



READING ROADRUNNERS NEWSLETTER SEP 2015

Snowdonia; the Gold Coast of North Wales, boasting year-round sunshine and temperatures of 35c and above. So it was a case of incredible misfortune when our intrepid band of Roadrunners turned up in what can only be explained as the local monsoon season. Torrential rain, low cloud and disorientating conditions prevailed, but our brave boys and girls all came back down the mountain battered but unbowed!

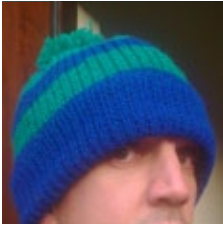
Similar conditions were in evidence when our select crew of triathletes tackled the Cotswold Classic Half Iron Man. Even more cruelly the heavens waited until everybody was out of the lake before opening, but again they came through unscathed.

If the weather this summer hasn't been enough for you, then the cross country season is almost upon us - mud, rain, freezing conditions... just like July in Snowdonia!

INSIDE THIS MONTH:

- **SNOWDONIA MARATHON**
- **DINTON RELAYS**
- **COTSWOLDS CLASSIC**
- **RACE RESULTS**





Welcome from the Editor

CHRIS CUTTING

To go off topic for a second, I'd like to start off this month's newsletter by talking about Marv Levy, the ex-coach of the NFL team the Buffalo Bills and the only coach to take a team to four consecutive Super Bowls.

Prior to the start of every game, Marv would challenge his players with a rhetorical question. It became his trademark. The coach would ask aloud, "Gentlemen, where would you rather be than right here right now?"

It's a question that occurred to me up on the Ridgeway in the rain at the Harwell Half. As the various green vests in front of me disappeared off into the murk, the soul-searching started to set in.

The answer of course is not 'at home in bed, watching

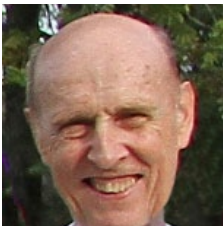
old episodes of Minder', but exactly where you find yourself in that moment, pounding the trail, tarmac, park or wherever.

It's a question I've seen tested pretty thoroughly in the last couple of months, particularly at the Cotswold Classic Tri in August, where there were some real displays of grit and determination.

So next time you find your lungs bursting halfway up some godforsaken hill in the middle of nowhere, think of Marv and ask yourself "Where would I rather be?"

Enjoy your running this month.

Chris



Chairman Chat

CARL WOFFINGTON

I hope you all enjoyed the summer and got away with some holiday breaks.

We had two club organised events since the last newsletter.

On 30th August we had the Dinton Relay. It was well attended and successful. Our members and guests from other clubs enjoyed the evening. Thanks again to Richard Hammerson for organising and all the helpers on the night – BBQ, timekeepers, results and marshals. Richard has organised this for many years and has stepped down – this was his last. Sandy Sheppard is taking the relay on for 2016.

On 5th September we had the Vineyard Tour. Again this was well attended and successful. Thanks to Katie Gumbrell for organising this.

The RR Club Championships is nearing the end for this year. Just a few races left now. We had the Hedington 5 and there was a good turnout of RR's. The Pilgrim 1/2 Marathon is this weekend.

There was poor response to sending a RR marshal team to Ride London 100 mile cycle event. We pulled out and didn't attend.

The Summer Pub Run series went ahead. There was a lack of organisers and we very nearly had to cancel a couple. I identified this problem in the June newsletter. Thanks to Glynne Jones for coordinating the series. We need more organisers for Summer 2016.

Our own RR Mortimer 10k is just a couple of weeks away as I write this. We are very short of helpers and marshals.

We are nominally a road running club. However, this summer has seen RR's out in diverse events. Obviously road races but also a mountain marathon, fell races, trail races, sportives and triathlons. Well done to everyone.

Carl



Ladies' Captain - Report

CLAIRE SEYMOUR

I hope you all had a great summer and managed to fit in a holiday and some good training! August is normally quite a quiet month for races, however we have still managed to find a few things to keep us busy. We had two ladies representing GB, a group of ladies taking on a new challenge, and one lady in particular taking on a pretty big challenge!! This month I also want to start to get everyone thinking about the Cross Country season which will soon be upon us, in fact the first Hampshire League Fixture starts early in October, more on that a little bit later.

Headington 5 *Club Championship*

We had 10 ladies run the fast, flat Headington 5 mile race, which was also the last 5 miler of the Club Championship for 2015. Katherine Sargeant lead the RR ladies home with a new PB time of 34.02 and Katherine also finished 2nd in her Age Category! I also noted PB times for Emma Grenside, Liz Atkinson, Louise Atkinson and Ann Mckinnon, some great results so well done to you all.

RR's GB Ladies

Two of our ladies had a great opportunity when they represented GB in August, firstly Alice Leake at the Orienteering World Championships held in Scotland, Alice did brilliantly finishing in 22nd place overall and 2nd GB Lady in the ladies Sprint Final.

Tracey Lasan also competed for GB in her age group at the World Master's Championships held in Lyon, France back in early August. Tracey took part in the 5000m race finishing 10th in the A race, and finished 5th in the 10,000m. Tracey was asked if she would like to take part due to her good performance in the 5000m at the Southern Vet Track and Field League held over the summer months.

Maidenhead Half Marathon

I wanted to mention Maidenhead as it's such a popular Half with the club and I know we had a really great turnout for this one, in fact we had at least 16 RR Ladies take part and Katherine Sargeant was our first lady home with a PB time of 1.33.46! I'm sure there were a few more PB's amongst the ladies! So well done to all that ran.

Other race news and accomplishments:

On a rather wet miserable July day we had the Down Tow up Flow Half Marathon, however the weather and tough conditions didn't hold Nikki Gray back in one of her favourite races, when she finished on the podium as 3rd Lady! Nikki was also part of the 1st ladies team along with Paulina Erceg and Alix Eyles.

We had a group of Reading Roadrunner's travel up to Tywyn, Wales to Race the Train where Tina Wilson finished 1st in her Age category in the 10K Quarry Challenge.

We also had the final Dinton 5K/10K series where Tracy Jenkins finished 1st V40 in the 5K, Nikki Gray finished as 1st lady in the 10K and Trisha Arnold 1st V60 also in the 10K. Ellie and Ian also handed out the series prizes and Maureen Sweeney was F50 Category winner in the 5K and Trisha Arnold F60 Category winner in the 10K

Christina Calderon took part in the T184 Challenge, this is a challenge taking on 184 miles of the Thames National Pathway day and night, starting from the Thames Barrier and finishing at the iconic stone marker at the source of the Thames near Cricklade. The race started on Friday 28th August at 10.30am and competitors had to make various cut off points in order to finish by 6.30pm on Monday 31st! Another part of the challenge is that competitors have to be self-sufficient and carry all their food and supplies with them! Christina did brilliantly and completed this amazing challenge in just over 78 hours. Well done Christina what an amazing achievement! I hope you enjoy some well-earned rest and your recovery goes well!

