



## READING ROADRUNNERS NEWSLETTER OCT 2015

As well as this splendid lineup from the recent Mortimer 10K, we have a pair of notable landmarks to announce on this month's cover. Step forward Gary Brampton and Paul Monaghan, who have reached their 100th and 50th marathons respectively - congratulations to you both!

Mortimer was a resounding success in the sunshine thanks to all of your hard work. These events couldn't go ahead without your volunteering which is why it's so important to get involved, especially if you can't run for whatever reason.

This month sees the culmination of the club championship, with several of the age groups set to go right down to the wire, so you can look forward to all the dirty tricks, subterfuge and mind games that such a tight finish can bring!

### INSIDE THIS MONTH:

- **BRIAN'S LEAKY TEAPOT**
- **PAUL & PENNY KUROWSKI**
- **RACE RESULTS**
- **CHARITY NEWS**





## Welcome from the Editor

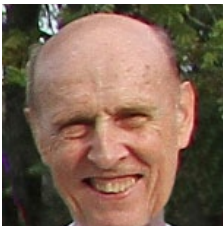
CHRIS CUTTING

October sees the most high profile event of the racing calendar and indeed of life itself. I'm talking of course about the London Marathon draw, an event on a par with the Great British Bake Off final in terms of importance. Here at Newsletter Towers we were invited into the organiser's inner sanctum and given the special instructions and PIN number to make sure we came out of the ballot every time, but that's one of the perks of such an eminent position. Please remember other races are available.

This month sees us move ever nearer to the cross country season, which is as far removed from the big city events as it's possible to get. Last year's Tadley event saw the tragic loss of about seventeen club runners, so new blood is always required. Please see your coach or one of the club captains for details.

Enjoy your running this month,

Chris



## Chairman Chat

CARL WOFFINGTON

A busy month again. We held our own RR event – Mortimer 10k. It was a lovely sunny day. There was a good turnout of runners. It generally went well. Thanks to Bob Thomas and Catherine Leather for organising.

We are getting close to the end of the RR Club Championship for 2015 now. There is just one race left – Tadley 10 mile. Two of the races were ran in the last month – the Pilgrim and Basingstoke. Both ½ marathons.

Just as one Club Championship finishes, another starts. This time it's the Cross Country Club Championship which runs through the winter months. This is based on the results from our Sunday morning TVXC races. Rules and results from previous years can be found on our website.

The London Marathon rejection slips are arriving now. Some of you have received rejections in email format this year. These emails will be acceptable for our club draw. The marshals and club draws will take place in the bar and details of dates etc will be emailed to you. The rules for this can be found on our website.

If you would like to try some cross country races but haven't done any since school, then look out for our taster event. More details on our website.

Carl



## Ladies' Captain - Report

CLAIRE SEYMOUR

Well haven't we had some lovely weather in September and it was also great that it carried over into the beginning of October and stayed settled for the start of the Marathon season, this made for perfect conditions for racing if not a little on the warm side (but we certainly shouldn't complain after the awful weather in August!) It was also a little concerning that there would be very little (if any) mud for the start of the Cross Country season. (I can't believe it's that time of year already!) Although I'm sure we managed to find some at the first Hampshire league fixture of the season held at Farley Mount, Winchester! I love this time of year, crisp mornings, cooler days and lovely autumn colour's it's certainly my favorite time of year to run!

I also hope that some of you had some luck in the London Marathon ballot, especially as it seemed much more difficult to get a place this year due to the high number of entries. I personally got the usual rejection (shame that the old Flora system is no longer) this will be my fifth rejection! However there are so many other great marathons out there, and If you need any advice there are a small group of people within the club that are also members of the 100 marathon club (Peter Morris, Martin Bush, Gary Brampton and Julie Wing) I'm sure they would be happy to give you some advice on their favorites.

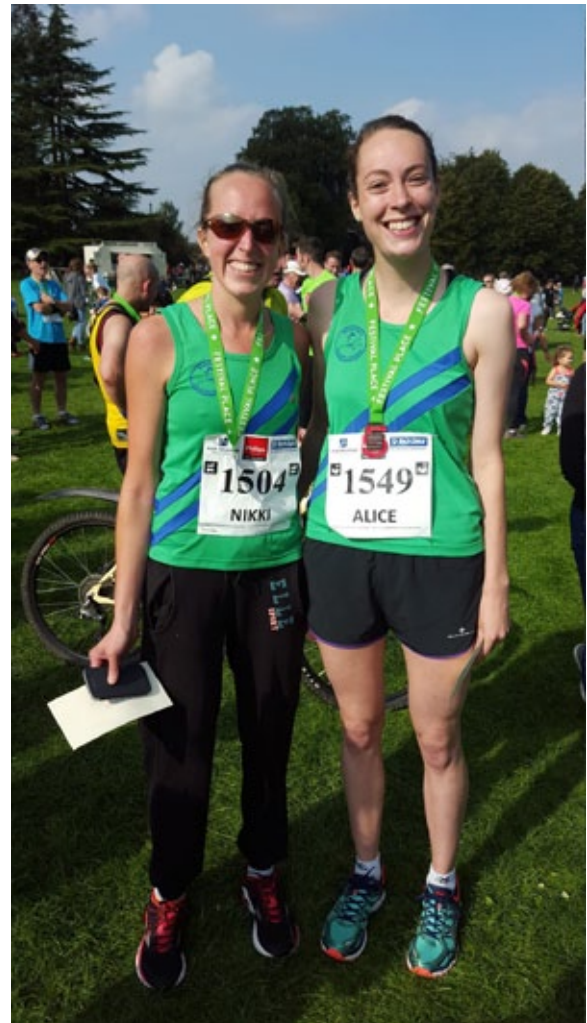
It has been a very busy month for the ladies of RR and it's not an easy task to keep up with the many races of all distances that you all take part in (as Nigel and Mark will probably agree), so just to summarise a few results from Sept in to early October:

### Farnham Pilgrim Half Marathon – Sunday 13th September \*Club Championship\*

This is a multi-terrain race, and part of the Club Championship. With sections of the route being soft sand, and with some big hills, it's certainly tough going underfoot. But the glorious scenery more than makes up for it! There were 9 RR ladies that took part, with Becky Stark being the first of us to finish. This was the first time I have run this, and I enjoyed it so much it has to be one of my favourites! But I really need to work on those hills a bit more!

