



READING ROADRUNNERS NEWSLETTER MAY 2016

April turned out to be a very eventful month and the late publishing of this month's newsletter meant that it covered the London Marathon, the Shinfield 10K club event and the (resurrected) Woodley 10K as well as the Cross Country awards evening and all the usual fun and games. The unexpected removal of the floodlights at Palmer Park also provided a bit of a talking point. However, the Roadrunner pictured above ran a six-day, 150 mile ultra-marathon in the Sahara Desert, so I'm afraid pride of place on this month's cover turned out to be a bit of a no-brainer!

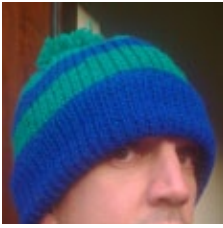
We will hopefully be hearing more from Phil Reay about the Marathon des Sables in next month's edition. So to tide you over until then we have events reports from the far-flung Caucasus and exotic South Oxfordshire.

Oh, and always remember to keep hydrated!

INSIDE THIS MONTH:

- **BUDAPEST MARATHON**
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- **VETS' LEAGUE ATHLETICS**
- **TROUSERS NEWS**





Rant from the Editor

CHRIS CUTTING

There is a light-hearted article included in this issue, but it was inspired by an online furore after one of our race committees took the decision not to include a medal in the goodie bag. Against the advice of the editorial nursing staff I took a look at some of the online responses and was genuinely amazed at the tantrums being levelled at the club. Whatever your feelings about whether every race merits a medal, the fact is that like all our events, it was organised and run by volunteers. A mistake had been made in

communications, but if your response to that is to get online and use some of the terms that were apparent, then maybe the running community isn't for you. The example of the Invictus Games athlete Elizabeth Marks, who handed her gold medal over to the medics at Papworth Hospital who saved her life, couldn't have provided a better perspective on it all.

Enjoy your running this month,
Chris



Chairman Chat

CARL WOFFINGTON

It's been a busy month.

The London Marathon took place on 24th April. RR sent marshal teams for the Tower and Rotherhithe. Thanks to all that helped. Well done to all RR runners. Over 39 000 runners completed the 2016 race. The entry ballot for the 2017 race opened and closed with 253 930 UK applicants recorded. So there is very little chance of being accepted via the ballot.

We had the Presentation Evening on 30th April. Thanks to Claire and Amanda for organising. It was a good evening with buffet food and a disco. Also a charity raffle took place. Trophies for both the 2015 Club Champs and the 2015/16 XC Champs were presented. The remaining trophies will be taken to track in the next few weeks.

We had another successful Shinfield 10k on 2nd May thanks to Colin, Tom and their helpers. All went well on the day. The junior races were chip timed. The new RR race arch was used for the first time.

We held the first 2016 pub run on 5th May. It was held at the 3 Horse Shoes at Henley and hosted by Julie Rainbow. Good weather, good routes and excellent food.

We had a few track sessions cancelled due to the corroded failure of a floodlight structure. All floodlights and structures have now been removed and track sessions have resumed. Thanks to the coaches who put on alternative training sessions for us at short notice.

The Quiz Night due for 28th May has been postponed. It was difficult to sell tickets while the sessions at the track were disrupted and the bar area not available. The Quiz Night will be held later in the year and an alternative informal social planned for the 28th. Look out for details.

Club kit sales have been going well. Thanks to Chris and Sarah Drew. I'm sure this will be noticeable at races in the near future. Our RR gatherings should be easy to spot.

Look out for details of future pub runs. There are some Club Champs races coming up. The car boot sales are ongoing with dates on our website, please help if you can.



Ladies' Captain - Report

CLAIRE SEYMOUR

Well hasn't April been a busy month? In what is classed as marathon month, quite a few of our ladies (including myself) took part in various marathons across the country. Whether it be Manchester, Brighton, London, Shakespeare, or Milton Keynes or perhaps a marathon abroad, I hope it went to plan and I hope you got a new PB! It's such a long way to run and we never know how we are going to feel on the day, so if it didn't go quite to plan then well done for making it to the finish line: an achievement in itself, and something you should be proud of. A big well done goes to some of the ladies who were taking in their first marathon challenge! I hope you enjoyed the experience, in particular the feeling you get afterwards, knowing what you have achieved, and have been wearing your medals with pride! Hope you're all recovering well as it seems we have quickly moved in to the month of May and the 10K season has started.

So on to the main races for us RR ladies this month!

London Marathon

On a rather cold dry, day, which gave ideal conditions for the runners, a few of our ladies took part in this iconic race. It seems to be more and more difficult to get a place for these days, unless you are able to guarantee a Championship or Good for Age place, as quite a few of our ladies managed to do this year! Perhaps you got your place through the marshal or club draw or a charity place? I think the number of runners getting a place through the ballot is few and far between, so well done if you were successful with this!

Our first lady home was Carrie Hoskins with a new PB and her first time running under that magical sub 3 hour mark! Brilliant running! Carrie was closely followed by Nikki Gray in just over the 3 hours; followed by Katy Webb and Katherine Sargeant. All of these ladies finished with a new PB and under 3 hrs 12mins, with the championship team, Carrie, Nikki and Belinda Tull, finishing in 17th place overall. Katy and Katherine weren't able to be part of the team this year as they had Good for Age places, however they have both qualified for a championship place for 2017!

We also had some good results and lots of PBs from our other ladies who took part: Mary Janssen, Erica Key, Louise Atkinson, Donna Saunders, Amanda Box (Amanda also ran Brighton Marathon the week before!)

and Sev Konieczny to name a few so well done to you all! Also well done to our marshals for standing around for several hours in cold conditions. It certainly was a tiring but enjoyable day for everyone!

Shinfield 10K

The weekend following London on the Bank holiday Monday we had our very own race organised by Colin Cottell and Team. It was great to see around 35 of our ladies taking part on what turned out to be perfect race conditions once again, although slightly warmer than the week before! Our first lady home and first lady finisher was Sarah Urwin-Mann, followed by Carrie Hoskins (2nd lady) and Katy Webb (3rd lady). They also made up the team who finished 1st overall along with Katherine Sargeant who also had a great run and ran a new PB! Well done to you all!! There were quite a few PBs and even more impressive was the fact that some of them came just a week after our ladies ran at London. Great running all.

Southern Vet Track & Field League – 1st Fixture, Horspath Oxford – May bank holiday Monday

I believe Adele Graham will have a separate write up on this so I won't go in to too much detail. However I wanted to mention a couple of things that stood out for me from the evening. Firstly well done to Sarah Urwin-Mann who finished 2nd in her 1500m race, getting a PB and setting an AW standard time on what must have been tired legs, as this was only a few hours after running the Shinfield 10K and finishing 1st lady! Great running Sarah, well done! It was also great to see Adele Graham out sprinting on the track again after missing out on these events for a few years due to injury. Adele did really well in the field events previously, you could tell that she couldn't wait to get back on to the track and it's great to see her back out there again and running well! Thanks to all the ladies that took part in this fixture and I hope a few more of you will join us over the next month or two at the other fixtures! It's a great evening and we have great team spirit! I recommend it!

Marlow 5 *Club Championship race*

So 2 weeks after London we had our first 5 mile race of the club championship on the hottest day of the year so far! This didn't give our ladies much time to acclimatise

to the heat as it had been quite cold leading up to this weekend, but they all did us proud with our first RR lady home being Fleur Denton. 11 of our ladies turned out for this race which takes you through the streets of Marlow on the flatter parts of the town and is renowned for its generous goody bag! Well done to you all.