And finally I couldn't end my race reports without mentioning a group of lovely RR Ladies that I had the pleasure of training with over the spring and summer months for our first Half Ironman Triathlon 'Cotswold Classic' we all supported each other through our fears, the highs and lows and we all accomplished it as best we could. So I would like to say Well done and Thank you to Susie Rees (who's idea it was, and got us all into it!), Irene Liming (finished 1st V60), Elizabeth Ganpatsingh, Catherine Leather, Tina Wilson, Tracy Jenkins, Yvonne Edwards and Belinda Tull and we also

had some great support from the guys from RR that took part! Including Coach Lee Hinton! And I mustn't forget about the RR support party on the day you were all fantastic! So we are now looking for a new Challenge! Suggestions welcome...

And if you have taken part in a race that I haven't mentioned above, well done and Hope you had a good run!

Cross Country Season

So the Cross Country season is fast approaching, and the dates we have for the fixtures are as follows:

Hampshire League

All Fixtures take part on a Saturday afternoon 13:35 for women, 14:30 for men

10th October - Farley Mount, Winchester

7th November - an exciting venue yet to be revealed (as there's no Chichester this year)

5th December - Kings Park, Bournemouth

16th January – Prospect Park, Reading

13th February – Popham Airfield, Basingstoke

TVXC League

8th November 2015 - Datchet Dashers

22nd November 2015 - Sandhurst Joggers

29th November 2015 – Handy Cross Runners

13th December 2015 – Metro's

20th December 2015 - Reading Road Runners

10th January 2016 - Tadley Runners

17th January 2016 - Bracknell Forest Runners

7th February 2016 - Thames Valley Triathletes

XC Taster – Sunday 25th October at 10.00am, Stokes Farm Binfield, RG40 5PR

If you are a new member to the club or have been a member for a while and fancy giving Cross Country a try but are maybe a bit nervous about it, or if you fancy a run around some lovely countryside as a refresher before the TVXC season kicks off at the beginning of November, this is a great opportunity to give it a try. The route will be approx. 5 miles as kindly planned out by Peter Reilly and will be run at a leisurely/social pace. I will be taking names soon so we have a rough idea of numbers. Hope you can make it.

Finally we have 2 ladies teams out at the Aldershot Relays (Ladies race is Saturday 19th September) so Good luck Ladies and by the time this report is published quite a few of us would have taken part in the Farnham Pilgrim Half Marathon, so I will look forward to reporting on these races next month.

Hope you all have a good month!

Claire

New Members

NEW MEMBERS FOIR JULY

Joy Wellstead, Becky Woolford, Raymond Cook, David Ferguson, Jeremy Hall, Matthew Morgan, Kenneth Chikowore, LLouis Morley, Estelle Patrick, Joe Blair, Brian Lamont, Andrew Sumner, Thomas Walker, Bill Watson and Nicola Wilson.

NEW MEMBERS FOR AUGUST

Candis Holmes, Ben Watkins, Mark Apsey and Anthony Long.



Men's Captain - Report

MARK WORRINGHAM

In the spirit of openness and transparency, I would like to start my report for July and August, by stating categorically for the record that I have never used performance enhancing drugs. I know that there is no suspicion around me (unless it's the anti-doping authorities rather than foxes ripping open my bin-bags late at night), and that my performances to date don't invite such suspicion, but you can't be too careful. I am willing to have my blood independently verified by the experts at the World Anti-Doping Authority, but haven't worked out a way to post my blood to Montreal yet.

Anyway, that necessary unpleasantness out of the way, and onto a recap of the Summer. Did we have a Summer? At times it felt a bit like Summer I suppose, but mainly not. However, the calendar tells me we had a July and August at any rate, and within those months were some races. Even if the summer isn't really hotting up, the Club Championship certainly is, with the New Forest 10 and Headington 5 both having counted to the scoring.

In the New Forest 10 in July, there was a good turnout from Roadrunners, with the green vests being led home by Dean Allaway (109th) and Fergal Donnelly (118th), albeit behind a great performance from Sarah Urwin-Mann, to which it is not in my remit to refer, so I won't, apart from just then. David Dibben placed 2nd V65, which enabled him to make a charge up the V60 club championship table.

More recently, the Headington 5 also attracted a significant number of Roadrunners. Age certainly triumphed over beauty here (no offence to anyone intended), with Nigel Houlth being first of the RRRs, and winning the V60 category to boot. Behind Nigel, there were too many PBs to mention, but another high placing from David Dibben consolidated his lead at the top of the club championship. In the championship senior category, Andrew Smith retains a strong lead over Steven Siddell, whilst the V40 category looks like being a three-way fight between David Caswell, Nick Robey and Fergal Donnelly, although with Fergal yet to run a half, it could be his for the taking. Gavin Rennie's excellent year so far means he leads the V50s with a perfect record from Kevin Jones, and cannot now be toppled.

Elsewhere, a variety of very long and/or very hilly events were taking place, one of the biggest of which was the Snowdonia Marathon and Half Marathon. In the full marathon, Ian Giggs cracked the top 100, and was backed up by Kenny Heaton, Dean Allaway, Paul Monaghan, Peter Higgs and Tony Streams. I am afraid to report that all of our runners missed out on a PB, although it was marginal, with some being only several hours slower than usual. Alan Wilson managed an impressive 14th in the half marathon, and was followed by Paul Kerr, Chris Drew and Peter Reilly. Race the Train also attracted Roadrunners to Wales, with Brian Grieves beating the train and finishing a very creditable 38th. Brian also won the Thames Trail marathon. Gary Brampton and Martin Bush both ran marathons on four successive days (including the intriguingly named Muff Marathon), whilst Dean Allaway, Pete Morris and Gary Brampton (again) took part in a 12 hour event, all of which is just silly. Meanwhile, Gavin Collins was first Reading Roadrunner home in the Salisbury 5-4-3-2-1 50K. It is exhausting just thinking about all those events.

Less intimidatingly, Race 3 of the Woodland 5 had a good turnout from the green vests, including a 1-2 with Lance Nortcliff leading Andrew Smith home, ably backed up by Simon Elsbury in 5th. Other highlights include a return to racing from Matthew Green, V50 wins for Gavin Rennie at the Harwell Half Marathon and Brian Kirsopp at the Thames 10K, and 2nd for Kenya-bound Keith Russell and 3rd for Tony Carter at the Down Tow Up Flow Half Marathon. Alan Wilson's consistency was rewarded with 2nd in the overall Yateley series.

Despite all that success, it seems that PBs have been somewhat thin on the ground for the last couple of months. In fact, due to the abundance of Reading Roadrunners at the Snowdonia Marathon, there might actually have been more personal worsts in July and August than personal bests. I could work out some figures to back that up, but I don't want to risk my theory being disproven, so I'll leave it at that. However, once September started that was all made up for by the aforementioned Headington 5, and the now-traditional glut of good times by RRRs at the Maidenhead Half Marathon. Andy Mutton returned to form with 1:16:42, whilst Ryan O'Brien broke 1:20 for the first time with

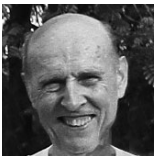
an excellent 1:19:13. Nigel Hoult continued to clean up in the V60 category, and there were many other PBs including a first time under 2 hours for Andy Dingle. On the same day, Lance Nortcliff and I took on the Overton 5 mile race, with Lance finishing 2nd V40 in an excellent PB of 27:32, whilst I was 3rd overall.