### Basingstoke Half Marathon – Sunday 4th October\*Club Championship\*

On a beautiful (slightly warm) autumn day 9 RR ladies took part in a hilly, scenic course around the surrounding villages of Basingstoke. We had some fantastic results - Alice Leake finishing 2nd lady with a new PB time of 1.29.21 - Nikki Gray finishing 3rd lady in 1.32.18, - Mary Janssen finishing 1st FV50 .Louise Atkinson also for running a PB. To run a PB on this course is not easy. Well done to all the ladies that took part.



Alice 2nd lady and Nikki 3rd lady at Basingstoke Half

**SEAA Road Relays – Aldershot – Saturday 19th September \*Team event\***

This is a highly competitive event, held yearly at Rushmoor Arena, Aldershot. It attracts some of the very best club runners in the south, including some international athlete's as well. A young Mo Farah once competed here. It's a great opportunity to gain experience and run alongside some of these athletes. So I was pleased that we managed to get two teams out

A team: Nikki Gray, Sarah Urwin-Mann, Carrie Hoskins and Katherine Sargeant

B team: Sam Whalley, Myself, Ellen Togher, and Tracy Jenkins.

All ladies ran brilliantly after our initial pre-race nerves and our A team finished in a credible 24th place. Our B team also ran really well and did our best up against tough competition and we all had a fun day and really enjoyed taking part.



Some of the ladies at the SEAA relays

A few other results to mention:

- Congratulations to Katherine Sargeant on series top 3 wins at the Dinton 10K and Yateley 10K
- We had a good turnout of green vests at the Swallowfield 10K with Nikki Gray finishing 2nd lady.
- We also had our Mortimer 10K with some good results for the RR ladies with Alice Leake finishing 1st lady and Claire Marks 1st V50
- Sarah Urwin-Mann finished 1st V40 at the Women's Windsor 10K
- We had a 1st Vet 50 for Liz Jones at the Pangbourne 10K

- And finally we had a couple of 1st V60 prizes for two of our ladies, Sian James at Bristol Half Marathon and Irene Liming at Clarendon Half Marathon.

Well done to anyone who I haven't mentioned who was out there racing this month!

**\*Thames Valley Cross Country update\***

We have had a couple of date changes so the revised list is as follows:

15th November 2015 - Datchet Dashers (Please note revised date)

22nd November 2015 - Sandhurst Joggers

29th November 2015 - Handy Cross

13th December 2015 - Metros

20th December 2015 - Reading Road Runners

17th January 2016 - Bracknell Forest Runners

24th January 2016 - Tadley Runners (Please note revised date)

7th February 2016 - Thames Valley Triathletes

**\*Hampshire League update\***

The Popham fixture has been moved to Saturday 7th November (it was originally being held on Saturday 13th February)

Hampshire athletics are still hoping to hold a fixture on 13th February however they currently haven't been able to find a venue.

XC taster – Sunday 25th October

Also a reminder that I'm holding an XC taster session on Sunday 25th October at Stokes Farm Wokingham starting at 10.00am. Distance approx 5 miles. If you fancy a scenic off road run to get in to the XC spirit then come and join us.

If you're interested in coming along please can you let me know by Sunday 18th October. Please contact me via [claireRRR@hotmail.com](mailto:claireRRR@hotmail.com) the team captain's email or via facebook.

Just a reminder that we have the last Club champs race of the year:

Tadley 10 mile \*Club Championship\* - Sunday 18th October

Hope you all have a good enjoyable month of running!

Claire



## Men's Captain - Report

MARK WORRINGHAM

Food and running. Running and food. For many of us they go together like Cagney and Lacey, rock and roll, or Jed and Ward. Many people run in order that they might eat more food. Others run to rid themselves of the legacy of the food that they have already eaten. Some even eat whilst they are running, although these people are called 'ultrarunners' and are best avoided. Of course there are a few for whom the joyous link between food and running is broken, but we can't all live the monk-like life of abstinence of a finely honed athlete like Wilson Kipsang or Dean Allaway.

The reason of course that I am mentioning this is that the Thames Valley Cross Country League is about to re-start with the traditional opener at Datchet on 15th November. At TVXC, the link between running and food is at its clearest, as hungry, sweaty, muddy runners, flushed with the primal joy of careering round a field for 45 minutes, tuck into a generous spread of goodies. A marvellous spectacle, I'm sure you'll agree, as long as you can ignore the knowledge that many of them will have earlier taken a leak in the woods and not washed their hands.

This season, there are eight races for your delectation, and the dates are up on the TVXC website. Please note that our own race at Crowthorne Woods will be on the 20th December, and we will be relying on a number of people to help out with marshalling, car parking, pre-race set-up and post-race clear-up, and other tasks, so it would be great if we could have some volunteers please – please let Claire or me know if you can help. If we don't get enough volunteers, we might have to co-opt some of the Broadmoor inmates, which would make for a very different event.

The Hampshire League kicks off earlier as usual, with the first event on Saturday 10th October at Winchester. Please note that the order of events has changed, as the league were unable to get a host for the November fixture, so have moved the Popham race forward to November, leaving the February date blank for someone to hopefully come up with a course and marshals. If none comes forward, it will just be a four-race league this year, which would be a shame. We really need runners to come and join in this league, as our teams tend to be fairly small, and we do occasionally risk a penalty for not fielding a full team. It would be great to see more new faces there.

Onto the round-up of September's events, and firstly congratulations to two of our men who have hit big milestones this month. Paul Monaghan ran his 50th marathon at the Robin Hood Marathon in Nottingham, with an excellent 3:21:20. Gary Brampton went one better, bringing up his century of marathons at the Tolkein marathon on the 23rd September. I hope that he celebrated the end of the race by casting a ring into the raging fires of a volcano.

The main team event of the month was the Southern Road Relays at Aldershot, always an exceptionally high standard of race, and a chance to watch some of the best runners in the south fighting it out. Our men's V50 team were first up. Chris Mason led off and brought us in 16th in 24:56, despite some niggles. Mel Silvey maintained our position with 25:15, with Colin Cottell (24:58) taking two places to bring us into 14th. Pete Higgs on the last leg (30:04) managed to hold off Hillingdon with a fine finish to give us 18th overall.

For the senior men, Keith Russell was our lead-off man, and, despite landing awkwardly in a pot-hole halfway round, brought us in in 39th with 20:18. I took on the second leg and managed to make up a few places to 35th (19:54). Lance Nortcliff had a great run on leg 3 (20:12), making up another place to 34th and putting us in front of local rivals Newbury. A strong run by Ian Giggs followed (22:55), and Alex Harris, still struggling with injuries, managed a creditable 23:11, leaving us in 44th place. Bill Watson's final leg (25:02) meant that the team finished in a respectable 52nd out of the 69 teams present.