Woodley 10K

I thought I would mention this race in my report, as it was great to see it return this year thanks to Ellie and Ian of Barnes Fitness. It's also a popular race amongst our members! Our ladies had some good results with a few trophies won! Again this was held on the same day as the Marlow 5 on the hottest day of the year so not ideal racing conditions. Our first RR lady home was Claire Marks who also won a trophy for 1st in her age category! With Mary Janssen 2nd in the same age category, I was also happy and surprised to see one or two PBs which is great running in those conditions. In particular, well done to Sam Whalley, who only 3 weeks previously ran a PB at the Brighton Marathon! Well done to all the ladies who ran on such a hot day.

Vitality London 10,000

We have a team of 6 ladies taking part in the 10k Road Championships, incorporated within the London 10,000 being held on May Bank Holiday Monday, 30th May. These free places are given to the club if we enter teams to run at the Aldershot Road Relays held in September. I have selected the following ladies to take part this year: Carrie Hoskins, Sarah Urwin-Mann, Alice Leake, Katherine Sargeant, Sam Whalley and Julie

Rainbow. I will look forward to reporting how they all get on. Good luck ladies!

Dates for your diaries:

Sunday 5th June – Kintbury 5 *Club Championship*

Sunday 12th June – Wargrave 10K *Club Championship*

Sunday 19th June – Ridgeway Relay (I'm looking for a reserve runner for leg 3 on the ladies team: if you are able to help please let me know asap.)

Monday 20th June – Southern Vet League, Bracknell Fixture (We also require some helpers for this fixture with time keeping and refreshments for the officials, if you can help please let myself or Mark know asap.)

Runnymede relays

On Saturday 2nd July we have the Runnymede Relays, held in the grounds of Windsor Great Park. I'm looking to enter several teams, with each team being made up of 6 runners. All abilities are welcome to race. The Long Legs (1, 3, 5) are approximately 5.25 miles, and the short legs (2, 4, 6) are approximately 2.75 miles. The first leg starts at 12 noon. Each leg starts and finishes in the same place! Quite a few of us bring our picnic stuff with us for afterwards, it's a lovely afternoon out! If you're interested in taking part please contact me asap via teamcaptains@readingroadrunners.org

Hope you enjoy running in the warmer weather!

Claire

Kit News

CHRIS DREW

I'll be placing another race kit order after track next week - we're out of a couple of sizes of ladies tees and vests already (more popular than expected). Unfortunately the lead time is 6 weeks - and we have to meet minimum quantities to secure the right prices so we can't just order the bits we're low on.

If you want to be sure of getting a new top please either pick one up this week or try one on and tell us you'll want it from the next batch - it'll be much easier to manage stock if we know the demand.

Committee have given me the nod to order some Canterbury trousers - there'll be a pair of each size at track in about three weeks. I'll be taking orders once

you've had a chance to try them.

We'll do a leisure wear night at the same time - order your polo shirts and shower jackets ready for the summer!





Men's Captain - Report

MARK WORRINGHAM

Greetings all, hope you've had a successful start to the Spring. I would usually open my report by rambling at length about some nonsense or other, but there is an insane amount of stuff to get through, so I shall just crack on.

This month was of course marathon month, and what better place to start than the London Marathon, as always a fantastic event to be part of. For those Reading Roadrunners fortunate enough to be participating, the event is hugely enhanced by the presence of our very vocal club marshals, individuals who seem to have been selected for the role by winning a shouting contest. In one or two cases, they could probably have stayed in their own beds and still been audible on the course. Always makes me pick up the pace, if only to get away from the noise. Great support as always.

The men were led home by Keith Russell, who had for once made a Spring marathon in one piece, in 2:33:23. Keith had obviously decided that being a small green-clad Irishman wasn't quite stereotypical enough, so had dyed his hair bright red. Fortunately he resisted the temptation to take it one step further by sporting a big ginger beard and carrying a harp. Rupert Shute (2:36:12) and I (2:36:27) followed in quick succession to round out an excellent 15th place in the team championships with all three men in the top 200.

Three more men nipped under the 3 hour barrier, with Andrew Smith in 2:54:44, and excellent PBs for Ben Whalley in 2:55:47 and Brian Grieves in 2:58:21. Alex Warner and David McCoy were next, both running strongly but unfortunately missing the 3 hour barrier and their own PBs. A great deal of other PBs followed, with fine performances from Chris Cutting (3:22:34) and David Caswell (3:27:39) as well as Tony Streams, who keeps getting quicker (3:34:48) and David Lewis (3:37:50). Also riding the PB train were Martin Douglas, Andrew Atkinson, Nick Nash, Paul Milnes and John Bailey, whilst Tom Harrison refuses to age in the traditional manner, and managed to avoid a personal worst despite thinking it was a distinct possibility beforehand.

On a personal note, my enjoyment of a marathon PB was slightly curtailed by a rather unpleasant afternoon of illness, and I am most grateful to my club

colleagues, particularly Rupert Shute, Keith Russell and Sarah Urwin-Mann, for looking after me at various points throughout the afternoon. I was delighted to find a few days later that the eager snappers of MarathonFoto had captured an image of me propped up on Keith's shoulders on my way to the medical tent, my face pale and drawn and reflecting every inch of how I was feeling inside, which they were prepared to let me have for the bargain price of only £19.95. As you can see by the fact that I have not included the photo within this report, I decided against it.

Other marathons were of course available. Many PBs were had at the Manchester Marathon, with David McCoy recording 2:48:34. In his own inimitable fearless style, David had been first finisher at Reading parkrun the day before, and had PB'ed at Reading Half the previous weekend, thus laughing in the face of all we think we know about tapering and marathon preparation. It is not known whether Eliud Kipchoge also ran a parkrun the day before winning London. PBs were also in the bag for Dan Stockwell, David Legg, Wayne Farrugia and Paul Carter. Brighton Marathon meanwhile saw PBs for Liang Guo, Patrick Hayes, David Power, Peter Felgate and Justin Watkins. Brooke Johnson went a little further afield for a PB in Duesseldorf. No PBs were had on a tougher course at Milton Keynes, but some very decent performances nonetheless, including Paul Roberson.

In my eagerness to submit last month's report, I managed to miss off the Reading Half. I can't hope to go through all of that now, as it represents probably the biggest turnout of Reading Roadrunners at one time, but there were excellent PBs from Seb Briggs, Rob Corney, David McCoy, Duncan Mollison and Richard Hallam-Baker, whilst Gary Brampton continued his improvement based on running a ridiculous number of marathons last year with another PB.

Another hugely popular race as always was the Shinfield 10K, and it saw another massive Roadrunners turnout. David McCoy continued his bid to run every race that exists, and was rewarded with 3rd place and a PB of 34:40 for his efforts. This spearheaded a winning men's team, supported by Simon Elsbury in 12th, a heartening comeback from Matthew Green in 17th and a PB for Brendan Morris in 20th. Brian Kirsopp was third M50, whilst Nigel Hoults, as is now

tradition, scooped the M60 prize. There can't have been many M60 prize winners across the country who then raced a 100m later that evening. Not exactly textbook recovery. Great to see another well-organised race by Colin and his team, although it was a shame that they saw fit to deny runners their basic human right to a medal, by having the gall to give people something they could actually use. Disgraceful.

