



## READING ROADRUNNERS NEWSLETTER NOV 2016

You know how it is at the end of a hard week - it had begun with a bit of a gruelling Marlow Half, degenerated further with 'that' bit of news on Wednesday morning, then by Friday evening all I wanted to do was watch the England game whilst simultaneously trying to block out everything Glenn Hoddle was saying. Just before kick-off a message came through to the Newsletter account. 'Hi Chris' it somehow read in a lilting Gaelic twang, 'Is it OK if we stick a naked picture of Keith on the cover of this month's newsletter?'. Naturally, I rubbed my eyes and took a look at the bottle of Nero d'Avola I was drinking in the manner of a character in an Ealing Comedy and put it all down to fatigue.

Turns out it's all on the level. 2017 Charity Calendar - raising money for Sport In Mind.

Get your pennies out. He's available.

### INSIDE THIS MONTH:

- **MARATHON DES SABLES**
- **PARKRUN TAKEOVER**
- **BRAMLEY 2017**



# 20/10 BRAMLEY

## READING ROADRUNNERS

**ENTRIES ARE NOW OPEN FOR THE BRAMLEY 20/10 ROAD RACE, OUR CLUBS FLAGSHIP EVENT, ON SUNDAY 19TH FEBRUARY 2017.**

**IF YOU AREN'T RUNNING WE NEED YOUR HELP TO MAKE THE RACE A SUCCESS, PLEASE CONTACT RACE DIRECTOR ADELE GRAHAM OR EMAIL ALAN MAKEPEACE, CHIEF MARSHAL AT: [ROCKET-AL@HOTMAIL.COM](mailto:ROCKET-AL@HOTMAIL.COM)**

**THANK YOU IN ADVANCE!**

## Friday 5k- 25<sup>th</sup> November Palmer Park, 1830 hrs

### The Event

- Timed 5k, club organised, running event
- Aimed at runners of ALL abilities
- Track fee- £1.50 charge
- Minimum age for entry- 13yrs
- Open to all track members- RRR, Uni, RJ..

### The Social

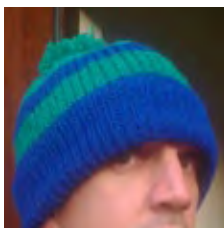
- Teas, coffees & cake afterwards in the clubhouse
- Photos available on flick'r post event
- Donations to club charity- Sport in Mind



### The Support

- Volunteers needed-contact [fergal.donnelly@getronics.com](mailto:fergal.donnelly@getronics.com)
- Spectators welcome- bring friends & family!
- Massage, courtesy of Alexa Briggs (trainee- small donation to club charity)





## Welcome from the Editor

CHRIS CUTTING

I'm enormously pleased to include an article from Phil Reay this month on his Marathon Des Sables race earlier in the year. We've been hoping for something on such an epic event, so it's great that Phil has taken the time to put together a particularly well-written account. Thanks Phil!

Remember, if you've completed an event a little off the beaten track, or a little out of the ordinary we'd love to hear from you.

In fact, the newsletter is always looking for contributions of any size or shape, or suggestions on what you'd like to see included. As you can see from this month's front cover, we operate under a fairly relaxed editorial *diktat*, so if there's anything you've ever felt like sharing with your fellow Roadrunners, now's your chance.

Enjoy your running this month.



## Chairman Chat

CARL WOFFINGTON

We held the "Curryoke" at the Three Tuns on 14th October. It was well attended and enjoyed by those that went. Thanks to Fiona and John for organising.

The cross country season has started. The first Hampshire League race took place at Winchester on 15th October, which was well attended and RR teams did well. By the time you read this there will have been two more races, the second Hampshire League race at Bournemouth on the 12th November and the first TVXC race at Eton on the 13th November. The 3 TVXC trophies won by RR for the 2015/16 season will be presented before the race.

RR were involved in the Reading parkrun on 29th October. There was a very good turnout for the run. We tried to involve the runners already finished in welcoming in runners before the finish line. This worked well.

There have been two RR Club Championship races, the Ricky Road 10 on 30th October and the Marlow ½ on the 6th October. There is just one race left in the 2016 series, Mapledurham 10 on 4th December.

The series of track timed 5000m runs continues, the next to take place on 25th November. These are very popular with good attendances. Thanks to Tony and his helpers.

There are more cross country races coming up. The Hampshire League race at Popham on 3rd December. The TVXC races at Handy Cross on 4th December and our own RR hosted race at Crowthorne on 18th December. We will be needing helpers and marshals for this race.

Our RR Christmas Party takes place on 3rd December. Look out for more details soon.



## Ladies' Captain - Report

CLAIRE SEYMOUR

I'm so happy to report the Cross-Country Season is now in full swing, with our first Hampshire League Fixture at Winchester having been and gone and, once this report is published, we will have also had the 2nd Hampshire League fixture at Bournemouth, and the first TVXC fixture, traditionally held at Datchet on Remembrance Sunday. I will look forward to reporting on the results of the latter two in next month's report, along with the Berks, Bucks & Oxon XC Championships being held on Sunday 20th November at Prospect Park for which we have a team of ladies entered.

It hasn't all been about XC though with some great results from our ladies in other races, with Congratulations going to Gemma Buley for completing Autumn 100 Miles; hope your recovery is going well Gemma! And well done to our marathon runners, particularly to one of our committee members Catherine Leather who earned herself a new PB at the Dublin Marathon. Catherine also earned herself a place at London as she ran a good for age time.

We also have some Berkshire County Champions in our midst. Congratulations to Nikki Gray for finishing 2nd Senior lady, Christina Calderon 1st V35, Katherine Sargeant 3rd FV45, Sandra Sheppard 1st FV55, with Lesley Whiley 2nd FV55. Christina Calderon and Nicole Rickett also won medals for their performances at the Abingdon Marathon, with Gold for Christina and Silver for Nicole.

We also had two of our Club Championship races, with one race left remaining before the Championship is wrapped up for 2016. We have some close results across the board in all age categories, so it will be interesting to see after the final race who comes out on top.

### Hants XC, Farley Mount, Winchester

With perfect conditions for racing, we had a great turn out of green vests for the opening race of the season, with our ladies getting us off to a great start. Sarah Urwin-Mann had a good run to finish 4th vet and 30th overall, with Belinda Tull following not too far behind in 48th position, followed by Tracey Lasan in 87th, Sam Whalley 101st, Toni Mcqueen 108th, me 114th and

Cecilia Csemiczky 142nd. Our ladies team finished in 9th position overall, and 5th Vet team which is a great start for us. Well done and thank you to all the ladies that turn out to support these fixtures.

### Freith Hilly 10K

This is a hilly but scenic 10K which takes part in the Chiltern Hills. It was also the final 10K in the 2016 Club Championship. Sarah Hicks was our first lady home for the club, well done to all the ladies that took part.

### Ricky Road 10 miles

It seems the toughest of the Club Championship races have been left until last, with another rather hilly race. Well done to Fleur Denton who was our first lady to finish, followed by Nicole Rickett (after running the Abingdon Marathon only a week before!) and Cecilia Csemiczky. Well done Ladies.

### Marlow Half Marathon

This race was the last half marathon of the Club Championship. Renowned for being scenic but very tough, 11 of our ladies took part, with congratulations going to Nikki Gray for finishing 2nd lady overall. Great running! This event also has a 7-mile option, of which, even though it's shorter in distance, is equally as tough as it includes most of the hills. Me and quite a few of our other ladies ran this, including Lesley Whiley who finished 1st in her age category. Well done to all the ladies that took part in both distances.

### Dates for your diaries:

\*Please note the Sandhurst TVXC event originally planned for 20th November, has been cancelled\*

Saturday 3rd December – Hampshire League, Popham

Sunday 4th December – TVXC Handy Cross – Bradenham Woods

Sunday 4th December – Mapledurham 10 \*Club Championship\*

Saturday 10th December – Southern Masters XC Championships, Horspath

Sunday 18th December – TVXC Reading, Crowthorne Woods

**Southern Masters XC Championships**

This is the final call for the above Championships being held at Horspath on Saturday 10th December. I currently have a V40 and V60 ladies team and a V40 men's team. If you would like to take part, please let me know as soon as possible via [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

**Berkshire Country Championships – Saturday 7th January**

The above championships are being held at Braywick Park, Maidenhead. If you're interested in taking part,

or would like more information, please contact us via the Team Captains email.