We have had a smattering of good placings this month, with Brian Grieves winning the Thames Trail Marathon in 3:12:09 – there aren't many people out there who have won a marathon, so that's excellent stuff. Julian Hough was second in the corresponding half marathon. Nigel Hoults was second V60 in the Bacchus Half Marathon, which implies that he should have spent more time on the wine part, whilst Tom Harrison was second V70 at the Bournemouth Half Marathon. The Farnham Pilgrim Half Marathon was a tough new addition to the club championship calendar, and Andy Blenkinsop was first Roadrunner in 1:36:33, whilst in the full marathon Gavin Collins was 14th in the full marathon with 3:34:27.

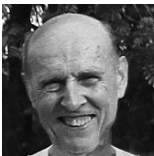
At the Reading 020 10K, Richard Charley slipped in under 40 minutes and finished second V40, with David Dibben recording an excellent new PB of 44:05 in winning the V60 category. The month ended with 5 mile PBs for Ryan O'Brien (29:24) and Ben Whalley (29:51) at the Cookham Turket Trot. Ben had run a marathon PB of 3:04:19 at Barnstaple the previous weekend, so running around chasing a human dressed as a turkey is not textbook recovery, but each to their own. A special mention also for new member Stuart Jones, who has managed to run three 10K PBs this month, going from 44 minutes down to 41.

Bob and Catherine and their team put on a great race at Mortimer at the end of September, and the Roadrunners were out in force. The V50 category was particularly

competitive, with Gavin Rennie's 7th overall placing him second V50. Lance Nortcliff, who had been threatening a really fast time recently, ran a great PB of 34:39 to finish second, whilst I managed the overall win, my first of the year. Always nice to follow a pace car as well, just like the Kenyans. Meanwhile, in the junior 3K one of our youngest members, Blue Caswell, won the race, with Ewan Harris in 6th.

I must finish this column now, I'm afraid. Last month I made a comment in these pages that I probably hadn't bothered to clean the mud off my spikes from last season. It was meant as a joke. Unfortunately, I have now discovered that it is actually true, so cleaning them up will occupy the rest of my evening. Bye for now.

## Your Committee



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### **WELFARE OFFICER: JENNY MILLER**

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

## Charity Corner

KERRI FRENCH

I've not been around much the last few weeks for two reasons, my children have busier lives than me it seems and lots of their sports fixtures have been falling on a Wednesday plus my plantar fasciitis has been the bane of my life!

I did manage to organise another charity mile event, lots of club members and non members came along and enjoyed testing themselves at the classic mile distance.

I also made sure we maximised the opportunity to make some cash at our very own Mortimer 10K. Big thanks to all of you who donated cakes for our charity stall, it really was a great day and the weather was kind, we also had helpers from the charity who did decorate a cake which the children really enjoyed.

We are starting to collect raffle prizes for the Christmas party on Dec 12th

We are looking for Xmas food items and drinks to make up a hamper, gifts, sports items and booze always goes down well. So if you would like to donate a prize please get in touch

2 local charities have approached us and would like to know if anyone would like to represent them next year, which will be voted on at the AGM, Readibus and Naomi House Hospice. If anyone wants to know more about the Charity Coordinator role for 2016 please grab me for a chat.

Keep being awesome Roadrunners!



The Reading Roadrunners Car Boot Sales have finally come to an end and it has been a very successful season!

The lovely group that run the event every year, were very impressed by the support of Me2 Club and for this I thank each and everyone of you.

They hope to have raised a large amount especially as none of the car boot sales were rained off, when I have the final figures I will let you all know.

Once again thank you so much for helping Me2 Club to support this event, it really will make a difference.

**Lucy White**

Activities and Volunteers Coordinator

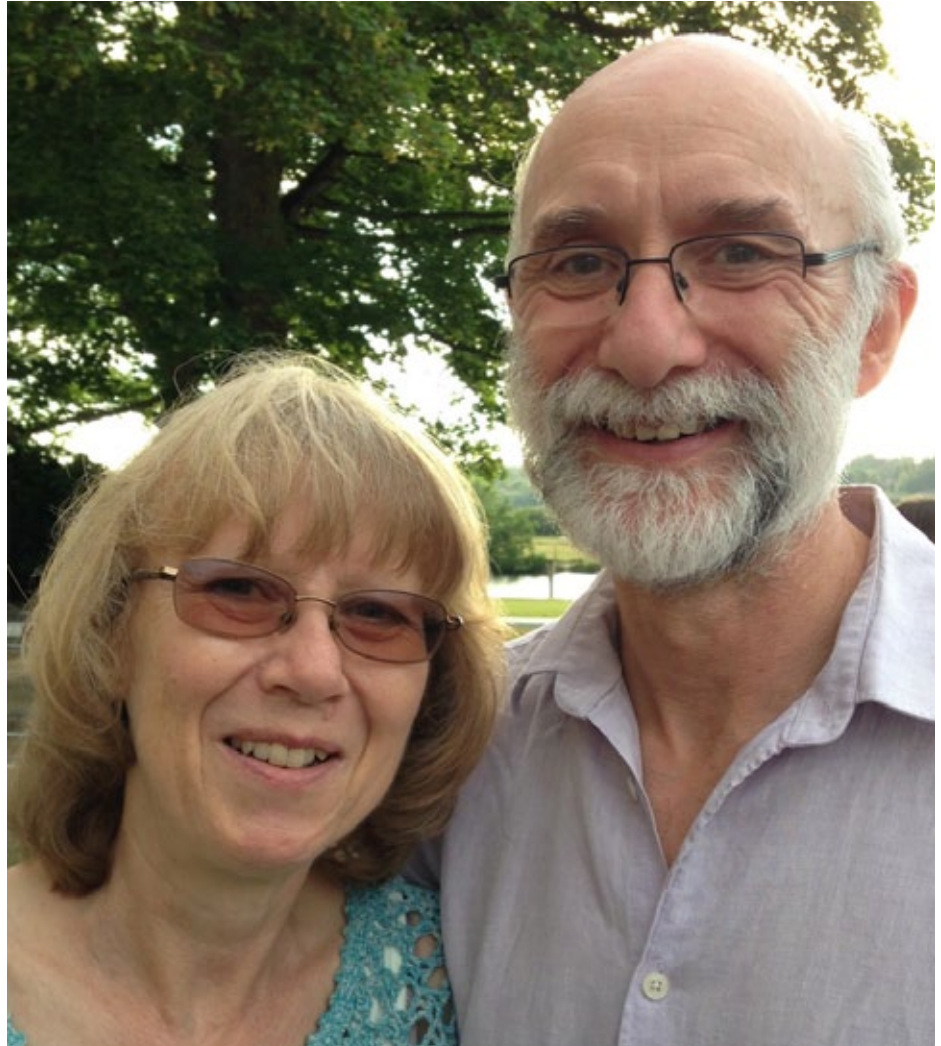
# Paul & Penny Kurowski

## Gen Sec

The club bids farewell and good luck to two members, who have carved their names into the club history books so deeply, that we should acknowledge their contribution to the club.