The Woodley 10K made a very welcome return this month, thanks to the efforts of Ellie Gosling and co, but surprisingly warm conditions reduced its PB potential somewhat. Rob Corney shrugged off the conditions with a win and a PB in 34:13. Ben Whalley took the V40 prize, also with a PB, albeit still possibly below his own capabilities. Gavin Rennie was first V50, followed by Ed Dodwell, and, with some degree of inevitability, Nigel Hoult secured a clean sweep of all the male categories by winning the V60s.

In other races, Jamie Smith was fourth at the Bracknell half, whilst Kevin Burree was second V40. Brendan Morris was third at the Treehouse 10K, which sounds intriguing. The South Downs Way 50 saw strong performances from Michael Sartorius, Stuart Kinton and Gary Brampton, on what must have been a challenging course. I ran 6 miles across the South Downs once, and I cannot remember thinking at the end of it "I fancy another 44 miles".

Just to end, I notice that in a rather neat twist, two runners who joined the club the same evening as I did in 2011 have gone in spectacularly different directions. Duncan Mollison set a 1500m PB at Oxford of 4:27, whilst three days later Gavin Collins ran the Thames Path 100 finishing in just under 20 and a half hours. Mind-blowing stuff from Gavin there, as well as from Gary Tuttle and Simon Palmer.

Talking of madcap, punishingly long races, huge kudos to Phil Reay for his excellent work in the legendary

Marathon des Sables, finishing in 457th position in a total time of 48 hours, 32 minutes and 8 seconds. The seconds seem a little redundant in that context, but there you go. Absolutely amazing stuff.

So, looking forward, summer is traditionally when the team events start racking up. I now have two full teams for the Ridgeway Relay on 19th June, but runners do sometimes drop out, so if you think you might be able to be a reserve, please do let me know. We also need runners for:

- The Runnymede Relays on Saturday 2nd July – Claire is organising, so please see her
- The Bounders Relays, which will hopefully be back this year, on the third Tuesday of July
- The last two meetings of the Vets track and field are on Monday 20th June at Bracknell and Monday 11th July at Abingdon. It would be great to see new people trying these events, they are open to any members of 35 or over, and they are great fun. We are joint hosting the Bracknell meeting on 20th June, so we will need some volunteers please to help with organising, and catering for the officials. Please let me or Claire know if you can help.
- The SEAA road relays on Saturday 16th September in Aldershot – I know this is early, but I really want to be able to put out a couple of teams, including a really strong one, to see if we can get close to qualifying for the Nationals, so I am raising this now so people can factor it in. Getting our six free places at the Vitality (formerly BUPA) London 10,000 is dependent on getting a team out, so I am hoping for more interest this time round.

Enjoy the better weather, and good luck in upcoming races.

Budapest in spring...with a little race thrown in!

ADELE GRAHAM



Date: 15th-18th April 2016

Location: Museum Hotel, Budapest

Distance: 13.1 Miles/ 10k

Conditions: Too hot for running!

Participants: Adele Graham, Gill Gillard, Deb Smith, Paul Godbold, Mel Silvey, Jane Silvey, Linda Wright, Sam Tank.

The European destination of choice this year was Budapest, partly to celebrate Paul's upcoming birthday (the big 5-0!) Team Budapest was joined on this occasion by Gill's sister Deb (since her new husband Dave is currently too busy walking from Lands End to John O'Groats!). Also joining the party was Sam Tank, an ex- work colleague of Paul & myself.

After an early start on Friday and an efficient BA flight it was an easy trip to the centre of Budapest via bus and metro. We managed to dissuade Jane from going straight onto a wine tour! Once we had settled into our hotel, it was off for a walk round to get our bearings...

and sample some local beer! Dinner was at a bistro with a live jazz band.

Saturday dawned bright and sunny, and we made our way over to collect our numbers from the race HQ on Margaret Island, with a little sightseeing on the way. This was a whole weekend of running in Budapest with various other races and relays on Saturday followed by the half marathon, 7k and 10k on Sunday – over 30,000 runners from more than 70 countries!

An interesting lunch of Hungarian sausage and scone (sort of fried dough covered with cheese and soured cream) was washed down with more beer before sightseeing continued. We decided to pass on some of the other local delicacies!

Budapest is a really beautiful city with stunning architecture, and it was lovely to wander round on a hot afternoon with an ice cream (making sure Jane didn't try to throw herself under any trams!). Dinner was pasta at a local Italian restaurant before an early night.

Race day was another glorious day, again bright and

sunny...lovely for supporters but a little too sunny for racing perhaps looking at the temperature!

The half marathon went off at 9am, so Jane, Deb and myself watched the others start then went for a walk and coffee while we waited for them to return. Both the half marathon and 10k start and finish in the park on Margaret Island and follow routes alongside the River Danube crossing back and forth over bridges going past many of the historical buildings such as the Royal Palace and the Parliament. Both routes are flat and really pretty – lots to recommend them. Mel 'good for your age' was first back in 1.36.59, followed by Paul (1.57.30), Gill (2.01.38), Sam (2.17.30) and Linda (2.34.05). All agreed that the heat made running really hard work so not a PB day!

The 7k race started at 12.30, so we watched this over lunch in a café (more Hungarian sausage!). It was then time for me to tackle the 10k, my first race in over 3 years since my Achilles problems started. The race started at 2pm and given the heat I decided to just take it slowly and enjoy the scenery – it was a lovely run, only becoming difficult in the last mile. I was very happy with my time of 1.05.09.



After a well deserved beer and a rest in the sunshine we made our way back to the hotel to chill before the evening. Drinks at the hotel were followed by dinner at an historic Hungarian Restaurant. Traditional goulash soup, chicken, duck, pork and dumplings were washed down with excellent Hungarian wine to the accompaniment of live gypsy music.

The following morning we decided to rest our weary limbs at a spa. Budapest lies on a geological fault and is a major spa centre with many thermal and turkish baths – perfect for post-race recovery! We visited the Gellert Baths, which has 8 thermal pools ranging from 26 to 40 degrees. The beautiful Art Nouveau architecture makes it feel like you are bathing in a cathedral!



Following a good lunch at an Italian restaurant all too soon it was time to catch the metro and bus back to the airport. It was another really great weekend – good fun, good company and good running in a lovely city. I would thoroughly recommend the Budapest race – extremely well organized & an interesting (and flat!) course.



Southern Counties Veterans Athletics League 2016 - 1st Fixture

ADELE GRAHAM



The first vet athletics fixture of the season was held at Oxford on 2nd May. Being Bank holiday (and lots of people running/ helping with Shinfield) this is always a difficult meeting for us, but as always we rose to the challenge!

Teams comprised Amanda Box, Cecilia Csemiczky, Sarah Urwin-Mann, Belinda Tull, Tracey Lasan, Claire Seymour, and Adele Graham for the ladies and Andy Dingle, David Fiddes, Nigel Hoult, Lance Nortcliff, Duncan Mollison, Mel Silvey, Stephen Wing and Mark Worringham for the men.

The weather was dry but quite cold. Mel 'good for your age' Silvey was disappointed when he was unable to repeat his sterling performance in the steeplechase – unfortunately the steeplechase had to be cancelled due to a damaged fence!

Notable results for the evening were 2nd place for Sarah Urwin-Mann in the W35A 1500m (with an AW standard!) and 2nd place for Tracey Lasan in the W50 1500m. Tracey also took 2nd place in the W50 400m, and I took 3rd in both the W50 100m and W50 javelin. Duncan Mollison was 3rd in both the M35A 100m and M35A 400m with Mark Worringham 3rd in the M35A 1500m.

Overall the ladies team finished 6th out of the 7 clubs present, but we were only 5 points behind Reading AC and 21 points behind Oxford. The men finished 6th of 8 teams, 5 points in behind Swindon Harriers and some way in front of both Newbury AC and White Horse Harriers.

