright (op recovery).

After a smooth flight via Swissair on Friday lunchtime, we quickly found our way into Zurich courtesy of the amazingly quick and efficient Swiss public transport system. Those of us staying in Zurich settled into our hotel and then took the train out to Sophie's house, where the rest of the team were staying. We spent the evening catching up with Sophie and her family (husband

Dinesh & children Maya, Leo and Elise) over lots of wine, nibbles and a delicious curry.

Friday was very wet, but Saturday dawned bright & sunny. Gilly, Paul & Caroline went for a short morning run to the lake. After breakfast we all met up at the expo to collect our numbers.



The rest of the day was spent exploring Zurich old town, sightseeing interspersed with coffee and lunch stops. Zurich is a very beautiful city with old cobbled streets,



quaint shops and views across the lake to snow capped mountains. There are also lots of trams! After nearly being run over by a tram in Amsterdam, Jane 'mind the tram' Silvey was quite nervous, but we all made sure she crossed the roads safely!



Late afternoon and it was back to Sophie's for another delicious meal (pasta carb loading) followed by an early night.

Race day started sunny but chilly. We took the tram to the baggage drop point where we all met up. Sophie, Kim, Cath and Susanna were slightly late, as Susanna had unfortunately managed to fall over ....not once but twice (too much wine?) A twisted swollen ankle meant a very disappointed Susanna joined the support team with Linda & Adele.

The marathon runners set off first followed by the 10k runners. The marathon route comprised a loop of the city, down the side of the lake, back along the lake and another loop of the city. The 10k was a loop of the city. The support team cheered the marathon runners on their way out of the city and down the lake, then caught up with the 10k runners. Gilly was first home in 53.17, proving that cross training works even if you can't do much running. Second back was Caroline in 1.04.26, followed by Jane (1.09.46) and Cath (1.10.16).

It had turned into a glorious day and we sat in the gardens overlooking the lake waiting for the marathon runners to return drinking coffees and beer. Although

the sunny conditions were lovely for the spectators, the weather was not ideal for a marathon. All of us spread over the course to give the three marathon runners some much needed support in the latter stages of the race. First to come back into the city on the marathon was Kim, looking very tired but finishing in 4.21.28. Next was Paul in 4.43.43 and then Sophie in 4.53.53. Excellent results, given the warm conditions.

Following a rest in the park and some refueling (tracker bars, chips, sausage & beer), we made our way back for some chill time before the evening. After some cocktails in the sunshine, post race celebrations were held over a traditional cheese fondue. Some of us rounded off the evening with more cocktails in a piano bar.

The following morning Cath & Gilly left for an early flight. It was another lovely day so Linda, Caroline, Paul Jane & Adele took a last chance to wander around Zurich. We found a lovely garden...and a bar which was clearly being run by Jane & Mel's Swiss cousins (Silvey without the 'e') We all insisted Jane stepped up for a picture.....



After a good lunch at a pizzeria all too soon it was time to catch the train back to the airport. It was another really fabulous weekend – good running, good company, good fun. Time to plan the next one – hopefully I will be running by then!

# Roadrunners Results

## NIGEL HOULT

A busy month this time! For many Roadrunners, the London or Brighton marathons (or even both!) were the culmination of the winter's training. 55 of you ran London – considerably more than in the last two years – and nearly half came away with PBs, some by huge margins: almost 50 minutes for Amanda Box and 24 for Alix Eyles. We had nine runners finish within 3 hours, and three will be able to say that they beat Paula Radcliffe! At Brighton there were 15 runners; six got PBs, with just one – Simon Elsbury – beating the magic 3 hour mark. Well done to everyone who took part in these, I hope your legs are beginning to recover.

The other popular race was, of course, our own Shinfield 10k with 84 runners, slightly down on last year perhaps because it was so soon after London. We won the team prize again, with Mark Worringham finishing second overall, and 11 of you recorded PBs in the good running conditions. In the under 16 junior race, his first race as a Reading Roadrunner, Blue Caswell finished 3rd and 2nd man. Well done one and all.

