



READING ROADRUNNERS NEWSLETTER NOV 2015

Apart from the infamous 1973 incident when Ron Pickering inadvertently summoned up Astaroth, Crown Prince of Hell whilst commentating on the Ladies' 200m heats in Helsinki, there has been very little to link running and the occult. So it was all the more heartening to see these intrepid Thursday night outrunners on the streets of Reading braving the undead. We can only hope Jim enters into the spirit of things next year and gets himself some sort of costume.

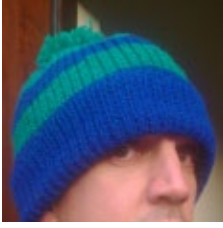
Lots to cover this month, including the all-important championship and London Marathon ballot results. The cross country season has also kicked off in earnest and there's the Christmas events too to look forward to.

The next hosted event is the TVXC fixture in December. Please lend your support and help out of you can.

INSIDE THIS MONTH:

- **HOW FAST WILL YOU RUN YOUR NEXT MARATHON?**
- **CHAMPIONSHIP RESULTS**
- **CHARITY NEWS**





Welcome from the Editor

CHRIS CUTTING

I need to kick off this month's newsletter with an apology to the men's captain, whose report last month was cut short. The error was due to the usual proof-reading team being seconded to the England rugby world cup staff/Chelsea league title squad (delete as applicable) and the mistake has been rectified. Please see the online version on the club website.

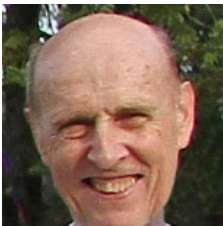
Happier news is that we have a new RR marriage to celebrate - congratulations to Alice and Paul who tied the knot this month.

IMPORTANT: PLEASE READ

There are 10 free places available for the 2016 Reading Half Marathon.

If anyone would like a place, please email gensec@readingroadrunners.org

If there are more than 10 applicants, a draw will take place in the bar at 8.30pm Wednesday 18th November.



Chairman Chat

CARL WOFFINGTON

The Tadley 10 mile was the final race in our RR 2015 Club Championship. The final results have been calculated and published. Congratulations to the winners. Thanks to Bob Thomas for organising it.

Both the marshals and club draws took place for the London Marathon. Results have been published.

Our cross country taster event took place and was well attended. Hopefully some of the newcomers to XC will go on to run in one of our league races. Thanks to Claire Seymour for organising it.

The cross country season is now with us. The first Hampshire League race has taken place. The first TVXC race takes place in just over a week as I write this. Please support your club and enjoy your running at these races.

There is a push on now to organise our own RR fixture in the TVXC League. We will need helpers and marshals. We are a large club and should be able to both organise and field strong teams. Please support your RR team captains who are organising this race. It takes place on Sunday 20th December at Crowthorne Woods.

Tony Canning is organising a timed 5km run on the track. It takes place Friday 13th November.

Tickets are now on sale for our RR Christmas Party. Full details on RR website under the "Social" section.

We have received delivery of the new design RR car windscreen stickers. Cost is £1:00 each, excellent value. They also make good stocking fillers for loved ones.



Ladies' Captain - Report

CLAIRE SEYMOUR

Well autumn is here and I'm excited to say the Cross Country season is upon us! We have already had a couple of Hampshire League fixtures which had a good turn-out of RR Ladies. But we could always do with more ladies and men to run at these fixtures. Yes, they are competitive, but the runners are all very friendly and supportive of each other and even though some of the fixtures are a distance away we are quite often able to lift share, so if you're interested in taking part or would like more information please let myself or Mark know.

The first of the TVXC fixtures will be held on Sunday 15th November, 11.00am at the Brocas, Datchet, organised by Datchet Dashers. For anyone new to Cross Country this season, the plan is to turn up at least 30 mins or so before the start, pay £2 to Glynne and Alan and then run! The £2 also includes cakes, sandwiches etc and tea/coffee at the finish (Bargain).

I also wanted to make you aware that the scoring system has slightly changed, the main change being that we will now have 4 ladies in a scoring team instead of 3 in previous years (the 4 ladies must include 1 vet), the other change to point out is that the total points between the scoring men and ladies will be added together to form the total team score rather than having a separate score for the men's team and the ladies team. The Datchet course is flat and mostly run around the edge of fields, but does include some stretches of tarmac. Trail shoes are recommended. Will look forward to seeing lots of you there!

Other news this month:

I want to start off by saying Congratulations to Berkshire County Road running champion Sandy Sheppard for winning gold in her Age Category this year! Fantastic result Sandy, very well done!



Ladies at Hants XC Winchester, Alix, Cecilia, Sarah, Sam and Alice

It has been another busy month for RR, We rounded up the club Championship with some very close results towards the end! Results are as follows:

Senior Ladies – 1st Alix Eyles, 2nd Louise Atkinson, 3rd Katie Gumbrell

V35 Ladies – 1st Angela Burley, 2nd Claire Seymour, 3rd Sev Konieczny

V45 Ladies – 1st Katherine Sargeant, 2nd Mary Janssen, 3rd Emma Grenside

V55 Ladies – 1st Sandy Sheppard, joint 2nd Tina Wilson and Heather Bowley,

V65 Ladies – 1st Janice Thomas

Congratulations to you all!

Don't forget we now have the TVXC Championship!!

We have had quite a few ladies out representing RR's at the Marathon, and two ladies in particular decided to head to New York this year! What an amazing experience that must have been! Both Katherine Sargeant and Tracey Lasan had good runs and did us proud, Katherine ran a PB time of 3.15.26 and Tracey ran 3.33.45, Congratulations to you both!

We had the first Hampshire XC Fixture last month at Farley Mount, Winchester, with great runs from all the ladies that took part, and this is on a tough course! Alice Leake was our first RR lady finishing 18th overall, followed by Sarah Urwin-Mann in 27th place and 6th vet, Alix Eyles 56th place, Sam Whalley 86th place, and Cecilia Csemiczky 127th, the ladies finished 6th in the senior league out of 19 teams and 4th out of 9 teams for the vets which is a great start to the season! By the time this report is published we would have run at Popham so I will look forward to reporting on the results next month!

We also had the XC taster held at Stokes Farm on Sunday 25th which proved to be a success, as the weather turned out to be lovely! Although sadly not as much mud as we hoped for, but we all enjoyed it and finished the morning with tea and homemade cakes! And raised £25 for the club charity in the process. Thanks goes to Peter Reilly for marking out the route for us and to Stokes Farm for letting us run across their lovely fields!

Well done to everyone who took part in all the various races this month. (There was a lot it seems!) Alice Leake was 1st Lady at Frieth Hilly 10K, Nikki Gray first lady in the Tadley 10 mile race. Carrie Hoskins 1st Lady / Julie Rainbow 1st in her age category in the Marlow 7 mile, and Mary Janssen 1st in her age category for the Marlow Half marathon! I noticed there was also a few PB's in the Abingdon Marathon as well. Some great results from the ladies of RR!