Lots to build on for the next 3 fixtures – roll on 16th May!

Call That A Raffle Prize?

KATIE GUMBRELL

At the Dinner Dance, Tina Wilson won a British Military Fitness taster session with Andrew Stay: Finch Coaster; Woodley parkrun regular first-finisher; Royal Marine .

Tina was thrilled; the rest of us were left to wonder why she hadn't chosen the wine or the chocolates. Ever up for an adventure, Tina arranged for her fitness day and invited some of her running buddies to join her. Many of them thought it would be fun and joined Tina for her hour of madness.

On the hottest day of the year so far, Tina and 10 friends arrived at the playing fields in Arborfield, with some trepidation and plenty of water.

It was certainly a work-out and extra tough on a very

warm day, but we did manage to laugh lots. Andrew was patient with our attempts at the different exercises, though our lining up in rank and file left something to be desired! An hour of running, squats, bear-crawls, lunges, rocket-jumps, sit ups and (my personal favourite) burpees later, we had been well and truly put through our paces.

It was a great hour of nonsense: a worthwhile work-out with lovely people in the sunshine. Super!

Tina, thanks for sharing your prize and a huge thank you to Andrew for donating his time to support our great club charity, Sport in Mind.

Andrew is part of the team which runs the British Military Fitness sessions at Prospect Park.
Find them on Facebook: BMFReading



“I ached until Wednesday-coughing was like ‘painful’. Does that mean it did us some good?!” - Tina



Roadrunners Results

NIGEL HOULT

**“Bid me run, and I will strive with things impossible.”
(Shakespeare)**

For many of you, this was Marathon Month, the culmination of a hard winter's training. London was the most popular one, of course, but many chose Brighton, with others going further afield to Milton Keynes, Kent, Essex, Blackpool, Dusseldorf and even Hamburg, though on this 400th anniversary of the Bard's death only one of you ran his eponymous marathon. Perhaps a more appropriate (mis)quote would be "To [P]B or not to [P]B, that is the question". For 47 of you, the answer was yes. Many of these will be first marathons, and anyone who has run one will know just how much perseverance that will have required, not just in the race itself but all the training beforehand. Of the others, I'll highlight just two: Nicky Nash knocked a massive 64 minutes off his PB, while Carrie Hoskins became our first lady to go under 3 hours since 2012. Finally, we did well in the London team competition, with our men 15th and our ladies 17th. Unfortunately, only those running from the championship start can score for the team; had this not been the case, our ladies would have been placed much higher. Well done to all of you!

Of course, there are some who don't find a marathon far enough! Four of you ran 50 miles of the South Downs Way, four 100 miles of either the Thames Path or the Salomon Hammer Trail in Denmark, while one – Phil Reay – completed the Marathon des Sables, about 150 miles across the Sahara Desert. Amazing achievements, well done one and all.

The other key race this month was our own Shinfield 10k. This was popular as ever, with a good many PBs, a clean sweep of the ladies' prizes and a win in both team competitions. Hot on its heels came the re-launched Woodley 10k, which attracted a high number of entries despite clashing with both the Bracknell Half Marathon and the Marlow 5, one of our Club Championship events. The very hot weather made it hard going at all these races, so the few who recorded a PB can consider it a great achievement. At Woodley we managed almost a clean sweep of the men's categories (only vet 70 was missing), though only one female category winner. It's a shame there wasn't a team prize; with five finishers in the top seven, we'd have won it hands down!

Finally, we saw the start of the Veterans Track and Field League (about which I'm sure the team captains will

have more to say) and two of the popular summer weekday series: Woodland 5 and Dinton Pastures. There were very good results in both of these, particularly Dinton Pastures, where we almost managed a clean sweep of the ladies' prizes in both distances.

Well done everyone who raced this month, and good luck for your future races.

9th April

South Downs Way 50

Michael Sartorius	146	9:39:50
Stuart Kinton	188	10:17:42 PB
Gemma Buley	189	10:17:42 PB
Gary Brampton	191	10:19:29 PB

Compton Downland Challenge 20

Alan Wilson	14	2:52:05	2:51:58	4th MV40
Chris Cutting	16	2:52:43	2:52:32	5th MV40
Belinda Tull	35	3:09:12	3:09:07	3rd FV40
Graham Tull	36	3:09:12	3:09:05	
Mary Janssen	62	3:25:51	3:25:42	4th FV50
Claire Marks	63	3:25:58	3:25:49	5th FV50
Kathy Tytler	140	5:23:28	5:23:17	

10th-16th April

Marathon des Sables

Phil Reay:	
Stage 1 (34km)	6:59:49
Stage 2 (41.3km)	8:14:12
Stage 3 (37.5km)	7:48:28
Stage 4 (84.3km)	18:38:36
Stage 5 (42.2km)	6:51:02
Overall	457 48:32:08

Charity stage (17.7km) 2:21:02

10th April

Manchester Marathon

Dave McCoy	88	2:48:34	PB
Gavin Rennie	527	3:04:40	
Dan Stockwell	1436	3:25:06	PB
Paul Monaghan	1757	3:29:14	
Caroline Jackson	1935	3:31:45	
Ian Giggs	1984	3:32:52	
David Legg	2204	3:36:19	PB
Julian Hough	2675	3:42:24	

ROADRUNNERS RESULTS

Wayne Farrugia	2799	3:43:36	PB
Susie Rees	3767	3:54:58	PB
Angela Burley	4649	4:04:23	PB
Paul Carter	4930	4:09:07	PB
Martin Bush	6614	4:33:06	
Mary Carol de Zutter	8656	5:21:19	PB

Philadelphia Half Marathon

Name	Pos	Gun	Chip
John Preston	2991	2:08:21	2:05:11

Putney and Fulham Half Marathon

Name	Pos	Gun	Chip
Louise Atkinson	406	1:59:39	1:58:42
Justin Watkins	532	2:12:35	2:11:36

Croydon Half Marathon

Name	Pos	Gun	Chip
Brendan Morris	8	1:23:14	1:23:13 PB

Wokefield 10k

Brian Kirsopp	4	42:11	
Nikki Gray	8	43:32	1st F
Nick Adley	39	52:01	
Maureen Sweeney	102	1:03:09	
Linda Vinton	132	1:10:31	
Stephen Wing	151	1:26:10	
Julie Wing	154	1:34:03	

17th April

Brighton Marathon

Liang Guo	350	3:14:06	PB
Patrick Hayes	499	3:19:54	PB
Tim Hogarth	1945	3:50:38	
Jemma Fulbrook	382	3:53:34	PB
Loretta Briggs	383	3:53:34	PB
Claire Seymour	463	3:56:27	PB
David Power	2585	3:58:53	PB
Samantha Whalley	601	4:00:34	PB
Steven Armitage	2758	4:01:21	
Ashley Middlewick	2980	4:05:42	
Peter Felgate	3076	4:08:04	PB
Sarah Pachonick	918	4:13:46	
Dave Wood	3704	4:19:29	
Charlie Macklin	1209	4:22:29	
Martin Bush	4604	4:36:48	
Amanda Box	1763	4:38:05	PB
June Bilsby	1810	4:39:42	PB
Justin Watkins	4867	4:42:59	PB
Scott Erceg	5255	4:53:13	
Jenny Gale	3381	5:41:57	PB
Ann McKinnon	3543	6:05:47	PB