There was also the start of the SCVAC Track and Field events, with a somewhat low turnout from the club, no doubt due to it being the same day as Shinfield – and I can say from personal experience that running a track race after a 10k isn't easy! Conditions weren't as good for this as they had been earlier in the day, but that didn't put us off. We're always at a disadvantage to the track and field clubs in most of the events simply because we don't train for them, but in spite of that we managed to win two of the ladies' 1500m races (and come second in the third), and win the men's high jump and vet 50 steeplechase. Well done to everyone who turned out and supported the club.

Good luck with your races in the coming month, and don't forget to let me know about all those PBs you're going to get!

### 29th March

#### Limassol Marathon (missed from last time)

Name	Pos	Gun	Chip
Antony Streams	90	4:08:08	4:08:08

### 4th April

#### Around the Reservoir Marathon

Martin Bush	4:52:36
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### 5th April

#### Around the Reservoir Marathon

Martin Bush	4:38:49
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### 6th April

#### Around the Reservoir Marathon

Martin Bush	4:45:04
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### 12th April

#### Brighton Marathon

Simon Elsbury	67	2:57:46	2:57:35 PB
Ryan O'Brien	270	3:12:44	3:12:40 PB
Paul Monaghan	725	3:29:13	3:27:47
Ashley Middlewick	752	3:29:44	3:29:32
Patrick Hayes	763	3:30:00	3:26:57 PB
Katy Webb	1862	3:51:00	3:47:06
Julie Rainbow	2259	3:57:01	3:53:07 PB
Gemma Stobie	3100	4:08:24	4:01:44
Pete Morris	3180	4:09:40	4:01:09
Tony Streams	3187	4:09:51	3:58:20 PB
Claire Seymour	3630	4:16:54	4:11:37 PB
Nick Robey	3955	4:21:44	4:18:02
Chris Manton	4747	4:33:01	4:29:27
Martin Bush	5163	4:39:53	4:26:32
Emma Grenside	6751	5:07:29	4:48:29

#### Paris Marathon

Dan Stockwell	17083	4:00:35
Donald Scott-Collett	20195	4:09:13 PB

#### Pewsey Downsaround

35 miles

Christina Calderon	30	8:28:00
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26 miles

Ian Giggs	1=	4:17:00
Julia Molyneux	13=	5:58:00

#### Taunton Half Marathon

Caroline Hoskins	35	1:26:49	1:26:49 1st FV45
Sophie Hoskins	472	1:56:13	1:54:57

#### Bournemouth Bay Half Marathon

Paul Jenkins	370	1:50:42	1:49:33 1st MV65
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#### Vienna Half Marathon

Alix Eyles	730	1:50:28	1:34:49
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### 19th April

#### Manchester Marathon

Steven Siddell	635	3:04:34	PB
Kenny Heaton	1428	3:20:31	
Dave Brown	5569	4:19:43	
Dave Wood	6598	4:41:03	
Martin Bush	5738	4:22:57	
Andrea Marnoch	6635	4:41:55	

**Ashford and District Marathon**

Gary Brampton	73	4:56:26	4:56:34
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**Zurich Marathon**

Kim Stevens	385	4:21:28
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Paul Godbold	2041	4:43:43
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Positions are separate for men and women

**Zurich 10k**

Jane Silvey	1032	1:10:13
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Adele Graham	1033	1:10:17
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Susanna Yeoman	1071	3:23:06
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Positions are separate for men and women

**Danesfield Dash 10k**

Philippa White	37	45:27	2nd F
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David Power	58	49:11
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Sarah Morgan	89	51:58
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David Pink	145	57:57
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Roger Pritchard	183	1:01:19
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Julie Wing	231	1:20:33
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Stephen Wing	233	1:24:14
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**Fairoaks 10**

Chris Cutting	11	1:07:51	PB, 3rd MV40
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Katie Gumbrell	50	1:29:02
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**Fairoaks 5**

