



READING ROADRUNNERS NEWSLETTER OCT 2016

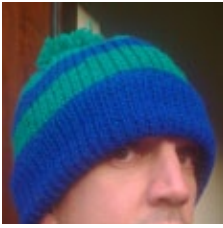
There's something of an international flavour to the newsletter this month - as Paul (who, judging from Friday's Curryoke evening, can do an eerily accurate Lou Reed, if anybody is interested) and the usual band of suspects begin their travels far and wide, we have a race report taking in not one but **THREE** countries. It also gives the newsletter a rare opportunity to use an umlaut.

And as if that's not all, we have had several Roadrunners representing their countries in a number of exciting ways. Sadly we are losing Alice Leake to the climes of West Yorkshire shortly after her ambassadorial trip to China with the GB Orienteering team, but we have managed to get a few words with Sarah Urwin-Mann who has been racing for England in the International Masters in Cardiff.

INSIDE THIS MONTH:

- **3-LÄNDER MARATHON**
- **COACHES' CORNER**
- **CHARITY NEWS**
- **CAPTAINS' REPORTS**





Welcome from the Editor

CHRIS CUTTING

You will have seen from the front cover blurb that one of our 'quicks' is leaving us this month to return to Leeds. Alice Leake is somebody who, back in the day the editor could, at a pinch, just about keep in view on the horizon. Since those days Alice's times have gone through the roof (or the floor, depending on which way you look at it). She has been a regular podium finisher for the club and has represented GB at the World Orienteering Championships. So long and good luck Alice, RR's loss is West Yorkshire's gain.

The editorial team have a number of marathons to their name (the first one and the other one), so it's always with great admiration that we see anybody reaching any kind of milestone. Step forward Julia Molyneux, who last week reached 100 marathons with a tidy 6:34 at the Bacchus Marathon (and anybody who has run it knows EXACTLY what an achievement that is).

Enjoy your running this month!



Chairman Chat

CARL WOFFINGTON

Our Mortimer 10k took place on the 25th September and went well. The early morning rain cleared to give a dry day. Thanks to Bob and Catherine for organising and also to all the marshals and helpers. A cheque for £2000 was presented to the Charity in the bar after track on Wednesday 12th October.

We had a quiz evening on 10th September and it was well attended. It was an enjoyable evening and raised £300 for the Charity. Thanks to Catherine and Shane for organising.

There was another timed 5000m track run on 30th September. It was well attended and these runs followed by a social are getting more popular. Thanks to Tony and helpers for organising. More are planned, so look out for the dates. This was also the first RR session where the new floodlights were working.

We entered two teams in the SEAA Relays at Bedford on the 25th September: senior men and vet ladies. We organised a coach to take the teams there.

By the time you are reading this we will have held our Curryoke night at the 3 Tuns on 14th October. Thanks to John and Fiona. We will also have run in the first Hampshire League cross country race of the season on 15th October at Farley Mount, Winchester.

Our RR Club Championship continues with 3 races in the next month: 16th Oct Frieth Hilly; 30th Oct Ricky Road 10; 6th Nov Marlow ½.

RR will be involved with the Reading parkrun on 29th October. Please look out for further details in the coming weeks and support if you can.

It is with regret and sadness that I report the sudden and unexpected death of Brian Ireland. Brian was president of Newbury Athletic Club and had been the official timekeeper at every one of our Bramley 20/10 races. RR has sent a card of condolence to his family and made a donation to their nominated charity.



Ladies' Captain - Report

CLAIRE SEYMOUR

So autumn has finally arrived with the nights drawing in, and I have noticed on my evening runs that when I go out it's light, and when I return it's dark. It's important to be seen, so don't forget your high viz when going out on those training runs. It's also my favourite time of year to run with all the autumn colours coming out and the XC season arriving, with our first Hampshire League Fixture at Farley Mount, Winchester having just been held by the time this report comes out.

We have had another busy month, with quite a few runners taking part in various autumn marathons and half marathons in the UK and overseas. One of our ladies also received a recent England call up! And we had a team of ladies out at the SEAA Road Relays in Bedford, which was a fun, if rather long day out. September was a quiet month for Club Championship races but we have a few coming up in October/November, and by the time this report is published the Freith Hilly 10K will have just taken place, so I will look forward to reporting on the results next month.

Masters International 10K Road Championships (Cardiff 10K)

The Masters International Road race was a trial event being promoted by Welsh Athletics to bring International Masters road running to the Home Counties and Ireland. Entry is via selection and Sarah Urwin-Mann was recently selected to run for England in her Age Category. Sarah had a very good run finishing 2nd scorer for her team, and England won the championships overall, with the team trophy being presented at the British and Irish International XC at Glasgow.

SEAA Relays, Bedford

This year the relays moved to Bedford Autodrome, Bedford, which of course for us meant a 2 ½ hour journey each way. The event also unfortunately clashed with our Mortimer 10K which proved difficult when getting teams out, however we managed to get one vet ladies team to take part. As Bedford Autodrome was very open, flat, and extremely windy, the teams were up against tough conditions. Sarah



Sarah with some of the ladies from the England Team

Urwin-Mann rose to the challenge and did us proud on the 1st leg finishing 3rd Vet lady overall. Sarah was followed by Toni McQueen on the 2nd leg and Sam Whalley on the 3rd leg. Both ladies had really good runs, and Helen Pool ran a good time to bring the team home in 10th position. The ladies told me after the race that one of their main highlights was being in the same race as International runners like Jess Judd! We also enjoyed cheering the RR men on (they also did very well) and watching Olympian Andy Vernon lead his team home to win the race.

A very windswept ladies team at the SEAA relays



Dates for your diaries:

Ricky Road 10 mile *Club Championship* - Sunday 30th October

Marlow Half Marathon *Club championship* - Sunday 6th November

Hampshire League, Kings Park, Bournemouth – Saturday 12th November

TVXC Datchet – Sunday 13th November

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

Southern Masters XC Championships

I'm looking for a few more ladies to take part in

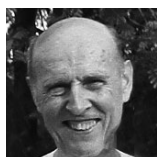
the above championships, being held at Horspath, Oxford on Saturday 10th December, particularly in the V50 and V60 categories. If you're interested in taking part, please contact me via teamcaptains@readingroadrunners.org

I'm also looking to organise some vet men's teams, so if you're interested in taking part I'm looking for V40/V50/V60 and vet 70+ runners. Please let me know as soon as possible if you would like to run.

Hope you enjoy those autumn training runs.