How many members can claim to have been Club Chairman, Club Secretary, Coaching Coordinator, Club Coach and Race Timing Official. Penny was also a Committee Member, Club Coach and Race Timing Official and served on the committee as Coaching Coordinator. Paul joined RRs in 1989 and Penny in 1991. They ran the Junior Club during the summer months initially on an ad hoc basis using the Ten Step Scheme and the AAA Five Star award scheme as the youngsters got older. Paul qualified as a Coach for Young Athlete and Endurance 3K-10K in 1994 and then qualified for Endurance Marathon in 1995. Penny qualified as a Coach for Endurance Marathon in 1995 and Strength Conditioning in 1997. They both went through the coaching structure: Assistant

Coach then Club Coach (now Level 2) and when the structure was changed, they both achieved Level 3 under the current scheme. Paul was elected to the committee in 1992 and became General Secretary in 1994 and eventually served as chairman in 1995. Paul was part of the 'Year 2000' sub committee that looked at the club's future. That committee came up with plans for a coaching structure and an aim to organise an open event that eventually became the Bramley 20/10. At the first Bramley event, Paul was the start and finish director and Penny was on one of the water stations. Paul was also responsible for obtaining some of the race sponsorship. Paul was the first Coaching Coordinator in 1995 and Paul and Penny both coached groups on Wednesday club nights. Paul coached to a very high level with his most noticeable success being in partnership with Carol



Bowker, who became the first RR female to achieve a sub three-hour Marathon. I remember one year watching the London Marathon highlights on TV and seeing Carol (who had an elite start) running on her own in docklands. When Carol was caught by the elite men, she was swamped and I thought that she was going to get mown down. But I'm happy to say that she eventually emerged unscathed out of the back of the leading pack of about ten runners. In 1997, Penny won a Gold medal in the Berkshire AA XC Championships as part of the winning club team. Therefore, it's no wonder that Paul & Penny were both awarded Life memberships in 2005 and 2006 respectively. Upon hearing of their retirement, the committee sent them a £50 John Lewis voucher and wished them both a happy retirement. You can see a card on the notice board from the couple, thanking the club for this gesture. Best wishes and farewell Paul & Penny.



# The Ramblings of a Teapot Winner

Brian Shave



Nowadays it is hard to go off course in road races, especially those arranged by hard-working RR race committees. In the 1950s-60s however, although the courses were marked, you still had to have your wits about you.

One race that comes to mind was the Westerham Gala 10 mile road race - a first class, out-and-back course, starting with one lap of the track, leaving at one exit and returning to finish on the track by another entrance.

While I was warming up I had a good look at both the start and finish of the race as my coach Peter Norris had told me to make sure I knew where the finish was.

I was moving well after a fast start and at the 5 mile stage at 26 mins was 80 yards behind the two leaders, who were running together. I was closing the gap nearing the finish and following the markings on the road to enter the track when I lost sight of the two leaders in the traffic (no road closures in those days~!).

Down the slope and into the track to receive a great welcome from Peter, a bit over the top for third place, I though as I started the finishing lap.

I could not see any runners in front as I entered the home straight and broke the tape. Hearing shouts behind me, I glanced to my left and saw the two leaders climbing over the fence to get onto the track where they finished together equal second.

I offered to take third place prize, but blazered officials presented me with the first place prize, a pewter teapot worth seven guineas (£7.35 to you youngsters).

Teapots are not on prize lists these days, thank goodness because that evening I made tea and watched as a brown stain seeped over the damask tray cloth. The pot leaked! I returned it to the manufacturers who replaced it, only to find the replacement also leaked. So it was off to the pub for a pint!

So was this a hollow victory, or would I have caught the two leaders I was closing in on?

Acknowledgements

To my wife Chris for her patience while I was writing this on holiday and t Peter Norris my coach, for introducing me to road racing and keeping me on course.

# Roadrunners Results

## NIGEL HOULT

Unfortunately, there were a few errors and omissions in last month's results. The Round Hill Fell Race was on 9th August, not 9th July; the others are listed below. I must apologise in particular to Tracey Lasan for omitting her excellent results in the World Masters championships – well done Tracey.

Our prolific marathon runners were in action again (no surprise there!), with two of them achieving major milestones: Paul Monaghan ran his 50th marathon at the Robin Hood, and Gary Brampton his 100th at the Tolkien. Amazing achievements that I think few of us will try to emulate!

We had some excellent results at our own Mortimer 10k, with Mark Worringham and Lance Nortcliff finishing first and second (Lance with a PB), Alice Leake first lady, and three more of you also running PBs, while Blue Caswell won the 3k junior race with a PB. The following week was the Basingstoke Half Marathon – the final half marathon of our Club Championships, with only the Tadley 10 still to go – and there were excellent runs by Alice Leake and Nikki Gray, finishing second and third ladies. Alice also managed to run a PB, as did Louise Atkinson, on what is by no means a fast course. The same weekend, new member Seb Briggs won the 020 10k (one of seven to record a PB there), while Ryan O'Brien and Ben Whalley finished second and third in the Turkey Chase (both also with PBs), narrowly missing out on winning the turkey. What are the Roadrunners going to do for Christmas dinner now?! Well done to all of them, and the rest who there wasn't room to mention individually.

Next month sees two popular local half marathons (Henley and Marlow) and the Abingdon marathon, together with the start of the Hampshire cross-country league events. Good luck to anyone running in those, or indeed any other forthcoming races.