Duncan Mollison	5	30:53	PB
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Andrew Blenkinsop	7	30:59	2nd MV40
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Gavin Rennie	8	31:14
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Aaron Chai	15	32:26
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Peter Graham	17	33:35	3rd MV50
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David Caswell	19	34:36	4th MV40
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Claire Marks	20	34:43	1st F
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David Fiddes	21	34:45	5th MV40
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Keith Ellis	22	34:52	5th MV50
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Blue Caswell	24	36:31
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Richard Morgan	26	37:10	1st MV60
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Jim Kiddie	37	40:12	2nd MV60
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Chris Miller	41	40:43
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Catherine Leather	45	42:16	4th FV40
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Tina Wilson	53	43:21	1st FV50
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Louise Atkinson	60	44:21
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Chris Drew	67	45:42
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Bob Thomas	79	46:51	3rd MV60
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Janice Thomas	89	49:26	3rd FV60
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Liz Atkinson	90	49:27	PB, 4th FV60
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Carl Woffington	97	51:10	4th MV60
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Sev Konieczny	99	51:40	PB
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**Earley 10k**

Fergal Donnelly	7	40:15	40:13	PB
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Colin Cottell	13	41:35	41:33
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Alix Eyles	15	41:52	41:52	1st F
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Brian Grieves	19	43:37	43:34
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Peter Felgate	23	44:07	44:01
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Robert Sutton	26	44:30	44:28
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Pete Morris	36	45:42	43:34
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Nicholas Adley	42	46:29	46:29
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Clare Elliott	61	48:47	48:42
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Tony Streams	65	49:08	48:59
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David Leake	66	49:14	49:05
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James Meston	86	51:34	51:24
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Sarah Pachonick	91	52:01	51:57
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Lin Morton	108	53:20	53:12
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Amanda Box	147	58:25	58:16
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Justin Watkins	148	58:32	58:21
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John Bailey	159	1:00:03	59:50
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Irene Liming	160	1:00:03	59:51
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Lorraine Bailey	195	1:06:01	1:05:49
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Linda Booth	196	1:06:02	1:05:49
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Palee D'Souza	210	1:14:40	1:14:22
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Sheryl Higgs	218	1:40:09	1:39:57
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Peter Higgs	219	1:40:15	1:40:04
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**23rd April****St. George's Day Marathon**

Gary Brampton	41	4:47:51
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Martin Bush	50	4:55:02
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Julia Molyneux	54	5:03:05
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**24th April****Wonderland Caucus Race**

Gary Brampton	34	26.95 miles in 5:12:07
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Martin Bush	35	26.95 miles in 5:16:07
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Julia Molyneux	42	26.95 miles in 5:32:39
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Mandy Carden	96	7.7 miles in 2:22:00
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**26th April****London Marathon**

Tony Carter	82	2:32:10	PB
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Luc Jolly	148	2:35:20	PB
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Rupert Shute	158	2:35:43
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Andrew Smith	728	2:49:25	PB
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Alex Warner	1036	2:53:27	PB
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Mark Saunders	1197	2:55:12
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Brian Grieves	1641	2:58:44	PB
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David McCoy	1675	2:58:53
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Alex Harris	1844	2:59:40
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Lance Nortcliff	2247	3:03:45
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Caroline Hoskins	2306	3:04:14	PB
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Dean Allaway	2483	3:05:54
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Alix Eyles	2638	3:07:24	PB
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Peter Miskell	2674	3:07:44
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Alan Freer	3707	3:15:03
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Rebecca Stark	4021	3:17:31	PB
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Paul Monaghan	4493	3:20:56	PB
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Katherine Sargeant	5622	3:27:23	PB
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Sian James	6163	3:29:40	PB
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## ROADRUNNERS RESULTS