Southern XC Championships Parliament Hill

I'm currently taking names for the Southern XC Championships at Parliament Hill, being held on Saturday 30th January 2016, entry costs are £7 per person. Ladies run 8K and men 15K, it is a great experience to take part in this race, if you like hills and running through lots of mud this is the race for you! Entries close at the beginning of December so if you're interested in taking part please can you let me know by Tuesday 1st December. I can be contacted at the track or via the team captain's email

TVXC Reading Fixture – Help required – Sunday 20th December

We are currently in the process of organising our TVXC fixture and are looking for volunteers to help over the weekend of the race. We will need someone to drive the van, people to help load the van at Palmer Park on the Saturday morning, marshals, help with the catering, car parking etc and people to unload the van back at Palmer Park on the Saturday. There is no reason why we shouldn't be able to cover these tasks and also have enough runner's taking part in the race, and some of the tasks will allow you to help out and run afterwards i.e car parking! So please let us know if you are able to help! It really will be appreciated! Please contact myself or Mark asap.

Reminders for your diaries:

TVXC Datchet – Sunday 15th November

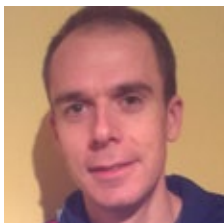
TVXC Sandhurst – Sunday 22nd November

TVXC Handy Cross – Sunday 29th November

Hants XC Bournemouth – Saturday 5th December

Hope you all enjoy the start of the XC season!

Claire



Men's Captain - Report

MARK WORRINGHAM

Marathons. They're very much like partners. They entice and intrigue, satisfy and exasperate in equal measure, but always leave you feeling drained. They also sometimes make you walk funny (but only one gives you a goody bag for your troubles). One can also draw parallels about some people doing a new one every weekend, whilst others remain loyal to the same one year after year, but I think that might be unfair to some of our more prolific members (so to speak), so I won't.

Anyway, that excerpt from my inner monologue is by way of highlighting the excellent marathons that have been churned out by green vests in the last month or so. October is always the peak of Autumn marathon season, and this month did not let us down at all.

There must have been something in the air at the Abingdon Marathon on 18th October, because there were excellent performances all over the shop, including three Roadrunners joining the sub-3 club for the first time. Ryan O'Brien's 2:53:03 was much more in line with what we knew he was capable of, after a tricky marathon debut in Brighton earlier this year. Jamie Cole took a decent chunk off his PB with 2:58:27, closely followed by Gavin Rennie's 2:59:04. Ian Giggs managed to take 5 minutes off his PB with 3:09:23, which is a fine improvement by anyone's standards, but is outrageous when you consider how many marathons he's done over the years. Sub 3 is surely in his sights now. Other PBs abounded, with great times by Kenny Heaton and Julian Hough also standing out. I hope that everyone enjoyed the mile walk back to the car park as much as I did a couple of years ago.

Elsewhere in the UK, a number of Roadrunners lined up at the Bournemouth marathon on the 4th October, with George Kinyanjui getting his PB under 3:30. Chester Marathon on the same day saw Andrew Smith very close to his PB from London earlier in the year with 2:50:39, whilst Andy Stanbury ran a new best of 3:33:47. Ben Whalley had a leisurely jaunt around Snowdonia, if such a thing is possible, in 3:27:23. At the Bristol to Bath marathon, Brian Grieves notched another sub-3 this year, with 2:59:41, whilst Paul Roberson indicated that he may be coming back into some good shape with 3:01:25 in what seems to have been his first race in about a year. Even more successfully, no-one managed to get abducted by inbred yokels. I am allowed to make that reference by the way, as I come from that part of the world, but if anyone else

says it it is grossly offensive.

Foreign marathons were also available, of course. On the same day as Abingdon, in the streets of Amsterdam, Andy Mutton was taking a goodly chunk off his marathon PB to get to 2:50:23, much more in line with his excellent half marathon times, with surely more to come in the future as well. In Venice the following weekend, Andrew Morgan shaved some time off his PB to run 3:05:42, to make sub 3 a realistic goal for the future. He was ably supported by Alex Warner just behind. Over in New York, Paul Monaghan ran a fine 3:22:27, which puts him within sight of his PB on a course which is not renowned for being fast.

In non-marathoning news, October saw the final race of the club championship in the form of the Tadley 10 miles. In the race itself, Andy Blenkinsop and Richard Usher were first Roadrunners home, in 19th and 20th positions, with Kevin Jones finishing 4th V50. This placed Kevin second in the V50 club championships, which had already been wrapped up by Gavin Rennie after a fantastic year and a perfect score. The race did not change the complexion of the seniors and V60 championships, won by Aaron Chai and Andy Atkinson respectively, but it did mean that Andy Blenkinsop and Fergal Donnelly both ended the V40 championship in a dead heat with a perfect 200, largely helped by having avoided racing each other, like Coe and Ovett in their pomp.

A word also (well, a paragraph really) for Lance Nortcliff, who has cast off his past injury concerns to have any absolutely monstrous month of results, following on from his second place in last month's Mortimer 10K. Lance finished as first Roadrunner at the Hampshire League Cross Country at Winchester, in a very creditable 30th place (his previous best finish was 48th) and 2nd veteran. A week later, he took that form into the Exmoor Stagger, finishing 2nd overall and first vet on a really tough off-road course. A normal human response would be to swear off hills for a while, but Lance was back two weeks later finishing 2nd again at the Marlow Half Marathon in an excellent 1:18:06, considering the course. At this rate, there's still time to qualify for Rio.

As mentioned above, cross country season kicked off with the first Hampshire League fixture at Winchester. As well as Lance, there were some other good runs from Ian Giggs and Ben Whalley, whilst Keith Russell

returned to cross country after a six year absence (his last race having been on this course back in 2009!). Luc Jolly and Rob Tan were there too, but were wearing the wrong colour vest and were therefore totally invisible to me. It was a decent start to the league for us overall, finishing 8th in Division 1. Unfortunately, we only fielded two veterans, and therefore scored zero as a penalty in the Veterans league – this is despite both of our vets finishing in the top 10. We have lots of good veterans, probably more than most clubs in this league, so I really hope that we can put out a full team for the remaining fixtures. Please come and give it a go!

In terms of future events, the big ones aside from the Thames Valley and Hampshire leagues are the Berkshire Cross Country Championships and the Southern Championships.

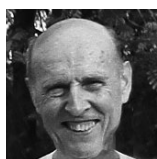
The Berkshire Cross Country Championships will be held on Saturday 9th January 2016. The venue is TBA.

We didn't manage to get a full team out this year, so I am hopeful we can rectify that this year. Please let me know if you're interested.

The Southern Cross Country Championships will be at Parliament Hill, London on Saturday 30th January 2016. Closing date for entries is early in December. Claire has kindly agreed to co-ordinate this, so please let her know soon if you would like to run. Parliament Hill is always a mud-fest, and is apparently a great experience. I say apparently, because it looks like torture to me, so I've never done it.

Finally, you may have noticed that my last report in the newsletter ended in a somewhat baffling manner. This is because the last few paragraphs had been replaced by the final paragraphs of the previous report, thus sadly depriving you of what I can only assure you was a tour-de-force of writing to conclude my report. Really top-notch stuff it was. Of course, if the same thing happens this month, you won't be reading this either, but not to worry. Good running in November all.

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

When I proposed Me 2 club for our charity of the year I wanted to set myself an achievable target of £20,000. As a busy working mum, training for a marathon and juggling my other 'baby' Woodley parkrun and my extended volunteering to parkrun UK as a local ambassador I really didn't know when I was going to fit it all in. But they say if you want something done – ask a busy person!