Positions are separate for men and women

Hamburg Marathon

Name	Pos	Gun	Chip
Dean Allaway	970	3:11:07	3:10:55
Caroline Jackson	1642	3:23:26	3:22:15
Paul Monaghan	2732	3:35:24	3:32:50
Antony Streams	3418	3:48:55	3:38:53 PB
Pete Morris		5:06:00	Chip failed

Budapest Spring Half Marathon

Name	Pos	Gun	Chip
Mel Silvey	409	1:37:35	1:36:59 3rd MV55
Gill Glennon	807	2:10:09	2:01:38
Paul Godbold	2515	2:06:00	1:57:30
Linda Wright	2880	2:48:44	2:34:05

Budapest Spring 10k

Name	Pos	Gun	Chip
Adele Graham	1632	1:18:59	1:05:09

Danesfield Dash 10k

Lesley Whiley	41	46:54	1st FV50
Sarah Morgan	106	53:34	

Richmond Park 10k Race 3

Name	Pos	Gun	Chip
Katherine Sargeant	11	43:43	43:40 1st FV45

Treehouse 10k

Brendan Morris	3	38:03	PB
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Leamington Spa Regency 10k

Name	Pos	Gun	Chip
Dan Stockwell	85	41:27	41:22

Armagh 10k

Name	Pos	Gun	Chip
Dave McCoy	4	35:00	35:00

23rd April

St. George's Day Marathon

Dean Allaway	7	3:41:42	
Christina Calderon	38	4:29:17	
Martin Bush	50	4:40:12	
Phil Reay	60	4:53:30	

24th April

London Marathon

Keith Russell	127	2:33:23	
Rupert Shute	173	2:36:12	
Mark Worringham	180	2:36:27	PB
Andrew Smith	1223	2:54:44	
Ben Whalley	1353	2:55:47	PB
Brian Grieves	1768	2:58:21	PB

Carrie Hoskins	1985	2:59:24	PB
Alex Warner	2122	3:00:29	
David McCoy	2290	3:02:22	
Nikki Gray	2506	3:04:15	PB
Katy Webb	2953	3:08:14	PB
Katherine Sargeant	3387	3:11:19	PB
Alan Freer	4070	3:15:47	
Dean Allaway	4710	3:20:01	
Chris Cutting	5089	3:22:34	PB
Caroline Jackson	5309	3:23:58	
Alex Harris	5509	3:25:10	
Darrell Robins	5864	3:27:04	
Mary Janssen	5953	3:27:30	PB
David Caswell	5989	3:27:39	PB
Erica Key	6006	3:27:41	PB
Belinda Tull	6302	3:29:03	
Andy Mutton	7403	3:34:22	
Antony Streams	7482	3:34:48	PB
David Lewis	8065	3:37:50	PB
Melanie Shaw	9287	3:43:18	
Aaron Chai	10112	3:46:21	
Bill Watson	10846	3:49:13	
Julie Rainbow	14594	4:01:07	
Martin Douglas	14899	4:02:21	PB
Louise Atkinson	15578	4:05:25	PB
Andrew Atkinson	16084	4:07:21	PB
Nicky Nash	16987	4:11:07	PB
David Wood	17305	4:12:24	
Simon Davis	18189	4:15:48	
Paul Milnes	18223	4:15:54	PB
Paul Jenkins	18349	4:16:22	
Donald Scott-Collett	19899	4:22:08	
Donna Saunders	20356	4:23:46	PB
Amanda Box	23972	4:38:03	PB
Tom Harrison	25609	4:44:57	
James Meston	25780	4:45:38	
Joe Akem-Che	27262	4:52:10	
John Bailey	29550	5:02:42	PB
Lorraine Bailey	33473	5:29:05	
Sev Konieczny	35808	5:53:03	PB
Mens Team: 15th (Keith, Rupert, Mark)			
Ladies Team: 17th (Carrie, Nikki, Belinda)			

Shakespeare Marathon

Name	Pos	Gun	Chip
Madeleine Starks	311	3:59:31	3:59:01 PB

Blackpool Marathon

Name	Pos	Gun	Chip
Martin Bush	313	4:36:04	4:35:13

Dusseldorf Marathon

Brooke Johnson	393	3:21:21	3:20:58	PB
Wayne Farrugia	1015	3:46:29	3:45:30	
Juliet Dimmick	560	5:30:54	5:28:39	PB
Positions are separate for men and women				

Dusseldorf Marathon Relay, Leg 4 (approx. 9.2km)

Robert Tan	31:17	Reading AC Team
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Southampton Half Marathon

Name	Pos	Gun	Chip
Brian Kirsopp	58	1:24:36	1:24:30 2nd MV50

Southampton 10k

Name	Pos	Gun	Chip
Jenny Mulhearn	616	1:02:24	1:02:00 PB

Ridge Off-Roader 10k

Dave McCoy	2	38:02
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27th April**Oxford Open Meeting**

1500m			
Duncan Mollison		4:27.99	PB

30th April**Thames Path 100**

Gavin Collins	36	20:28:54	PB
Gary Tuttle	45	20:47:18	
Simon Palmer	121	23:32:35	

Hurstbourne 5

Dave McCoy	4	32:01
James Silman	65	42:46

1st May**Heritage Coast Half Marathon**

Rowena Edmondson	50	1:52:11
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2nd May**Milton Keynes Marathon**

Name	Pos	Gun	Chip
Paul Roberson	45	3:07:34	3:07:28
Paul Monaghan	258	3:35:13	3:32:19
Caroline Jackson	494	3:51:43	3:48:49
Phil Reay	894	4:17:16	4:09:57
Christina Calderon	959	4:21:24	4:14:04
Martin Bush	1383	4:49:26	4:42:53

Milton Keynes Half Marathon

Name	Pos	Gun	Chip
George Kinyanjui	75	1:34:55	1:32:46
Trisha Arnold	1743	2:33:19	2:25:52

ROADRUNNERS RESULTS

Ashdon 10k

Name	Pos	Gun	Chip
Stewart Wing	51	49:31	49:09
Julie Wing	191	1:23:43	1:23:20
Stephen Wing	193	1:25:43	1:25:19

Shinfield 10k

Name	Pos	Gun	Chip	
Dave McCoy	3	34:41	34:40	PB
Simon Elsbury	12	36:12	36:09	
Matthew Green	17	36:50	36:46	
Brendan Morris	20	37:16	37:14	PB
Brian Kirsopp	24	38:03	37:58	PB, 3rd MV50
Gavin Rennie	30	38:44	38:37	5th MV50
Richard Hallam-Baker	31	38:47	38:45	PB, 5th MV40
Mark Apsey	32	38:48	38:45	
Sarah Urwin-Mann	33	38:52	38:47	1st F
Edward Dodwell	40	39:23	39:21	
Carrie Hoskins	41	39:28	39:25	2nd F
Alan Wilson	44	39:33	39:28	
Katy Webb	46	39:38	39:34	PB, 3rd F
Alex Harris	48	39:41	39:37	
Nigel Hoult	55	40:07	40:03	1st MV60
Stuart Jones	66	40:42	40:36	PB
Ben Smith	72	41:04	41:01	
Paul Kerr	83	41:37	41:24	
Katherine Sargeant	91	41:47	41:40	PB, 5th FV40
Chris Buley	94	41:55	41:42	PB
David Caswell	99	42:32	42:12	
Kevin Jones	103	42:41	42:34	
Ellie Gosling	106	42:50	42:45	
Lesley Whiley	112	43:02	42:57	2nd FV50
Peter Cook	118	43:19	43:03	
Claire Marks	126	43:44	43:28	3rd FV50
Brian Grieves	145	44:23	43:50	
James Silman	152	44:53	44:49	
Blue Caswell	160	45:12	44:59	
Will Guest	162	45:16	44:57	PB
Mary Janssen	173	45:44	45:26	4th FV50
David Dibben	174	45:45	45:34	4th MV60
Julie Rainbow	177	45:50	45:35	5th FV50
Eleanor Donoghue	178	45:51	45:44	
Paul Bandy	184	46:09	45:56	
Paul Milnes	190	46:17	45:37	
Joe Blair	195	46:31	46:19	
Mo Fassihinia	201	46:42	46:34	
Tony Streams	207	47:05	46:54	PB
Jonathan Belson	217	47:26	47:18	
Pawel Buda	219	47:29	47:08	
Berry Baker	221	47:33	47:15	
Colin McCarlie	224	47:36	47:18	
Stephen Dellow	248	48:29	48:19	
Nicholas Adley	260	48:56	48:34	
Simon Brimacombe	280	49:36	49:05	
Anthony Long	319	50:38	49:51	