Claire

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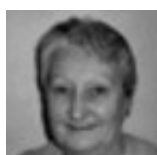
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WELFARE OFFICER: JENNY MILLER

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



Men's Captain - Report

MARK WORRINGHAM

To begin this report, I am sorry to say that I will no longer be using this column to gently mock David McCoy II's overenthusiastic starts to races. This is because, whilst taking part in Tony and Fergal's timed 5K at Palmer Park this month, I accidentally ran the first lap in 68 seconds. Whether this was a result of a simple misjudgement, or whether it was a wave of eagerness generated by a working set of floodlights, I am not sure, but you'll no doubt be surprised to learn that I didn't just carry on at that pace to run 14:10, but instead endured 11.5 laps of regret. Lesson learned. Unless I do it again.

The return of lights to Palmer Park was, in a quite literal sense, one of the highlights of the month, and it means that we can now see each other much better. On the downside, we can now see each other much better. Delete as appropriate, depending on who you've got in mind.

The need for lights indicates that we are very much back in cross-country season. I say this with no great pleasure, but I realise this is a minority view. Here are the key dates for your diaries - please retain, memorise, tattoo on an appendage or otherwise note them.

- Saturday 15th October – Hampshire League, Farley Mount, Winchester
- Saturday 12th November – Hampshire League, Kings Park, Bournemouth
- Sunday 13th November – Thames Valley League, The Broccas, Eton
- Sunday 20th November – Berks, Buck and Oxon Cross Country Championships, Prospect Park, Reading
- Saturday 3rd December – Hampshire League, Popham, Basingstoke
- Sunday 4th December – Thames Valley League, Bradenham Woods
- Saturday 10th December – Cross Country Masters Championships, Horspath, Oxford
- Sunday 18th December – Thames Valley League, Reading, venue TBC
- Saturday 7th January – Berkshire County Championships, Braywick Park, Maidenhead

- Saturday 14th January, Hampshire League, Prospect Park, Reading
- Sunday 15th January, Thames Valley League, Lightwater Country Park
- Sunday 22nd January, Thames Valley League, Tadley
- Saturday 28th January, Southern Cross Country Championships, Parliament Hill
- Sunday 5th February, Thames Valley League, Bramshill
- Saturday 11th February, Hampshire League, Queen Elizabeth Country Park (near Portsmouth)
- Saturday 25th February, English National Cross Country Championships, Wollaton Park, Nottingham

If you are interested in any of these events apart from the league fixtures, please let the team captains know in good time before the event, as we will be trying to get teams together. In particular, there's no reason we couldn't field strong teams in the Berkshire Champs, the BBO Champs (on home turf) and the Masters Champs, so please do let us know.

Looking back on this month's events, the Southern Road Relays, usually held at Aldershot, had to be rearranged this year due to a double-booking of the course. Unfortunately, the rearranged date clashed with our own Mortimer 10K race, as well as several other races, which meant that taking the 3 or 4 teams I had envisaged in my most fevered fantasies (well, maybe not quite my most fevered ones) was impossible. Nevertheless, a team of six (or five and a half, if we apply a discount for Alex Harris' non-functioning leg) turned out to the glamorous replacement location of Bedford Autodrome to give it our best shot.

After a magical mystery tour of Bedford on the way up, during which we saw three identical branches of Sainsbury's, or more probably the same one three times, we arrived at the Autodrome in somewhat blustery conditions. Not a massive problem usually, but it seemed that the only cover for the entirely flat 6km course was provided by a small sapling. Watching the effect of the wind on people's running form was highly amusing, as they bounded along away from the wind like some superhero formed of springs, then turned back to face it and immediately adopted the shuffling, hunched position of an elderly manservant at a haunted castle.

Despite that, the result was Reading Roadrunners' best placing for some years in the senior men's race, finishing 35th. Star man was Rob Corney on the first leg, and apart from a brief detour into the 40s, we stayed in the mid 30s throughout. Top 25 make the National relays, so that's something to aim for next year. Fingers crossed it won't be at Bedford again, but on the upside at least we know where to go if we fancy any Taste the Difference Lincolnshire Pork Sausages.

Our own Mortimer 10K once again saw a good turnout of Roadrunners in addition to those helping out with the event. Richard Hallam-Baker was first RR home, with 6th overall and second V40. Fergal Donnelly was close behind, with a new PB. There were also PBs for Vince Williams, David Walkley and Joe Akem-Che, whilst Richard Morgan and Andy Atkinson took second and third in the V60 category.

The other big 10K of the month was the Reading 020 10K, which saw a third place for Jamie Smith, closely followed by Mark Apsey in a time which indicates a big return to form. All of the old chap victories fell to Roadrunners, with, in ascending age order, wins for Ian Gosling (V40), Pete Jewell (V50) and David Dibben (V60), with Ed Dodwell second V50. At the other end of the age spectrum, it was a new PB for young Ewan Harris. The other news was that some cheeky herbert turned up and took my course record from 2013, despite me having gone out and laid a series of traps along the route during the night to prevent just such an occurrence. Vengeance will be mine.

Other notable 10K performances included Lance Nortcliff finishing second (and first V40) in a strong 34:14 at Swallowfield. Ben Whalley also finished second/first V40 at the RARE 10K, with Nigel Hoult inevitably scooping the V60 honours. Doug Kelley managed a podium finish at the Highclere Castle 10K, while Brian Kirsopp was the V50 winner at the

Pangbourne 10K, with Richard Usher 3rd V40. Lance also made his debut for the Southern Counties Vets in an inter-area cross country match, and a fine debut it was too, with a win.

September saw many a marathon taking place, a veritable feast for the likes of Paul Monaghan, Dean Allaway or Martin Bush, people for whom not running a marathon must be quite a disorientating experience. Brian Grieves took second in the Thames Trail Marathon, whilst David McCoy I was first of our representatives in the slightly more well known Berlin Marathon. PBs were also recorded for Andy Dingle at Bournemouth and Daniel Rickett at Berlin.

Half marathons were equally popular. Good times were run by Matthew Green at the Great North Run, Jamie Smith at Ealing and Chris Lucas at Winchester. Brian Kirsopp was first V55 at the Bournemouth half, whilst Tom Harrison was third V70, and must have been cursing the lack of a V80 category as he put himself top of the national V80 rankings (only to be dethroned a week later, but we won't mention that, apart from just then). Fergal Donnelly set his second PB of the month at the Salisbury Half Marathon, whilst David Dibben was second V60. Dave McCoy II got in a couple of quality 10-milers, including setting a new PB at the Armagh 10.