I had thought about becoming the charity coordinator very early on in my membership but was worried I wouldn't be able to give it my all and the time it deserves. Well this year has just proved that with a great team of helpers and supportive club members the £20,000 target has well and truly been smashed with



many more events including our flagship race Bramley 20/10.

The account is looking very healthy indeed and currently stands at £20,858.71 with a further £1609.73 raised on-line via personal fundraising and our team Just Giving Page

I am absolutely delighted, thanks so much to all the Reading Roadrunners and their partners/friends who have helped bring it all together this year so far, from Tim Povey who so quietly and efficiently banks every penny, to Geoff Chaffer and David Stares who coordinate the car boot sales over the summer and the team of helpers that turned out, from all the donations



and raffle prizes from all the lovely members, to the Carl Woffington who often gets emails from me saying 'Carl I have this idea...can you take it to the Committee please', to our Race Directors Colin Cottell, Richard Hammerson, Bob Thomas and Adele Graham and the people that help our at our races by marshalling and providing refreshments, from Paul Monaghan our very own in-house Webmaster who keeps the website up to date with what's going on, and how could I forget Amanda Box our Social Secretary who has worked hard this year to help boost the charity pot. No doubt there are many others who I've not mentioned!

Future events for 2015

Christmas 'Bah Humbug' Mile - Friday 11th Dec

This is an open track session to members and non-members to come and run a mile as fast as you can. Cost £2.50 (track fee £1.50 with £1 going to the club charity)

Register & Warm up from 6.30 - 6.55pm. Timed miles from 7pm-7.30pm

Feel free to invite friends along to experience a track session at a friendly local running club. 2 volunteers will be needed on the night to assist with timings. There will also be a chance to win a bottle of wine for 50p a ticket all proceeds going to the club charity

Raffle at the Christmas Party Saturday 12th Dec - Woodford park Leisure Centre, please see our Social Secretary Amanda Box for tickets

Keep being awesome

Kerri French

Charity Coordinator

Our Charity of the Year website

<http://www.me2club.org.uk/>



Christmas 'Bah Humbug' Mile

FRIDAY 11TH DEC



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Feel free to invite friends along to experience a track session at a friendly local running club. 2 volunteers will be needed on the night to assist with timings. There will also be a chance to win a bottle of wine for 50p a ticket all proceeds going to the club charity

2005 Championship Results

Bob Thomas

I'm pleased to announce the results of this year's Club Road & Multi-terrain Championship, as follows:

Senior Ladies

- 1 Alix Eyles
- 2 Louise Atkinson
- 3 Katie Gumbrell

Senior Men

- 1 Aaron Chai
- 2 Andrew Smith
- 3 Steven Siddell

Ladies Vet 35

- 1 Angela Burley
- 2 Claire Seymour
- 3 Sev Konieczny

Men Vet 40

- 1 Andrew Blenkinsop
- 2 Fergal Donnelly
- 3 David Caswell

Ladies Vet 45

- 1 Catherine Sargeant
- 2 Mary Janssen
- 3 Emma Grenside

Men Vet 50

- 1 Gavin Rennie
- 2 Kevin John Jones
- 3 Keith Ellis

Ladies Vet 55

- 1 Sandra Sheppard
- 2 Heather Bowley
- 3 Tina Wilson

Men Vet 60

- 1 Andy Atkinson
- 2 Carl Woffington

Ladies Vet 65

- 1 Janice Thomas

Overall Age Grade

- 1 Gavin Rennie
- 2 Kevin Jones
- 3 Mary Janssen

Please note that the first race in the 2016 Championship will be the Wokingham Half Marathon on 21Feb16 – the race fills up so enter now!

The Marathon Championship continues through to the end of the year. The standing on 1Nov15, with 113 members having run 315 marathons so far this year is:

Senior Ladies

- | | | | |
|---|---------------|----------|--------|
| 1 | Alix Eyles | 03:07:24 | London |
| 2 | Rebecca Stark | 03:17:31 | London |
| 3 | Melanie Shaw | 03:41:41 | London |

Ladies Vet 35

- | | | | |
|---|-----------------------|----------|----------|
| 1 | Erica Key | 03:27:53 | Abingdon |
| 2 | Claire Woodhouse | 03:46:51 | London |
| 3 | Elizabeth Ganpatsingh | 04:02:41 | London |

Ladies Vet 45

- | | | | |
|---|--------------------|----------|----------|
| 1 | Caroline Hoskins | 03:04:14 | London |
| 2 | Katherine Sargeant | 03:15:26 | New York |
| 3 | Mary Janssen | 03:41:38 | London |

Ladies Vet 55

- | | | | |
|---|--------------|----------|----------|
| 1 | Sian James | 03:29:40 | London |
| 2 | Tracey Lasan | 03:33:45 | New York |
| 3 | Irene Liming | 04:36:36 | London |

Senior Men

- | | | | |
|---|--------------|----------|--------|
| 1 | Luc Jolly | 02:35:20 | London |
| 2 | Rupert Shute | 02:35:43 | London |
| 3 | Andrew Smith | 02:49:25 | London |

Men Vet 40

- | | | | |
|---|---------------|----------|----------|
| 1 | Jamie Cole | 02:58:27 | Abingdon |
| 2 | Brian Grieves | 02:58:44 | London |
| 3 | David McCoy | 02:58:53 | London |

Men Vet 50

- | | | | |
|---|----------------|----------|---------------|
| 1 | Gavin Rennie | 02:59:04 | Abingdon |
| 2 | Alan Freer | 03:15:03 | London |
| 3 | Darrell Robins | 03:19:19 | Milton Keynes |

Men Vet 60

- | | | | |
|---|--------------|----------|-------------|
| 1 | Nigel Hault | 03:23:47 | Walled City |
| 2 | Paul Jenkins | 04:02:46 | London |

How fast will you run your next Marathon (or Half)?

NIGEL HOULT

This is the time of year when many of you will be thinking about entering your first full (or half) marathon if you haven't already done so, and you're probably wondering what sort of time you might manage. Ask around at the club, and people will tell you of several approaches to estimating this, but how good are they? For some unaccountable reason, "Which?" has never done a review of these schemes, so I thought it was time to put that right. For data, I've used PBs claimed by club members between about 2012 and 2015 (which I obtained from the race results I collate), together with my own PBs (which date back a bit further than that).