David Caswell	6699	3:32:36	PB
Ian Husband	6889	3:33:34	
Andy Stanbury	6934	3:33:52	PB
Erica Key	6994	3:34:11	
Aaron Chai	7121	3:34:52	
Paul Gell	7212	3:35:17	
Roger Ganpatsingh	7919	3:38:53	
Mary Janssen	8518	3:41:38	
Melanie Shaw	8532	3:41:41	PB
Paulina Erceg	8608	3:41:59	
Claire Woodhouse	9946	3:46:51	
Tim Hogarth	10014	3:47:10	PB
Alan Molley	10285	3:48:13	
Simon Denton	10754	3:49:51	
Sam Hammond	10919	3:50:31	PB
Antony Streams	11854	3:53:57	PB
Nick Robey	12712	3:56:28	
Kevin Sangster	13833	3:59:28	
John Bullock	14311	4:01:07	
Elizabeth Ganpatsingh	14691	4:02:41	PB
Paul Jenkins	14708	4:02:46	
Tom Stagles	17163	4:12:55	
Simon Davis	17933	4:15:48	
Ni Joe Akem-Che	21862	4:30:12	
Hazel McCluskey	22237	4:31:35	
Andy Dingle	23270	4:35:51	PB
Irene Liming	23451	4:36:36	
Tom Harrison	25044	4:43:08	
David Woolford	25382	4:44:31	
Amanda Box	26747	4:50:46	PB
Justin Watkins	30448	5:10:53	PB
Emma Grenside	31519	5:18:15	
Kerri French	32279	5:24:04	PB
Maureen Sweeney	32714	5:27:42	PB
Ann McKinnon	36125	6:17:24	
Kevin Sheppard	37365	7:12:22	

### Blackpool Marathon

Martin Bush	266	4:19:11	
Pete Morris	306	4:33:07	

### Hamburg Marathon

Phil Reay	11105	4:32:49	4:26:33
Gary Brampton	11778	4:50:48	4:32:18

### Shakespeare Marathon

Gavin Rennie	15	3:02:04	3:01:57	2nd MV45
Eugene McSorley	70	3:23:56	3:23:21	PB
Dave Wood	415	4:24:31	4:23:44	

### 3rd May

#### Three Forts Marathon

Name	Pos	Gun	Chip
Julia Molyneux	295	5:40:05	5:39:44

### Neolithic Marathon

Gary Brampton	136	4:57:41	
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### Birmingham 10k

Jeremy Parker	548	48:10	
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### 4th May

#### Milton Keynes Marathon

Darrell Robins	128	3:19:32	3:19:19	PB
Kenny Heaton	308	3:40:51	3:40:39	
Katy Webb	612	4:00:25	4:00:16	
Dave Wood	762	4:12:56	4:10:05	
Martin Bush	914	4:23:29	4:23:27	
Madeleine Starks	1039	4:32:32	4:32:01	PB

#### Milton Keynes Half Marathon

Colin McCarlie	619	1:55:59	1:54:18	
Rosamund Lee	1516	2:34:24	2:33:52	

### Shinfield 10k

Mark Worringham	2	33:39	33:38	
Tony Carter	4	34:47	34:45	
Duncan Mollison	13	37:26	37:25	PB
Edward Dodwell	30	39:23	39:21	1st MV55
Carrie Hoskins	37	39:49	39:47	1st FV45
Brian Kirsopp	40	39:57	39:48	2nd MV50
Nigel Hoult	42	40:01	39:59	1st MV60
David Ferguson	46	40:15	40:09	
Mark Smith	56	41:12	40:53	4th MV50
Kevin Jones	68	41:28	41:25	
Aaron Chai	69	41:29	41:12	
Daniel Stockwell	75	41:51	41:37	
Paul Kerr	80	42:03	41:30	
Daniel Minns	81	42:05	41:45	
Hannah Wright	82	42:08	41:54	PB
Alix Eyles		42:42		No chip
Peter Cook	93	43:02	42:48	
David Legg	98	43:17	43:02	PB
Keith Ellis	100	43:25	43:16	
Claire Marks	106	43:37	43:20	3rd FV45
Lesley Whiley	120	44:12	44:03	1st FV50
Sam Hammond	125	44:24	43:49	
Zac Minns	127	44:27	44:05	
Nicholas Adley	129	44:43	44:42	
Paul Milnes	132	44:50	44:30	
Paul Monaghan	137	45:01	44:03	
David Dibben	141	45:16	45:08	1st MV65
Kevin Varney	154	45:43	45:12	
Eddie McIndoe	159	45:49	45:45	
Julie Rainbow	160	45:51	45:37	3rd FV50
Wayne Farrugia	167	46:05	45:31	
Andrew Runnacles	170	46:06	45:56	
David Power	184	46:38	46:04	
Peter Morris	185	46:39	46:20	
David Leake	199	47:11	47:01	3rd MV60
Sarah Pachonick	215	47:49	47:39	PB
Jackie Smith	229	48:21	48:00	
Tom Wright	242	48:53	48:24	
Paul Carter	263	49:48	49:34	