**Southern XC Championships – Saturday 28th January**

We are starting to take names for this iconic race being held at Parliament Hill. It's a must for anyone who likes a competitive race trudging through knee deep mud with a few big hills thrown in; I highly recommend it! Closing date for entries with the SEAA is 16th December, so if you're interested in taking part please can you let us know via the Team Captains email by Friday 9th December.

Enjoy the muddy XC conditions!

Claire

## Your Committee



**CARL WOFFINGTON**

CHAIRMAN

[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)



**PAUL MONAGHAN**

WEBMASTER/SOCIAL NETWORKS

[webmaster@readingroadrunners.org](mailto:webmaster@readingroadrunners.org)



**BOB THOMAS**

GENERAL SECRETARY

[gensec@readingroadrunners.org](mailto:gensec@readingroadrunners.org)



**SIMON DENTON**

CLUB EX-OFFICIO



**SANDRA SHEPPARD**

CLUB TREASURER

[treasurer@readingroadrunners.org](mailto:treasurer@readingroadrunners.org)



**CATHERINE LEATHER**

CLUB EX-OFFICIO



**ANNE GOODALL**

MEMBERSHIP SECRETARY

[membership@readingroadrunners.org](mailto:membership@readingroadrunners.org)



**ALAN McDONALD**

CLUB EX-OFFICIO



**HANNAH MCPHEE**

SOCIAL SECRETARY

[socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)



**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





## Men's Captain - Report

MARK WORRINGHAM

It's difficult to avoid opening this column on anything other than a bit of a sombre note, given the terrible recent news about the two young Aldershot runners. I've just returned from the Hampshire League fixture at Bournemouth (more on that next month when I have the benefit of the results), and it was clear how much this had affected their club, and others too. However, it was also heartening to see the running community coming together and showing their support. Sincerity isn't really my strength as you might imagine, but we do need to stay safe out there when running. And now, with what is hopefully not too clumsy a shifting of gears, on with the report.

Cross-country season is upon us once again, like the annual visit of a drunken, over-familiar aunt for whom you nevertheless feel a grudging and inexplicable affection, but still hope she doesn't stay too long or leave her underwear hanging on the radiators. I'm not entirely sure where I was going with that analogy, but I kind of like it so I'm leaving it in. So, yes, it's cross-country time.

As always, the Hampshire League is the first of our two cross country leagues to get underway, and October saw the first fixture at Farley Mount near Winchester. It was pleasing to see the numbers of men taking part in double figures, and I am also grateful to the vets who organised themselves well to ensure that, unlike last year, there were enough over 40s dragging their weary bones around the four laps to make sure we didn't suffer a penalty. Some new faces this time around were very welcome. Lance Nortcliff just won out in a close battle with David McCoy II to finish 45th and 47th respectively, followed closely by Keith Russell in 52nd. Ben Whalley, Fergal Donnelly and Tony Walker ensured that the vet contingent had a strong showing. Overall, the senior men placed 1st in Division 1, whilst the vets were a handy 2nd in Division 2.

The club put out a male team at the Southern Cross Country Relays at Wormwood Scrubs this month for the first time since I've been at the club. The result was a very creditable 13th. I was up first, completing my leg in 14:25, followed by David McCoy II in 15:13. Ben Whalley held firm with 16:00, before a storming anchor leg from Mark Apsey in 15:05. Legs were ostensibly 5K, and whilst I'd love to be able to claim that I'd run that time for 5K on a cross country course, were clearly somewhat short of that.

Back on the roads, the club championship reached fever pitch in October and early November, with the Frieth Hilly 10K, Ricky Road 10 and Marlow Half on offer. The races came thick and fast, and the legions of adoring young fans of each of the contenders in the various age categories were left nervously waiting for the results to come in. With only one race left to go, Dave McCoy II's Year of Many Races paid off as he tied up the senior men's category with a maximum score, with Brendan Morris second. Similarly, Alan Freer, David Dibben and Frank Cooper appear to have the V50, V60 and V70 categories sewn up with a flawless 200 points. However, the exciting action is in the V40 and V65 sections. Simon Denton leads the V40s with Fergal Donnelly second, but there is scope for a leftfield candidate like Ben Whalley or Richard Usher to come in at the last minute and scoop the prize from under their noses. Likewise, Stephen Wing's lead in the V65s could be overhauled by a late surge from Andy Atkinson, so all to play for at the last race, the Mapledurham 10.

In terms of the races themselves, David McCoy II featured strongly, with 2nd, 3rd and 6th places to show for his efforts. At Frieth, he was backed up by a V40 parade with Ben Whalley 12th, Richard Usher 16th and Fergal Donnelly 18th, whilst Ed Dodwell was second V50 and David Dibben third V60. The Ricky Road 10 yielded a PB for Simon Denton, whilst Brendan Morris was in the top 20 at both that and Marlow. At the Marlow 7, accompanying the Half Marathon, Julian Hough took the V50 honours.

At the Abingdon Marathon, Gary Tuttle's determined shot at a sub-3 did not quite pay off, with a slight fade meaning missing out by only 42 seconds, but nevertheless a massive PB and surely there is more to come off that. He sprinted past me on the track the other day, so he must have something left in his legs. I didn't let him get away, obviously, I still have my pride. There was also a PB for Daniel Rickett. Brian Kirsopp secured the Berkshire V50 marathon championship at the race, and in doing so became the overall Berkshire road race champion, so due deference to him from now on please. He followed this up shortly afterwards with a stunning 2:59 in the Dublin Marathon. David Leake also took the V60 county marathon championship.

Several Roadrunners travelled down to Exmoor for the Stagger and Stumble. In the longer Stagger event, Doug Kelley got an excellent 6th. Meanwhile, Lance Nortcliff, second in the Stagger last year, this time opted for the kids' race ... er, sorry, the Stumble, and went and won the thing. Roadrunners lined up to take vets prizes behind him, with Peter Aked first V50, David McCoy I third V40, Mel Silvey second V55 and Tom Harrison third V65, putting those sprightly young 66 and 67 year olds to shame.

Other notable performances included a 1-2 from Mark Apsey and Matthew Green at the Step up 4 Good 10K, whilst David McCoy II got second at the Water of Life half marathon, with Ed Dodwell first V50 in the accompanying 10K. Fergal Donnelly gave his half marathon PB a thorough spanking at the River Thames half, continuing his recent leaps forward. One of the biggest turnouts of the month was at the Halloween Nite Run, reduced to a solitary mile for reasons of fog. Darkness is scary, you see, but fog is too scary, as evidenced by the 80s horror The Fog, starring dads' favourite Jamie Lee Curtis. This shortening played into the hands of speed merchants David McCoy II and Jamie Smith, finishing 2nd and 3rd respectively, with Ian Giggs following up in 8th.

Looking forward, a reminder about cross-country fixtures – as well as the two leagues, we are looking for strong teams for the following:

- Saturday 7th January – Berkshire County Championships, Braywick Park, Maidenhead
- Saturday 28th January, Southern Cross Country Championships, Parliament Hill
- Saturday 25th February, English National Cross Country Championships, Wollaton Park, Nottingham

Entry deadlines are quite early, particularly for the Southern, so if you'd like to run, please contact me ASAP. The Southern are very good for slightly deranged mud lovers, and I know there are plenty of you out there.

On a non-running note, you may have picked up that there is a Calendar Girls-style 2017 calendar in production, featuring many male members ... hold on, let me rephrase that ... featuring a number of the club's men. Keith Russell used his considerable Celtic charm, and, in some cases, Chinese burns, to persuade them to bare all for the sake of the club's charity. So, if you've ever watched an ageing lothario puffing round the track on a Wednesday night and thought "I wonder what he looks like without those high-vis clothes on?", now is very much your chance to find out. I cannot reveal who has stepped up, but I can promise you that, for better or worse, these are images that you will not forget. Ever.