Marathon Time from Half Marathon Time

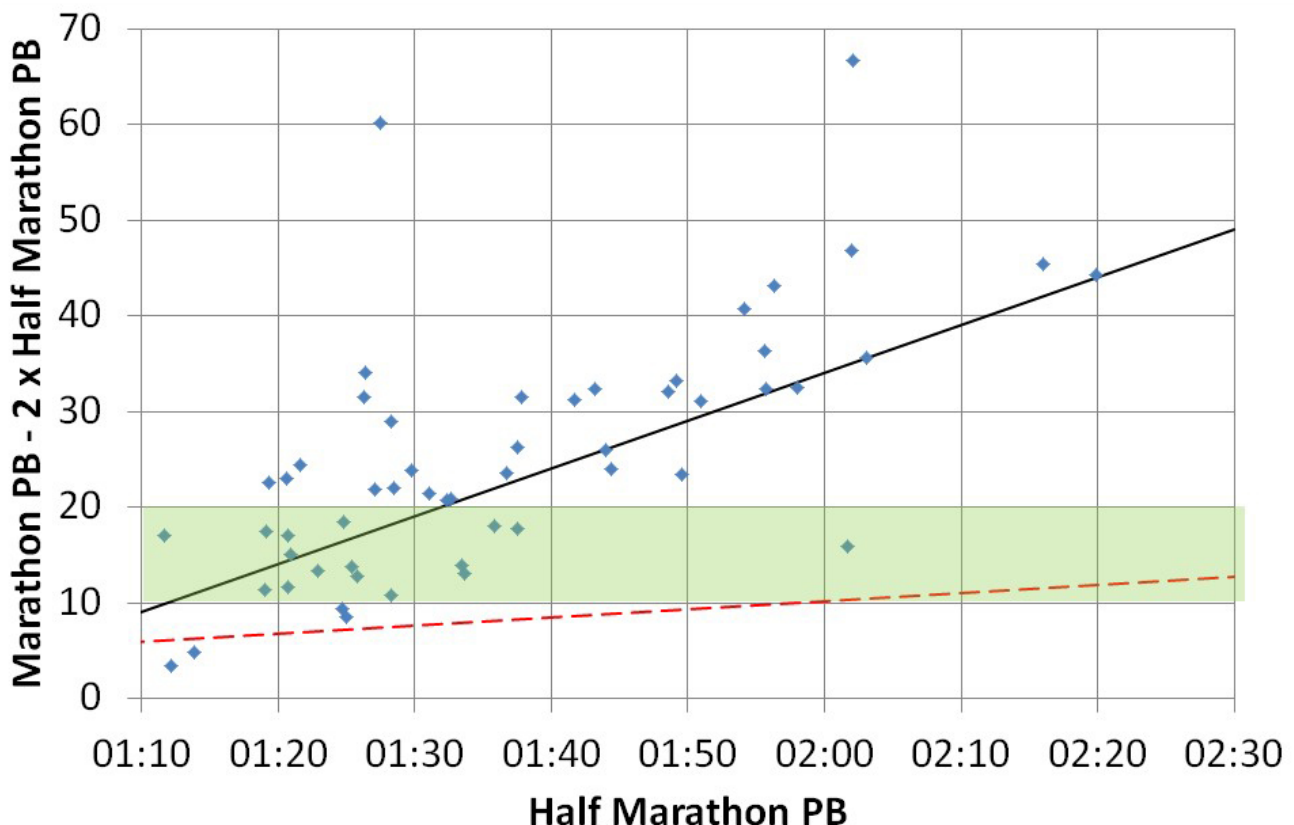
I have found three race time predictors on the web. The simplest is the Runners World one:

Marathon time = Half marathon time \times 2.085

which was devised by Peter Riegel and published in Runners World in 1997. Another approach, devised by Dave Cameron (no, not the PM!), is said to work well

with world and US national records; this tends to predict slower marathon times by 2.5 to 6 minutes. The most sophisticated approach is based on V02 max; this predicts the same marathon times for faster runners, but up to 6 minutes less than Runners World for slower ones. The other "rule of thumb" approach that many club members use is to double your half marathon time and add between 10 and 20 minutes. In order to compare these, I've plotted the number of minutes that peoples' marathon PBs exceed twice their half marathon PBs, since that shows the data rather well.

As you can see, the data includes the whole range of speeds, and novice runners through to those with lots of experience (though it is likely that many would be running only their first or second marathon). The broken red line is the Runners World prediction, and as you can see it is grossly optimistic for almost everyone. The "add 10 to 20 minutes" approach (green shading) is better, but only for the faster runners – say sub-1:40 half marathon. The solid black line represents the best fit to the data, and is 2.5 \times half marathon time – 26 minutes. Why this works I have no idea!



Half Marathon Time from 10k Time

For this case all the standard prediction approaches mentioned before give essentially the same answer. The equation for the Runners World one is:

$$\text{Half marathon time} = 10\text{k time} \times 2.207$$

Once again, I've plotted the data in the same way. As you can see, the Runners World predictor (broken red line) is pretty good in this case; the best fit to the data (solid black line), which is only marginally better, is:

$$10\text{k time} \times 2.25 - 1 \text{ minute.}$$

Other Approaches

A completely different approach to predicting marathon times was proposed a long while ago by Bart Yasso. This involved running ten 800m reps with 400m jog recovery (the recovery to be the same time as the rep); your time in minutes and seconds for 800m would be your time in hours and minutes for the marathon. Don't imagine that this is all the training you need; you still have to do the normal long runs etc! One of our coaching groups tested this in 2007, and an article by Belinda Tull appeared in the May 2007 newsletter, sadly no longer available on

the club website. For the 14 people in that group who ran the London Marathon (which some will remember was particularly hot that year), the prediction was very optimistic (by 38 minutes on average), but perhaps that wasn't a typical year; Belinda said that she'd come very close to the prediction in the past. Articles on the web also suggest that the predictions are optimistic, though by only about 5 minutes.

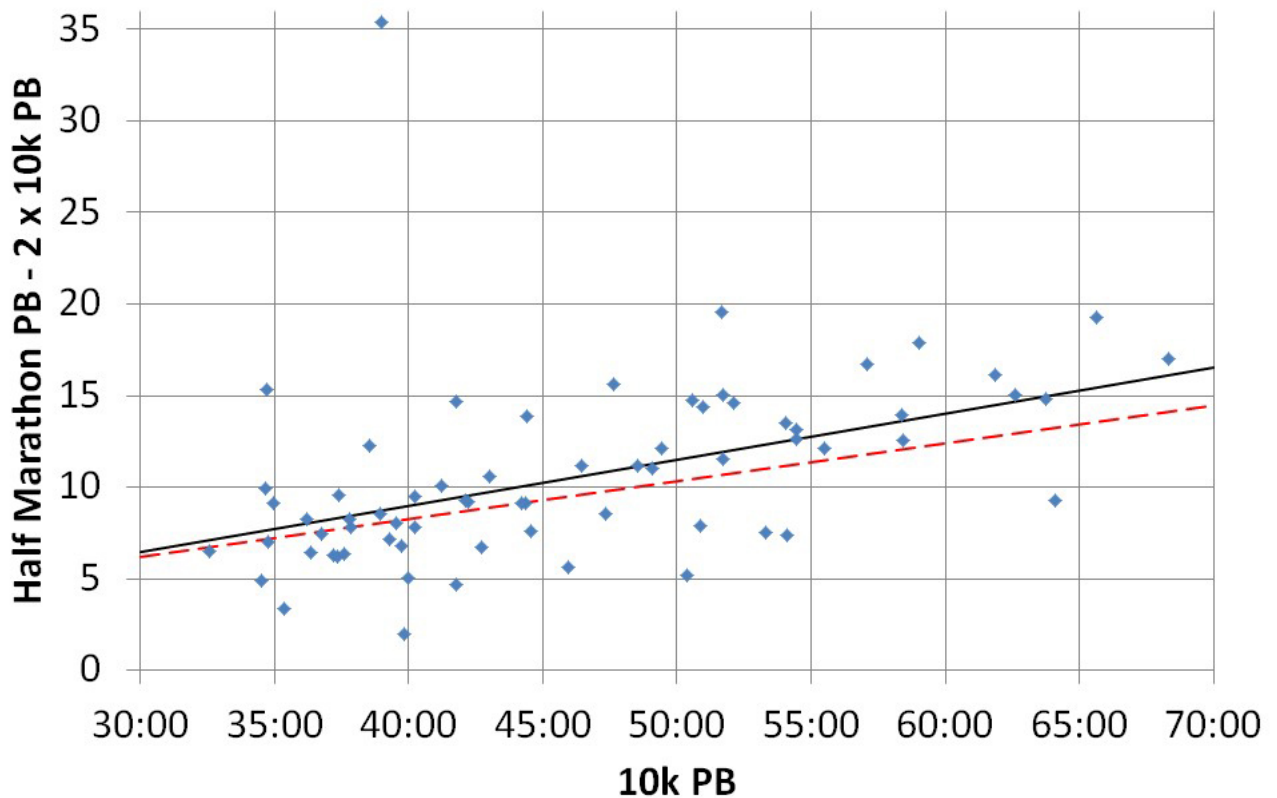
Although Yasso never suggested this, she also tested the same data against times for the Reading Half Marathon, which 25 people from that group ran. The equation which she said best fitted the data was:

$$\text{Half marathon time (seconds)} = 800\text{m time (seconds)} \times 28.15 + 265$$

The fit was much better in this case.