### 30th June – 5th July

#### World Police and Fire Games, Fairfax VA

##### 10k Cross Country

Paul Jenkins	50:51	1st MV65
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##### 5000m (MV65)

Paul Jenkins	1	24:02.78
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##### 10000m (MV65)

Paul Jenkins	2	49:18.60
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### Firecracker 5k

Paul Jenkins	192	23:37	23:42	3rd MV65
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### Half Marathon

Paul Jenkins	149	1:52:36	3rd MV65
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### 4th-16th August

#### World Masters Championships, Lyon

##### 5000m

Tracey Lasan	10	21:37.69
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##### 10000m

Tracey Lasan	5	44:04.00
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### 13th August

#### Dinton 5k Race 4 (missed from last time and correction)

Amanda Box	47	28:43	
Maureen Sweeney	49	28:59	3rd FV50

### 29th August

#### Club La Santa 10k

Ewan Harris		50:40	PB
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### 6th September

#### Maidenhead Mini-Marathon (1 mile) (missed from last time)

Ewan Harris	10	6:09	5th M, 2nd Under 15, PB
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### 12th September

#### Hangers Heroes Marathon

Martin Bush	33	8:35:25
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### British Athletics League Qualifier, Nottingham

##### 1500m

Robert Tan		4:40.8
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##### 800m

Robert Tan		2:14.7
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### 13th September

#### New Forest Marathon

Mary Janssen	104	3:48:06	3:47:58
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#### Farnham Pilgrim Marathon

Gavin Collins	14	3:34:35	3:34:27
Dean Allaway	43	3:56:59	3:56:50

#### Farnham Pilgrim Half Marathon

Andrew Blenkinsop	26	1:36:33	1:36:33	
Steven Siddell	39	1:38:47	1:38:43	
Paul Kerr	45	1:39:49	1:39:43	
Becky Stark	69	1:47:27	1:47:25	4th F
Aaron Chai	87	1:48:21	1:47:48	

## ROADRUNNERS RESULTS

David Fiddes	91	1:48:42	1:48:35	
Alix Eyles	94	1:48:56	1:48:29	
Kevin Jones	104	1:49:34	1:49:31	
Christopher Bailey	138	1:52:42	1:52:37	
Andy Atkinson	197	1:59:46	1:59:14	
Peter Miskell	202	2:00:53	2:00:51	
Stuart Kinton	221	2:03:11	2:03:10	
Richard Usher	239	2:04:47	2:04:46	
Chris Drew	249	2:05:38	2:05:26	
Andy Dingle	268	2:08:19	2:08:08	
Gemma Buley	274	2:08:57	2:08:52	
Tina Wilson	314	2:13:53	2:13:36	5th FV55
Claire Seymour	318	2:14:35	2:14:03	
Louise Atkinson	347	2:19:03	2:18:21	
Maureen Sweeney	402	2:31:09	2:30:48	
Irene Liming	404	2:32:10	2:31:37	
Russell Prentice	414	2:35:47	2:35:32	
Carl Woffington	434	2:46:47	2:46:27	
Sev Konieczny	439	2:52:34	2:51:50	
Stephen Wing	453	3:12:36	3:12:12	
Julie Wing	454	3:12:36	3:12:15	

### Bacchus Marathon

Paul Monaghan	119	5:49:24	5:49:08	
Christina Calderon	154	7:03:03	7:02:46	
Mary Wilson	155	7:03:03	7:02:46	
Antony Streams	156	7:03:03	7:02:47	
Peter Morris	158	7:05:47	7:05:30	
Martin Bush	159	7:05:49	7:05:09	

### Bacchus Half Marathon

Katherine Sargeant	23	1:44:03	1:43:59	2nd F, 1st FV45
Peter Aked	24	1:44:03	1:43:59	
Nigel Houlst	37	1:46:52	1:46:48	1st MV60
Mandy Carden	935	3:53:39	3:52:05	
Gary Brampton	936	3:53:39	3:52:05	

### Bristol Half Marathon

Sian James	832	1:36:00	1st FV60	
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### Great North Run

Nick Robey	3787	1:44:03		
John Bullock	11031	1:59:18		
Phil Reay	11108	2:08:06		
Amanda Box	22738	2:19:51		
Emma Grenside	40911	2:25:50		

### Swallowfield 10k

Nikki Gray	29	42:11	2nd F	
Peter Cook	36	43:11		
Lesley Whiley	37	43:15		
Stuart Jones	42	44:16	PB	
Nick Adley	99	49:38		
Jim Kiddie	107	50:16	5th MV60	
Simon Brimacombe	137	52:55		
Donna Saunders	149	53:55		
Sandra Sheppard	156	54:31		

Lynda Haskins	199	59:20		
Janice Thomas	237	1:05:15	5th FV60	
Sheryl Higgs	265	1:34:14		

### Pangbourne 10k

Mark Saunders	9	38:10		
Mark Apsey	22	41:19		
Tom Wright	95	49:16		
Liz Jones	77	47:31	1st FV50	
Brian Fennelly	116	50:35		
Ray McGroarty	167	54:25		
Joe Akem-Che	220	58:36		
Linda Wright	275	1:04:31		
Kathy Tytler	319	1:09:47		
Trisha Arnold	323	1:10:11	3rd FV60	

### 15th September

#### Run the River 10k, London

Tony Streams	1574	1:04:42	1:03:37	
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### 18th September

#### Charity Mile, Palmer Park

Mark Worringham	4:46			
Ian Giggs	5:18			
Ashley Middlewick	5:25			
Paul Kerr	5:39			
John Preston	6:49			
Pete Morris	6:50			
Tony Streams	6:54			
Peter Higgs	7:07			
Roger Pritchard	7:54			
Lynda Haskins	8:25			
Fiona Ross	8:41			
Juliet Dimmick	8:55			
Ann McKinnon	9:00			
Sev Konieczny	9:07			
Alice Johnson	9:40			
Dave Brown	9:47			
Rajiv Dhallam	10:36			
Eva Simmonds	12:54			

### 19th September

#### Thames Trail Marathon

Brian Grieves	1	3:12:09		
Michael Sartorius	14	4:11:11		
Paul Carter	19	4:57:20		
Gary Brampton	25	5:18:23		
Martin Bush	29	5:45:44		

#### Thames Trail Half Marathon

Julian Hough	2	1:34:50		
Caroline Hargreaves	23	2:13:26		

### 19th-20th September

#### SEAA Road Relays, Aldershot

##### Ladies

RRR A Team	24	1:00:47		
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## ROADRUNNERS RESULTS

Nikki Gray	15:08
Sarah Urwin-Mann	15:11
Caroline Hoskins	14:42
Katherine Sargeant	15:46
RRR B Team	64 1:19:45
Samantha Whalley	18:33
Claire Seymour	18:52
Ellen Togher	23:56
Tracy Jenkins	18:24