# ROADRUNNERS RESULTS

Danielle Milbank	269	49:55	49:19	
James Meston	296	50:48	50:13	
Ray McGroarty	311	51:26	51:01	
Elizabeth Ganpatsingh	315	51:34	50:51	
PB				
Roger Ganpatsingh	317	51:34	50:52	
Mary Janssen	323	51:36	51:13	
Simon Brimacombe	331	51:52	51:20	
Peter Reilly	333	51:54	50:46	
Mandy Oakley	336	51:57	51:38	
Angela Burley	349	52:25	52:02	
Katie Gumbrell	361	52:49	52:06	PB
Lee Hinton	364	52:50	52:07	
Sandra Sheppard	375	53:11	52:34	2nd FV55
Chris Drew	379	53:19	53:04	
Emma Chesswas	380	53:20	52:56	PB
Tina Wilson	399	53:56	53:29	3rd FV55
Louise Atkinson	438	54:50	54:20	PB
Mary Carol De Zutter	440	54:52	54:28	PB
Andy Bennett	442	55:02	54:23	
Donna Saunders	463	55:46	55:23	PB
Julie Thomson	466	55:52	54:47	
Angharad Shaw	490	56:47	55:44	
Katherine Sargeant	499	57:09	56:04	
Rita Dykes	524	58:56	58:35	2nd FV65
John Bullock	525	58:58	57:52	
Tony Streams	526	58:59	57:52	
David Lewis	527	59:01	57:54	
John Bailey	546	59:56	58:58	
Liz Atkinson	555	1:00:36	1:00:07	4th FV60
Emma Grenside	558	1:00:48	59:43	
Peter Higgs	559	1:00:57	59:49	
Rachel Derry	572	1:01:14	1:00:06	
Tim Miller	576	1:01:24	1:00:15	
Fiona Ross	577	1:01:24	1:00:15	
Delphine Kargayan	612	1:03:19	1:02:24	
Carl Woffington	615	1:03:38	1:02:55	
Linda Wright	620	1:04:10	1:03:00	
Lorraine Bailey	622	1:04:19	1:03:24	5th FV60
Sarah Harris	624	1:04:40	1:03:41	
Thomas Malin	630	1:05:14	1:04:17	
Alice Johnson	652	1:06:43	1:05:41	
Veronica Andrew	660	1:08:26	1:07:27	
Anita Minns	673	1:09:45	1:08:45	
Catherine Douglas	715	1:33:18	1:32:14	
Sheryl Higgs	716	1:33:18	1:32:15	PB
Team: 1st (Mark, Tony, Duncan, Edward)				

## Shinfield Junior Race (Under 16, 5.9k)

Blue Caswell	3	26:32	2nd M
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## SCVAC Vets League, Western Division, Oxford