Duncan Mollison has started to build something of a reputation for himself as a national V35 middle distance man, and people will have to start taking him seriously now, even if he is wearing long socks and big sunglasses. He won bronze in the V35 1500m at the British Masters championships, and followed that up with another bronze in the V35 masters road mile championships in Cardiff. However, he seems to have started playing rugby again, so let's hope this promising career isn't cut short in a tragic mess of alcohol and broken limbs.

That cheery note seems as good a way to end as ever. Until next time.

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.



Charity Chatter

SUSIE REES



Greetings fundraising superstars!

I am writing this having just heard from Kerri French that the charity account balance is now at a wonderful £20,085.67. I think you'll agree this is a fantastic amount, and is testament to the efforts of a whole host of individuals, behind various goings on, that I will attempt to cover below. We are not done just yet though, so keep reading for what is still to come in terms of making even more money for Sport in Mind, our awesome Charity of the Year.

- **Car Boot Heroes** – Geoff Chaffer and team, you have done us proud, once again. 12 very early morning starts directing hundreds of vehicles into Prospect Park and a whole lot of item collecting/storing/lugging out/selling later you have contributed massively to the amount raised so far. Special thanks to Fiona Ross and Kathy Tytler who helped out on the recent ones. Bottoms up!



- **Good old fashioned betting** – Chris Mason, very generously handed over £50 to the charity after Men's Captain, Mark Worringham, broke his 21 year 5-mile club record. Will Chris be robbed again??
- **Bingo Run** – Thanks to Sam and Ben Whalley for raffling an 'ultimate goodie bag' at their 'bingo with a difference' event that made a whopping £138 for the charity. Just what was in that bag?!?!



- **Quiz** – Cheers to those of you who gave your legs a rest and worked your grey matter hard instead and to Catherine Leather, Amanda Box, Chris Drew and Kerri French for selling the tickets and organising the raffle.

- **The Mighty Mortimer 10k and Fun Run** – If you raced, marshalled, set up the course, promoted the race, gave out the medals, baked, ran the tea stall, bought cakes from the tea stall, race directed or contributed in any other way, thank you.



- **Kathy's 'Like the Wind' Magazine** – not only can she run very very far, this lady can write. Cheers to Kathy for raffling a couple of copies of the mag that featured her work and to everyone who bought tickets. You raised a brilliant £80.
- **Track Timed 5k** – Thanks to Coach Tony Canning and all those who helped you, including Glynne Jones, our unsung hero and Sev Konieczny our happy snapper. £50 was raised through some cake based recovery. Good work!



• **Roger Pritchard's London Marathon Expenses** – who knew that Roger, our induction King, donates his London Marathon travel expenses to the charity of the year, every year? Wow and thank you.

• **Friend of Reading Roadrunners - Sarah Watson** – ran the Shinfield 10k, saw the Sport in Mind board we had up in the hall and went on to raise £335 for them in sponsorship for a tough Half Ironman course. Seemingly the rain didn't dampen her spirits.

• **Curryoke** – thanks to John Bowley and Fiona Ross for getting behind this social. Looking forward to seeing the pics!

• And more I've missed I'm sure!

Before rounding up with news of what is still to come on the fundraising front, here's what's been happening recently at the charity:

- Annual Inter-group football tournament at the Reading FC Dome
- Annual Inter-group cricket tournament
- Zumbathon at Kendrick School promoting sport through wellbeing and as part of the 'This Girl Can' campaign
- Badminton sessions will be taking place at Woodford Park soon
- Additional (evening) badminton session will be taking place at Rivermead
- A refurbishment of the gym at Prospect Park Hospital
- Annual Sponsored Riverside / Canal Walk

- Table Tennis England donated a table to the gym at Prospect Park Hospital on World Mental Health Day
- Running / Jogging / Walking sessions launched at Prospect Park on World Mental Health Day (great to see Tracy Jenkins, Tom Harrison, Colin Cottell, Liz and Andy Atkinson down there) and will be happening every Monday evening from 6.30pm with optional Mansion House meet up afterwards. Please see me if you would be interested in becoming a Run Leader for these sessions on a rota basis. You do not need to have a Coaching qualification and the charity are hoping to organise Run Leader training through Run England.



RUN FOR WELLBEING World Mental Health Day 2016

**FREE SESSION Monday 10th Oct
6.30 - 7.15 pm**

Meet at: Meet at Prospect Park Changing Rooms, Prospect Park, Liebenrood Rd, Reading RG30 2ND
Description: Fun, gentle, drop-in 1.5 mile run / walk around Prospect Park to promote mental wellbeing.
Come & join us for a drink at Mansion House after

This group is provided FREE by Berkshire mental health charity **Sport in Mind** to promote mental wellbeing for World Mental Health Day #runandtalk.

Tel: 07969579947

www.sportinmind.org

www.sportinmind.org



So, looking ahead, I am ridiculously excited to say that we have an update regarding *that* calendar. November, £5, perfect for Granny's Christmas present. Nice one Keith Russell and your merry men. I am still hoping to hold a Silent Auction of Promises and Time, sell one or two pebble pictures and of course there is the legendary Christmas Do as well as our very own Bramley 20/10 to come.

Hope you've enjoyed the news round up. I will leave you with this little gem; 'For Good Health's Sake, Run, Jump and Shake.'

With sincere thanks again and happy running,
Susie



Coaches Corner - Why do we stretch?

In the last Coaches' Corner you learnt about the structuring your training. This month we will look at "in my opinion" the most important part of your training: stretching.

Stretching is one area of exercise that is extremely underestimated. It tends to be skipped and forgotten about, but is very important. Stretching helps to increase circulation to the muscle that is being stretched. Regular stretching increases flexibility and range of motion. The act of stretching can also be very relaxing and it feels great!

For a long time we were told that static stretching was the proper way to loosen up our muscles prior to training or competition. However, we are now aware of the use of dynamic stretching and how this is now heavily advocated as a far more beneficial warm up exercise in order to maximise performance.

The effectiveness of your warm up can not only affect the likelihood of injury, but also directly impacts your ability to perform to your maximum ability. As such, dynamic stretching plays a major role in maximising your performance levels and should be a key part of any warm up.

Key benefits of dynamic stretching:

1. Dynamic stretching means your body is still continuously moving, even while stretching. The purpose of warming up is to prepare your muscles. You need to increase your muscles' core temperature and dynamic stretching can accomplish this. If you put 5-10 minutes aside before your working out to do static stretching, this can lead to your muscles' core temperature dropping. Although your muscles may be stretched and feel loose, they will actually be less elastic and not as powerful.
2. Dynamic stretching will prepare your muscles in a sport-specific way. While a static stretching warm up may loosen off the muscles, it has really has no relevance to what you are actually about to perform. Whether you are preparing for the gym or going for a run, your body needs to be prepared for the intensity of whatever workout is ahead. Warming up with dynamic stretching will prepare your body for the different types of movement that will be

performed during your run.