Summary

I don't think any of the approaches to predicting marathon times would qualify as a "best buy"; for half marathon times, both the Runners World predictor and the "Yasso" approach with Belinda's equation seem pretty reasonable.



London Marathon club ballot results

LONDON MARATHON - MARSHALS DRAW FOR PLACES IN 2016 RACE

This took place in the bar after track session on Wednesday 21st October 2015.

1. Chris Drew
2. Lorraine Bailey
3. Catherine Douglas
4. Donald Scott Collett
5. Andy Wilson
6. Tina Wilson
7. Louise Atkinson
8. Linda Wright
9. Liz Atkinson
10. Bob Thomas
11. Simon Palmer
12. Kathy Tytler
13. Sandy Sheppard

14. Gary Tuttle
15. John Bailey
16. Catherine Leather
17. Mary Carol De Zutter
18. Lee Hinton
19. Sarah Pachonik
20. Susannah Palmer
21. Ray McGroarty
22. Ian Giggs
23. Paul Kerr

There are 8 places, which will be received by the first 8 names above. The names of numbers 9 to 23 were placed in the club draw for 28th October 2015.

LONDON MARATHON - CLUB DRAW FOR PLACES IN 2016 RACE

This took place in the bar after track session on Wednesday 28th October 2015.

There were 55 rejection slips submitted for the draw. There are 5 places available for the race. We decided that drawing out all names wasn't required. We drew out 5 names for the places and a further 5 names for reserves – just in case someone drops out before entries go in.

Draw results:-

1. Donna Saunders
2. Dean Allaway
3. David Caswell
4. John Bailey
5. Dave Wood
6. Jamie Cole
7. Amanda Box
8. Kenny Heaton
9. Duncan Mollison
10. David Leake

The 55 rejection slips were from:-

- | | |
|------------------------|-----------------------|
| 1 Liz Atkinson | 29 Julie Wing |
| 2 Bob Thomas | 30 Patrick Hayes |
| 3 Simon Palmer | 31 Andy Dingle |
| 4 Kathy Tytler | 32 Andy Stanbury |
| 5 Sandy Sheppard | 33 Kathryn Vickers |
| 6 Gary Tuttle | 34 Gareth Goodall |
| 7 John Bailey | 35 Martin Bush |
| 8 Catherine Leather | 36 Dean Allaway |
| 9 Mary Carol De Zutter | 37 Danielle Stockwell |
| 10 Lee Hinton | 38 Duncan Mollison |
| 11 Sarah Pachonick | 39 Susie Rees |
| 12 Susannah Palmer | 40 Kerri French |
| 13 Ray McGroarty | 41 Paul Gell |
| 14 Ian Giggs | 42 Russell Prentice |
| 15 Paul Kerr | 43 Simon Davis |
| 16 Tracy Jenkins | 44 Christine Hart |
| 17 Wayne Farrugia | 45 Lita Huckle |
| 18 Mark Andrew | 46 David Caswell |
| 19 Sam Hammond | 47 Jamie Cole |
| 20 David Leake | 48 Ryan O'Brien |
| 21 Justin Watkins | 49 Amanda Box |
| 22 Paul Monaghan | 50 Nelesh Kotecha |
| 23 James Meston | 51 Tim Hogarth |
| 24 Kenny Heaton | 52 Angela Burley |
| 25 Donna Saunders | 53 Gavin Collins |
| 26 Danielle Millbank | 54 Peter Felgate |
| 27 Dave Wood | 55 Nick Robey |
| 28 Steve Wing | |

Roadrunners Results

NIGEL HOULT

Last month was the height of the Autumn marathon season, with members travelling far and wide to compete in a range of events. We had some amazing results at Abingdon, with no less than eight out of our twelve runners recording PBs, and three breaking the 3 hour mark, I think for the first time – very well done to all of them. This race was the last in the Berkshire championships, and two of our members are now county champions: congratulations to Gavin Rennie and Sandy Sheppard. Four of you travelled Stateside instead, with Sian James finishing fourth in her age category at Chicago and Katherine Sargeant getting a PB by several minutes at New York.

Usually it's the fast and flat races where people get PBs, so it's all the more impressive that four of you obtained them at events that are anything but: Katherine Sargeant and Madeleine Starks at the Henley Half, and Lance Nortcliff and Andy Dingle at the Marlow Half.

We had a number of female winners as well: Nikki Gray at Tadley, Alice Leake at Frieth and Carrie Hoskins at Marlow. The highest placed men were Lance Nortcliff at Marlow (2nd) and Tony Carter at Amsterdam (3rd).

The Halloween 5 Nite Run was the most popular event with 44 runners (though down from 70 last year).

Roadrunners won all the male veteran categories (for which there weren't any prizes, unfortunately), and the male and female fancy dress categories, for which there were: well done to Fleur Denton and Peter Higgs.

Next month the cross country season really gets going, so good luck to those taking part in the TVXC and Hampshire leagues, as well as any other races. Don't forget to let me know your results, especially PBs; email to results@readingroadrunners.org is the preferred way.

4th October

Blenheim Palace Half Marathon

Susan Knight	477	1:56:54	1:55:59	PB
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10th October

9Bar9x9 Challenge

81km

Phil Reay	11:13:48
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Hampshire League XC, Farley Mount

Ladies

Alice Leake	18	25:30
Sarah Urwin-Mann	27	26:19
Alix Eyles	56	28:31
Samantha Whalley	87	31:22

Cecilia Csemiczky	127	41:25
Ladies Team:	6th	
Ladies Vets Team:	4th	

Men

Lance Nortcliff	30	35:57	2nd Vet
Mark Worringham	36	36:20	
Keith Russell	59	37:55	
Ben Whalley	63	38:06	
Ian Giggs	91	40:01	
Mens Team:	8th in Division 1		

11th October

Henley Half Marathon

Paul Roberson	13	1:22:56	1:22:52	
Peter Aked	17	1:25:32	1:25:13	
Katherine Sargeant	80	1:33:57	1:33:36	PB, 5th F
Matthew Andrade	143	1:39:26	1:38:26	
Liz Jones	180	1:42:01	1:41:16	
Brian Fennelly	281	1:48:35	1:48:09	
Andrew Runnacles	309	1:49:31	1:48:46	
Colin McCarlie	335	1:50:40	1:50:16	
Jim Kiddie	415	1:54:22	1:53:32	
Chris Drew	461	1:56:44	1:56:10	
Peter Reilly	490	1:57:50	1:56:18	
Madeleine Starks	566	2:02:15	2:01:39	PB
Amanda Box	759	2:15:53	2:15:16	
Kathryn Tytler	850	2:28:58	2:27:24	