## **SPORTS MASSAGE AVAILABLE AT THE CLUB**

**WEDNESDAY FROM 6:30 WITH JUNE WILSON**

Sports Massage is an important part of your training. Massage in general lengthens muscles, basically providing a good stretch, it moves lymph around the body helping to eliminate toxins. It also helps to relax the body.

Sports Massage goes a little deeper, it breaks down trigger points which may lead to injury and overtime it helps to remove scar tissue. Several of my customers have reported new personal best times after a massage at the club.

Sports Massage is available from 6:30 on Wednesday evenings for £10.

Pop into Changing Room 1 and give it a try.



# 2017 Charity Calendar



As some of you may know, earlier this year a number of the Roadrunners men floated the idea of stripping off for a 2017 calendar in aid of our club charity, Sport in Mind. The idea generated such excitement (obviously amongst those with eye sight problems), that we decided to run with it.....

We are pleased to announce that we are now taking pre-orders for the calendar and they will be available to collect from early December, so for a minimum donation of £8 one of these can be yours - they will also make an ideal Christmas gift for a loved one (or someone you intensely dislike - you can be the judge of that after seeing the pictures), but either way, it's all for a good cause, so get spending.

You can either make your donation of £8 or more via the special justgiving page set up at:

**[www.justgiving.com/fundraising/RRRcalendar](http://www.justgiving.com/fundraising/RRRcalendar)**

or direct in person to Keith Russell or Susie Rees on a Wednesday night.

There is also a special email address set up where we can answer any queries or, if you cannot pick your copy up from track you can email your address and ask for your copy to be posted out to you (please ensure you include a bit more than the minimum £8 to cover p&p if you would like this):

**[calendar@readingroadrunners.org](mailto:calendar@readingroadrunners.org)**



## Reading parkrun Takeover

Wow - well that was a bit special, wasn't it?!

nurkrap- parkrun in reverse. Run to the bridge, turn right AFTER, around the nature reserve twice, then back down the home strait. Simple, but SO much more enjoyable thanks to our fantastic Marshals dotted around the course; young, old-er, dogs, wigs, ghettoblaster- anything goes these days really! They were great, weren't they?

Reading Roadrunners - a fantastic turnout from a special running club. Enhancing the occasion with their warmth, enthusiasm & generosity. Fine words from chairman, Carl, emphasising the 2-way traffic between parkrun & running clubs. And long may it continue. Well done Reading Roadrunners, you did yourselves proud!

Most of all, thank you ALL. The way in which you embraced the opportunity to gather around and clap & cheer all runners across the finish line today will live long in everybody's memory. It was inspiring to witness and no doubt even moreso to run alongside. A defining moment, I suspect- we should definitely look to re-enact more often.

Finally, finally to our VOLUNTEERS of whom there were many. Those in hi-viz, extraordinary. Those who baked and fed & watered us, so very generous. And those who helped behind the scenes (lo-vis, but no less important), the show does not happen without you. Thanks guys, just fantastic.



## London Marathon - Marshals Draw For Places In 2017

This took place in the bar after track session on Wednesday 26th October 2016. The first 20 names were drawn and the remaining names left in the hat. There are 8 places, which will be received by the first 8 names below. Any rejection slips received for numbers 9 to 20 will be placed in the club draw

- |                    |                          |                       |
|--------------------|--------------------------|-----------------------|
| 1. Loretta Briggs  | 8. Tim Hogarth           | 15. Rachel Derry      |
| 2. Bob Thomas      | 9. Liz Ganpatsingh       | 16. Gary Tuttle       |
| 3. Susannah Palmer | 10. Mary Carol de Zutter | 17. Ian Giggs         |
| 4. Paul Kerr       | 11. Peter Higgs          | 18. Sian James        |
| 5. Liz Atkinson    | 12. June Bilsby          | 19. Catherine Leather |
| 6. Justin Watkins  | 13. Jemma Fulbrook       | 20. Kathy Vickers     |
| 7. Lee Hinton      | 14. Claire Seymour       |                       |



## The Marathon Des Sables 2016

**Sandstorms, a peperami diet, messages from home and how a 3hr personal worst for a 10km helped make me the 457<sup>th</sup> Toughest Runner in the world!**

I've had my head down for the last 3 hours chugging away for over 15km through the towering Merzouga dunes in the Sahara Desert. It's like walking up a down escalator with an 8kg pack on...in a sauna and EVERYONE looks fitter than I feel. My lungs are convinced I'm dying and as I turn right past the first checkpoint and pick up some of my rationed water for that day at least I can now up the pace as the map says it's a dried riverbed next....except it's filled with more sand.....and now I'm out of the dunes there is a 50kt headwind, zero humidity and limited visibility....buff over my face and head down as I persevere through the battering this sandstorm is giving me. It's day one and I've already downgraded 'Sandy Jog Week' to 'Survive the Sahara Week'.....



*pic: The race to be first on a saline drip begins*

It was the beginning of The Marathon Des Sables. The toughest footrace on earth in the Sahara desert, a 257km multi-stage, self supported, world class Ultra marathon in soaring temperatures of over 50 degrees carrying everything I needed for the week on my back, and despite the severe conditions I was loving nearly every single minute.



*pic: Collecting my number and then pretending I was feeling great.....I saw the camera.*

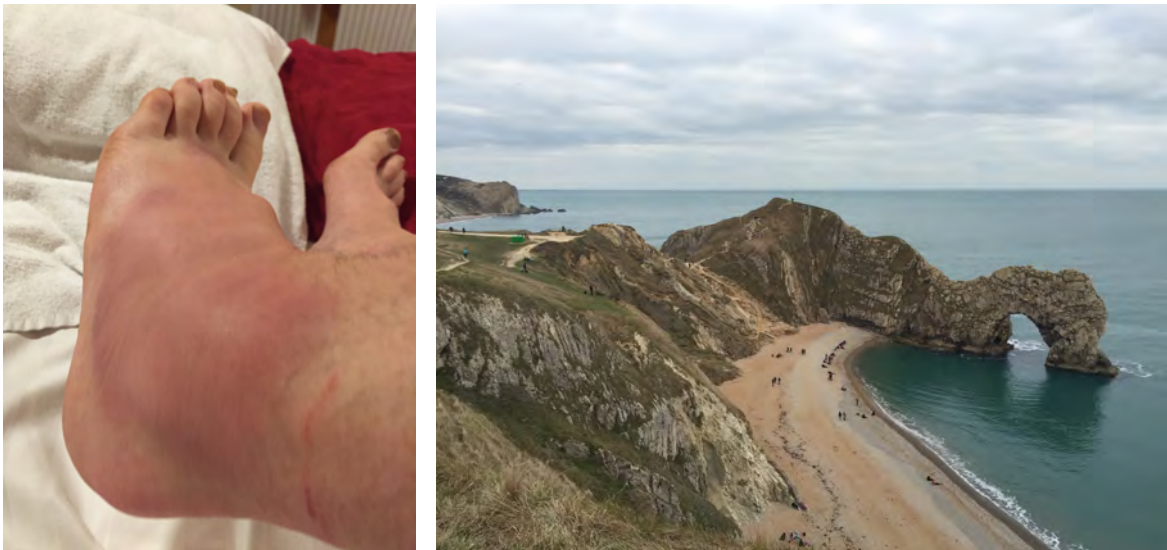
Let me take you back a few years..... I started running at parkrun in October 2009 and finished last. Not to be deterred I returned, and progressively increased my distance to the point I was running marathons. Then I learned of this crazy desert run for which you seemingly needed to be a battle-hardened athlete or a person who simply liked pushing themselves to be the best they can be. With that I went onto the internet and watched a few online videos about the Marathon Des Sables (MdS), googled some pictures of Camel Spiders and thought yes, this is for me!

A few years passed until I eventually signed up with nervous excitement. I was racing towards my 40th birthday and this was my present to myself. It was now or never. This average bloke from the North-East of England was going on an adventure....death waiver in hand.