3. Dynamic stretching gets you mentally prepared for what lies ahead. A static stretching warm up is more relaxing than anything else. However this can trick your body into a relaxation mode and can be a difficult transition from rest period into competitor mode.
4. Dynamic stretching helps to improve the range of motion around your joints. Over time this will improve your performance and maximise your movements due to the increase in flexibility of your joints.

Key benefits of static stretching:

Static stretching is more beneficial when done after exercising. This means you can sit or stand still while you hold a stretch for about 20-30 seconds. It is during these stretches that it is important to increase the circulation to the tired muscles and release any tension that may have built up. Stretching should not be painful or done so intensely that you are holding your breath.

Examples of dynamic stretching:

- Butt kicks
- High knees
- Arm circles
- Walking lunges

Examples of static stretching:

- Hold your foot so your knee is bent and your heel is touching your backside to stretch your quads
- Touching your toes to stretch hamstrings
- Holding one arm across your body with a straight elbow for the back of your shoulder.

Until next time: happy stretching!

Our 3-Länder Marathon Trip (Germany, Austria & Switzerland)

PAUL MONAGHAN

A marathon covering 3 countries. The temptation was just too much. This had been on the cards a few years but one Wednesday evening at our club house, after a few beers, we decided to go for it. Being near Prof Dean Allaway's birthday it kept up a tradition of always being abroad around that time.

TeamJackMon (Caroline Jackson and I) had only just competed in Berlin so it would mean us returning to Germany on a marathon starting line twice in 2 weeks. Could we cope with even more German October fests? Usual suspects Martin Bush, Pete 'The Train' Morris, Tony Streams, Dean Allaway plus fairly new recruits Peter & Sheryl Higgs all came along for the ride.



Martin couldn't believe his luck as potentially there would be gift shops in 3 countries during the race. For the record this was Martin's 859th marathon: one serious achievement to be applauded plus a serious collection of medals not to mention magnets!! Pete had left his Monday Chug in capable hands (though rumour has it a hostile takeover is on the cards) and for the rest of us it was business as usual but with the added twist of crossing borders.

All of us eventually arrived at different times to Bregenz, Austria via a flight to Zurich. Caroline & I and Tony & Dean decided to go by train whilst the rest hired a car. The scenery during the train journey was great so much so that Caroline kept off Facebook on

her phone for over 10 minutes though she did manage a cheeky check in whilst pretending to go the loo.

Fast forward to race morning and a boat was laid on travelling from Bregenz in Austria to the race start at Lindau Island in Germany. Boat ride got Bushy's vote as a gift shop was on board. He nearly had the captain's hat but luckily for him there was a mirror in front of the till.

We arrived to a friendly upbeat crowd bathed in sun listening to some trash metal that had been laid on just to wake us up.

Before we knew it we were off, Sheryl was running the 10K so her start was after ours meaning more time to enjoy Lindau. For the rest of us it was Germany followed by Switzerland and Austria around Lake Constance.



The crazy thing about this trip is I spent much of it confused as to what country I was in. During the race was similar as the borders blur in race mode. I can remember the Swiss flags with , 'bye, bye,' written near, but even now the borders are only clear looking in hindsight. Regardless though, this was a great marathon with Lake Constance virtually always in sight. The air was fresh and the weather was kind to us.

Eventually we all finished at the Casino stadium in Bregenz where we were treated to alcohol free beer

(yes I know, don't remind me) and a vast array of food & drink. A skydiver even dropped in to add to the fun.

During the rest of the trip we managed a cable car ride through rain & grey clouds (just our luck) up the Pfänder mountain and visited an authentic Austrian restaurant complete with ultra posh waiter and a private room. Caroline & I stayed on an extra day and amongst other things visited a fondue restaurant as well as the many pop up October fests in Zurich.

You may ask why we run marathons so much. Well this is why. I can think of no other hobby that gives you the perfect excuse to be with pals visiting so many interesting places & countries whilst eating local cuisine & drinking without feeling guilty. Well I can but it's illegal!

Next up this year: Valencia, Lanzarote, Malaga & possibly Pisa. Give us a shout if you're interested in joining us.



Dean Allaway	3:24:22
Paul Monaghan	3:29:23
Caroline Jackson	3:32:33
Tony Streams	3:46:00
Peter Higgs	4:30:10
Martin Bush	5:11:33
Pete Morris	5:12:42
Sheryl Higgs (10K)	1:35:57

Julia's 100th Marathon

Julia Molyneux was joined by friends during September helping her celebrate her 100th marathon at the Bacchus Wine Marathon.



Roadrunner Selected to Represent England

CARL WOFFINGTON

Sarah Urwin-Mann was selected to represent England in the 2 way Masters International 10k between Wales and England. This was held as part of the Cardiff 10k on the 11th September 2016.

Sarah was asked at the beginning of August if she would be prepared to run. She was informed in the middle of August that she had been selected. This is Sarah's second England Vest as she ran for them previously in 2008.

Sarah was placed 4th F45 in the international race and this gave her the 3rd scoring place in the F45 England team. So, Sarah helped England beat Wales by 7 to 14 in the F45 category. Please note it's the

same as cross country scoring, lowest points win. The overall score for the women was an England win by 35 to 51. The overall score for the men was an England win by 41 to 45. The overall score for men and women combined was an England win by 76 to 96.

Additionally, Sarah heard on the 6th October that she has been selected as Reserve for England in the 2016 British and Irish Masters International Cross Country. This is to be held in Glasgow during November.

In Sarah's words "so, it has been a good year for me this year". It certainly has and great running.



Roadrunners Results

NIGEL HOULT

Once again we have a lot of races to report on this month. No less than 15 are marathons, including Lisbon, Bodensee (Germany/Austria/Switzerland – don't forget your passport!) and even Moscow. Julia Molyneux achieved the milestone of 100 marathons completed, something most of us will admire and few will want to emulate: well done Julia! Roadrunners also ran 17 half marathons, the furthest flung being Sydney Australia. At Bournemouth, Tom Harrison briefly became the fastest vet 80 man in the country this year: since Power of 10 began recording results for this age group in 2012, only five people have run faster. Well done to him!