Henley 10k

Ewan Harris	22	47:44	47:38	PB, 2nd M U15
Alex Harris	23	47:45	47:40	
Julie Thompson	137	59:08	58:38	
Brian Rulten	378	1:35:59	1:35:41	

Swindon Half Marathon

Julie Wing	854	2:41:47	2:41:05	2nd FV65
Stephen Wing	888	2:55:43	2:54:29	

Oxford Half Marathon

Brian Kirsopp	206	1:28:19	1:27:47
Kenny Heaton	216	1:28:35	1:28:22
Sam Hammond	524	1:35:41	1:34:54
Paul Milnes	706	1:38:47	1:37:25
David Marsden	3629	2:09:45	
Michele Harris	4120	2:15:11	2:01:11
Shirley Holmes	5105	2:29:20	2:22:25

Great Eastern Run Half Marathon (Peterborough)

Alan Thomas	352	1:31:14	1:31:04
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18th October

ROADRUNNERS RESULTS

Abingdon Marathon

Name	Pos	Gun	Chip	
Ryan O'Brien	32	2:53:06	2:53:03	PB
Jamie Cole	69	2:58:30	2:58:27	PB
Gavin Rennie	74	2:59:11	2:59:04	PB, 5th MV50
Ian Giggs	129	3:09:26	3:09:23	PB
Kenny Heaton	200	3:18:25	3:17:28	
Erica Key	278	3:28:04	3:27:53	PB
Julian Hough	306	3:30:32	3:29:53	PB
Wayne Farrugia	447	3:47:10	3:46:17	PB
Brian Kirsopp	480	3:51:50	3:51:34	
Joe Akem-Che	672	4:43:05	4:42:39	
Mary Wilson	697	4:59:17	4:57:52	PB
Christina Calderon	698	4:59:18	4:57:53	
Berkshire Champs				
MV50: Gold – Gavin Rennie				
FV35: Silver – Christina Calderon				

Overall Berkshire Championship Places

MV50 – Gavin Rennie 1st, Brian Kirsopp 3rd
 MV60 – Kingsley Starling 3rd
 FV35 – Christina Calderon 3rd
 FV45 – Lesley Whiley 2nd
 FV55 – Sandra Sheppard 1st

Eden Project Marathon

Michael Firmstone	119	4:29:27	4:29:21
Julia Molyneux	175	5:24:56	5:24:38

Chicago Marathon

Sian James	5245	3:35:24	4th FV60
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Palma de Mallorca Marathon

Paul Monaghan	132	3:35:49	
Martin Bush	744	5:00:02	

Palma de Mallorca Half Marathon

Melvin Silvey	278	1:41:43	
Peter Higgs	1805	2:10:11	

Palma de Mallorca 10k

John Bullock	804	1:00:41	
Linda Wright	1245	1:07:00	
Jane Silvey	2010	1:23:27	
Sheryl Higgs	2204	1:37:59	

Amsterdam Marathon

Andy Mutton	210	2:50:43	2:50:23
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Amsterdam Half Marathon

Fergal Donnelly	497	1:30:22	
David Dibben	1312	1:38:09	
Andy Atkinson	2706	1:45:10	
Sev Konieczny	12372	2:21:46	PB
Liz Atkinson	12709	2:24:49	

Amsterdam 8k

Tony Carter	3	26:08	26:08
John Bailey	2201	58:38	49:07

Birmingham Half Marathon

John Preston	9930	2:28:29	
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River Thames Half Marathon

Gary Brampton	434	1:48:16	1:48:08
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Rannoch Half Marathon

Ros Lee	45	2:43:55	2:43:52 2nd FV55
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Exmoor Stagger

Lance Nortcliff	2	1:58:08	1st MV40
Peter Aked	12	2:09:30	3rd MV45
Irene Liming	134	3:46:24	

Exmoor Stumble

Chris Mason	12	56:18	2nd MV50
Mandy Oakley	49	1:11:21	3rd FV50
Tom Harrison	60	1:25:33	

Tadley 10

Andy Blenkinsop	19	1:04:47	
Richard Usher	20	1:04:55	
Nikki Gray	24	1:05:42	1st F
Kevin Jones	32	1:08:40	4th MV50
David Fiddes	45	1:10:31	
Sam Hammond	50	1:12:04	
James Ferguson	53	1:12:12	
Lesley Whiley	65	1:13:06	1st FV55
Keith Ellis	70	1:13:26	
Aaron Chai	79	1:14:37	
David Ferguson	115	1:20:02	
Antony Streams	119	1:20:43	
Jim Kiddie	128	1:23:21	4th MV60
Angela Burley	141	1:26:06	
June Bilsby	159	1:29:02	PB, 5th FV55
Heather Bowley	186	1:35:45	
Emma Grenside	205	1:39:49	
Carl Woffington	220	1:48:38	
Ann McKinnon	222	1:50:32	

Frieth Hilly 10k

Alice Leake	21	42:48	1st F
Edward Dodwell	23	42:58	2nd MV50
Samantha Rippington	119	50:48	
Melissa Read	230	57:17	
Julie Thompson	259	59:30	
Kathy Tytler	332	1:12:21	

Frieth Hilly 5k

Jeremy Hall	82	29:22	
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24th October

ROADRUNNERS RESULTS

Snowdonia Marathon

Ben Whalley	160	3:28:22	3:27:23
Kathy Tytler	1718	5:41:16	5:39:21

Beachy Head Marathon

Gary Brampton	654	5:09:18	5:07:42
Julia Molyneux	1046	6:04:05	6:02:29
Louise Cooper	1410	8:31:54	8:30:16

25th October

Bristol + Bath Marathon

Brian Grieves	40	2:59:45	2:59:41	3rd MV45
Paul Roberson	49	3:01:25	3:01:25	
David Caswell	750	3:44:43	3:42:10	
Madeleine Starks	2605	4:36:11	4:26:48	

Water of Life Half Marathon

Fergal Donnelly	10	1:29:26	1:29:18	PB, 2nd MV40
Alix Eyles	29	1:36:43	1:36:43	5th F
Andy Atkinson	49	1:44:02	1:43:54	2nd MV60
Michael Phillips	118	2:02:11	2:02:04	4th MV60
Rita Dykes	134	2:09:21	2:09:10	3rd FV60
Liz Atkinson	166	2:26:43	2:26:30	
Sev Konieczny	168	2:26:56	2:26:42	

Water of Life Half 10k

Ed Dodwell	10	41:18	41:17	1st MV50
Louise Atkinson	81	53:32	53:23	PB

Great South Run

Ashley Middlewick	168	1:02:32		
Andy Dingle	3342	1:24:18	PB	
James Godsell	3871	1:26:13		
Jacqueline Fitzjohn	6190	1:33:48	PB	
Andy Patrick	7340	1:37:33		
Alexandria Kercher	7457	1:37:59		
Shirley Holmes	10252	1:48:28		
Stewart Pendle	11181	1:52:52		
Tim Lowe	12159	1:59:06		