### Men

RRR Senior Men	52 2:11:32
Keith Russell	20:18
Mark Worringham	19:54
Lance Nortcliff	20:12
Ian Giggs	22:55
Alex Harris	23:11
Bill Watson	25:02
RRR V50 Team	18 1:45:13
Chris Mason	24:56
Melvin Silvey	25:15
Colin Cottell	24:58
Peter Higgs	30:04

### 20th September

#### Purbeck Marathon

Dean Allaway	79 4:35:01 4:34:31
Phil Reay	246 5:58:38 5:58:08
Pete Morris	280 6:36:54 6:36:24
Julia Molyneux	281 6:36:54 6:36:24
Martin Bush	291 7:03:21 7:02:42

#### Bath Two Tunnels Marathon

David Ferguson	10 3:43:27
Gary Brampton	105 5:11:12

#### Reigate Half Marathon

Justin Watkins	1552 2:15:04 2:09:38
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#### Swansea Bay 10k

Peter Cook	332 43:06 42:34
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### 23rd September

#### Tolkien Marathon

Gary Brampton	18 26.95 miles in 5:02:41
Mandy Carden	84 11.5 miles in 3:34:10

#### Watford Open Graded Meeting

##### 3000m

Mark Worringham	2 9:04.15
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### 26th September

#### Windsor Ladies 10k

Sarah Urwin-Mann	4 41:36 41:36 2nd FV40
Claire Seymour	36 50:31 50:28
Helen Pool	108 55:19 55:15
Irene Liming	243 1:00:23 59:46 2nd FV60

Katrina Harling	453 1:06:32 1:05:33
Melanie Parker	479 1:07:39 1:06:47
Eva Simmons	775 1:31:00 1:29:42

### 27th September

#### Berlin Marathon

Robert Cant	7127 3:45:56 3:30:40
Brooke Johnson	7161 4:08:26 3:30:49
Gareth Goodall	8358 3:41:21 3:35:53
David Wood	8593 3:40:05 3:36:53
Alan Molley	11472 4:04:38 3:47:30
Kristin Brandl	1653 4:12:11 3:50:50
Robert Bursell	16061 4:21:21 4:02:39 PB

Positions are by gender

#### Barnstaple Marathon

Ben Whalley	12 3:04:26 3:04:19 PB, 4th MV40
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#### Barnstaple Half Marathon

Samantha Whalley	150 1:54:51 1:54:34 PB
Tom Stagles	231 2:05:59 2:05:35

#### Robin Hood Marathon

Katherine Sargeant	122 3:25:17 3:20:19 PB, 2nd FV45
Paul Monaghan	125 3:25:47 3:21:20
Pete Morris	714 4:31:07 4:14:26
Martin Bush	891 4:50:13 4:30:40
Christina Calderon	1061 5:18:54 4:59:06

#### Windsor Half Marathon

Simon Elsbury	20 1:24:16 1:24:12
Tom Anthistle	82 1:31:34 1:31:25
Brian Kirsopp	197 1:37:43 1:37:34
Paul Milnes	340 1:42:11 1:41:32
Katy Webb	372 1:42:57 1:41:58
Dave Armstrong	416 1:44:06 1:43:25
Eleanor Donoghue	525 1:46:55 1:46:39
Peter Felgate	562 1:47:53 1:46:54
Colin McCarlie	892 1:54:45 1:53:10
Robert Hele	1073 1:57:17 1:54:21
Andy Dingle	1442 2:02:39 1:59:16
Angela Burley	1469 2:03:14 1:58:25
Kathy Vickers	1628 2:05:33 2:00:44
Mary Carol De Zutter	1980 2:10:55 2:06:05
Amanda Box	3085 2:30:38 2:27:14

#### Ealing Half Marathon

Susie Rees	1786 1:54:53 1:52:00
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#### Highclere Castle 10k

Julie Wing	299 1:23:07 5th FV60
Stephen Wing	300 1:23:30

#### Mortimer 10k

Mark Worringham	1 33:18 33:17
Lance Nortcliff	2 34:40 34:39 PB
Alice Leake	6 39:36 39:34 1st F
Gavin Rennie	7 39:37 39:34 2nd MV50
Colin Cottell	16 41:50 41:47 5th MV50

## ROADRUNNERS RESULTS

Kevin Jones	20	42:40	42:37	
Nikki Gray	22	42:48	42:46	4th F
Chris Mason	23	42:55	42:53	
Stuart Jones	28	43:27	43:23	PB
Claire Marks	29	43:32	43:28	1st FV50
Peter Graham	31	43:42	43:38	
Alix Eyles	37	44:05	44:03	
David Ferguson	41	44:14	44:08	
Mary Janssen	45	44:51	44:47	2nd FV50
Liz Jones	62	46:41	46:34	3rd FV50
Samantha Rippington	76	48:04	47:49	
Andrew Runnacles	90	49:00	48:50	
Andrew Sumner	92	49:15	49:00	PB
Tony Streams	98	49:42	49:23	
Katie Gumbrell	145	53:36	53:17	
John Preston	146	53:38	53:19	
Justin Watkins	157	54:49	54:28	PB
Sandra Sheppard	168	55:33	55:11	
June Bilsby	174	55:55	55:39	
David Walkley	178	56:05	55:49	
Kevin Bilsby	194	56:46	56:30	
Tom Harrison	197	57:05	56:49	3rd MV70
Joe Akem-Che	201	57:31	57:14	
Darren Batchelor	203	57:43	57:29	
Jacqueline Fitzjohn	218	58:57	58:36	
Heather Bowley	219	59:01	58:40	3rd FV60
Jeremy Hall	223	59:34	59:15	
Janice Thomas	231	1:00:03	59:38	
Julie Bagley	233	1:01:07	1:00:47	
Linda Wright	250	1:03:40	1:03:28	
Ann McKinnon	268	1:08:02	1:07:38	
Allan Bradbury	275	1:09:34	1:09:16	
Veronica Andrew	281	1:12:01	1:11:37	
Emma Hardie	297	1:21:34	1:21:25	

### Mortimer 3k

Blue Caswell	1	11:00	10:59	PB
Ewan Harris	6	11:55	11:54	

### 3rd October

#### National 6-stage Road Relays, Sutton Park

##### Leg 5

Tony Carter	25	19:19	(Running for Tyne Bridge)
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##### Leg 6

Robert Tan	22	20:23	(Running for Reading AC)
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### 4th October

#### Bucharest Marathon

Paul Monaghan	100	3:27:58	3:27:20	5th MV50
Dean Allaway	170	3:41:43	3:41:21	
Antony Streams	346	4:09:46	4:06:47	
Martin Bush	652	4:55:20	4:53:04	