I spent over a year preparing for this event beginning by attending a workshop in January 2015 led by MdS veteran, Mark Kleanthous. The advice and tips I learned that evening would prove invaluable throughout my preparation and the run. There would be no room for spare clothes and my freeze dried food was to be removed from its original packaging and vacuum packed to save 600g. I would be travelling as light as possible within the rules and mandatory kit requirements.



I decided that in order to be fit enough for the MdS I needed to complete an ultra marathon and a few multiday events, the idea being that if I knew psychologically I could move continuously for hours upon hours on back to back days then I could handle the multi day marathons in the desert. The Pilgrim Challenge, a 2 day 106km run was first up in February. Although the torrential rain and howling biting cold wind would not replicate the Sahara, the hills of the South Downs Way and the soft ground would prove to be valuable training ground for the dunes and sand of the desert. My final training run was the 3 day, 135km Jurassic Coast Challenge along the brutally hilly but ruggedly beautiful Dorset coast. My training had gone smoothly right up until this run, right up until a small lapse in concentration led to a fall resulting in torn tendons and a broken bone in my left foot. It was an injury with an estimated healing time of 6 weeks, the MdS was 3 weeks away and for a few minutes I thought my MdS dream was over only to quickly realize it wasn't....The Toughest Footrace on Earth had simply just got tougher!



*pic: a broken bone in my left foot 3 weeks ahead of the MdS was going to make it tougher but training on the Dorset Coast was wonderful*

I completed both the Pilgrim and the Jurassic Coast Challenges and in doing so was also able to both test my strength of mind and the kit. The good news was the kit I took to the desert with me was 'philproof' and gave me plenty of confidence and no surprises.

I'd read several pieces of advice on what footwear to use and decided to go with what worked for me. I ran in my normal road shoes, albeit a size bigger than I'd usually wear. ASICS Kayano, loads of cushioning and plenty of room for when my feet expanded in the heat and a nice mesh on top to keep my feet cool. The thick cushioning also meant the super long wooden thorns in the rocky areas of the Sahara didn't penetrate either as many people had problems with them going straight through their shoes and into their feet. I practiced running, marching

and walking on sand in my chosen footwear and was feeling secure in the knowledge they wouldn't let me down. Many were advised to use the popular Brooks Adrenaline or Hoka.... and then found out to their horror that they fell apart whilst out there in the desert.

Despite my foot injury, I stacked the deck in my favour as much as possible by training in a heat chamber at St. Mary's University and acclimatising to the heat in the 2 weeks leading up to the event. The Uni boffins let me know my 'danger heart rate' where my body was dangerously hot so I could aim to keep my heart rate below that. I had a sweat assessment meaning I was able to customise my salt tablet intake for exactly my body salt loss. There was no guesswork...I was prepared for the furnace of the unforgiving Sahara.



*pic: Train hard, race easy....heat acclimatisation started with a thumbs up but soon had me on my backside.*

The whole race has more of a desert running festival feel than a race. It's no surprise that the organiser Patrick Bauer was a concert organiser in a previous guise because I felt like a rock star. The entire course is meticulously and cleverly choreographed with helicopters swooping over, cheers from the army of volunteers and dune buggies and 4x4s zooming around with cameras and smiles. Patrick was there at the start each day belting out 'Highway to Hell' by AC/DC.

Day one had been a tough introduction to the MdS. There had been no easing into the race and as dawn broke on day two more than 50 competitors had already dropped out. With the long day and marathon day to come on stage 4 and 5 respectively I decided to take stage 2 and 3 relatively steady, making sure I made time to enjoy my beach holiday and the incredible remote vistas around me. I arrived at the bivouac at the end of each stage with a sense of



achievement whilst at the same time knowing I needed to stick to my plan which involved drinking my protein shake, sorting my feet out, nourishing, hydrating and the general feeling of looking after a machine. I had a routine I believed in, I'd researched it, practiced it and so I was happy and relaxed at the prospect of leaving camp early in the mornings with the sense that I'd be ok, that I could do this.



*pic: After a while all the sand dunes start to look the same*

The entire race is as beautiful as it is harsh. What surprised me most was how varied any one particular days racing could be. We ran through the epic Merzouga dunes which looked like something out of a Star Wars movie, but on the same day ran past an abandoned remote mine and metal works that had purple dust blowing around. We crossed vast flat dried salt lake beds where you could jog for an hour in the mid day heat and see no indication that you'd moved at all and we also crossed vast plains with mountains on either side with small sharp rocks that felt like I was traversing a martian landscape.



*pic: I've always wanted to visit Mars, I probably won't bother now.*

Oh...and there were some mountains we had to get over...in the heat.



*pic: I love going up and down hills, especially big sandy ones.*

I brought too much dried food which I found hard to hold down. After a couple of days I was already pushing on with a huge calorie deficit...I began scouring the bins at camp and on checkpoints for food.....and found it....IN ABUNDANCE! A constant stream of treats to keep my morale up. Loads of people get sick and ditch their ration packs so I was able to get some more solid food.

By mid week I would visit other bivouacs for food exchanges every evening. I was giving away thousands of calories a day in exchange for the one thing that would become my staple diet for the final 135km of racing..Peperami sticks.

*pic right: evenings at home this week would lack a bit of comfort.*



The long day was....er...long...82km long...and hilly...the equivalent of climbing Mount Snowdon 4 times. It took ages. There were mountains upon mountains and in the great British tradition we did some fantastic queuing on the famous Jebel el Utfal. I was delighted to get a chance to soak up the sun and sunbathe for an hour on a 30cm wide ledge with no water! It was stage 4 of 6 and it was to provide me with the biggest test of my resolve in the whole race; 25km into the stage and the temperature had reached 54 degrees, the hottest it would get that week, there was no shade, I was ankle deep in soft sand, had limited water and the 10km to the next checkpoint felt like it was another planet away. In those moments of hardship and struggle the thought of my family, my loved ones and the folks who I knew were tracking me helped keep me going. I couldn't let them down, I wasn't going to let myself down. There was no lack of motivation although I've learned when things get tough it takes more than that to get through, it takes discipline.... doing the small things right, backing myself and believing in the research and training I'd done over the last 15 months. I dug deep, but ultimately it was good discipline that enabled me to set a new personal worst time for a 10km of 3 hours. I reached the checkpoint where I eventually found some shade as I slumped against the wheel of one of the 4x4 volunteer vehicles to take on water and the only food I could hold down...Peperami sticks and Haribo.





*pic: celebrating a new 10km PW in the shade of a dirty 4x4. Ho'way*

The MdS had stopped being about fitness and had become a war of the mind....and there was no way I was going to lose. Off I went, another 47km of sand and mountains ahead of me that day. What followed were some of the most quiet, calm and spectacular moments of the race; the most perfect night sky with thousands upon thousands of dazzling stars punctuated by the largest visual of the moon I've ever experienced. This was preceded by watching the sunset over the dunes as the temperature dropped and dropped and dropped to a shivering 2 degrees, quite a shock given the earlier temperature but also one which I was more comfortable with and in the final 20km I was able to finish strongly overtaking over 100 people. The race is designed to play with the mind, 'to hide and reveal'. It is very smartly thought out so that checkpoints where you are desperate for your next water ration are either hidden until you are almost on top of them or they are visible for miles ahead. This was the case for the end of the long day...the final 9km is a straight run towards the line, highlighted on the horizon by a military spotlight which feels like someone is driving it further and further away. The training I'd done earlier in the year over the multi-day ultras definitely paid off this day as I finished 420<sup>th</sup> for the day, well inside the top half in a time of 18hrs 30mins and the back of the MdS had been broken.

As the week wore on, and I got more and more tired I cared less and less about my behaviour, as did everyone else. Loo stops that had been taken far, far away from camp early in the race were taken significantly closer. Getting changed and wiping down after a days running was now being done unashamedly in view of tent mates.... This became known as day 5

behaviour..... My body was feeling the cumulative effect too....the gaiters on my shoes had done a reasonable job of keeping the sand out, but the blisters were there, the swelling from the heat was pronounced, the broken bone in my foot was giving me a bit of jip during the cold nights and my shoulders were aching from the pack which, despite getting lighter every day, felt like someone had added a brick every time I put it on.