So, now, somewhat frighteningly, it is time to look towards the cross country season. It feels like the mud has barely dried on my spikes – in fact, I ought to go and check whether I ever bothered to clean them. As usual, there will be many fixtures in two different leagues for your delectation. I believe Claire is listing them in her report, but if not, they are available on the respective TVXC and Hampshire League websites. We had fantastic turnouts and great team scores in both of these leagues last year, and there's no reason we can't do so again, so I'll hope to see as many RRRs as possible during winter weekends.

In addition to the two leagues, there are also two other team races. The Berks, Bucks and Oxon Cross Country Championships will take place on Saturday 21st November at Horspath, Oxford, and I'm keen to know whether there's any interest in this. In addition, there will be the similar sounding but entirely separate Berkshire County Championships. The date for this hasn't yet been announced, but it is usually soon after New Year. We didn't manage to get a full team into these in January, but it would be good if we can rectify that for 2016, as we could well have placed quite highly last time. Please contact me via teamcaptains@readingroadrunners.org if you are interested in either, I don't want to have to get my cattle prod out again.

Good luck to anyone running any autumn marathons in Berlin, Abingdon, Nottingham and elsewhere. Until next month.

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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



Just a short charity update this month to salute the efforts of our Car Boot team, who once again have worked tirelessly throughout the summer at Prospect Park, organising the many Car Boot Sales and raising funds for the club charity.

While many of us are parkrunning or enjoying our Saturday mornings, the gang are up at the crack of dawn and working hard to make sure the events run smoothly. They really are an example to us all and we would like to recognise their efforts.

There should be a latest total to come in the next newsletter, meanwhile thank you all for the contributions you have made to Me2 Club over the summer



A Tale from The Dark Side

Lee Hinton



Sometime last year, two young ladies were having a drink and talking about Triathlons... I am not sure who suggested it but an idea was formed that a group of Roadrunners should do one. Not just a sprint, but a Half Ironman. (1.9km swim, 56mile cycle, 13.1m run) From this simple conversation a band of Reading Roadrunners and a few members of Tri20 decided 'why not?' and signed up.

At this point I would like to point out that not many of the group had done a triathlon, but do you think that would stop them?

Bikes were purchased, wetsuits bought, googles were donned and snorkels raised.

We were lucky to be able to swim, cycle and run in small groups when all our schedules synced.

As the months ticked by, blood, tears, tantrums and major goals were shed and conquered.

Sprint triathlons were undertaken and still the group stuck to their goals.

On August the 23rd at 6.30am, with caps, goggles and wetsuits donned the group put their best toes forward and started the journey to becoming Half Ironmen/women.

We all finished, we all have stories of personal triumphs to tell. We found a bond that not only helped us through the training but also kept us sane and sensible on the day and will stay with us.

However we could not have done this alone. We had a support crew that money could not buy. Braving the rain and the cold, shouting words of encouragement, giving out hugs and high fives and handing out bottles and gels.

What is next for this band of nutters?

Watch this space....

Coachie.



Ornithological Observations

A LOOK BACK AT THE VERY FIRST DINTON RELAY, 21ST AUGUST 1990

Tim Povey

In the information room at Dinton Pastures Country Park a log is maintained for visitors to report and record various wildlife sightings. Recently, the Warden was surprised to read the following entry for Tuesday 21st August 1990.

"After spotting the usual Canada Geese, Mallards, Egyptian Geese, Coots, Grebes etc., I noticed a flock of about 50 unusual creatures heading towards Black Swan Lake from a south easterly direction. They had diverse plumage, but the majority had green upper parts streaked with blue and predominantly blue underparts. They were mostly male, but some female and young were in evidence. They did not enter the water, but gathered by the lake opposite one of the islands. Many of them adopted seemingly unnatural positions for several minutes. This could have been territorial posturing or even some courtship ritual. Then, several individuals would leave the flock, running off for some distance but then returning to the main group. This continued for some time until the flock bunched up and emitted some cackling calls. Suddenly, a group of about ten mixed males and females left the main flock running in a westerly direction. They did not enter the water, but skirted the edge of the lake and disappeared into the distance.

The main group quietened down for a while with some posturing still continuing. After an interval of about ten minutes some of the creatures that had earlier left the rest reappeared from a north easterly direction, presumably having circumnavigated the lake. They rejoined the main group and I was astonished to see an EQUAL NUMBER of DIFFERENT creatures leave the flock in the opposite direction. Thereafter certain of these bipeds circled the lake, fresh ones leaving as others returned. All the while the main bunch gave various

calls: "Goforit, goforit, goforit" and "Kick, kick, kick". Those returning seemed quite exhausted and, in the main, remained silent. Some however issued a plaintive "Knackered, knackered, knackered" cry.

I was at a loss to ascertain the purpose of this intricate display, which lasted about an hour. Then they regrouped and headed away from the lake in the direction from whence they first came.

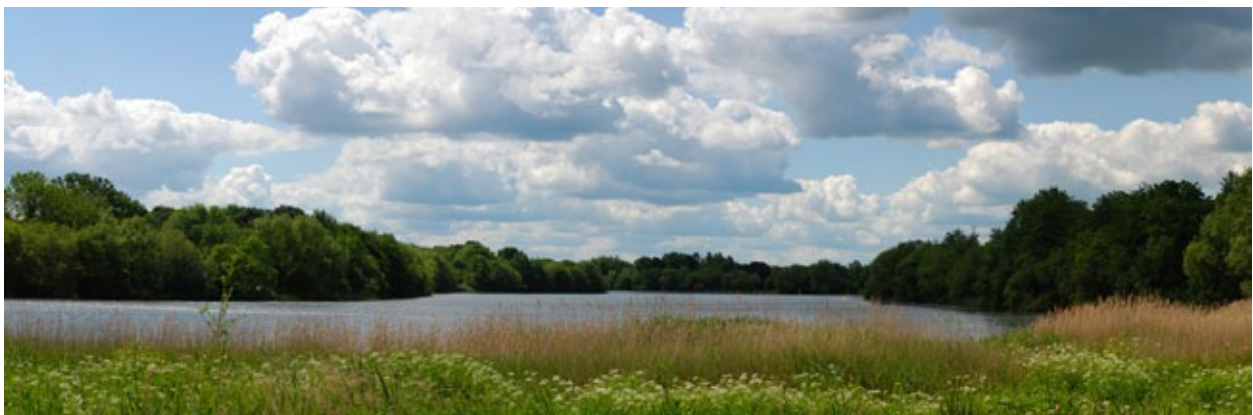
They settled near the car park and began feeding in small groups. Some became quite vocal and feeding calls could be heard: "Thernotdunyet, thernotdunyet, thernotdunyet" and "Thatsmiberger, thatsmiberger, thatsmiberger". As darkness fell they dispersed, obviously going home to roost.

I believe they were a sub-species of Roadrunner. This was originally a transatlantic bird, whose habits have become quite well known through the many natural history films devoted to it, showing its lifelong struggle against its main predator, the coyote. Over the last decade this species has become more and more common in this country. I believe those seen near Black Swan Lake were not migrants but were a resident variety GALLIFORMES REDINGENSIS or the Reading Roadrunner. These are fairly common in south east Berkshire and are appearing to increase in number. (Possibly this **was** a mating ritual that I witnessed after all). As their name implies they are most common in the environs of Reading, where they can be frequently seen singly or in small groups. It will be interesting to see if they appear again at Dinton Pastures in such numbers."