Amongst the other races, there were numerous good performances. We managed a clean sweep of the male veteran age categories at the popular 020 10k, while at the RARE 10k the Whalley household had a good day, with Ben and Samantha second male and female (and their daughters, who are Reading AC members, won trophies in the 5k event as well).

Finally, in a reminder that winter is on its way, there was the first cross-country event of the season, the EAMA inter-area match at Wimbledon. Representing Southern Counties Vets, Lance Nortcliff won the men's race, Sarah Urwin-Mann was second in the women's race and Claire Seymour was second in her age category. This bodes well for the forthcoming cross-country leagues, which will have started by the time you read this.

That's it for this month; well done to everyone who raced, and especially the 25 who achieved PBs over various distances. Keep those results coming in, to results@readingroadrunners.org.

3rd September

Thames Trail Marathon

Brian Grieves	2	3:23:48
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Thames Trail Half Marathon

David Caswell	8	1:49:29
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10th September

Hangers Heroes Marathon

Martin Bush	47=	7:30:00
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Battersea Park 10k

Mark Worringham	3	33:11
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11th September

Farnham Pilgrim Marathon

Name	Pos	Gun	Chip
Gemma Buley	114	4:39:11	4:38:56

Farnham Pilgrim Half Marathon

Name	Pos	Gun	Chip
Claire Seymour	244	2:13:47	2:13:25

Bacchus Marathon

Name	Pos	Gun	Chip
Paul Monaghan	73	5:40:52	5:40:37
Caroline Jackson	74	5:40:52	5:40:38
Caroline Hargreaves	100	6:34:39	6:34:25
Julia Molyneux	101	6:34:39	6:34:25
Pete Morris	102	6:34:40	6:34:26
Andy Patrick	103	6:34:43	6:34:27
Martin Bush	104	6:34:46	6:34:29

100th marathon

Bacchus Half Marathon

Name	Pos	Gun	Chip
Nicole Rickett	327	2:40:36	2:40:13
Daniel Rickett	328	2:40:36	2:40:12
Linda Wright	960	3:54:29	3:53:19
Peter Higgs	1290	4:28:38	4:27:28
Sheryl Higgs	1281	4:28:38	4:27:27
Sarah Richmond De'voy	1353	4:49:04	4:45:48

Great North Run Half Marathon

Matthew Green	136	1:18:46
Peter Reilly	6707	1:52:25
Samantha Whalley	7840	1:54:33
Philip Reay	10291	1:58:44
Catherine Douglas	26997	2:29:42

New Forest 10k

Name	Pos	Gun	Chip
Jenny Mulhearn	806	1:16:27	1:14:46

Pangbourne 10k

Name	Pos	Gun	Chip	
Brian Kirsopp	5	39:36	39:35	1st MV50
Richard Usher	14	41:10	41:09	3rd MV40
Peter Cook	28	43:58	43:53	
James Godfrey	40	46:24	46:13	
Gary Brampton	80	49:20	49:07	
Nicholas Adley	85	50:05	50:02	
Stephen Dellow	117	52:38	52:27	
Ray McGroarty	153	55:33	55:07	
Nikki Waters	202	58:25	58:14	
Laura Batten	223	1:00:40	1:00:25	
Julie Wing	332	1:25:08	1:24:42	3rd FV60
Stephen Wing	335	1:25:57	1:25:26	

Cardiff 10k (including England-Wales International Masters)

Name	Pos	Gun	Chip	
Sarah Urwin-Mann	247	40:17	40:12	3rd FV45
Alison Wrigley	2374	1:02:34	59:53	

17th September**Beerathon**

Martin Bush	45	26.2 miles in 6:44:56	
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British Masters Championships, Birmingham**1500m MV35**

Duncan Mollison	3	4:16.18	PB
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18th September**Kent Coyote Marathon**

Andy Dingle	125	4:28:14	
Amanda Box	157	4:41:40	
Chris Manton	171	4:50:56	
Martin Bush	185	4:58:01	
Pete Morris	198	5:00:48	5th MV60
Julia Molyneux	223	5:15:05	

Richmond Marathon

Ian Giggs	123	3:31:26	
Paul Monaghan	237	3:48:25	
Caroline Jackson	238	3:48:26	5th FV35
Philip Reay	594	4:55:26	
Chris Drew	635	5:14:46	PB

Sydney Half Marathon, Australia

Name	Pos	Gun	Chip
Juliet Fenwick	6966	2:43:12	2:32:17

Tadley 10

Dave McCoy	4	58:54	
Dean Allaway	24	1:09:39	
Kerri French	118	1:58:57	
Katherine Heaton	120	1:58:57	PB

Swallowfield 10k

Lance Nortcliff	2	34:14	1st MV40
Richard Hallam-Baker	20	39:22	
Claire Seymour	94	49:44	
Charlie Macklin	127	53:28	
Chloe Lloyd	195	59:41	
Adele Graham	206	1:01:10	
Suzanne Bate	207	1:01:21	
Carl Woffington	212	1:02:05	
Liz Atkinson	213	1:02:31	3rd FV60
Sarah Phelps	214	1:02:32	
Rachel Sutton	231	1:04:26	
Ann McKinnon	256	1:11:44	
Helen Dixon	257	1:12:24	
Hannah McPhee	264	1:15:47	
Ros Lee	266	1:19:05	
Sheryl Higgs	269	1:29:21	

Swansea Bay 10k

Name	Pos	Gun	Chip
Peter Cook	230	42:17	41:55
Jenny Mulhearn	2547	1:11:32	1:07:51

Butser Hill Challenge (5.3 miles)

Colin Cottell	45	48:05	
John Bailey	129	1:04:13	4th MV60
Tom Harrison	131	1:05:07	5th MV60
Lorraine Bailey	143	1:18:21	2nd FV60

Sherfield 5k

Nick Adley	18	21:56	3rd MV35
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24th September**Windsor Women's 10k**

Name	Pos	Gun	Chip	
Helen Pool	7	44:32	44:25	1st FV40
Ifeorta Akpuaka	564	1:12:05	1:11:14	
Annette Russell	599	1:13:07	1:12:01	
Melanie Parker	627	1:14:08	1:12:17	
Eva Simmons	841	1:31:02	1:30:14	

25th September**Berlin Marathon**

Name	Pos	Gun	Chip	
David McCoy	1853	3:05:52	3:04:16	
Paul Monaghan	5559	3:33:31	3:28:47	
Caroline Jackson	518	3:32:05	3:28:55	
Nicole Rickett	1593	4:10:37	3:50:58	PB
Simon Davis	16476	4:26:11	4:13:52	
Daniel Rickett	16964	4:51:15	4:16:04	PB
Robert Bursell	20786	4:57:44	4:37:55	