Ricky Road Run (10 miles)

Jim Kiddie	215	1:25:40	1:25:11	
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Fleet 10k

Alice Leake	37	39:14	39:12	3rd F
Nikki Gray	66	40:43	40:41	
Tony Streams	332	49:12	48:37	

Richmond Park 10k

Simon Elsbury	2	37:59	37:58	
Katherine Sargeant	16	43:19	43:12	2nd F
Katy Webb	19	43:40	43:34	3rd F

Crawley 10k

Lesley Whiley	27	46:09	4th F, 2nd FV55	
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31st October

Halloween 5 Nite Run

Andy Morgan	6	19:20	19:19	1st MV40
Alex Warner	7	19:20	19:19	
Ian Giggs	8	19:34	19:32	
Pete Jewell	10	19:51	19:49	1st MV50
Bill Watson	17	21:06	21:03	4th MV40
Ben Chambers	23	22:18	22:13	
James Silman	28	22:59	22:58	
Alix Eyles	29	23:03	23:01	4th F, 3rd FV35
Nigel Hoult	30	23:05	23:02	1st MV60
Simon Denton	40	24:21	24:00	
Tim Hogarth	42	24:53	24:32	
Kristin Brandl	43	25:12	24:51	
Ashley Middlewick	51	25:56		
Erica Key	52	25:58	25:38	5th FV55
Simon Davis	53	25:58	25:38	5th MV50
Kathy Vickers	83	28:06	27:34	3rd FV45
Angela Burley	84	28:06	27:35	
Mary Carol De Zutter	98	28:35	28:03	5th FV45
Fleur Denton	99	28:36	28:14	
Catherine Leather	125	29:43	29:21	
Caroline Hargreaves	133	30:01	29:08	
Andy Patrick	165	30:54	30:26	
Angharad Shaw	174	31:22	30:31	
Rita Dykes	181	31:31	30:54	4th FV55
Trisha Arnold	203	32:09	31:17	5th FV55
Catherine Douglas	293	35:08	34:12	
Eleanor Donoghue	304	35:40	35:28	
Fergal Donnelly	307	35:43	34:15	
Sev Konieczny	308	35:44	34:17	
Tony Streams	316	35:52	34:29	
Peter Morris	318	35:53	34:29	
Paul Kerr	398	38:49	37:49	
Alice Kerr	399	38:50	37:51	
Rebecca Woolford	415	39:13	38:42	
Ros Lee	425	39:21	38:26	
Kathy Tytler	427	39:24	38:23	
Jenny Woolford	433	39:48	39:15	
David Woolford	434	39:48	39:16	
Estelle Chase	437	39:55	39:44	
Emma Caswell	480	46:01	44:59	
David Caswell	481	46:02	45:02	
Linda Wright	504	50:08	49:20	
Sheryl Higgs	505	50:09	49:00	
Peter Higgs	506	50:09	49:00	

1st November

Hugin Challenge

Gary Brampton	77	13.1 miles in 1:44:54	
Mandy Carden	91	3.25 miles in 47:17	

New York Marathon

Katherine Sargeant	1971	3:15:26	PB
Paul Monaghan	2803	3:22:27	
Tracey Lasan	4765	3:33:45	

Marlow Half Marathon

ROADRUNNERS RESULTS

Lance Nortcliff	2	1:18:08	1:18:06	PB, 1st MV40
Simon Elsbury	36	1:30:26	1:29:33	
Chris Cutting	44	1:31:53	1:31:18	
Sam Hammond	141	1:40:36	1:39:47	
Mary Janssen	143	1:40:53	1:40:18	1st FV50
Alix Eyles	162	1:42:30	1:42:01	
Wayne Farrugia	208	1:44:37	1:43:48	
Chris Manton	289	1:49:20	1:49:06	
Antony Streams	410	1:56:24	1:55:20	
Andy Dingle	433	1:58:22	1:56:18	PB
Susie Rees	561	2:05:01	2:04:22	
Katie Gumbrell	562	2:05:01	2:04:21	
Kim Stevens	607	2:09:03	2:07:26	
Roger Pritchard	677	2:15:48	2:14:06	
Amanda Box	734	2:23:43	2:22:40	
Kathy Tytler	801	2:40:23	2:38:31	

Marlow 7 miles

Caroline Hoskins	7	47:11	47:08	1st F
Duncan Mollison	8	47:55	47:52	
Peter Cook	16	51:14	50:58	3rd MV40
Julie Rainbow	28	54:07	53:54	4th F, 1st FV50
Claire Seymour	92	1:04:15	1:03:36	
Rachel Derry	237	1:52:33	1:51:29	

Muddy Mo 10 miles

Julie Bagley	86	2:01:47	2:01:35
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Muddy Mo 10k

Peter Higgs	269	1:29:45	1:28:32
Linda Wright	271	1:29:45	1:28:33
Catherine Douglas	272	1:29:45	1:28:34
Caroline Hargreaves	273	1:29:45	1:28:34

Season's Bests

Ladies

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

Men

5k	Mark Worringham	15:49
5 miles	Mark Worringham	26:51
10k	Mark Worringham	32:50
10 miles	Tony Carter	54:10
Half Marathon	Mark Worringham	1:11:38
20 miles	David McCoy	2:10:46
Marathon	Tony Carter	2:32:10

Toilet Queues

KATHY TYTLER

I ran the Henley Half Marathon, for the first time for many years. The race has grown in numbers, and while waiting in the inevitable queue for the portaloos, I wondered what proportion of our running lives is spent in toilet queues. Judy said I should write a poem about it. So ... during the race I composed this little verse:

I spend a large proportion of my running life
Standing in toilet queues
For overloaded village hall facilities
Or by rows of portaloos.
Often I will have nice chat,
But sometimes I just muse
On a poem that starts with the lines:

I spend a large proportion of my running life
Standing in toilet queues ...

Kathy Tytler 11 October 2015

New Members

NEW MEMBERS FOR SEPTEMBER

Jonathan Belson, Julie Bagley, Chris Young, Claire Frank, Sheena Keates, Nick Dorey, Rose Cook, Kevin Bilsby, Seb Briggs, Rajiv Dhallam, Sarah Burman and Jenny Mulhearn.

NEW MEMBERS FOR OCTOBER

Shirley Reynolds, Emma Wall, Ricky Cowley, Oliver Drew, Leighton More, Andrew Osborn, Rachel Bell, Jill Dibben, Elizabeth Hall, Jeremy Laming, Dan Clarke, Martin Douglas, Joseph Noonan Lisa Kilby and Henry Hill.

Reading Roadrunners Committee Meeting

TUESDAY 3RD NOVEMBER 2015
7.30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Sandra Sheppard	(Treasurer)
Roger Pritchard	(Gen Sec)
Anne Goodall	(Membership Sec)
Bob Thomas	(ex-officio)
Alan McDonald	(ex-officio)
Catherine Leather	(ex-officio)

APOLOGIES FOR ABSENCE:

Amanda Box, Paul Monaghan.

MINUTES OF THE MEETING OF TUESDAY 6TH OCTOBER 2015

One correction to the minutes: Matters arising CHILD PROTECTION Action for Carl not Catherine.

The minutes were then proposed as a true record by Anne Goodall and seconded by Bob Thomas.