Prof. Mit Yevopski

Resident Twitcher, Reading University

Author of "Birds I Have Known"



Mountain Marathon, Anyone?

KATHY TYTLER

After the adventures of several Reading Roadrunners on the mountains in The Snowdonia Trail Marathon and Half, is it time to take your partners for a classic Mountain Marathon?

A Mountain Marathon is a two day event, camping overnight and carrying everything needed on your back – including your tent and sleeping bag. You will be supplied with a list of map references at the start of each day. You plot and navigate your route using map and compass. There are several classes in each event, so you cannot follow other competitors – they may be on a completely different route. All but the elite class do the event in pairs. Choose your Mountain Marathon partner with care, it may be the most important partnership of your life ... as the following verses illustrate.

The Ballad of The Mountain Marathon Virgin

My plan to entice you to come away,
To lakes and fells for a dirty weekend,
Did I make it clear that we were to stay
In my little backpacking tent.

Did I also forget to mention
A mountain marathon was our treat,
And it was also my firm intention
This two-day event we would complete.

Day 1

The first day, I thought this went OK,
A lovely long walk on the fells.
The air was clear, the sun shone all day
And we were doing quite well.

We finished the day all mucky and brown,
From some time in the bog and the mud,
And we were wet through from the waist down
After crossing a river in flood.

The overnight camp was in a damp midgie field,
By a stream that provided our water
To brew tea, then we feasted on noodles and beans,
Eating much more than we oughta.

Then it was time to put up our tent
"It's a bit small," is what you said
"It's not big enough for our night to be spent,
And this field's an uncomfortable bed!"

We're cold and we're tired but we can't get to sleep,
Our tent zipped up against midgies and flies.
We've had all our food, so there's nothing to eat,
And nowt to do but a game of I-spy.

As darkness comes it gets pretty cold,
But we settle in the tent for the night
Into our sleeping bags we climb fully clothed,
And then you try to pick a fight!

We're snug and we're close, but that's about it,
As we lie in our tent side by side.
Me and you in my tent is a very tight fit,
And our argument can be heard clear outside.

Day 2

We awake in the morning after very little sleep,
To a day that is dismal and wet,
No time to grizzle, we go forth in the drizzle
And walk on to complete our trek.

The mist has been down on the hill all day,
Can't see owt so we use compass bearing,
And you're reliant on me to navigate the way,
But you keep moaning, it's getting quite wearing.

'Cause not only can you not navigate,
You argue – say I don't know the way.
You keep on walking, you don't want to wait
And take no notice of a word that I say!

I shout out "STOP!" and I'm almost too late,
You halt at the brink of a crag,
Then you look down at what was nearly your fate
Broken body removed in a bag.

I see you are shaking as I come near,
Ah, the problems that we will have now,
Is it anger or cold or maybe it's fear,
But you cannot walk off from this row.

It's time to take a direct route back to base,
You have to trust and just follow me,
So we continue in silence at a nice steady pace,
I'll get you safely off this fellside, you'll see.

Then you scramble and grumble down a rocky track,
"I can't go on, I'm exhausted," you shout.
You mumble and crumble take off your rucksack,
Time to get the emergency kit out.

I get you moving again down to valley and fields,
We're at the finish, but it's not the end,
Into the marquee we go for our meal,
And find that it's beans again!

Sec's Secrets

ROGER PRITCHARD

NEW MARATHON WORLD RECORD?

According to the record books, the world best for a road Marathon is 2:02:57 set by Dennis Kimetto of Kenya on the 28th Sept 2014 in Berlin, but has that been bettered?

But first, I will perform a little fan dance before revealing all.

This year I have run in four places around the world I have never run before.

Cappadocia in Turkey, Isle of Jersey, The Drakensberg Mountains and Durban, both in South Africa.

I can now brag that I have covered the up and down course of the Comrades Marathon between Pietermaritzburg and Durban (but won't mention too often that this was by car)

On my way down to Durban, I stopped overnight in the town of Howick and my hotel was only 400m along the road from the finish of the Nelson Mandela Day Marathon, that was to take place the following Sunday (30th Aug)

While driving back north on the Sunday, I saw the runners on a minor road that ran parallel to the motorway, running in that very race.

When I returned home, I was naturally curious about the results, so I looked them up on line.

It's the worst weekend that you've ever had,
That's what you think of our time on the fells.
You can't travel home now, you feel so bad,
So you book us in to a nearby hotel.

Travelling home we discuss the event,
And I'm shocked to hear you say,
"Next year we'll use a bigger tent
And I'll learn navigation and help find the way!"

Gensec in the Drakensburg mountains.



According to the results page of the Mandela Day marathon website, Mphathiseni Nicholas Manqele, from the Nongoma Athletic Club, a three time winner of the Comrades Marathon, won the race in a new world record time of 2:01:06.

The following week upon my return, not only was this not reported in Athletics Weekly, more amazingly, this athlete turns out to be 46 years old.

After doing some further investigation, I found a newspaper report that said that Matela Makhetha of Lesotho won the race in 2 hours, 28 minutes and 17 seconds, but according to the official results, he was third in that time.

So, are the official results correct, or is the newspaper report correct?

I'll let you decide on that.

Roadrunners Results

NIGEL HOULT

I usually restrict these articles to pure running events, but I'm going to make an exception this month – after all, it's not often that one of our members takes part in a world championship! So well done to Alice Leake, representing Great Britain for the first time in the World Orienteering Championships in Scotland. Running in the sprint discipline, she progressed through the heats to the final and finished in a commendable 22nd place, second of the three British ladies. (For those unfamiliar with orienteering, it consists of racing over a previously unknown course defined by a number of checkpoints (controls), choosing your own route between them and navigating that route with just a map and compass. The sprint discipline has courses that take about 15 minutes, so quite different from athletics sprints.)

Some of you took on amazing running challenges over the summer. Gary Brampton and Martin Bush completed the Quadrathon (four marathons in four days), while Christina Calderon surpassed even this by running the whole length of the Thames (184 miles) self-supported apart from water. Many others completed the Snowdonia Trail marathon or half, which must rate as one of the toughest, especially as weather conditions were not favourable this year.

Several popular race series reached their conclusion – Woodland 5, Yateley 10k and Dinton 5k/10k – and as you can see there were good turn-outs and some great results, both in individual races and the series overall. The Headington 5 attracted a great turnout, perhaps because it formed part of the club championship, and more than half the Roadrunners ran PBs – quite an amazing achievement, even if it was helped by some not having run a 5 mile race before. The Maidenhead half the following week was the most popular race, with 51 Roadrunners taking part. In the near-perfect conditions, 10 PBs were recorded, an excellent performance. Finally, a few of you entered some track races, recording excellent times over middle distances.

Well done to everyone who raced over the summer, and good luck with your autumn marathons and half marathons. Don't forget to let me know about all those PBs!