100m Women	
Tracey Lasan	18.55
Claire Seymour	20.65
Cecilia Csemiczky	22.61
Irene Liming	23.55
100m Men	
Nigel Hoult	18.05
400m Women	
Sarah Urwin-Mann	73.1
Tracey Lasan	79.8
400m Men	
John Preston	64.5
Lance Nortcliff	66.1
1500m Women	
Sarah Urwin-Mann	5:18.7
Tracey Lasan	6:00.3
Belinda Tull	6:06.3
Claire Seymour	7:22.5
1500m Men	
Dean Allaway	5:11.7
David Caswell	5:34.5
Pete Morris	6:36.3
3000m Steeplechase Men	
Mel Silvey	13:02.2
4 x 100m Relay Women	
RRR ladies	75.1
4 x 100m Relay Men	
RRR men	61.3
Long Jump Women	
Kerri French	2.52
High Jump Men	
Pete Aked	1.45
Hammer Women	
Adele Graham	16.19
Kerri French	14.81
Javelin Women	
Belinda Tull	14.01
Adele Graham	8.44
Shot Men	
Pete Morris	5.37
John Preston	5.36

**Season's Bests**

Ladies		
5k	Ellie Gosling	18:28
5 miles	Claire Marks	34:43
10k	Sarah Urwin-Mann	39:21
10 miles	Ellie Gosling	1:02:02
Half Marathon	Ellie Gosling	1:23:50
20 miles	Carrie Hoskins	2:19:09

Marathon	Carrie Hoskins	3:04:14
Men		
5k	Mark Worringham	16:30
5 miles	Duncan Mollison	30:53
10k	Mark Worringham	33:38
10 miles	Tony Carter	54:10
Half Marathon	Mark Worringham	1:11:38
20 miles	David McCoy	2:10:46
Marathon	Tony Carter	2:32:10

## Reading Roadrunners Committee Meeting

TUESDAY 5TH MAY 2015 7.30PM

**ATTENDANCE:**

Carl Woffington	(Chairman)
Roger Pritchard	(Gen Sec)
Sandra Sheppard	(Treasurer)
Anne Goodall	(Membership Sec)
Amanda Box	(Social)
Bob Thomas	(ex-officio)
Simon Denton	(ex-officio)
Catherine Leather	(ex-officio)

**APOLOGIES FOR ABSENCE:**

Paul Monaghan, Alan McDonald

**MINUTES OF THE MEETING OF  
TUESDAY 7TH APRIL 2015**

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

**MATTERS ARISING FROM THE MINUTES OF THE  
MEETING ON TUESDAY 7TH APRIL 2015**

**BANK DEBIT CARD** Sandra reported that she had at long last obtained a bank debit card. CLOSED OUT.

**TROLLEY** Carl reported that he had obtained a trolley. CLOSED OUT.

**CLUB SUBS SURVEY** Carl said that he will write up a report soon. ACTION Carl to write report.

**CLUB KIT** Carl said that the stock take was ONGOING.

**POSTAGE STAMPS** Anne reported that she had purchased the stamps.

**PAYSUBS ONLINE** Paul absent ONGOING.

**ALEXANDER DEVINE CHARITY** Carl reported that he had spoken to Geoff Chaffer and he said that the charity didn't have a preference. He was happy for the RR donation to be spent on something specific or just put in the pot for general use.

**WOODLEY 10K** Carl said he had not yet spoken to

David Stares, to advise him that the club would not be prepared to organise the event in the future. ACTION Carl to speak to David.

**WOODLEY TOWN COUNCIL** Roger reported that he had obtained the £150 deposit for the spring do at Woodford park pavilion and that he had handed the cheque to Anne. Anne confirmed that it was paid in.

**ENGLAND ATHLETICS AFFILIATION** Roger Confirmed that he had sent the form and cheque to EA.

**SOUTH OF ENGLAND ATHLETIC ASSOCIATION** Roger said that he had sent the form and cheque to SEAA.

**LONDON MARATHON INSTRUCTIONS** Roger confirmed that he had printed the 114 instruction sheets and that they had been distributed on the coaches up to London.

**HOODIE** Anne reported that the long awaited Hoodie had arrived before the London Marathon, but has not yet been collected. ACTION Anne to contact Ian Husband to advise it had arrived.