*pic: After 202km my body was showing some signs of wear and tear. I patched myself up ready for the final 55km*

The long stage was done but this was no time for complacency. With two stages to go it was important to maintain discipline....salt tablets at the right time, fuel my body, apply my sun cream, care for my feet, maintain a steady rhythm and study the map for navigation of each stage. I enjoyed the relatively flat stage 5, the marathon stage. It was the last of the timed stages and at the very end of the day the last runner bravely limped across the line with nearly a thousand runners cheering as the sun set...a genuine sense of emotion at their, our, my achievement. It was one of the most beautiful moments I've ever experienced in running and a great example of the spirit of the race and the people who compete.





*pic l-r: covered in my own salt in the clothes I'd been wearing all week, the final few miles of sand, sunset at the finish.*

Medals were to be received after stage 6....an untimed 21km stage for UNICEF. My tent mates, Paul, Ashley, Dai, Nicole and I walk/jogged this together, receiving our medals and a ration pack before boarding a coach to a five star hotel for a few beers, a shower and a phone call to loved ones (in that order!).

The real heroes of this race were the organisers, volunteers and people that worked behind the scenes to keep a village of 2000 people on the constant move for many days without a hitch. The logistics for supplying water to 1200 runners and an equal number of volunteers is mindblowing. We were all the guests of the King of Morocco Mohammed VI and we were kept very safe in a discreet way by the Moroccan armed forces, not an easy task.

During the week long journey across one of the most remote landscapes on earth I met the finest collection of eccentric, fun, tough, inspirational lunatics on the planet with such heart warming stories and motivations; from so many backgrounds but united by a powerful desire to find the thing that unites us all. I'd met Bill who became the oldest Brit to finish ever beating Sir Ranulph Fiennes from the previous year, a fella competing with terminal cancer whilst raising much needed funds and then there was double amputee Duncan whose courage had my bottom lip quivering as I watched him battle across the line at the end of the long day.

A race of this magnitude takes time to process. The memories will stay with me forever and there will always be a small part of me that misses the solitude, deprivation and survival of the desert. Much of the immediate post-event euphoria has subsided and so I'm in a place to reflect on the experience in a more balanced manner. In the immediate aftermath the human instinct appears to forget the negatives and exaggerate the positives. There weren't many lows but when they hit they hit hard, really hard, although often as a counterpoint to a high. I feel fortunate to be able to do a race like this and was delighted to finish in 457<sup>th</sup> position from 1254 starters and 973 finishers. My race results each day were very consistent. I doubt it really is the toughest footrace on earth but it is very very hard and I'd challenge anyone to create an event that is as harsh yet beautiful and inspiring as MdS. As I sit in the comfort of my own home with clean

water on tap, a solid roof and easy access to tasty food I'm fully aware that The MdS has changed me and given me a renewed perspective on what is important in my life.



*pic: Well earned beer and bling.*

Thank you so much for your support before, during and after MdS. We're a wonderful, inclusive community and Reading Roadrunners a special running club. I appreciated and was almost moved to tears by the kind words and generosity in the emails during the race and in the well wishes I received weeks afterwards. Special thanks to my wonderful partner Christina Calderon for joining me on the majority of my training runs including the ultra-marathons, for her advice, her patience, her continued belief and support in me. I wouldn't have done as well as I did without her and I love her very much.

Congratulations on reaching the end. I hope you've enjoyed the read, I'm now going to leave a good review on trip advisor for my sunny Beach Holiday in the Sahara. **Phil Reay**

# Roadrunners Results

## NIGEL HOULT

We start this month with what must be the longest delayed result – the team positions from the BUPA London 10k back in May. As you can see, our ladies team did extremely well, finishing in 10th place.

We also had the concluding race of the Berkshire Championships, the Abingdon Marathon. Gary Tuttle recorded a PB, though frustratingly just outside the 3 hour mark, and Angela Burley did likewise, missing 4 hours by just a second, while Daniel Rickett was more successful, smashing his PB and comfortably breaking 4 hours. In the championship, Brian Kirsopp, David Leake and Christina Calderon won gold medals, with silver for Nicole Rickett. We also have three Berkshire champions (across the four races – 10k, 10 miles, half and marathon): Brian Kirsopp, Christina Calderon and Sandra Sheppard, the latter retaining her title from last year. Well done to all of them. Despite winning the championship, Brian may have been somewhat disappointed not to break 3 hours; however, he put that right the following week in Dublin – quite an achievement to run two fast marathons only a week apart!

Of course, some members like to travel further afield for their marathons, but few have chosen such an unusual venue as Dave Wood, who ran the Polar Circle marathon in Greenland (and the half the following day).

Nearer to home, there was the usual trip to the Exmoor Stagger and Stumble, though more seem to be opting for the shorter Stumble these days. This paid off for Lance Nortcliff, though, as he won the race!

The most popular race was the Marlow half marathon, which forms part of our Club Championship this year. It's a race noted for its hills, so well done to Amanda Box on achieving a PB there (two weeks after doing likewise at the considerably flatter Great South Run).

I'll end this month with a request for help. I'm going to be unable to produce the articles for the April and May newsletters next year, which are the ones that should include the results of the Reading Half Marathon and London Marathon (amongst others). So if you'd like to take on producing these, please get in touch. It would be even better if someone would like to take over permanently from that point, as I've been doing the job for over five years and would quite like a break.

### 30th May

#### UKA 10k Team Championship, London

##### Ladies

RRR 1	10	1:55:35
(Alice Leake, Sarah Urwin-Mann, Caroline Hoskins)		
RRR 2	45	2:11:34
(Katherine Sargeant, Liz Jones, Julie Rainbow)		
RRR 3	67	2:23:06
(Helen Pool, Claire Seymour, Samantha Whalley)		

##### Men

RRR 1	48	1:46:16
(Dave McCoy, Ben Whalley, Lance Nortcliff)		
RRR 2	77	1:55:13
(Ian Gosling, David McCoy, Dean Allaway)		
RRR 3	171	2:29:00
(Tony Streams, Nick Robey, Andy Patrick)		

### 17th September

#### High Peak 40 mile Challenge

Stewart Wing	37	7:53:10
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### 18th September

#### Calke Abbey 10k

Name	Pos	Gun	Chip
Stewart Wing	220	59:14	58:27
Julie Wing	392	1:20:38	1:19:48
Stephen Wing	397	1:23:31	1:22:42

### 8th October

#### LDWA Founders Marathon, Peaslake (27 miles)

Alan Freer	8	5:31:00
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### 15th October

#### Autumn 100 miles

Gemma Buley	90	23:12:20
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### Hampshire League XC, Farley Mount

##### Ladies

Sarah Urwin-Mann	30	25:46	4th FV
Belinda Tull	48	27:31	
Tracey Lasan	87	30:18	
Samantha Whalley	101	31:20	
Toni McQueen	108	32:29	
Claire Seymour	114	33:46	
Cecilia Csemiczky	142	42:14	

Ladies Team: 9th  
Ladies Vets Team: 5th

**Men**

Lance Nortcliff	45	36:41	1st MV
Dave McCoy	47	36:44	
Ryan O'Brien	48	36:58	Running for Reading AC
Keith Russell	52	37:12	
Ben Whalley	89	39:22	
Fergal Donnelly	140	41:44	
Tony Walker	147	41:56	
Ian Giggs	183	43:49	
Tom Anthistle	185	43:57	
Scott Gillespie	236	47:49	
David Lennon	249	50:48	
Peter Higgs	257	54:01	
Mens Team:	8th in Division 1		
Mens Vets Team:	2nd in Division 2		

**16th October****Palma de Mallorca Marathon**

Name	Pos	Gun	Chip
Martin Bush	956	5:05:21	5:03:41

**Palma de Mallorca Half Marathon**

Name	Pos	Gun	Chip
Gavin Rennie	321	1:40:34	1:34:43
Claire Marks	620	1:48:19	1:42:29
Pete Morris	3098	2:39:19	2:34:50