9th July

Round Hill Fell Race, Wharfedale

Colin Cottell	59	1:15:52	
Tom Harrison	126	1:48:59	2nd MV70

11th July

Ranscombe Challenge Day 1

Gary Brampton	30.4 miles in 7:02:20
Mandy Carden	26.6 miles in 11:18:20

British Athletics League Division 4, Exeter

1500m	
Robert Tan	4:35.26
800m	
Robert Tan	2:09.44

12th July

Ranscombe Challenge Day 2

Julia Molyneux	26.6 miles in 6:29:52
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Surrey Badger Half Marathon

Louise Cooper	371	2:34:01	2:33:37
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Wycombe Half Marathon

David Ferguson	178	1:52:01
Colin McCarlie	227	1:55:40

Wycombe 10k

Lesley Whiley	28	45:26	1st FV50
Peter Cook	29	45:36	
Toni McQueen	58	51:33	2nd FV60

New Forest 10

Sarah Urwin-Mann	61	1:05:38	1:05:35	3rd FV40
Dean Allaway	109	1:09:30	1:09:27	
Fergal Donnelly	118	1:10:11	1:09:29	
Aaron Chai	133	1:11:29	1:11:23	
David Caswell	149	1:12:16	1:12:08	
Mary Janssen	181	1:13:54	1:13:44	4th FV50
David Dibben	196	1:14:31	1:14:24	2nd MV65
Keith Ellis	207	1:15:24	1:15:17	
Nick Robey	231	1:16:07	1:15:47	
John Bullock	274	1:18:03	1:17:55	
Rachel Derry	358	1:22:23	1:22:15	
Andy Atkinson	381	1:23:25	1:22:45	
Barry Baker	414	1:25:33	1:24:48	
Chris Drew	442	1:26:55	1:26:25	PB
Les Bennett	461	1:27:42	1:26:57	
Sandra Sheppard	470	1:27:57	1:27:48	
Mandy Oakley	492	1:29:00	1:28:23	
Louise Atkinson	579	1:33:56	1:33:31	

Sarah Drew	661	1:38:24	1:37:54	
Liz Atkinson	690	1:40:37	1:40:10	PB, 5th
FV60				
Linda Wright	708	1:42:05	1:41:48	
Juliet Dimmick	785	1:49:50	1:49:21	
Sev Konieczny	798	1:51:10	1:50:16	
Fan y Big Fell Race				
Colin Cottell	90	1:52:52		
Tom Harrison	120	2:53:53	2nd MV70	

13th July**Self Transcendence 5k**

Mark Worringham	3	15:49		
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15th July**Thames 10k**

Gavin Collins	8	40:05	40:03	
Brian Kirsopp	15	41:49	41:48	1st MV50
Rebecca Stark	28	43:07	43:03	2nd F
Nick Adley	32	43:59	43:57	
Alix Eyles	54	45:09	45:08	
Stuart Jones	63	46:01	45:57	
Paulina Erceg	73	46:56	46:50	
John Bullock	86	48:09	47:45	
Clare Elliott	92	48:28	48:24	2nd FV50
Gemma Stobie	100	49:13	49:08	
Tom Wright	101	49:15	48:57	
Rachel Derry	105	49:23	48:59	
Paul Carter	156	52:09	52:03	
Tony Streams	157	52:12	51:51	
Angela Burley	172	53:00	52:36	
Susan Knight	191	54:32	54:18	
Donna Sanders	199	55:00	54:36	
Caroline Hargreaves	246	57:12	56:51	
Amanda Box	256	57:59	57:38	
Susan McTavish	276	59:28	59:22	
John Chilton	289	1:00:27	1:00:02	
Maureen Sweeney	292	1:00:48	1:00:26	
Linda Wright	295	1:01:00	1:00:41	
Tim Miller	296	1:01:00	1:00:41	
Sarah Harris	372	1:09:42	1:09:33	

18th July**Iffley Festival of Miles, Oxford**

Mark Worringham	4:42.42	PB		
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18th/19th July**Ultra 12 Endure 12/50**

12 hours

Dean Allaway	6	65 miles in 12:23:50
Gary Brampton	25	50 miles in 11:33:36
Pete Morris	27	50 miles in 11:44:59

19th July**North Downs Way Marathon**

Martin Bush	108	6:32:10	6:31:48
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Frome 10k

Mark Worringham	3	34:28	34:28
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Wexham 5

Kevin Jones	12	36:00	4th MV50
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22nd July**Woodland 5 Race 3**

Lance Nortcliff	1	31:44	1st MV
Andrew Smith	2	31:57	
Simon Elsbury	5	33:37	
Gavin Rennie	11	35:47	
Ian Giggs	13	36:19	
Bill Watson	17	37:17	
Chris Cutting	19	37:28	
Pete Jewell	22	37:49	
Mel Silvey	23	38:00	
Peter Cook	26	38:35	
Aaron Chai	38	40:18	
David Dibben	42	40:55	
Katy Webb	44	41:21	
Paulina Erceg	50	41:54	
Andrew Runnacles	55	42:33	
Sam Rippington	57	42:39	
Tom Wright	60	43:00	
Andy Atkinson	62	43:52	
Paul Monaghan	63	44:07	
Richard Morgan	65	44:21	
Catherine Leather	75	45:36	
Peter Higgs	77	46:03	
Paul Carter	83	47:13	
Nick Adley	85	47:31	
Sandra Sheppard	87	47:55	
Susan Knight	88	48:01	
Katie Gumbrell	92	50:23	
Tom Harrison	97	52:31	

ROADRUNNERS RESULTS

Pete Morris	98	52:55
Tony Streams	99	52:56
Claire Seymour	100	52:57
Andrea Marnoch	101	52:57
Jeremy Hall	105	56:03
Elizabeth Atkinson	108	57:16
Catherine Douglas	112	58:52
Justin Watkins	113	59:02
John Bailey	115	59:27
Lorraine Bailey	116	59:40
Kathy Tytler	117	1:05:02
Jane Silvey	118	1:08:40
Sheryl Higgs	119	1:20:16
Irene Liming	120	1:20:18

Series Results

Senior Men: Andrew Smith – 1st, Simon Elsbury – 3rd

Male Vet: Gavin Rennie – 3rd

Senior Ladies: Katy Webb – 3rd

25th July

Thames Trail Marathon

Brian Grieves	1	3:21:03
Christina Calderon	20	5:05:46 4th F
Martin Bush	24	5:19:25

Thames Trail Half Marathon

Simon Brimacombe	8	1:56:03
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Windsor Great Park Dash

Paul Billing	36	46:02
Julie Wing	341	1:19:17 3rd FV65
Stephen Wing	348	1:21:26

26th July

Snowdonia Trail Marathon

Ian Giggs	99	5:54:47	5:54:42
Kenny Heaton	106	5:57:52	5:57:08
Dean Allaway	111	6:00:22	6:00:12
Paul Monaghan	281	7:42:23	7:41:50
Julia Molyneux	292	7:49:34	7:48:56
Peter Higgs	305	8:09:37	8:08:00
Antony Streams	307	8:09:38	8:08:01
Katherine Sargeant	308	8:09:38	8:09:24

Snowdonia Trail Half Marathon

Alan Wilson	14	2:20:38	2:20:23	4th MV40
Paul Kerr	71	2:51:25	2:50:45	
Angharad Shaw	141	3:11:21	3:10:39	
Chris Drew	189	3:28:32	3:28:17	
Peter Reilly	210	3:41:08	3:40:00	
Maureen Sweeney	246	4:03:48	4:03:31	3rd FV55
Sarah Drew	255	4:20:16	4:19:58	

Lynda Haskins	256	4:20:16	4:19:59
Amanda Box	257	4:20:16	4:19:47
Linda Wright	270	5:11:27	5:11:10 4th FV55
Kerri French	274	5:18:40	5:18:12