Positions are separate for men and women

Robin Hood Marathon

Name	Pos	Gun	Chip	
Dean Allaway	134	3:32:50	3:29:22	
Paul Gell	264	3:51:09	3:46:16	
Martin Bush	823	4:46:36	4:29:31	
Pete Morris	988	5:10:50	4:53:19	

Moscow Marathon

Grace Lyon	510	4:26:38		
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Positions are separate for men and women

Windsor Half Marathon

Name	Pos	Gun	Chip	
Stewart Stanton	39	1:24:04	1:24:02	
Patrick Hayes	134	1:32:00	1:31:42	
Katie Williams	209	1:35:38	1:35:26	4th FV35
Sam Hammond	316	1:39:00	1:37:59	
Anthony Long	847	1:49:19	1:45:41	PB
Scott Erceg	854	1:49:27	1:48:12	
Colin McCarlie	997	1:51:55	1:49:34	
Andy Sumner	1210	1:54:49	1:53:35	
Susan Knight	1579	1:59:54	1:56:49	
Robert Hele	1982	2:05:35	2:02:19	
Amanda Box	2226	2:09:25	2:06:19	
Danlu Tong	2263	2:09:51	2:07:37	

Winchester Half Marathon

Name	Pos	Gun	Chip	
Chris Lucas	5	1:20:30	1:20:29	
David Legg	173	1:41:19	1:40:37	
Andy Patrick	1009	2:23:06	2:22:03	
Sev Konieczny	1184	2:40:40	2:37:01	

Bristol Half Marathon

Claire Woodhouse	2631	1:53:17		
Melanie Shaw	2632	1:53:17		
Suzanne Bate	5734	2:19:56		

Ealing Half Marathon

Name	Pos	Gun	Chip	
Jamie Smith	21	1:17:19	1:17:19	
Sarah Hicks	1829	1:57:19	1:54:49	
Judy Hicks-Davies	2906	2:13:18	2:07:37	

Highclere Castle 10k

Douglas Kelly	3	36:36		
David Fiddes	31	44:58	5th MV50	
Aaron Chai	103	53:22		
Louise Atkinson	167	59:23		
Liz Atkinson	246	1:09:28		
Julie Wing	277	1:28:17		
Stephen Wing	278	1:28:43		

Mortimer 10k

Name	Pos	Gun	Chip	
Richard Hallam-Baker	6	39:12	39:09	2nd MV40
Fergal Donnelly	7	39:26	39:23	PB
Paul Kerr	23	41:47	41:42	
Tony Walker	26	42:02	41:59	
Kevin Jones	34	43:28	43:26	5th MV50
Claire Marks	47	44:44	44:38	1st FV50
Vince Williams	61	45:57	45:52	PB
Jonathan Belson	84	47:39	47:32	
Tom Wright	96	48:20	48:12	
David Walkley	116	49:39	49:22	PB
Richard Morgan	119	49:42	49:26	2nd MV60
Andy Atkinson	129	51:36	51:21	3rd MV60
Mo Fassihinia	132	51:44	51:34	
Joe Akem-Che	150	53:05	52:51	PB
Tom Harrison	218	57:40	57:22	4th MV70
Linda Wright	230	59:11	59:02	1st FV60
Heather Bowley	231	59:15	58:56	2nd FV60
Sarah Phelps	252	1:00:51	1:00:47	
Alice Kerr	301	1:09:08	1:08:43	
Holly Turner	309	1:09:54	1:09:36	
Allan Bradbury	314	1:10:51	1:10:44	

Mortimer 3k

Name	Pos	Gun	Chip	
Ewan Harris	4	11:52	11:52	

SEAA Road Relays, Bedford**Senior Men (6 x 6km)**

Reading Roadrunners	35	2:01:39		
Robert Corney	18:56			
Lance Nortcliff	19:42			
Alex Harris	22:44			

ROADRUNNERS RESULTS

Mark Worringham 19:01
Duncan Mollison 21:28
Dave McCoy 19:48

Veteran Women (4 x 4.5km)

Reading Roadrunners 10 1:20:51
Sarah Urwin-Mann 17:38
Helen Pool 19:25
Samantha Whalley 21:42
Toni McQueen 22:06

30th September

Timed 5000m, Palmer Park

Mark Worringham	1	15:51	
Ashley Middlewick	2	17:49	
Brendan Morris	4	17:58	PB
Gary Tuttle	5	18:00	PB
Richard Usher	6	18:27	
Alice Leake	7	18:33	
Richard Hallam-Baker	8	18:46	
Paul Kerr	9	19:02	
Mark Walker	10	19:44	
Erica Key	11	19:47	
Nigel Hoult	12	20:22	
Justin Simons	13	20:31	
Callum Goodyear	14	20:36	
Bill Watson	16	20:48	
Simon Denton	17	21:00	
Nick Adley	18	21:16	
Chris James	19	21:22	
Will Guest	20	21:58	
Chris George	21	22:45	
Pete Morris	22	22:48	
Andy Atkinson	23	22:52	
Simon Davis	24	23:05	
Mo Fassihinia	25	23:07	
Sam Whalley	26	23:31	
Grace Lyon	27	23:34	
Chris Darby	29	24:44	
Elizabeth Ganpatsingh	30	24:51	
Richard Hammerson	31	26:52	
Maria Norville	32	27:05	PB
Frank Cooper	33	27:35	
Carl Woffington	34	28:08	
Linda Wright	35	29:37	
Kathy Tytler	36	31:15	
Jennifer Oakley	37	31:19	
Brian Shave	38	36:40	

1st October

Pyjamathon

Martin Bush 21 26.24 miles in 5:01:57

Bournemouth 10k

Name	Pos	Gun	Chip
Peter Cook	76	43:36	43:09
Jake Hiom	85	43:42	43:26

Bournemouth 5k

Name	Pos	Gun	Chip
Jake Hiom	33	20:23	20:08

British Masters Mile, Cardiff

MV35

Duncan Mollison 3 4:42

2nd October

Lisbon Marathon

Name	Pos	Gun	Chip
Dave Wood	758	3:40:30	3:38:54

Bournemouth Marathon

Name	Pos	Gun	Chip	
Thomas Pinder	82	3:14:53	3:14:46	
Mark Smith	514	3:55:12	3:53:13	
Gemma Buley	740	4:07:04	4:04:43	
Christina Calderon	1031	4:27:31	4:23:38	
Andy Dingle	1049	4:27:31	4:23:38	PB
Philip Reay	1066	4:28:50	4:27:31	
Amanda Box	1074	4:29:00	4:25:09	PB
Martin Bush	1380	4:51:31	4:44:32	
Paul Carter	1465	4:52:37	4:50:17	
Justin Watkins	1911	5:54:13	5:47:26	
Caroline Hargreaves	1913	5:54:13	5:47:26	