Sarah Pachonick	323	50:45	50:19	
Paloma Crayford	326	51:01	50:44	PB
Ray McGroarty	339	51:31	51:01	
Donna Saunders	342	51:37	51:04	PB
James Meston	359	52:24	51:42	
Roger Eloï	363	52:28	51:57	
Roger Ganpatsingh	369	52:45	52:01	
Elizabeth Ganpatsingh	370	52:45	52:01	
Tina Wilson	404	53:38	52:55	
Pete Morris	452	55:21	54:53	
Moirá Allen	457	55:29	55:01	
Steve Simmons	465	55:46	54:42	
Socrates Christidis	501	57:11	56:49	
Rita Dykes	503	57:16	56:54	
Sarah Richmond-De'Voy	506	57:20	56:40	PB
Catherine Leather	514	57:34	56:42	
Kathy Vickers	525	57:50	57:05	
Kerri French	528	57:57	56:58	PB
Alison Wrigley	531	58:02	57:32	
Lorna Back	536	58:13	57:17	
John Bailey	538	58:14	57:42	
Elizabeth Stevens	547	58:47	57:55	
Bob Thomas	555	59:14	58:31	
Simon Hunt	583	1:00:23	59:56	
Linda Wright	588	1:00:30	59:45	
Sarah Phelps	594	1:00:49	1:00:24	
Emma Grenside	632	1:03:04	1:02:02	
Janice Thomas	646	1:04:04	1:03:26	
Carl Woffington	649	1:04:20	1:03:31	
Ta Joe Akemche	678	1:06:37	57:24	
Alice Kerr	680	1:06:44	1:05:32	
Katherine Heaton	685	1:06:54	1:05:41	PB
Lorraine Bailey	686	1:06:56	1:06:20	
Anne Marie Cocker	704	1:08:25	1:07:18	
Anita Minns	721	1:09:44	1:08:47	
Rosamund Lee	736	1:11:09	1:10:14	
Eva Simmons	774	1:23:20	1:22:22	PB?
Mens Team: 1st (Dave, Simon, Matthew, Brendan)				
Ladies Team: 1st (Sarah, Carrie, Katy, Katherine)				

Shinfield Under 16 (5.9k)

Name	Pos	Gun	Chip
Ewan Harris	3	25:10	25:09

SCVAC Vets League, Western Division, Oxford

100m Women

Adele Graham	17.6
Claire Seymour	20.1
Cecilia Csemiczky	22.8

100m Men

Duncan Mollison	12.7
Andy Dingle	15.5
David Fiddes	15.7
Nigel Hoult	19.2
Stephen Wing	34.4

ROADRUNNERS RESULTS

400m Women

Tracey Lasan	1:18.7
Claire Seymour	1:31.8

400m Men

Duncan Mollison	57.3
David Fiddes	1:13.7
Andy Dingle	1:19.9
Nigel Hoults	1:27.1

1500m Women

Sarah Urwin-Mann	5:14.6
Tracey Lasan	6:03.8
Belinda Tull	6:18.9

4 x 100m Women

RRR Ladies	1:15.8
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1500m Men

Mark Worringham	4:40.4
Mel Silvey	5:30.8
David Fiddes	5:45.8

Long Jump Women

Adele Graham	2.31
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Hammer Women

Adele Graham	13.34
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Hammer Men

Stephen Wing	14.31
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Javelin Women

Amanda Box	10.58
Adele Graham	9.23
Cecilia Csemiczky	6.27

7th May

Salomon Hammer Trail (100 miles)

Ashley Middlewick	14	29:53:56
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Orpington Marafun

Martin Bush	28	4:45:21
Julia Molyneux	12	5:31:51

Positions are separate for men and women

British Athletics League, Division 4 (Derby)

800m

Robert Tan	2:03.87	PB
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1500m

Robert Tan	4:20.77	PB
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8th May

Halstead and Essex Marathon

Martin Bush	253	4:47:10
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Hackney Half Marathon

Name	Pos	Gun	Chip
Andy Dingle	7773	2:28:55	2:24:02
Amanda Box	7775	2:28:56	2:24:02

Bracknell Half Marathon

Name	Pos	Gun	Chip	
Jamie Smith	4	1:19:47	1:19:46	
Kevin Burree	11	1:26:23	1:26:22	2nd MV40
Steven Siddell	120	1:43:04	1:43:02	
Barry Baker	191	1:49:09	1:48:16	
Joe Blair	221	1:51:19	1:51:07	
Colin McCarlie	300	1:57:31	1:56:40	
Peter Reilly	321	1:59:01	1:57:52	
Justin Watkins	515	2:13:45	2:12:18	
Rita Dykes	544	2:17:40	2:17:02	
Rob Bursell	577	2:20:04	2:18:48	
Socrates Christidis	612	2:24:30	2:23:06	
Eva Simmons	784	3:17:23	3:16:15	

Woodley 10k

Name	Pos	Gun	Chip	
Rob Corney	1	34:13	34:13	PB
Mark Worringham	2	34:54	34:53	
Dave McCoy	4	35:49	35:49	
Ben Whalley	6	36:45	36:45	PB, 1st MV40
Ryan O'Brien	7	36:56	36:56	
Andrew Smith	13	37:59	37:58	
Duncan Mollison	16	38:33	38:33	
Gavin Rennie	20	38:58	38:55	1st MV50
Richard Hallam-Baker	23	40:04	40:01	4th MV40
Ed Dodwell	24	40:24	40:23	2nd MV50
Chris Cutting	25	40:26	40:17	PB, 5th MV40
Nigel Hoults	27	41:09	41:07	1st MV60
Ian Giggs	32	41:50	41:49	
Alan Thomas	34	41:58	41:56	
Paul Kerr	42	42:43	42:38	
Chris Buley	51	43:24	43:19	
David Caswell	55	43:33	43:25	5th MV50
Stuart Jones	56	43:46	43:41	
Kevin Jones	62	44:14	44:11	
Claire Marks	67	44:47	44:39	1st FV50
Paul Milnes	80	46:29	46:24	
Mary Janssen	81	46:34	46:24	2nd FV50
Nicholas Adley	86	46:47	46:44	
Aaron Chai	97	47:35	47:15	
Jonathan Belson	102	48:07	47:48	
Julian Lewis	107	48:31	48:17	
Martin Douglas	109	49:01	48:51	
Vincent Williams	112	49:15	48:46	PB
Samantha Whalley	133	50:13	49:52	PB, 3rd FV40