**MEMBERSHIP VETTING RULE** Roger reported that he had searched the England Athletics website to see if there were any guidelines for clubs on the vetting procedure for new members. Roger said there were several guidelines regarding such things as inclusivity and discrimination etc, but there were no guidelines for vetting.

Roger confirmed that he had distributed Nigel Hoults suggestion, but it was decided to keep the new rule that was accepted at the AGM.

**COACHES TEE SHIRTS** Roger confirmed he had spoken to Simon and the shirts were on order.

**SIMON'S GROUP** Roger reported that Simon was helping new members to select a group.

**CLUB HOUSE LEASE** Roger reported that he had been in contact with Ben Stanesby of Reading Borough Council Parks Dept. Roger said that Ben had

advised that the council were reviewing their policy on the stadium. Roger said that he has arranged a meeting with Ben in May to discuss where Reading Roadrunners stand on our clubhouse.

**ACTION** Roger to attend meeting at Palmer Park on the 22nd May with Ben Stanesby.

**ENGLAND ATHLETICS WELFARE** Roger said that there had been no more progress ONGOING.

## CHAIRMAN'S REPORT

**LONDON MARATHON** Carl reported that the club had sent the largest contingent of marshals ever to the London Marathon and that it went off very well. Carl said he would be submitting an invoice to LM for hire costs pro-rata.

**CLUB CHAMPIONSHIP** Carl reported that the Fair Oaks 5 took place on Sunday.

**SHINFIELD 10K** Carl said that the event just seems to get better and better. Roger said that one runner did not have a place or time recorded, because they did not finish with a chip. Subsequently the runner was found on the video and Roger gave the race director her time and position. Carl recorded thanks to Colin Cottle and his team of volunteers for a great 10K and also thanks to Tom and his volunteers for a great set of children's races.

## TREASURER'S REPORT

**MARCH ACCOUNTS** Sandra reported that she had published the March accounts to all committee members and asked if there were any queries.

**FRIDAY TRACK FEES** Sandra reported that the Friday track fees are being paid in erratically, which plays havoc with her accounting. Anne said that sometimes she gets it the following Wednesday, or sometimes the Wednesday two weeks later. Roger asked Sandra if it would help if Glynne sent her a text on the night to say how much was going to be paid in and Sandra said, yes it would. **ACTION** Roger to ask Glynne to text Sandra.

**CHANGE OF CLUB** Roger reported that one member had requested changing his membership to second claim and that on Wednesday April 29th, he had signed off the member.

## SECRETARY'S REPORT

**BERKSHIRE XC SELECTION** Berks AA has issued the criteria for selecting runners to represent Berkshire in the inter-counties XC championships. Roger said that any runner finishing in the first 9 places (men & women) in the Berkshire Championships would get automatic selection. **ACTION** Roger to advise team captains.

**UK YOUTH FUN RUN** Roger reported that he had received from Microsoft a cheque for £150 deposit

on a race clock and a cheque for £50 that has been donated to the club charity. The clock will be used on Wednesday 20th at TV Park for the UK Youth Fun Run.

## MEMBERSHIP SECRETARY'S REPORT

**MEMBERSHIP** Anne reported 12 new senior members joining in April @ £30 = £360 and one new junior @ £23. Also 12 late renewals of which 3 only paid £28, 2 social members @ £15 each and 2 life members @ £12 each.

Anne reported banking £731 in total for April.

## SOCIAL SECRETARY'S REPORT

**QUIZ-NIGHT** Amanda reported that tickets are now on sale for the quiz night at St Peters church hall Early on Saturday 23rd May 7.30 for £3. Amanda said that food (fish and chips etc) will be available at extra costs and members should bring their own drinks if required. **ACTION** Amanda to sell tickets in the lobby after Wednesday track sessions.

**SEASIDE TRIP** Amanda said that plans are underway for a trip to Bognor Regis and she is working with Kerry French on this one ONGOING

**CHRISTMAS PARTY** Amanda said that the 12th December, was a provisional date for a Christmas Party ONGOING.

**COACHING CO-ORDINATORS REPORT** None submitted.

**TEAM CAPTAINS REPORT** None received.

## ANY OTHER BUSINESS

**CLUB KIT** Steve Siddell submitted a new supplier for selected club kit. After some discussion, it was decided to try and obtain samples to try for size. **ACTION** Carl to speak to Steve Siddell.