CHILD PROTECTION: Roger reported that he had contacted England Athletics to enquire about legal requirements for clubs in respect of child protection. Roger said that EA advised him that there were no statutory legal obligations imposed on clubs and that all EA policies and guidelines were recommendations only.

ACTION Carl to look into suitable policies.

BRAMLEY 20/10 BUDGET Sandra reported that Graham Sprat had sent her information the day before, but she had not had a chance to read it yet. **ACTION** Sandra to read and report.

DESK DUTY Roger confirmed that he had contacted Anne McKinnon for desk duty.

DINTON RELAYS Sandra reported that she had booked Dinton Pastures for the relays on Tuesday 5th July 2016.

HENLEY HALF MARATHON Roger reported that he had taken the team trophy back and handed it to the

race organisers. Roger also reported that the team trophy for this years event was presented to Wargrave Runners, yet according to the results, RRs had beaten Wargrave on both time and places with their first three finishers.

Roger said that he had emailed the organisers to check the results, but there has been no reply.

BERKS BUCKS & OXON XC AGM Roger reported that he had not sent the BBO apologies for non-attendance.

PAUL & PENNY KUROWSKI Roger confirmed that he had completed the article on Paul & Penny, which was published in the October newsletter.

CHRISTMAS PARTY Amanda completed her action by advertising and publicising the event.

CHARITY MILE+KIDS LAP Carl confirmed that he had followed up his action point and spoken to Kerri French.

CAR STICKERS Carl reported that he had ordered the car stickers from Martin Bush's company.

KIT MONITOR Anne reported that the kit that was delivered some weeks earlier, was still awaiting to be sorted and stored. Carl said that he would speak with Steve Siddell.

ONLINE MEMBERSHIP RENEWAL There was a discussion regarding the proposed England Athletics online membership, that is to be linked with the Secretaries Portal on the EA website. Bob asked if the membership list on the portal could be exported. Roger said he would check and would let Bob know. Bob said he would also contact EA and try to gain more information. **ACTION** Bob to contact EA and Roger to check membership list export.

CHAIRMAN'S REPORT

TADLEY 10 Carl reported that this was the last race in the club championships and took place on Sunday 18th Oct.

Carl recorded thanks to Bob for running the championships throughout the year.

XC TASTER EVENT Carl reported that the cross-

country taster event was attended well by members.

LONDON MARATHON Carl reported that the London Marathon marshals and club draws took place on Wednesday 21st and Wednesday 28th respectively in the Reading AC clubhouse after the track sessions. Carl said that there were 55 rejection slips received for the club draw for the five places and that the five lucky members all had their membership status checked for the one-year membership qualifying rule. Five reserves were also drawn.

Carl said that he had written a report on the draw and that would be published in the newsletter and on facebook.

HAMPSHIRE XC LEAGUE Carl reported that RRs have run one race, but he has not seen any results.

TV XC LEAGUE Carl reported that the TV league starts on the 15th Nov at Datchet. Carl said that Mark & Claire (team captains) had been pro-active in applying for land permission at Crowthorne for the club's home fixture.

TREASURER'S REPORT

SEPTEMBER ACCOUNTS Sandra announced that she had published the September accounts and that all committee members had been sent a copy. (no queries or comments put forward)

FRIDAY TRACK FEES Sandra said that she has told Glynne not text her with the Friday night takings, as she gets the information she needs from Anne.

SECRETARY'S REPORT

EA AFFILIATION Roger reported that the consultation document that he had circulated to committee members was in fact the results of this year's consultation and not last years. EA have announced that athlete fees will rise by £1 next year. Anne said that if that is the case, we need to amend the membership form. The committee also discussed membership fees for next year. Sandra reported that there are no financial implications that would suggest raising fees for next season. The committee voted to keep fees the same, except for the addition of £1 to cover EA affiliation. ACTION: Roger to amend the membership form and issue Anne with the new form.

BERKSHIRE ATHLETIC ASSOCIATION AGM Roger reported that the BAA had announced that their AGM would be held at Bracknell AC clubhouse on Monday 23rd November. Sandra said she would be in **attendance to collect a trophy.**

READING HALF MARATHON Roger reported that the online marshals entry was now available and that he had asked all marshals if they wanted to claim their free complimentary entries. Roger said that as there are quite a few marshals that don't want to claim their entry, there will be places available to members.

ACTION Roger to see how many spare places are available.

LETTER FROM ALIX EYLES Roger asked all committee members if they had received a copy of a letter from Alix Eyles that was distributed by email. The letter contained a request that certain issues be addressed. The issues in question were regarding Alix's expulsion from the club and subsequent re-instatement. Roger produced an email from the England Athletics Welfare Officer, advising that the matter is now considered to be closed, as the club had met with EA instructions and rulings on the matter. The committee decided that a reply be issued to Alix, pointing out that the matter is closed ACTION Roger to write to Alix and copy of Alix's letter to EA welfare officer.

MEMBERSHIP SECRETARY'S REPORT

NEW MEMBERS Anne reported that in October, we had 1 new Junior @ £23, 14 new seniors @ £30 (10 x cash and 4 x cheque) with a total of £443.00 being banked. Anne asked Sandra for a cheque for £57.45 to cover expenses for paper and ink. Sandra issued the cheque and Roger counter signed.

MEMBERSHIP FORM Anne asked Roger to provide an updated membership form for the 2015/16 season that has the increased £1 England Athletics affiliation added. ACTION Roger to amend form and print 20 for Anne.

SOCIAL SECRETARY'S REPORT Amanda Box not in attendance.

COACHING CO-ORDINATORS REPORT None received.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

SHINFIELD RACE BUDGET Sandra asked many questions and a long discussion ensued. After a long

dissection of the budget, Carl proposed a vote of approval for the budget, which was unanimously accepted.

SOUTHERN VETS TRACK & FIELD Roger presented an email from Claire Seymour, requesting support for RRs to co-host a league match with Reading AC at Bracknell in the summer. The costs would be split with Reading AC, which would be less than £100. Carl proposed a vote of approval for financial support, which was unanimously accepted. **ACTION** Roger to inform Claire that RR support for the event has been approved.

THE HONEYMOONERS Roger reported that Toni McQueen had enquired about booking The Honeymooners (a band) for the 2016 club dinner dance in February. After some discussion on costs, it was decided to cover any shortfall (subsidise) in income over expenditure, if the cost of a band was higher than expected. It was also decided that Toni could choose between The Honeymooners or Pink Fish (a band previously engaged).

ACTION Roger to advise Toni accordingly.

2015 AGM MINUTES Roger asked all committee members if they had received a copy of the March 2015 AGM minutes and all confirmed except Amanda & Paul (not in attendance) Roger requested that any corrections to the minutes be submitted before the end of January 2016.

DOOR ROTA

Wed 4th Nov

Anne McKinnon, Glynne Jones, Anne Goodall.

Wed 11th Nov

Shirley Smith, Glynne Jones, Anne Goodall.

Wed 18th Nov

Christina Cotter, Glynne Jones, Anne Goodall.

Wed 25th Nov

Shirley Smith, Glynne Jones, Anne Goodall.

Meeting Closed 9.40pm

Next Meeting Tuesday 1st December.



Woodford Park Leisure Centre, Haddon Drive, Woodley, RG5 4LY

60s, 70s, 80s fancy Dress

Bring your own tippie • Buffet • Raffle on the night with great prizes

£10 a ticket • £5 children under 16

Doors 7.30pm • Home time 11pm

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