Bournemouth Half Marathon

Name	Pos	Gun	Chip	
Brian Kirsopp	47	1:25:04	1:24:50	1st MV55
Colin Cottell	134	1:31:22	1:30:37	4th MV55
Jake Hiom	317	1:38:33	1:37:29	
Claire Seymour	914	1:51:56	1:49:30	
Tom Harrison	1802	2:06:39	2:03:17	3rd MV70
Cecilia Csemiczky	2647	2:26:50	2:20:53	1st FV65
Julie Bagley	2880	2:33:19	2:28:10	

Clarendon Half Marathon

Name	Pos	Gun	Chip
Ifeoma Akpuaka	241	2:34:26	2:33:52

ROADRUNNERS RESULTS

Basingstoke Half Marathon

Name	Pos	Gun	Chip	
Alice Leake	40	1:29:47	1:29:42	2nd F
Fergal Donnelly	48	1:31:09	1:31:04	
Steven Siddell	114	1:37:27	1:37:21	

020 10k

Name	Pos	Gun	Chip	
Jamie Smith	3	35:12	35:12	
Mark Apsey	4	35:21	35:21	
Ian Gosling	10	38:01	38:01	1st MV40
Pete Jewell	14	38:54	38:52	1st MV50
Edward Dodwell	20	39:38	39:38	2nd MV50
Paul Kerr	25	40:27	40:25	
Nikki Gray	28	41:00	40:58	3rd F
Ewan Harris	37	42:29	42:27	PB
Alix Eyles	49	44:16	44:15	
Christopher James	50	44:26	44:21	
Nicholas Adley	52	44:34	44:33	
Tony Long	53	44:42	44:33	
David Dibben	58	44:53	44:50	1st MV60
Lesley Whitley	64	45:23	45:21	2nd FV50
Melanie Shaw	66	45:30	45:27	
Colin McCarlie	89	47:53	47:49	
Pete Morris	92	48:02	47:58	
Paulina Erceg	112	49:24	49:19	
Joanne Sollesse	130	50:24	50:17	
Charlie Macklin	134	50:38	50:34	
Donna Saunders	143	51:22	51:10	
Zoe De La Pascua	189	54:07	53:50	
James Meston	194	54:16	53:52	
Sarah Pachonick	225	56:16	55:57	
Chloe Lloyd	269	58:10	57:50	
Sarah Richmond De'voy	277	58:36	58:16	
Suzanne Bate	305	1:00:18	59:57	
Daniel Stockwell	309	1:00:38	1:00:26	
Alice Kerr	365	1:05:55	1:05:33	
Jenny Oakley	370	1:07:03	1:06:43	
Kathryn Tytler	395	1:09:53	1:09:31	
Annette Russell	402	1:12:02	1:11:41	
Jenny Mulhearn	404	1:12:09	1:11:47	

Thorpe Park 10k

Ian Giggs	6	39:36	
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6th October

Running Miles at Dorney Lake

Marathon			
Dean Allaway	12	3:38:15	

David Caswell	18	3:44:22	
Martin Bush	39	4:47:59	
Kathy Tytler	55	5:53:47	

Half Marathon

Pete Morris	2	2:29:05	
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8th October

EAMA Inter-Area Cross Country Challenge

MV35

Lance Nortcliff	1	24:48	
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FV35

Claire Seymour	2	36:52	
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FV45

Sarah Urwin-Mann	2	28:57	
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9th October

3-Länder Marathon, Bodensee

Name	Pos	Gun	Chip	
Dean Allaway	165	3:24:44	3:24:22	
Paul Monaghan	212	3:29:47	3:29:23	
Caroline Jackson	240	3:32:55	3:32:33	1st FV35
Antony Streams	355	3:46:24	3:46:00	
Peter Higgs	747	4:31:26	4:30:10	
Martin Bush	901	5:13:08	5:11:33	
Pete Morris	906	5:13:05	5:12:42	

3-Länder Viertelmarathon (¼ Marathon), Bodensee

Name	Pos	Gun	Chip
Sheryl Higgs	1353	1:42:12	1:35:57

Salisbury Half Marathon

Name	Pos	Gun	Chip	
Ashley Middlewick	25	1:28:21	1:28:13	
Fergal Donnelly	32	1:29:21	1:29:13	PB
Helen Pool	93	1:38:23	1:38:13	PB, 3rd F, 2nd FV40
David Dibben	105	1:39:06	1:38:56	2nd MV60
Joe Blair	186	1:44:24	1:44:14	

Henley Half Marathon

Name	Pos	Gun	Chip
Andrew Morgan	30	1:28:42	1:28:36
Alan Thomas	56	1:33:27	1:33:12
Nikki Gray	132	1:41:46	1:41:35
Colin McCarlie	256	1:49:26	1:48:36
Peter Reilly	300	1:52:33	1:51:43

ROADRUNNERS RESULTS

Jim Kiddie	414	1:59:06	1:58:34
Heather Bowley	527	2:09:27	2:08:12
Linda Wright	607	2:21:50	2:20:37

Henley 10k

Name	Pos	Gun	Chip
Tom Wright	33	50:57	50:47
Richard Morgan	69	54:42	54:10
Andrew Runnacles	75	55:05	54:33
Ros Lee	289	1:20:34	1:20:11
Hannah McPhee	303	1:21:09	1:20:46

Royal Parks Half Marathon

Chris Manton	2753	1:45:38	
Sev Konieczny	12889	2:18:36	PB
Laura Chandler	14922	2:47:04	PB

Oxford Half Marathon

Ryan O'Brien	130	1:24:30	
Kenny Heaton	294	1:29:06	
Joe Noonan	609	1:33:15	
Sian James	729	1:36:48	1st FV60
Liz Jones	1216	1:40:54	2nd FV55
Matthew Morgan	1461	1:41:02	
Zaid Yousif	1531	1:44:16	
Madeleine Starks	2794	1:51:42	PB
Martin Douglas	2811	1:51:44	
Dinah Alshammar	2954	1:53:00	
Angela Burley	3293	1:55:04	
Kevin Bilsby	3559	1:57:15	PB
Donald Scott-Collett	3598	2:04:21	
June Bilsby	3744	1:59:03	
Zoe de la Pascua	4186	2:01:11	
Kerri French	5932	2:13:12	PB
Katherine Heaton	7109	2:36:40	
Helen Grieves	7309	2:46:05	PB