**Amsterdam Marathon**

Name	Pos	Gun	Chip
Andy Mutton	596	3:03:37	3:03:23
Brooke Johnson	5405	4:05:46	3:52:32
Simon Davis	6369	4:13:24	4:00:10
Kristin Brandl	6477	4:14:27	4:01:12

**Maidstone Marathon**

Name	Pos	Gun	Chip
Stewart Wing	16	3:52:07	3:51:34

**Maidstone Half Marathon**

Name	Pos	Gun	Chip
Stephen Wing	371	3:13:18	3:12:41
Julie Wing	372	3:16:04	3:15:28

**Manchester Half Marathon**

Name	Pos	Gun	Chip
Andrea Marnoch	5248	2:11:39	2:05:10

**Cabbage Patch 10**

Juliet Fenwick	1265	1:46:59	PB
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**Frieth Hilly 10k**

Dave McCoy	3	37:45	
Ben Whalley	12	41:34	5th MV40
Richard Usher	16	42:13	
Fergal Donnelly	18	42:19	
Edward Dodwell	25	42:53	2nd MV50
Patrick Hayes	26	43:14	
Henry Stapley	34	44:59	
Alan Freer	42	45:49	5th MV50
David Fiddes	44	46:10	
Mel Silvey	50	46:45	
David Caswell	59	47:30	
Ashley Middlewick	67	48:11	
Christopher James	68	48:20	
Simon Denton	73	48:46	
Keith Ellis	81	49:09	
David Dibben	96	50:12	3rd MV60
Vince Williams	111	50:57	
Joe Blair	119	51:19	
Sarah Hicks	153	53:56	
Fleur Denton	154	53:58	
Andy Atkinson	159	54:30	
Samantha Whalley	163	54:41	
Toni McQueen	175	55:38	2nd FV60
Catherine Leather	182	56:28	
Rachel Derry	221	59:47	
John Bullock	231	1:00:17	
Rita Dykes	292	1:05:41	
Linda Wright	308	1:07:59	
Maureen Sweeney	310	1:08:12	
Alison Wrigley	311	1:08:24	
Liz Atkinson	318	1:10:17	
Charlie Macklin	319	1:10:17	
Cecilia Csemiczky	322	1:11:22	
Kathy Tytler	335	1:15:18	
Ann McKinnon	344	1:22:21	

**Frieth Hilly 5k**

Emma Caswell	72	38:22
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**Step up 4 Good, Greenham Common 10k**

Name	Pos	Gun	Chip
Mark Apsey	1	35:46	35:46
Matthew Green	2	36:54	36:54
Peter Cook	6	41:11	41:10 2nd MV45

## ROADRUNNERS RESULTS

### 3k

Name	Pos	Gun	Chip	
Kathy Vickers	17	18:03	18:02	1st FV45

### 22nd October

#### Betteshanger Marathon

Martin Bush	31	4:40:25	
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#### SEAA XC Relay Championships, Wormwood Scrubs

##### Men (4 x 5000m)

Reading Roadrunners	13	1:00:43	
Mark Worringham	14:25		
Dave McCoy	15:13		
Ben Whalley	16:00		
Mark Apsey	15:05		

### 23rd October

#### Abingdon Marathon

Name	Pos	Gun	Chip	
Gary Tuttle	82	3:00:48	3:00:41	PB
Ryan O'Brien	83	3:00:50	3:00:43	
Andrew Smith	132	3:08:23	3:08:08	
Brian Kirsopp	143	3:09:35	3:09:13	
Kenny Heaton	225	3:19:20	3:18:34	
Brian Grieves	231	3:19:51	3:19:32	
Belinda Tull	351	3:36:50	3:36:00	
Wayne Farrugia	454	3:51:44	3:51:10	
Nicole Rickett	469	3:53:08	3:52:25	
Daniel Rickett	510	3:58:24	3:57:39	PB
Angela Burley	529	4:00:35	4:00:01	PB
Christina Calderon	563	4:10:34	4:10:01	
Nick Robey	594	4:17:44	4:16:39	
Joe Akem-Che	621	4:24:41	4:23:34	
David Leake	636	4:33:19	4:32:50	
Martin Bush	666	4:49:16	4:48:34	
Phil Reay	691	5:07:31	5:06:58	

#### Berkshire Championships

MV50: Gold – Brian Kirsopp

MV60: Gold – David Leake

Senior Ladies: Silver – Nicole Rickett

FV35: Gold – Christina Calderon

#### Overall Berkshire Championship Places

MV50 – Brian Kirsopp 1st

Senior Ladies – Nikki Gray 2nd

FV35 – Christina Calderon 1st

FV45 – Katherine Sargeant 3rd

FV55 – Sandra Sheppard 1st, Lesley Whiley 2nd

### Chelmsford Marathon

Name	Pos	Gun	Chip	
Erica Key	84	3:26:10	3:26:04	PB
Caroline Jackson	114	3:32:17	3:32:11	
Paul Monaghan	138	3:37:19	3:37:12	
Justin Simons	144	3:38:23	3:38:14	

### Valencia Half Marathon

Name	Pos	Gun	Chip	
Fergal Donnelly	1720	1:36:40	1:36:01	
Andy Atkinson	4973	1:54:57	1:49:49	
Louise Atkinson	8134	2:09:57	2:00:27	
Robert Maclean	10077	2:21:41	2:14:49	
John Bailey	10670	2:26:23	2:19:37	
Liz Atkinson	11148	2:32:44	2:23:14	
Sev Konieczny	11366	2:37:25	2:30:40	
Lorraine Bailey	11563	2:45:05	2:38:44	

### Water of Life Half Marathon

Name	Pos	Gun	Chip	
Dave McCoy	2	1:19:41	1:19:40	
Time Smee	163	1:58:31	1:58:16	5th MV60
Julia Bagley	254	2:19:16	2:29:06	
Julie Wing	268	2:57:41	2:57:29	
Stephen Wing	269	2:57:43	2:57:30	

### Water of Life 10k

Name	Pos	Gun	Chip	
Ellie Gosling	8	39:17	39:17	1st F
Ed Dodwell	9	40:21	40:21	1st MV50
Nicholas Adley	38	46:59	46:57	
Kathy Tytler	270	1:08:42	1:08:23	3rd FV60

### Exmoor Stagger

Douglas Kelly	6	2:05:03	
Colin Cottell	86	2:42:41	

### Exmoor Stumble

Lance Nortcliff	1	40:04	
Peter Aked	6	45:22	1st MV50
David McCoy	11	49:45	3rd MV40
Mel Silvey	12	49:52	2nd MV55
Claire Seymour	56	1:06:52	3rd FV40
Andrew Breakspear	57	1:06:53	
Tom Harrison	73	1:12:37	3rd MV65
Maureen Sweeney	85	1:17:51	

### Great South Run 10 miles

Gareth Goodall	494	1:08:31	
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Helen Pool	841	1:11:34	
Sam Hammond	984	1:12:40	
Anthony Long	1203	1:14:04	
Amanda Box	3361	1:23:21	PB
Chloe Lloyd	6966	1:34:05	
Alison Wrigley	8962	1:39:45	
Johanna Bridge	9200	1:40:30	
Christine Hart	13829	2:00:58	

**29th October****Polar Circle Marathon**

Dave Wood	67	5:39:56	
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**Snowdonia Marathon**

Name	Pos	Gun	Chip
Kathy Tytler	2001	6:02:11	5:59:18

**30th October****Morpeth to Newcastle Marathon**

Name	Pos	Gun	Chip
Phil Reay	188	4:19:01	4:18:32

**Dublin Marathon**

Name	Pos	Gun	Chip	
Brian Kirsopp	447	2:59:38	2:59:03	PB, 2nd MV55
Catherine Leather	4635	3:49:01	3:47:02	PB
Martin Bush	11746	4:38:25	4:35:52	

**Polar Circle Half Marathon**

Dave Wood	30	2:49:04	
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**Polar Bear Challenge (Marathon + Half Marathon)**