**NEWSLETTER DEADLINES** Carl reported that Chris Cutting has been having problems with getting items submitted on time for the newsletter and subsequently, he has produced a schedule of deadlines. Roger said that he could not make any promises to keep the deadline for the meeting minutes and suggested putting the publication date back one week. Carl said that we should try and meet the deadlines.

**LONDON MARATHON COACHES** Bob raised the subject of London Marathon coaches and the problem with getting the first bus away on time. Bob said we should consider having three smaller coaches to alleviate this problem. A vote was taken in favour of three coaches **ACTION** Ask Stewarts coaches next year for three coaches.

**FACEBOOK COMMENTS** Catherine reported that there was a long thread on Facebook about banning earphones at Shinfield and Reading Roadrunner events in general. **NO ACTION.**

**TV XC** Sandra asked if RRs were going to a national final as we won the league this season. Carl explained that there is no longer a national final and that trophies were awarded for the TV XC at the spring do. Carl said that the trophies would be formally awarded at the start of next season at the first fixture.

**DINNER DANCE DATE** Roger raised the subject of the date for the dinner dance in connection with the start and finish of the club charity. A discussion took place with the clashes between the Reading Half Marathon, the AGM, the Dinner Dance and the charity year. The most popular option was to set a date for the charity to start that was independent of the AGM where the charity is chosen and the Dinner dance, where the cheque is presented. Carl pointed out that the main problem was that the dates for the Reading Half, Dinner dance and AGM are not known far enough ahead. **WITHOUT RESOLVE**

**CLUB HOUSE** Carl reported that he had issued the results of the survey with draft footprint plans. Bob asked what the minimum period would be on a lease if we could obtain one from RBC. Carl said that Reading AC had an eleven year lease on their clubhouse and that Sport England required a minimum of a seven year lease before considering an application for funds. **CONCLUSION** Await the result of the meeting with Ben Stanesby.

**CLUB KIT** Amanda said that when she was on desk duty, she saw that the kit not only needed organising and tidying up, but also a much needed stock recording method. Amanda said she would be happy to sort the kit and make up a folder with a stock list. **ACTION** Amanda to produce stock list.

**VOLUNTEER BOARD** Carl raised the subject of Kerry French's suggestion to have a volunteer board.

This was discussed at length, but with no action plan. **WITHOUT RESOLVE**

**CHARITY NOTICE BOARD** Amanda said that there was a lot of stuff on the boards that was old and this caused problems with putting current items up for the charity. Roger said that on Wednesday, Amanda should get the key for the boards and re-arrange the charity section as required. **ACTION** Amanda to re-arrange the board.

### DOOR ROTA

Wed 6th May  
Cristina Cotter, Glynne Jones, Anne Goodall.

Wed 13th May  
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 20th May  
Amanda Box, Shirley Smith, Glynne Jones.

Wed 27th May  
Christina Cotter, Glynne Jones, Anne Goodall.

Meeting Closed 9.30pm

Next Meeting Tuesday 2nd June.

## The Tale of Saint Woody

A big shout out of thanks to fellow RR Dave Wood. At the start of the Manchester marathon Dave announced to me that he was using the event to practice running slowly in preparation for his impending ultra. His plan was to run for 28mins then walk for 2mins with an aim of finishing in 4: 30. My plan was to just get round and being an expert on the slow running technique we became a perfect partnership. Dave whiled away the miles with top running tips and words of encouragement throughout . As my slow running became even slower and the 4:30 pace passed us by, I urged Dave to run on with them but he wouldn't abandon me and stayed with me throughout the entire course. As a life long runner I have never experienced such wonderful running camaraderie and so Dave's PW became my PB. Thank you Dave , I couldn't have done it without you!

Andrea Marnoch