Down Tow Up Flow Half Marathon

Keith Russell	2	1:18:10	1:18:10
Tony Carter	3	1:18:40	1:18:40
Brian Kirsopp	37	1:30:51	1:30:51 3rd MV50
Nikki Gray	39	1:31:44	1:31:40 3rd F
Mel Silvey	59	1:34:10	1:34:07
Nigel Houlst	61	1:34:19	1:34:15 1st MV60
Fergal Donnelly	62	1:34:27	1:34:13
Alix Eyles	81	1:36:33	1:36:33
Scott Erceg	96	1:38:32	1:38:26
Dave Wood	119	1:40:36	1:40:28
Nick Robey	129	1:41:39	1:41:31
David Caswell	130	1:44:22	1:44:16
Paulina Erceg	155	1:44:22	1:44:16
John Bullock	218	1:48:22	1:48:06
Rachel Derry	249	1:51:12	1:51:02 PB
Robert Bursell	259	1:52:07	1:51:45
Gemma Stobie	332	1:56:23	1:56:16
Claire Seymour	425	2:04:16	2:04:07
Caroline Hargreaves	449	2:06:33	2:06:22
Kathy Vickers	459	2:07:40	2:07:38
Emma Chesswas	563	2:18:30	2:18:15
Shirley Holmes	619	2:26:56	2:26:52

Male Team: 1st (Keith, Tony, Mel)

Female Team: 1st (Nikki, Alix, Paulina)

Boys Beating Cancer 10k

Matthew Green	3	38:02	37:26
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29th July

Watford Open Graded Meeting

1500m

Robert Tan	4:25.29	PB
Tony Carter	4:31.33	PB
Ryan O'Brien	4:37.91	PB

31st July – 2nd August

World Orienteering Championships, Scotland

Women Sprint Qualifier, Heat 2, Forres (3.6km)

Alice Leake	13	14:54
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Women Sprint Final, Forres (3.8km)

Alice Leake	22	15:37.5
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1st August

Phoenix Marathon

Martin Bush	60	4:56:11
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2nd August**Vanguard Way Marathon**

Martin Bush	129	7:16:19
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Harting 10

David Leake	117	1:25:58
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5th August**Yateley 10k Race 3**

Alan Wilson	36	38:32	38:27	
David Ferguson	77	40:44	40:32	
Kevin Jones	87	41:33	41:28	
Alan Freer	94	41:50	41:45	
Ian Giggs	120	42:49	42:42	
Katherine Sargeant	125	43:00	42:43	2nd FV45
Nigel Hoult	132	43:13	43:08	4th MV60
Sam Hammond	167	44:26	44:12	
Nick Adley	186	44:55	37:27	
Andrew Runnacles	259	47:14	46:54	
Kristin Brandl	339	49:39	48:57	
Brian Lamont	369	50:17	49:05	PB
John Bullock	356	50:03	48:51	
Peter Morris	368	50:17	49:05	
Caroline Hargreaves	595	56:40	55:29	PB
Philip Reay	624	57:46	56:36	
Amanda Rosser	675	59:59	58:49	
Palee D'Souza	819	1:15:21	1:13:56	

Series Results
MV40: Alan Wilson – 2nd
FV45: Katherine Sargeant – 1st

8th August**Littondale Fete 4**

Colin Cottell	16	27:12	2nd MV50
Tom Harrison	37	36:24	2nd MV70

British Athletics League Division 4, Chelmsford

800m

Robert Tan	2:07.00	PB
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9th August**Salisbury 54321****50k**

Gavin Collins	106	5:30:24
Gemma Stobie	125	5:39:58
Gary Brampton	218	7:10:34

Marathon

Paul Monaghan	100	4:42:26
Martin Bush	220	5:55:41

33k

Sian James	35	3:08:47	1st FV60
Donald Scott-Collett	92	3:45:29	

Half Marathon

Stuart Kinton	3	1:35:29
Rebecca Stark	30	1:50:03
Chris Buley	33	1:51:11
Linda Wright	237	3:07:24
Pete Morris	244	3:17:21
Ellen Togher	245	3:17:22
Mandy Carden	270	4:11:19

12th August**Watford Open Graded Meeting**

800m

Mark Worringham	2:11.75	PB
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13th August**Kinnego Bay Marathon (Quadrathon Day 1)**

Gary Brampton	59	5:14:46
Martin Bush	69	5:25:55

Dinton 10k Race 4

Matthew Smart	9	38:59	
Richard Charley	13	40:55	4th MV40
Ian Giggs	15	41:10	
Nikki Gray	20	41:58	1st F
Dave Wood	31	44:30	
Katherine Sargeant	32	44:45	4th F, 3rd FV40
Nigel Hoult	33	44:48	1st MV60
Paul Monaghan	36	45:30	3rd MV50
Alix Eyles	41	45:52	
David Caswell	42	46:00	4th MV50
Andrew Runnacles	58	49:05	
Katy Webb	67	50:01	
Paul Carter	70	50:20	
Simon Brimacombe	88	52:17	
Douglas Shepherd	100	53:25	
James Godsell	102	53:46	
Andy Dingle	106	54:20	
Angharad Shaw	123	56:30	
Socrates Christidis	125	56:46	
Trisha Arnold	157	1:01:13	1st FV60

Series Results

Ladies: Katherine Sargeant – 3rd

FV60: Trisha Arnold – 1st

Men: Ian Giggs – 3rd

MV40: Richard Charley – 1st

Dinton 5k Race 4

Simon Elsbury	2	18:07	
Andrew Blenkinsop	3	19:40	1st MV40
Nick Adley	6	20:23	
Blue Caswell	12	22:03	
Paulina Erceg	17	22:50	
Pete Morris	22	24:17	3rd MV50
Tracy Jenkins	23	24:19	1st FV40
Richard Morgan	25	24:28	1st MV60
Catherine Leather	26	24:36	2nd FV40
Tony Streams	31	25:31	5th MV50
Dave Brown	33	25:51	
Helen Pool	38	27:02	4th FV40
Maureen Sweeney	49	38:59	3rd FV50

Series Results

FV50: Maureen Sweeney – 1st

Men: Andrew Blenkinsop – 1st

MV50: Tony Streams – 1st

14th August**Malin Head Marathon (Quadrathon Day 2)**

Gary Brampton	62	5:00:30
Martin Bush	72	5:27:23

15th August**Mamore Marathon (Quadrathon Day 3)**

Gary Brampton	47	4:46:13
Martin Bush	82	5:53:35

Race the Train**Rotary Challenge (14 miles)**

Brian Grieves	38	1:33:46	1:33:37	3rd MV45
=== Train =====		1:47:46		
Melvin Silvey	248	1:51:24	1:51:15	
Colin Cottell	347	1:57:01	1:56:50	
Toni McQueen	729	2:23:40	2:23:20	2nd FV60
Tom Harrison	833	2:38:37	2:37:57	3rd MV70
John Bailey	854	2:44:25	2:43:57	
Lorraine Bailey	907	3:06:36	3:06:08	

Quarry Challenge (10k)

Tina Wilson	193	1:01:00	1st FV55
Carl Woffington	317	1:15:34	
Estelle Chase	342	1:23:44	3rd FV60

Dolgoch Challenge (5.5 miles)