Dave Wood	33	8:29:00	
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**River Thames Half Marathon**

Name	Pos	Gun	Chip	
Fergal Donnelly	51	1:26:59	1:26:54	PB, 4th MV40
Colin McCarlie	575	1:49:33	1:48:38	
Barry Baker	777	1:55:30	1:54:35	

**Ricky Road Run 10 miles**

Name	Pos	Gun	Chip	
Dave McCoy	6	59:23	59:23	
Brendan Morris	16	1:03:11	1:03:09	PB
Alan Freer	45	1:10:28	1:10:26	
David Caswell	51	1:11:11	1:11:07	
Simon Denton	62	1:13:18	1:13:14	PB
Keith Ellis	84	1:15:33	1:15:30	
Daniel Rickett	98	1:17:21	1:17:04	

Fleur Denton	159	1:24:20	1:24:10	
Nicole Rickett	160	1:24:49	1:24:32	
Pete Morris	187	1:27:40	1:27:23	
Brian Grieves	207	1:29:22	1:29:01	
Cecilia Csemiczky	307	1:47:42	1:47:14	3rd FV65
Carl Woffington	317	1:49:53	1:49:30	

**31st October****Halloween 5 Nite Run****(Shortened to about 1.6km)**

Name	Pos	Gun	Chip	
David McCoy	2	5:16	5:16	
Jamie Smith	3	5:18	5:18	
Ian Giggs	8	5:48	5:47	
Pete Jewell	10	5:52	5:51	
Alex Warner	13	6:02	6:00	
Andy Morgan	14	6:07	6:04	
Ashley Middlewick	15	6:08	6:06	
Patrick Hayes	16	6:09	6:07	
Bill Watson	24	6:30	6:26	
David Fiddes	25	6:34	6:31	
Melanie Shaw	30	6:46	6:44	4th F
Alix Eyles	36	7:09	7:05	
Ricky Straw	47	7:24	7:19	
Justin Simons	50	7:42	7:30	
Simon Denton	51	7:44	7:24	
Lee Hinton	58	8:04	7:42	
Sarah Morgan	78	8:41	8:37	
Philippa White	79	8:41	8:37	
Fleur Denton	81	8:48	8:26	
Rhian Huxtable	84	8:49	8:45	
Paul Monaghan	111	9:22	9:14	
Caroline Jackson	112	9:22	9:15	
David Walkley	134	9:41	8:55	
Fiona Blennerhassett	143	9:45	9:37	
Angharad Shaw	241	11:01	10:46	
Kathy Vickers	307	11:48	11:13	
Mary Carol De Zutter	309	11:49	11:12	
Angela Burley	311	11:50	11:13	
Cecilia Csemiczky	330	11:59	11:04	
Sarah Walters	334	12:00	11:35	
Emma Caswell	339	12:03	11:48	
Juliet Fenwick	340	12:04	11:47	
Ian McGuinness	391	12:36	11:44	
Jenny Mulhearn	413	13:02	12:12	
Martin Richard Bush	430	13:10	12:13	
Alice Kerr	441	13:23	12:17	
Paul Kerr	443	13:24	12:18	
Helen Grieves	446	13:26	12:36	
Trisha Arnold	458	13:34	13:22	

## ROADRUNNERS RESULTS

Sarah Richmond De'voy 472 14:48 14:32

### 5th November

#### Thames Meander Marathon

Name	Pos	Gun	Chip
Jamie Smith	7	2:55:59	2:55:58
Gavin Rennie	37	3:23:56	3:23:46 3rd MV50
Paul Monaghan	103	3:51:50	3:51:46
Caroline Jackson	104	3:51:50	3:51:48
Mary Janssen	106	3:53:21	3:53:11 3rd FV45
Martin Bush	266	5:17:22	5:16:46

#### English National XC Relay Championships, Mansfield

##### Senior Men (4 x 5k)

##### Leg 4

Robert Tan 18:04.35 Running for Reading AC

### 6th November

#### Marlow Half Marathon

Name	Pos	Gun	Chip
Dave McCoy	3	1:18:17	1:18:16
Ben Whalley	10	1:23:20	1:23:12 2nd MV40
Brendan Morris	20	1:25:59	1:25:52
Andrew Smith	21	1:26:06	1:25:59
Kevin Burree	25	1:26:47	1:26:40
Henry Stapley	43	1:30:20	1:29:56
Nikki Gray	45	1:30:40	1:30:30 2nd F
Chris Cutting	57	1:32:40	1:32:11
Dean Allaway	110	1:38:28	1:37:47
David Fiddes	113	1:38:35	1:38:26
David Caswell	122	1:39:06	1:38:37
Alan Wilson	136	1:39:30	1:37:54
Brian Grieves	142	1:39:57	1:39:00
Alix Eyles	169	1:41:56	1:41:54
Simon Denton	188	1:42:53	1:42:13
Daniel Stockwell	233	1:45:26	1:44:57
Stewart Wing	245	1:46:19	1:45:25
Joe Blair	279	1:49:02	1:48:26
Vince Williams	302	1:50:19	1:49:50
Nicole Rickett	309	1:50:26	1:49:28
Daniel Rickett	331	1:51:45	1:50:47
Gary Brampton	370	1:53:38	1:52:30
Paloma Crayford	404	1:55:54	1:54:17
Fleur Denton	421	1:56:39	1:55:36
Andy Atkinson	433	1:57:27	1:56:36
Amanda Box	438	1:57:58	1:57:17 PB
Pete Morris	537	2:05:06	2:04:10
Andy Dingle	578	2:07:11	2:06:30
Sarah Hicks	620	2:12:14	2:10:23
Frank Cooper	727	2:24:57	2:23:12

Suzanne Bate	756	2:31:18	2:29:42
John Bailey	768	2:36:28	2:35:20
Lorraine Bailey	769	2:36:30	2:35:22 4th FV60
Martin Bush	770	2:37:08	2:34:49
Kathy Tytler	777	2:43:29	2:41:13 5th FV60
Julie Wing	781	2:58:41	2:57:35

#### Marlow 7

Name	Pos	Gun	Chip
Julian Hough	16	50:46	50:05 1st MV50
Lesley Whiley	24	53:15	53:09 1st FV50
Nicholas Adley	63	57:28	56:57
Claire Seymour	96	1:01:19	1:00:02
Jim Kiddie	106	1:02:34	1:01:52 4th MV60
Robert Hele	145	1:05:51	1:04:46
Louise Atkinson	177	1:08:24	1:06:05
Rita Dykes	185	1:09:17	1:08:23 2nd FV60
Liz Atkinson	246	1:19:01	1:16:45 3rd FV60
Sev Konieczny	259	1:21:25	1:19:08
Hannah McPhee	311	1:33:24	1:31:48

#### Old Deer Park Richmond Half

Name	Pos	Gun	Chip
Emily Kermode	976	2:19:04	2:17:21

#### Leeds Abbey Dash 10k

Name	Pos	Gun	Chip
Helen Pool	909	43:01	42:20 PB

#### 2016 Season's Bests

##### Ladies

5k	Alice Leake	18:18
5 miles	Alice Leake	30:26
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	Mark Worringham	15:38
5 miles	Mark Worringham	26:03
10k	Mark Worringham	32:50
10 miles	Robert Tan	56:11
Half Marathon	Mark Worringham	1:13:28
20 miles	Dave McCoy	2:08:06
Marathon	Keith Russell	2:33:23

# Reading Roadrunners Committee Meeting

TUESDAY 8 OCT 2016 – 7:30PM

## ATTENDANCE:

Carl Woffington (Chairman)  
Andy Dingle (ex-Officio)  
Anne Goodall (Membership Sec)  
Hannah McPhee (Social Sec)  
Alan McDonald (ex-Officio)  
Sandra Sheppard (Treasurer)  
Bob Thomas (General Sec)  
Paul Monaghan (Social networks/Webmaster)  
Simon Denton (ex-Officio)

## APOLOGIES FOR ABSENCE:

Catherine Leather

## NEW COMMITTEE MEMBER

Carl welcomed Hannah McPhee to the meeting. The Committee unanimously agreed to co-opt Hannah onto the Committee and confirmed her in the role of Social Secretary.