#### Bournemouth Marathon

George Kinyanjui	191	3:30:40	3:29:58	
Katy Webb	355	3:47:59	3:47:12	
Niall Crispin	686	4:11:53	4:07:08	PB
Gemma Stobie	788	4:15:51	4:13:14	

Madeleine Starks	899	4:23:43	4:19:14	PB
Caroline Hargreaves	1255	4:48:47	4:41:47	PB
Andy Dingle	1303	4:49:05	4:44:36	
Susan McTavish	1366	4:56:41	4:50:03	PB
Brian Lamont	1467	4:58:43	4:56:12	
Philip Reay	1484	5:01:46	4:57:12	
Amanda Box	1524	5:05:12	5:00:43	
Justin Watkins	1674	5:24:57	5:17:57	
John Bullock	1771	5:43:05	5:38:35	

#### Bournemouth Half Marathon

Colin Cottell	208	1:35:36	1:34:28	
David Woolford	1177	2:01:59	1:56:21	
Tom Harrison	1642	2:07:56	2:04:30	2nd MV70
Juliet Dimmick	2425	2:30:04	2:22:18	PB

#### Chester Marathon

Andrew Smith	34	2:50:44	2:50:39	
Andy Stanbury	518	3:34:48	3:33:47	

#### Clarendon Marathon

Brian Grieves	6	3:12:27	2nd MV45
Becky Stark	44=	3:49:26	5th F
Gavin Collins	44=	3:49:26	
Julia Molyneux	316=	5:38:28	
Peter Higgs	316=	5:38:28	

#### Clarendon Half Marathon

Stuart Kinton	22	1:38:19	
Philippa White	65	1:51:21	
Claire Seymour	264	2:28:23	
Irene Liming	265	2:28:24	1st FV60

#### Basingstoke Half Marathon

Robert Tan	15	1:24:47	1:24:28	
Alice Leake	49	1:29:25	1:29:21	PB, 2nd F
Nikki Gray	66	1:32:22	1:32:18	3rd F
Fergal Donnelly	80	1:33:46	1:33:31	
George Reich	87	1:34:07	1:33:56	
Chris Cutting	96	1:34:36	1:34:15	
Aaron Chai	144	1:38:35	1:38:21	
Mary Janssen	182	1:40:59	1:40:36	1st FV50
Keith Ellis	209	1:42:19	1:42:10	
Nick Robey	277	1:44:59	1:44:26	
David Caswell	295	1:45:42	1:45:24	
Andy Atkinson	344	1:48:00	1:47:27	2nd MV60
Louise Atkinson	548	1:56:39	1:55:37	PB
Tim Miller	608	1:59:06	1:57:15	
Adrian Keeble	643	2:00:00	1:59:18	
Katie Gumbrell	694	2:02:17	2:01:11	
Sandra Sheppard	837	2:09:23	2:07:40	
Heather Bowley	905	2:13:24	2:11:42	
Liz Atkinson	1103	2:27:58	2:26:09	
Julie Wing	1216	2:44:59	2:42:59	
Stephen Wing	1245	2:55:06	2:52:56	

#### Cardiff Half Marathon

Gavin Rennie	415	1:26:36	1:26:06	
Claire Marks	1184	1:35:31	1:34:21	4th FV50

## ROADRUNNERS RESULTS

Chris Manton 2424 1:44:44 1:43:27  
Kim Stevens 5806 2:02:56 1:56:49

### Reading 020 10k

Seb Briggs	1	34:34	34:34	PB
Richard Charley	10	39:53	39:53	2nd MV40
Stuart Jones	21	41:46	41:42	PB
Peter Cook	28	42:37	42:34	
Alix Eyles	29	42:47	42:46	3rd F
David Dibben	38	44:05	44:03	PB, 1st MV60
Pete Morris	44	45:28	45:28	4th MV50
Melanie Shaw	56	45:59	45:57	PB
Loretta Briggs	58	46:12	46:11	PB
Tom Wright	79	47:59	47:48	
Colin McCarlie	100	49:40	49:26	
David Caswell	110	50:21	50:17	
Melissa Read	115	50:44	50:37	
David Pink	132	51:31	51:22	
Sarah Pachonick	138	51:45	51:35	
Donna Saunders	145	52:02	51:41	PB
Angela Burley	148	52:10	51:49	
Chris Drew	150	52:15	52:06	
Vera Meston	227	56:19	56:08	
James Meston	228	56:19	56:09	
Sarah Drew	271	58:52	58:27	PB
Emma Grenside	297	1:00:25	59:59	
Melanie Parker	342	1:04:15	1:03:49	

Jane Silvey 395 1:12:10 1:11:49  
Katherine Heaton 412 1:24:53 1:24:26  
Eva Simmons 414 1:32:03 1:31:40

### Cookham Turkey Chase 5

Ryan O'Brien 2 29:24 PB  
Ben Whalley 3 29:51 PB

### 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

## Reading Roadrunners Committee Meeting

TUESDAY 6TH OCTOBER 2015 7.30PM

### ATTENDANCE:

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

### APOLOGIES FOR ABSENCE:

Simon Denton, Paul Monaghan.

### MINUTES OF THE MEETING OF TUESDAY 8TH SEPTEMBER 2015

The minutes were proposed as a true record by Anne

Goodall and seconded by Alan McDonald.

### MATTERS ARISING FROM THE MINUTES OF THE MEETING ON TUESDAY 8TH SEPTEMBER 2015

**CHILD PROTECTION:** Carl reported that Katie Gumbrell had sourced more information on the subject.

Catherine said she would be happy to look into it with Katie and Roger said he would look at the club's statutory obligations. ACTION: Catherine to speak to Katie and Roger to look at legal obligations.

**SHINFIELD 10K:** Roger reported that he had written to Colin Cottell and had also spoken to Colin and Tom Harrison regarding club policy on race income.

**DECATHLON VOUCHER:** Roger reported that he had handed the £5 Decathlon voucher to Kerri French, to use as a prize in her charity fund raising efforts.

**BRAMLEY RACE BUDGET:** Sandra pointed out that there was some missing information on the budget

sheet. ACTION: Sandra to speak to Graham Spratt.

**CLUB KIT:** Roger reported that he had asked Steve Siddell to order S, M, L & XL Hoodies from the current supplier as samples. Roger said that Steve had told him that there were many members who would like kit from another supplier. Roger told Steve that if he could gather enough support from the members, the committee would have to look into it.