Jane Silvey	108	1:02:30	3rd FV50
Glynne Jones	127	1:10:27	3rd MV65

Brutal 10k, Minley

Alice Leake	7	46:59	1st F
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16th August**Muff Marathon (Quadrathon Day 4)**

Gary Brampton	44	4:26:19
Martin Bush	88	5:42:18

Quadrathon Overall

Gary Brampton	49	19:27:48
Martin Bush	73	22:29:11

Isle of Wight Half Marathon

Lesley Whiley	83	1:44:22	1:44:17	1st FV55
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Cheddar Gorge Challenge**Half Marathon**

Fergal Donnelly	17	2:03:04	4th MV40
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10k

Sev Konieczny	76	1:29:20
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Beat The Tide 10k, Worthing

Sev Konieczny	214	1:06:58
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19th August**BMC Regional Races, Eltham****5000m**

Mark Worringham	15:36.97	PB
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22nd August**Bad Cow Marathon Day 1**

Gary Brampton	45	4:47:03	4:47:03
Julia Molyneux	69	5:21:54	5:21:54

Reykjavik 10k

Linda Wright	1633	58:37	57:02	5th FV60
Maureen Sweeney	1958	1:00:35	59:00	

23rd August**Bad Cow Marathon Day 2**

Gary Brampton	54	5:05:58	5:05:58
Julia Molyneux	64	5:34:21	5:34:21

26th August**Watford Open Graded Meeting****1500m**

Mark Worringham	4:21.84	PB
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26th-29th August**T184 (Thames National Path, 184 miles)**

Christina Calderon	9=	78:03:00
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29th August**Thames Meander Marathon**

Paul Monaghan	51	3:36:47	3:36:42	4th MV50
Martin Bush	228	5:48:01	5:47:20	

Cursa Malalís de Turmell 2015 (Sant Llorenç des Cardassar)

Robert Tan	11	44:49	44:44	
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Dartmouth Regatta 5.1

Lesley Whiley	60	38:43	1st FV55	
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Veterans AC Club Championships, Ewell

1500m

Brian Shave	9:27.76			
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200m

John Cullingham	1:00.2			
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100m

John Cullingham	29.33			
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30th August**Tynedale Jelly 10**

Tony Carter	15	1:03:59	1:03:55	
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Englefield 10k

Paul Kerr	24	45:17		
Nick Adley	32	46:14		
Peter Cook	34	46:18		
Scott Erceg	45	47:24		
Kim Stevens	126	55:42		
Susan Knight	130	56:26		
Stephen Wing	254	1:22:11		
Julie Wing	257	1:22:24	4th FV60	

Headington 5

Nigel Hoults	53	31:56	31:52	1st MV60
Fergal Donnelly	59	32:10	31:53	PB
Kenny Heaton	60	32:14	32:09	PB
Alan Freer	62	32:25	32:22	PB
Peter Graham	69	32:52	32:47	
Aaron Chai	86	34:07	34:07	
Katherine Sargeant	88	34:10	34:02	PB, 2nd FV45
David Dibben	101	34:45	34:39	PB, 4th MV60
Alix Eyles	116	35:25	35:22	
Chris James	118	35:27	35:27	
Nick Robey	122	35:34	35:25	PB
Andy Atkinson	157	38:13	38:01	PB
Paul Carter	159	38:19	38:15	PB
Tim Miller	174=	39:04	38:52	PB
Jim Kiddie	203	40:51	40:43	

Sandra Sheppard	216	42:11	42:02	
Angela Burley	217	42:12	42:01	PB
Louise Atkinson	244	43:58	43:42	PB
Heather Bowley	255	44:54	44:41	
Linda Wright	258=	45:16	45:04	
John Bowley	261	45:32	45:20	
Emma Grenside	275=	47:00	46:42	PB
Liz Atkinson	286	48:10	47:54	PB
Carl Woffington	297	49:30	49:12	
Ann McKinnon	304	51:05	50:44	PB

Mens team: 9th (Nigel, Fergal, Kenny, Alan)

Ladies team: 4th (Katherine, Alix, Sandra)

31st August**Cakeathon Challenge**

Gary Brampton	34	26.2 miles in 5:19:43		
Mandy Carden	80	13.1 miles in 4:14:12		

Harwell Half Marathon

Brian Grieves	5	1:27:01	1:26:59	3rd MV40
Gavin Rennie	9	1:30:56	1:30:54	1st MV50
Fergal Donnelly	21	1:37:12	1:37:03	
Chris Cutting	22	1:37:22	1:37:15	
Brian Kirsopp	27	1:44:21	1:44:18	3rd MV50
Claire Marks	42	1:45:56	1:45:50	2nd FV50
Pete Morris	88	1:58:13	1:58:02	
Tony Streams	89	1:58:13	1:58:00	
Socrates Christidis	141	2:18:52	2:18:40	
Sev Konieczny	165	2:40:19	2:40:10	
Kathy Tytler	171	2:44:24	2:44:11	
Trisha Arnold	172	2:44:24	2:44:12	2nd FV60
Katie Gumbrell	181	3:24:33	3:24:06	

5th September**Black Hugin Challenge**

Gary Brampton	41	26.2 miles in 4:53:35		
Martin Bush	46	26.2 miles in 5:06:09		
Mandy Carden	92	13.1 miles in 3:51:17		

6th September**Kent Coastal Marathon**

Pete Morris	110	4:22:32	4:22:27	
Gary Brampton	153	4:55:32	4:54:34	
Martin Bush	171	5:20:05	5:19:18	

Kent Coastal Half Marathon

Samantha Rippington	157	2:01:35	2:01:01	PB
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ROADRUNNERS RESULTS

Maidenhead Half Marathon

Andy Mutton	11	1:16:43	1:16:43	
Ryan O'Brien	32	1:19:15	1:19:14	PB
David Ferguson	82	1:25:24	1:25:15	
David McCoy	101	1:26:43	1:26:37	
Nigel Hoult MV60	113	1:27:13	1:27:10	2nd
Ian Giggs	116	1:27:18	1:27:10	
Brooke Johnson	228	1:32:00	1:31:55	PB
Simon Palmer	243	1:32:34	1:32:18	PB
Katherine Sargeant FV40	275	1:33:59	1:33:46	PB, 5th
Fergal Donnelly	301	1:35:30	1:35:04	
Erica Key	310	1:35:45	1:35:40	
Paul Monaghan	316	1:36:06	1:35:54	
Dave Wood	335	1:36:38	1:36:22	
Nick Adley	358	1:37:30	1:37:12	
Alix Eyles	362	1:37:41	1:37:30	
David Power	386	1:38:54	1:38:34	PB
David Legg	429	1:40:05	1:39:38	
James Ferguson	445	1:40:43	1:39:44	
Nick Robey	455	1:41:07	1:40:31	
Paul Milnes	500	1:43:22	1:42:53	
Kevin Sangster	531	1:44:20	1:42:52	
David Caswell	538	1:44:33	1:43:57	
Brian Fennelly	588	1:46:33	1:46:04	
Gemma Stobie	618	1:47:32	1:47:03	
Simon Davis	619	1:47:32	1:47:05	
Kristin Brandl	620	1:47:32	1:47:05	PB
Aaron Chai	628	1:47:45	1:45:57	
Antony Streams	682	1:49:41	1:48:42	
Andy Atkinson	687	1:49:48	1:48:54	
Richard Scarr	699	1:50:08	1:49:29	
Donald Scott-Collett	760	1:52:00	1:51:34	
Colin McCarlie	849	1:55:06	1:54:31	
Tim Hogarth	859	1:55:35	1:54:04	
Chris Drew	909	1:56:47	1:55:54	PB
Andy Dingle	926	1:57:13	1:56:21	PB
Socrates Christidis	1069	2:01:09	2:00:12	
Brian Lamont	1080	2:01:35	2:01:02	
Louise Atkinson	1175	2:07:05	2:05:18	PB
Justin Watkins	1184	2:07:29	2:05:40	
Amanda Box	1211	2:09:11	2:08:18	
Caroline Hargreaves	1212	2:09:11	2:07:49	
Susan McTavish	1234	2:10:11	2:09:15	
Philip Reay	1235	2:10:14	2:08:51	
Marga Stuyvenberg	1285	2:12:21	2:11:12	PB
Andy Patrick	1366	2:18:49	2:17:04	
Liz Atkinson	1390	2:20:17	2:18:28	
Shirley Holmes	1473	2:27:41	2:26:11	
Julie Wing	1538	2:39:13	2:37:35	