ROADRUNNERS RESULTS

Will Guest	135	50:21	49:35	
Sarah Pachonick	148	51:33	51:11	5th FV40
Louis Morley	157	52:01	51:45	
Andrew Sumner	170	53:06	52:38	
Simon Brimacombe	173	53:12	52:53	
Geoff Pummell	178	53:30	52:54	PB
Tony Streams	186	53:45	53:13	
Ray McGroarty	188	53:58	53:23	
James Meston	201	54:34	53:43	
Helen Pool	204	54:42	54:08	
David Pink	209	54:49	54:32	
Chris Drew	215	54:54	54:13	
Blue Caswell	224	55:09	55:02	
Andrew Curd	239	55:52	55:27	
Kathryn Vickers	267	57:30	57:18	
Peter Higgs	269	57:32	56:53	PB
Nicola Wilson	275	57:51	57:19	
Roger Pritchard	294	58:54	58:17	
Mary Carol De Zutter	306	59:19	59:08	
Veronika Royle	308	59:21	58:40	
Moirra Allen	318	59:39	58:58	
Sarah Richmond DeVoy	327	1:00:07	59:25	
Jenny Owen	337	1:00:49	1:00:24	
Emma Grenside	377	1:03:17	1:02:26	
Simon Hunt	384	1:03:43	1:03:06	
Jenny Mulhearn	394	1:04:29	1:03:46	
Juliet Dimmick	395	1:04:44	1:03:56	
Alice Kerr	398	1:04:47	1:03:59	
Pete Morris	399	1:04:48	1:03:59	
Chloe Lloyd	401	1:04:50	1:04:08	
Katherine Heaton	473	1:11:22	1:10:31	
Joy Wellstead	484	1:13:21	1:12:25	
Julie Wing	493	1:15:56	1:15:29	
Stephen Wing	509	1:23:05	1:22:23	
Sheryl Higgs	515	1:36:41	1:36:00	

Marlow 5

Name	Pos	Gun	Chip	
Brendan Morris	19	30:10	30:06	PB
Peter Cook	93	34:53	34:44	
Simon Denton	129	36:25	36:01	PB
Andy Atkinson	227	39:47	39:24	
Richard Morgan	254	40:42	39:56	
Jim Kiddie	325	42:17	41:32	
Fleur Denton	369	43:29	43:04	
Kim Stevens	373	43:33	42:58	
Tina Wilson	387	44:12	43:46	
Frank Cooper	430	45:07	44:17	4th MV70
Maureen Sweeney	456	45:55	45:36	
Bob Thomas	571	48:30	47:08	
Linda Wright	624	49:37	49:16	
Julie Bagley	672	50:54	49:53	
Cecilia Csemiczky	688	51:11	49:56	
Liz Atkinson	745	52:47	51:25	
Janice Thomas	804	55:04	53:41	

Simon Eyles	811	55:22	54:02
Carl Woffington	828	56:03	54:37
Sarah Drew	878	58:27	57:11
Louise Atkinson	916	1:01:13	59:34

11th May

Woodland 5 Race 1

Mark Apsey	2	33:26	
Ben Whalley	3	33:31	1st MV
Brendan Morris	6	34:27	
Ian Gosling	8	35:36	3rd MV
Ian Giggs	9	35:53	
Alice Leake	11	36:13	1st F
Gavin Rennie	13	36:24	5th MV
Ellie Gosling	17	38:04	2nd F
Simon Denton	33	41:20	
Claire Marks	35	42:14	4th FV
Andy Atkinson	43	44:56	
Barry Baker	44	45:08	
Samantha Whalley	48	46:10	
Donna Saunders	54	47:39	
Fleur Denton	56	47:58	
David Brown	58	48:20	
Claire Seymour	60	48:51	
Elizabeth Ganpatsingh	61	49:02	
Neil Conway	68	52:06	
Justin Watkins	71	54:53	
Cecilia Csemiczky	79	58:23	
Elizabeth Atkinson	80	59:55	
Adele Graham	81	59:55	

12th May

Dinton Pastures 10k Race 1

Name	Pos	Gun	Chip	
Rob Corney	1	35:02	35:02	
Nikki Gray	3	40:14	40:10	1st F
Katy Webb	4	40:40	40:36	2nd F
Richard Charley	6	40:58	40:55	2nd MV40
Stuart Jones	9	42:10	42:04	
Amelia Churnside	12	43:09	43:03	3rd F
David Caswell	15	44:05	44:00	1st MV50
Ricky Cowley	16	44:30	44:25	
Paul Carter	40	49:56	49:50	
Grace Lyon	71	55:16	55:12	
Julie Bagley	97	1:01:10	1:01:03	
Trisha Arnold	99	1:01:50	1:01:41	2nd FV60

Dinton Pastures 5k Race 1

Name	Pos	Gun	Chip	
Simon Elsbury	2	17:28	17:26	
Ian Giggs	6	19:20	19:18	
Sarah Urwin-Mann	7	19:23	19:20	1st F
Ed Dodwell	8	19:41	19:39	1st MV50
Tracey Lasan	14	21:41	21:38	2nd F, 1st FV50
Nicholas Adley	17	22:09	22:07	

Vincent Williams	20	22:23	22:19	4th MV40
Tony Streams	26	23:42	23:34	3rd MV50
Tracy Jenkins	27	23:45	23:37	3rd FV50
Pete Morris	31	24:42	24:36	1st MV60
Tina Wilson	35	25:49	25:41	
David Pink	37	26:02	25:51	5th MV50
Maureen Sweeney	46	28:01	27:52	5th FV50
Blue Caswell	47	28:05	27:49	
Sarah Richmond Devoy	58	29:04	28:50	

Reading Roadrunners Committee Meeting

TUESDAY 10 MAY 2016 – 7:30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Simon Denton	(ex-Officio)
Andy Dingle	(ex-Officio)
Anne Goodall	(Membership Sec)
Catherine Leather	(ex-Officio)
Alan McDonald	(ex-Officio)
Sandra Sheppard	(Treasurer)
Bob Thomas	(General Sec)

APOLOGIES FOR ABSENCE:

Amanda Box, Paul Monaghan

MINUTES OF THE PREVIOUS MEETING

The minutes were proposed as a true record by Sandy and seconded by Anne.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Race arch Bob has added the race arch to the Club's Equipment Insurance policy; cost £30.

Shinfield accounting process Sandy agreed with Colin Cottell the accounting policy to be followed by the Shinfield 10K.

Club roadmap Bob met with Simon Davis to discuss his vision of a roadmap for the Club, which he raised at the AGM. (AOB item refers)

Suggestions scheme for Club members Amanda is provisioning a box to be available at track sessions to facilitate a suggestion scheme for members.

Organising race marshalling Andy continues to engage with race Chief Marshals seeking ways of improving our

2016 Season's Bests

Ladies

5k	Alice Leake	18:18
5 miles	Fleur Denton	43:04
10k	Sarah Urwin-Mann	37:24
10 miles	Nikki Gray	1:04:15
Half Marathon	Nikki Gray	1:25:14
20 miles	Carrie Hoskins	2:14:07
Marathon	Carrie Hoskins	2:59:24

Men

5k	Rob Corney	16:14
5 miles	Brendan Morris	30:06
10k	Lance Nortcliff	33:47
10 miles	Robert Tan	56:11
Half Marathon	Mark Worringham	1:13:49
20 miles	Dave McCoy	2:08:06
Marathon	Keith Russell	2:33:23

ability to coax more members to volunteer.

Andy is also looking into the AGM proposal by Kerri French to maintain a single board for all RR races listing all vacant marshal positions, to which volunteers can just add their names.