## MINUTES OF THE PREVIOUS MEETING

The minutes of the previous meeting were proposed as a true record by Andy, seconded by Anne.

## MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

**Club 30th anniversary** Progress has been made with organising a social event, primarily to invite founder members of the Club to celebrate the 30th anniversary. It will be held on 21Jan17 at the Sutton Bowls Club.

Carl advised that Tina Wilson is proposing that we should stage a hog roast in the early summer, venue to be confirmed.

**Palmer Park Barcodes** Bob has received a new barcode from the Palmer Park manager and integrated it into the 2017 membership card template; this has been successfully tested on the gates. It remains to test a print sample before commissioning batch printing.

## CHAIRMAN'S REPORT

**Events** Carl recounted some of the events in which the Club has been involved recently, including:

- 14Oct Curryoke evening: a well- attended, successful social event
- 15Oct Hants XC Winchester
- 16Oct Frieth Hilly 10K (Champs)
- 29Oct RR intervention at the Reading parkrun: good RR turnout, well received by the parkrun organisers
- 30Oct Ricky Road 10 (Champs)
- 06Nov Marlow HM (Champs)

## Notable forthcoming events include:

- 12Nov Hants XC Bournemouth
- 13Nov TVXC Datchet, with presentation of the winners' shield for the 2015/16 league to RR
- 25Nov Timed 5K at Palmer Park
- 03Dec Xmas party
- 03Dec Hants XC Popham
- 04Dec TVXC Handy Cross
- 04Dec Mapledurham 10 (Champs)
- 18Dec RR's TVXC race, Crowthorne

## TREASURER'S REPORT

**Accounts** Sandy reported the accounts to be complete to end-October.

**Dinton** Sandy confirmed that the venue has been booked for next year's Dinton Relays on 11Jul17.

## GENERAL SECRETARY'S REPORT

**London Marathon** Bob advised that London Marathon has allocated four places to RR for the 2017 event. This is a reduction by one place on previous allocations, in line with the advice on the VLM website that they have reduced the number of places offered to clubs.

One place will be pre-assigned to a member who was awarded a place from the 2015 Club ballot, only to find that we had not registered RR with VLM in time and had forfeited our allocation of places. Carl will shortly hold a ballot of eligible members for the

remaining three places.

The lucky recipient of each place needs to have completed registration by 16Jan17 to avoid forfeiting their entry.

Eligibility for inclusion in the ballot for these places is gained by having been a full member of the Club for at least a year and by providing evidence of having been rejected from this year's main ballot.

### **MEMBERSHIP SECRETARY'S REPORT**

Anne reported that 16 new members have joined since the last meeting, taking the membership to 510.

### **SOCIAL SECRETARY'S REPORT**

**Comedy night** Newly co-opted into the role, Hannah is keen to stage a social event in the New Year and is looking into organising a comedy night in Reading. The Committee welcomes Hannah's initiative and endorses her idea.

**2017 Dinner Dance** The 2017 dinner dance will be held on 25Feb17 at Sonning Golf Club.

### **ANY OTHER BUSINESS**

**Website** Since the last meeting, Paul has been busy prototyping several different website designs to modernise the Club website. The Committee is actioned to review Paul's designs and provide feedback, before opening the debate to a wider audience.

**Online renewals** Bob advised that it is now too late to consider instigating a new service to collect online membership subscriptions, which means that we will need to use the England Athletics facility again this year, despite its many frustrating drawbacks. Its issues are all concerned with its administration and do not affect the user experience of paying online, which is managed well through a third-party company, PayZip.

As a longer-term development action, Bob will investigate facilities for managing all of the Club's membership administration requirements in one online database and target transitioning to the new facility early in 2017.

Rolling the EA membership database forward to the point where it can issue payment requests to members will take some considerable effort as it is evident that members have not maintained their profiles in the EA database.

Anne undertakes an initial data load into the EA

database when a member first joins the Club to obtain the member's EA Unique Reference Number but thereafter, maintenance of the EA data is the member's responsibility. Nevertheless, we will manually amend the EA data to conform with the latest Club membership data so that the online renewal option is as widely available as we can achieve.

Clearly, if members have not advised Anne of changes to their email addresses, they will not receive invitations to renew online. If members have not been receiving Chairman's emails they need to check with Anne (quickly) that the Club holds their correct email address.

Once we have migrated to the new facility in 2017, we will no longer be maintaining separate Club membership data so there will be no opportunity for discrepancies and all data maintenance will be each member's own responsibility.

**Bramley 20/10 budget** The Bramley budget, which failed to obtain approval at the October meeting, is now approved.

**2017 Championship** The Wokingham Half Marathon will again be a Club Championship event (12Feb17). Anyone wishing to take part should not delay their entry as the race usually sells out.

**Kit storage boxes** The Committee approved purchase of some storage boxes for Club kit, subject to Andy confirming with Chris & Sarah their precise needs.

**Race results service** Nigel Hoults, who has provided the formidable results service for the newsletter for several years, advises that he will be unavailable to manage the results through April and May 2017, and that he wishes to step down, ideally from the end of March.

We are therefore seeking a volunteer to work with Nigel through to the spring and then take over the role. Please make expressions of interest to Carl at [chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org) and talk to Nigel about what is involved.

**Men's Captain** Mark Worringham has advised that he will step down from the role of Men's Captain at the next AGM as he is finding it increasingly difficult to balance the Captain's duties with his other commitments.

We therefore seek a volunteer to take over from

Mark after the AGM. Again, members should express interest to Carl, and talk to Mark about what is involved in the role.

**Club's TVXC race organisation** Claire Seymour, the Ladies' Captain, has written to Carl expressing concern at the level of effort needed to organise the Club's TVXC event and proposes that responsibility for its management should be removed from the Team Captains. The Committee agreed with Claire's position and we will therefore seek to appoint a TVXC Race Director for the 17/18 season.

Anyone interested in taking on the role of TVXC Race Director should talk to Carl in the first instance and talk to Claire about the scope and pressures of the role.

**Athletics funding** A recent communication from South of England Athletics Association suggests that funding for staging races is likely to be cut by UKA, and SEAA is seeking feedback on clubs' preferences on how it should respond.

The branch of the extensive athletics funding hierarchy affecting the Club comprises:

- UK Athletics
- England Athletics
- South of England Athletics Association
- Berkshire Athletics
- Reading Roadrunners

SEAA is seeking feedback on how it should proceed in the event that its funding for races is reduced or cut entirely, suggesting that it could:

1. Cease to organise events
2. Increase the area affiliation fee per athlete to recover the lost funding
3. Increase event entry fees

With a relatively large membership, option 2 would result in an increased bill to the Club disproportionate to the number of members who take part in SEAA sponsored events. In addition, many of the SEAA sponsored events are athletics rather than the type of endurance running that the Club generally takes part in, hence the Committee will feed back a strong preference for option 3.

**Charity donation** The minutes of the previous meeting reported the sad death of Betty Gibbs, wife of Sid, who we still see running around the track most Wednesday evenings. The Committee approved a donation of £50 to the family's chosen charity.

#### DOOR ROTA

16Nov16	Anne, Claire Seymour
23Nov16	Anne
30Nov16	Anne, Shirley
07Dec16	Anne
14Dec16	Anne, Shirley
21Dec16	Anne, Shirley

#### DONM: 06Dec16

Additional meeting to discuss ways in which the Club might be developed: 22Nov16



Tip tap.  
Tip tap.  
Pitter patter.  
Fitter faster.

Each pace a step towards clarity of thought  
to relieve those fears which once you fought.

The unrelenting grind, each grimace, each mile,  
cleanses your soul, returns your smile.

Each fleeting touch of foot to road renews once more  
your dreams of old.

Citius, Altius, Fortius, may, never, be for you.

But with breathe expired, and sweat perspired  
You are ready.

Reborn.

Anew.

**‘John Doe’**