Note: Times are chip times, positions are gun positions

Armagh 10

Dave McCoy	13	57:23	PB
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Ridgeway Run (9.6 miles)

Keith Ellis	124	1:15:03	
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RARE 10k

Name	Pos	Gun	Chip	
Ben Whalley	2	36:16	36:15	1st MV40
Nigel Hoult	5	39:55	39:54	1st MV60

Samantha Whalley	20	48:13	48:06	PB, 2nd F, 1st FV40
Jennifer Mulhearn	81	1:05:21	1:05:03	
Kathy Tytler	86	1:08:55	1:08:38	5th FV50

RARE 5k

Name	Pos	Gun	Chip
Nicholas Adley	7	21:07	21:07

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 11 OCT 2016 – 7:30PM

ATTENDANCE:

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

APOLOGIES FOR ABSENCE:

Paul Monaghan, Simon Denton

MINUTES OF THE PREVIOUS MEETING

Under the section, Club 30th anniversary, of the previous minutes, it was stated that off-road races at South Stoke were being proposed. In fact, these will be guided social runs, not races as stated.

With that proviso, the minutes were proposed as a true record by Anne, seconded by Andy.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Club roadmap It was agreed to hold an additional Committee Meeting on 22Nov16, specifically to consider the roadmap.

Facebook Removal of ex-members from the Club's Facebook page is complete.

Club 30th anniversary Belinda & Graham Tull are proposing to lead off-road runs at South Stoke and have confirmed that the Club can hire the village recreation field as the venue for the event. The Committee is grateful to both for their initiative and asked them to go ahead and hire the field.

Carl proposed staging an event focused on bringing together founder members of the Club.

Action: Anne to compile an invitation list and Catherine to investigate venue availability.

Palmer Park Barcodes Bob has mocked up a membership card with an integrated barcode and tested it successfully. The Palmer Park manager has agreed to operate a two-code system to allow the barcode to be changed each new membership year with a cutover period.

There appears to be an issue with the stadium barcode recognition system that Carl is discussing with the stadium manager. This is particularly affecting the Thursday night outruns.

Action: Carl to resolve with Palmer Park management.

CHAIRMAN'S REPORT

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

- 10Sep Quiz night staged by Catherine & Shane Leather
- 25Sep Mortimer 10K & 3K
- 25Sep SEAA relays at Bedford
- 30Sep Timed 5K at Palmer Park

Carl thanked Catherine & Shane for staging a very enjoyable quiz night, and noted that our participation in the SEAA relays qualifies the Club to enter the National 10K road championships.

Notable forthcoming events include:

- 14Oct Curryoke evening
- 15Oct Hants XC at Winchester
- 16Oct Frieth Hilly 10K (Champs)
- 29Oct Club takeover of the Reading Parkrun – details to follow (Fergal)
- 30Oct Ricky Road 10 (Champs)
- 06Nov Marlow HM (Champs)

TREASURER'S REPORT

Accounts Sandy reported the accounts to be complete to end-August.

Sandy has paid the £90 entry fee for the Club to participate in the Hants XC league, and has secured the venue for the 2017 Dinton Relays.

GENERAL SECRETARY'S REPORT

Brian Ireland Newbury AC has advised of the sudden death of Brian Ireland, who has supported the Bramley 20/10 as official timekeeper throughout its history. Adele Graham, Bramley Race Director, wrote this of Brian:

"Brian Ireland acted as the official UKA timekeeper at Bramley. He was proud to say he had officiated at every Bramley race since its inception - whatever the weather he could be relied on to appear on the day with his clipboard and stopwatch.

The role of the official timekeeper was vital in the early days of the race (pre chip timing) and Brian was always on hand to help and give sound advice. Chip timing has made the timekeeping role easier but for prize and course record purposes manual timing of the first 100 finishers is still needed. Brian's cheerful face and wealth of experience will be sadly missed at Bramley - he has made a huge contribution to the success of the race over the years he has been involved."

The Committee has sent a card to his family and made a donation of £50 to their chosen charity.

England Athletics AGM Bob advised that the EA AGM will take place on 31Mar17 in Birmingham.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that four new members joined during September, taking the membership to 494.

SOCIAL SECRETARY'S REPORT

Catherine reported that the quiz night she and Shane organised in September donated £300 to the charity.

Carl pointed out that the Committee had not formally approved the Curryoke evening as a Club event, which was corrected by a unanimous affirmative vote.

COACHING CO-ORDINATOR'S REPORT

Tracy Jenkins Simon advises that Tracy has decided to stand down as a Club coach. Carl thanked Tracy for her work over the years, which has benefitted many of our members. Carl will write to Tracy to thank her formally on behalf of the Club.

New track rules Simon has re-drafted the track rules, which the Committee endorsed by unanimous vote. Simon will post the new rules on the noticeboard.

Coaching equipment The Committee accepted Simon's request to purchase additional coaching equipment for use at the track and approved a spend of £90.

TEAM CAPTAINS' REPORT

The Committee is concerned that the venue for the Club's XC event in early December has yet to be booked and asked the Team Captains to expedite confirmation of the venue.

ANY OTHER BUSINESS

Website Bob opined that the Club website is in dire need of upgrading to a more modern, mobile friendly look and feel with easier navigation and editing capabilities and straightforward facilities for posting new content. The Committee agreed that the Club should engage professional help to re-design the website and port over the present content.

Action: Bob to suggest the way forward.

Online renewals Bob asked for confirmation that online membership renewal should be offered again this year, which was, indeed, confirmed.

Action: Bob to decide which online facility to use.

Bramley 20/10 budget The proposed Bramley budget was reviewed but not approved.

Action: Carl to discuss queries over the proposed budget with the Bramley team.

Life membership Each year the Committee is required to review the membership list to consider whether any members should be elevated to the status of Life Member. This decision is based initially on length of membership and contribution made to the Club, and is subsequently approved or rejected by the extant group of Life Members.

Action: Anne to prepare a list of candidate members.

DOOR ROTA

12Oct16 Anne, Shirley

19Oct16 Anne, Shirley

26Oct16 Anne, Fiona Ross

02Nov16 Heather Bowley, Christina

09Nov16 Anne, Liz Atkinson

16Nov16 Anne, Claire Seymour

DONM: 08Nov16

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