**FRIDAY TRACK FEES:** Roger confirmed that he had handed £12 to Anne for banking, for the track fees taken on Friday 14th September.

**DESK DUTY:** Carl reported that he had sent out an email to members, asking for desk duty volunteers. Roger said that Alison Wrigley had offered to cover desk duty on Wednesday 14th Oct, and that he has also emailed Ann McKinnon, to see if she was available on Wednesday 21st or 28th Oct. ACTION: Roger to speak to Ann McKinnon.

#### CHAIRMAN'S REPORT

**MORTIMER 10K:** Carl recorded thanks to Bob Thomas and Catherine Leather for a very successful event.

**CLUB CHAMPIONSHIPS:** Carl reported that two of the club's Half Marathon championship races had just taken place and that the next race in the championships was the Tadley 10 mile on Sunday 18th October.

**CROSS COUNTRY:** Carl mentioned that the cross-country season would be upon us soon.

#### TREASURER'S REPORT

**AUGUST ACCOUNTS:** Sandra had issued the August accounts prior to the meeting and there were no queries.

**LONDON MARATHON:** Sandra said that there were some concerns expressed on the Facebook forum, about the London Marathon rejections. Sandra had said that some members received rejections via the post and some through via email. Sandra had said on Facebook that she would clarify with the committee that a posted rejection slip, or a hard copy of the email would qualify for a rejection slip and the committee agreed.

**DINTON RELAYS:** Sandra raised the subject of the

date for the 2016 Dinton relays and after some discussion, Sandra pencilled in Tuesday 12th July as a provisional date, pending an enquiry to Wokingham Borough Council. ACTION: Sandra to contact WBC.

**HOODIES:** Sandra reported that there were orders for two hoodies, but the two girls who ordered them have not paid or collected them. Carl said that if any other member wants one then its first come first serve.

#### SECRETARY'S REPORT

**HENLEY HALF MARATHON** Roger reported that he had been contacted by the organisers, who asked for the return of the team trophy. ACTION: Roger to take the trophy out of the cabinet on Wednesday and take to Henley.

**BERKS BUCKS & OXON XC:** Roger reported that the BBO XC Association were holding their AGM on Tuesday 20th October at the Oxford City AC Clubhouse at 7.45pm. ACTION: Roger to send apologies for absence.

**PAUL & PENNY KUROWSKI:** Roger reported that he had received a card from Paul & Penny Kurowski, thanking the club for the £50 John Lewis voucher, upon their retirement to Devon. Roger also said that he now had a current photo of Paul & Penny and would write an article about them for the newsletter. ACTION: Roger write up.

#### MEMBERSHIP SECRETARY'S REPORT

**MEMBERSHIP** Anne reported 2 new 2nd claim members paying £18 = £28 by cheque, 5 new members paying £28 cash = £150 and 5 new members paying £28 by cheque = £150 in September = £336 banked.

Anne said that we now have 494 members.

**NEW MEMBER:** Anne reported that she has received a membership application via email and the applicant said that he would bring the money to the Palmer park on Friday 2nd Oct. Anne asked Roger if he had been given the membership fee on Friday, but Roger said that although the new member was in attendance, he did not give any money to the club.

Roger said that the applicant was still entitled to a third free session.

#### SOCIAL SECRETARY'S REPORT

**CHRISTMAS PARTY** Amanda confirmed that she had received advice from Roger via email, that the Inn on the Park (the pub at the pavilion that provides a bar service)

would not be available for the Christmas Party on Saturday 12th December. Roger said that Woodley Town Council had contacted him to confirm that attendees can bring their own alcohol to the event, that is still going to be held at Woodford Park Pavilion.

Amanda also said that she would canvas members to bring some food or a raffle prize.

**ACTION:** Amanda to advertise on website and advise ticket buyers that they should bring their own drinks.

**DINNER DANCE 2016** Amanda confirmed that the 2016 Dinner Dance would be on Saturday 5th March at Sonning.

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

**TEAM CAPTAINS REPORT** None received.

**ANY OTHER BUSINESS**

**MEMBERSHIP CARDS:** Carl asked for approval for the new credit card sized membership cards and the committee agreed that the new cards would be a good idea.

**CHARITY MILE & KIDS LAP:** Carl reported that Kerri French wanted approval to hold a Christmas charity mile including a children's lap on Friday 18th December. Sandra expressed concerns about non-members, guests and children being covered by our insurance. Roger advised that the event would be covered by UKA insurance, which covers fund raising events. This was discussed and approved by the committee. **ACTION:** Carl to speak to Kerri.

**CAR STICKERS:** Carl reported that new car stickers can be obtained from Martin Bush's company at £150 per 200.

After discussion the committee decided to purchase 200. **ACTION:** Carl to contact Martin.

**LONDON MARATHON DRAW:** Roger reported that he had spoken to two members, who wanted clarification on the cut off date for new members wanting to go into the club draw. At present, the rule is that new members must have one years membership before qualifying for the draw, but this is thought to be open to interpretation, in which case, a definite date should be stated for the cut off. After some discussion,

it was decided that new members must have held their membership for one year prior to the 1st November, this being the traditional month for the draw.

Therefore any new member joining after the 31st October 2014, will not be eligible for the 2016 LM draw.

**AGM PACKS:** Bob raised the subject of sending out AGM packs by post and suggested going over to a paper-less method, whereby members could download the packs from the club website. Carl asked for a vote and this was approved by the committee.

**MORTIMER 10K:** Bob reported that there was an incident with a cricket club over the car park at Mortimer.

Bob said that he had advised Mortimer Parish Council that in future, the club would not organise the event, unless the council guaranteed not to double book the car park and field.

**LONDON MARATHON MARSHALS:** Amanda said that she has been asked by members, how they register for marshalling the London Marathon. Carl said that all the information was on the website and that the registration list goes on the board on the first Wednesday in February, for members to put their names on.

**KIT MONITOR:** There was discussion regarding kit ordering, kit storing, kit recording and kit sales.

**ACTION:** Carl to speak to Steve.

**MEMBERSHIP RENEWAL ONLINE:** Carl said that we ought to be pursuing this, which was being looked into by Paul. **ACTION:** Raise at next meeting with Paul.

**DOOR ROTA**

Wed 7th Oct  
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 14th Oct  
Alison Wrigley, Glynne Jones, Anne Goodall.

Wed 21st Oct  
Shirley Smith, Glynne Jones, Anne Goodall.

Wed 28th Oct  
Ann McKinnon, Glynne Jones, Anne Goodall.

Meeting Closed 9.07pm