Ellen Togher	1543	2:41:10	2:39:48
Stephen Wing	1555	2:48:50	2:47:06
Palee D'Souza	1570	2:58:10	2:56:24

Maidenhead Mini-Marathon (1 mile)

Blue Caswell	2	5:43.0	1st Under 15
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River Relay

Whistling Rufus	51	4:13:50	
(John Bailey, Lorraine Bailey, David Woolford, Cecilia Csemiczky, Tom Harrison)			

Earth Trust 10k, Little Wittenham

Name	Pos	Gun	Chip
David Fiddes	33	47:58	47:57
Kevin Varney	35	48:16	No chip

Overton 5

Mark Worringham	3	26:51	PB
Lance Nortcliff	10	27:32	PB
Claire Seymour	338	42:06	

9th September

Watford Open Graded Meeting

3000m

Mark Worringham	9:02.00
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Season's Bests

Ladies		
5k	Ellie Gosling	18:28
5 miles	Claire Marks	34:43
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 8TH SEPTEMBER 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)
Simon Denton	(ex-officio)
Alan McDonald	(ex-officio)
Catherine Leather	(ex-officio)
Paul Monaghan	(Media)

APOLOGIES FOR ABSENCE:

Amanda Box for early departure at 9.00pm.

MINUTES OF THE MEETING OF TUESDAY 14TH JULY 2015

The minutes were proposed as a true record by Catherine Leather and seconded by Bob Thomas.

MATTERS ARISING FROM THE MINUTES OF THE MEETING ON TUESDAY 14TH JULY 2015

PAUL & PENNY KUROWSKI Roger reported that he had sent a £50 John Lewis voucher to Paul & Penny and that they had confirmed receipt. Roger said that he was awaiting a recent photo from them in order that he could write an article about them for the newsletter.

RUNNING ROOMS Roger reported that he had not sent Paul Monaghan the link to 'Running Rooms' for the website, as he had found out that they were a money making organisation and not as first thought, a free help.

CHILD PROTECTION Carl reported that Katie Gumbrell had sourced information and courses and

that he would bring this to the next meeting.

ACTION Carl.

LETTER FROM A MEMBER Roger reported that the letter and had replied to and that the EA welfare officer had been copied in.

CHAIRMAN'S REPORT

DINTON RELAYS Carl reported that the Dinton relays were a success and recorded thanks to Richard Hammerson, who is standing down as race director and handing over to Sandra Sheppard. Anne said that we should also record thanks to the BBQ team. **ACTION** Dinner Dance Presentations.

VINEYARD OUTING Carl reported that the vineyard outing was a success and recorded thanks to Katie Gumbrell, for organising the event.

CLUB CHAMPIONSHIPS Carl reported that many members had participated in the Headington 5 as part of the club championships.

PUB RUNS Carl reported that there was a lack of organisers for this year's pub runs and that there were not as many as usual.

RIDE LONDON Carl said that there were not enough volunteers to marshal this event, therefore RRs declined.

TREASURER'S REPORT

ACCOUNTS Sandra issued the July accounts to the committee prior to the meeting and there were no queries..

SHINFIELD ACCOUNTS Sandra reported that Colin Cattel had written, asking for clarification that this year 50% of the surplus was going to be donated to the club charity, or remain in the club's bank account. The committee agreed that a cheque will be issued to the club charity for £2,159.23, which was 50% of the surplus with the remaining £2,159.23 automatically going to the Shinfield Association. It was also decided

that the secretary would write to Colin clarifying the future event procedures and policy. ACTION Roger to write to Colin.

SECRETARY'S REPORT

ALEXA BRIGGS Roger reported that one of our coaches, Alexa Briggs had passed her St John's Ambulance first aid course and had received a copy of Alexa's certificate. ACTION Anne to tick box on the club membership list.

DECATHLON VOUCHER Roger Reported that the club had received a £5.00 voucher from the Decathlon shop.

It was decided that as the amount was so small, the voucher would be donated to the club charity.

ACTION Roger to present the voucher to Kerri French for a raffle prize.

BRAMLEY RACE BUDGET Roger reported that Graham Spratt had issued the committee with the 2016 Bramley race budget. Carl suggested that we should examine the budget and discuss at the next meeting. ACTION for Oct.

CLUB KIT Roger reported that Steve Siddell had obtained prices for new kit. Amanda presented the committee with the stock take of kit. Several committee members reported that they knew that members wanted items from the current kit, therefore it was decided that we would stay with the current supplier. It was also decided that we should keep samples in all sizes of the hoodies, as members wanted to try them on.

ACTION Roger to advise Steve to order S, M, L & XL Hoodies and to stay with current supplier.

MEMBERSHIP SECRETARY'S REPORT

MEMBERSHIP Anne reported 7 new members paying cash and 8 new members paying by cheque in July = £450 and 2 new members paying by cash and 2 new members paying by cheque in August = £120 Anne banked £570 total.

Anne said that we now have 482 members. Roger

asked if she had received the £12 Track Fees for Friday 14th August?

Anne said she had not and Roger said he would hand it to her on Wednesday night. ACTION Roger to pay.

SOCIAL SECRETARY'S REPORT

DINNER DANCE Amanda said that she had handed everything over to Anne and Tony McQueen for this year.

CHRISTMAS PARTY Amanda confirmed that the Christmas Party at Woodford Park Pavilion would be on Saturday 12th December.

COACHING CO-ORDINATORS REPORT None received.

TEAM CAPTAINS REPORT None received.

ANY OTHER BUSINESS

DESK DUTY Anne reported that we need two people on the desk at all times. It was decided that the membership list would be consulted in order to find volunteers. ACTION Carl to send email to members.

DOOR ROTA

Wed 9th Sept Shirley Smith, Glynne Jones, Anne Goodall.

Wed 16th Sept Christina Cotter, Alan McDonald, Glynne Jones.

Wed 23rd Sept Christina Cotter, Glynne Jones, Anne Goodall (provisional)

Wed 30th Sept Alan McDonald, Glynne Jones. Anne Goodall (provisional)

Meeting Closed 9.45pm

Next Meeting Tuesday 6th October.