Incentivising volunteers Andy has taken a straw poll of several members to try to understand what would incentivise them to volunteer to marshal races. No common themes emerged.

Noticeboard Amanda is looking at sprucing up the content on the notice-board at Palmer Park.

Coaching Co-ordinator Carl reported that Simon Davis has agreed to continue in the role of Coaching Co-ordinator. (AOB item refers)

Desk volunteers Sandy has secured agreement from several members to help staff the desk at Palmer Park and has provided a schedule of availability.

CHAIRMAN'S REPORT

London Marathon Carl reported that our support for the LM went well and thanked members who volunteered as marshals.

Events Carl thanked Colin Cottell and Tom Harrison for organising another successful Shinfield event, and Claire Seymour and Amanda Box for organising a successful Presentation Evening.

Pub runs The first pub run of the year took place at the Three Horseshoes, Henley, hosted by Julie Rainbow, and was well attended. The venue for the pub run scheduled for 18May is being revised as the new landlord of the Wheelwright Arms is uncooperative. The third event will be on 26May at The Volunteer, Theale.

Carl still needs further volunteers to organise pub runs.

Quiz Night postponed Owing to the track being out of commission, it has not been possible to sell tickets, hence the quiz night is postponed. Amanda will also organise an informal event in Reading on the original planned date, 28May.

London 10K Carl reported that he has booked a coach to take marshals, runners and spectators to the London 10K; and that RR has entered men's and ladies' teams into the event.

TREASURER'S REPORT

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

Track closures Sandy reported that she will need to reclaim payments from Reading Council for track sessions lost owing to the recent stadium closures.

Bramley Accounts The Bramley race account is complete apart from payment for the MOD car park, for which an invoice is outstanding.

GENERAL SECRETARY'S REPORT

London Marathon coaches. Bob reported that having three coaches allowed much better flexibility with getting people away reasonably promptly. However, two issues arose:

- Owing to substantial building works it was not possible to bring the coaches up to Jubilee Gardens and ad hoc arrangements to get people onto the buses had to be made at the time. It is unlikely that we will ever be able to bring buses up to the Gardens again.
- One member got onto one of the buses without making their presence known, which resulted in holding the last bus unnecessarily, almost to the point of exceeding the driver's hours.

Clocks Barnes Fitness borrowed a race timing clock for the Woodley 10K and Microsoft will borrow one during May. Both result in a £50 donation to the Club charity.

MEMBERSHIP SECRETARY'S REPORT

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

EA membership Anne reported that joining new members to EA who have previously been members of other affiliated clubs continues to be problematic, even though their EA membership may have been lapsed for several years. Unfortunately, the only remedy is for the member to contact their old club and ask for their (expired) EA membership to be resigned by the club.

SOCIAL SECRETARY'S REPORT

Quiz night See Chairman's report.

ANY OTHER BUSINESS

First Aid box The Club's First Aid box at Palmer Park needs replenishing. It was noted that we are not actively managing the box and Carl questioned whether we should have one at all unless we are clear about training needs and we ensure that the stock is in date. Palmer Park has trained first aiders and the Duty Manager is formally responsible for first aid provision at the track.

Action: Andy (First Aider) to review what is needed and to provision it.

Mortimer race budget Bob presented the budget for the Mortimer 10K (25Sep), which was unanimously approved.

Online profile management Bob queried the appetite for using the EA website to allow EA 1st Claim members to advise change of address etc. online, advising that the present data would need to be refreshed before we could offer it as a service.

Once harmonised with the membership list, this would rely on Anne keeping the two datasets in step.

The Committee was not convinced that the marginal benefits to members warranted the additional management overhead. Instead, Carl will issue a Chairman's Email reminding members to advise the Membership Secretary when they change their details. EA members are, of course, able to manage their own EA profile as they wish, but the Club will not synchronise changes.

Action: Carl to issue an appropriate email.

Coaching Co-ordinator Carl confirmed that Simon Davis has agreed to continue as the Club's Coaching Co-ordinator, asking the Committee to vote to endorse Simon's appointment; this was unanimously agreed.

Carl observed that the Committee is in breach of a provision in the Club Rules requiring training to be represented on the Committee. Catherine agreed to take on this role, liaising with Simon.

Club roadmap Bob reported on his discussions with Simon Davis regarding Simon's ideas on establishing a roadmap for how we wish the Club to develop against a broad timeline. Bob offered his opinion that this is a useful concept but that for it to be a worthwhile venture, we would need to set up a management structure to assess the benefits of change and to drive through those change initiatives with which we agreed to proceed. This is not a light undertaking.

Action: Committee to review overview paper ready to discuss the matter further at a later meeting.

Facebook access Anne observed that there are many ex-members retaining access to the Club's Facebook page.

Action: Carl & Anne to remove access rights from lapsed members.

Race arch storage Storage for the new race arch is proving problematic. Catherine offered to store it until it is needed for the Mortimer 10K, but more permanent arrangements will be needed.

Race insurance As the new Race Director for the Dinton Relays, Sandy asked for confirmation that the insurance provided to the Club through UKA affiliation provides sufficient cover for the Club, the runners and her personal liability.

Action: Bob to confirm the scope of cover provided by UKA race insurance.

XC race management Glynne Jones has stood down as the Club's manager for the TV and Hampshire XC Leagues.

Action: Carl to canvas for members' interest in replacing Glynne in these roles.

Whiteboard The Committee agreed to replace the whiteboard used at Palmer Park, which is damaged.

Action: Carl to provision.

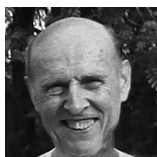
Club kit The Committee agreed to add trousers to the Club kit. They will be navy blue and carry a green RR badge.

DOOR ROTA

11May16	Anne, Alan
18May16	Anne, Heather Bowley
25May16	Christina, Lynda Haskins
01Jun16	TBD

Next meeting: 31May16

Your Committee



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ANDY DINGLE
CLUB EX-OFFICIO

WELFARE OFFICER: JENNY MILLER

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

IN PRAISE OF TOWELS

Towels have come under fire in recent weeks from ~~over-indulged~~ ~~ingrates~~ the hard-working, entry-fee paying man or woman on the street.

We know that the customer is always right, but what do we REALLY know about towels? Here we take a look back through history at the great, the good and the infamous to see what a far-reaching impact our fluffy cotton friends have had...



ROCKY IV

The bout between Apollo Creed and Soviet man-cyborg Ivan Drago ends in tragedy with Rocky throwing in the towel to save his friend from further punishment. The film won 12 Oscars and a Nobel Peace Prize for Rocky's victory speech, which ended the Cold War.



HITCHHIKERS GUIDE TO THE GALAXY

'Always know where your towel is' is the advice from Ford Prefect that saves Arthur Dent from being destroyed along with the earth at the hands of the Vogon Galactic Hyperspace Planning Council.



RORY DELAP

Delap's enormous throw-in range made him the lynchpin of football-hating Tony Pulis' Stoke City side, but he was nothing without his faithful towel to dry the ball first. Rumours that he had a special shirt with a towel actually stitched inside are still unproven to this day.



SHANTHAKUMARAN SREESANTH

Although still denying the charges to this day, during the 2013 Indian Premier League season the appearance of a small towel in Sreesanth's waistband allegedly meant 'place your bets now' to any watching match-fixers.

Next month: In praise of bananas

If you would like to submit an article for the newsletter, please send it to the editor Chris Cutting, who can be reached at: newsletter@readingroadrunners.org