



READING ROADRUNNERS NEWSLETTER SEP 2016

IT'S GONE! Like an England top-end batsman's stumps, the club 5 mile record lies in bits after Men's Captain Mark Worringham rose to the challenge set by holder Chris Mason and broke the 21 year record at Headington last month. Here we see Chris graciously handing over a cheque for £50 to the club charity as part of his club challenge. Just his 20 mile and the club's half marathon records are up for grabs now...

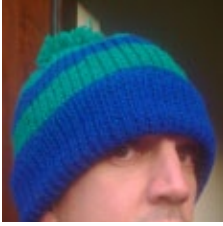
It's been a busy summer for many of you, but now as the nights draw in (thank God for the new track floodlights), our thoughts start to turn to our September 10K event at Mortimer and of course the cross country season.

There is always something to do at our events, so if you haven't considered volunteering then please put yourself forward. Your club needs you!

INSIDE THIS MONTH:

- **COACHES' CORNER**
- **RESULTS, RESULTS, RESULTS!**
- **CAPTAINS' REPORTS**





Welcome from the Editor

CHRIS CUTTING

Lots to mention since the last newsletter two months ago, so to make efficient use of space I'll be going to bullet-point mode for this month's welcome:

- Firstly, a HUGE apology to Nigel for printing the wrong month's results in last month's newsletter. The mistake has been rectified in the online version.
- Massive congratulations to Alice Leake for her 22nd place at the World Orienteering

Championships representing Great Britain in Sweden

- Baby! Congratulations to Alan Wilson and Yvonne on the birth of their baby boy Samuel.
- Wedding! Roadrunners Gary Brampton & Mandy Carden have tied the knot. Hooray!
- There's also been some good news from the Train Shed recently. Good on you Pete.



Chairman Chat

CARL WOFFINGTON

We don't hold a RR Committee meeting nor produce a Newsletter for the month of August, so this covers part of July and August. Dry and warm weather in July and August followed a very wet June. This seemed to encourage plant growth and any of you out running our footpaths may well have come back with stung and scratched legs. Never the less, it was a very pleasant time of year to run out in the country.

Talking of running in the country, we have now completed the summer series of Pub Runs. We have simply run out of daylight as the evenings draw in. Since the last newsletter we have had 21st Jul Rainbow Assendon, 4th Aug Greyhound Tidmarsh and 18th Aug Packhorse Mapledurham. All were well attended. Thank you to all that organised the runs this summer and to Tina for coordinating them.

We entered several teams for the Bounders Relay on the 19th July. It was a warm evening and enjoyed by all that took part. RR had the first team home. The race was followed by a RR picnic on the "lawn" of the car park. We were still there after everyone else had gone.

Tony organised a timed 5km track run on 22nd July and this was well attended. Refreshments were provided and this gave us a social gathering after the

run. These runs are getting more popular. The next one is to take place on 30th September, so put the date in your diary and look out for details soon.

Another RR Club Championship race took place, the Harwell 1/2. It started overcast but the sun came through as the race progressed. Quite a warm finish. I think all that took part agreed it was a hard run in pleasant countryside. But then, I suppose it's only as hard as you make it and we all put everything into it.

We organised a meeting with Reading Council Sport and Leisure to discuss various topics regarding RR at Palmer Park. Bob and I attended on 12th August. Details can be found under the Committee Meeting Minutes.

By the time you read this we will have had the Quiz Night on the 10th September.

Coming up is our own Mortimer 10k on 25th September. Unfortunately this clashes with the SEAA Relays once again. At the time of writing we are desperately short of marshals and helpers for Mortimer. If you can help then please contact Catherine Leather or drop me an email at chairman@readingroadrunners.org



Ladies' Captain - Report

CLAIRE SEYMOUR

Hope you have all had a good summer and managed to fit in a holiday and some good training! August is normally a quiet month, however we have still managed to find a few races to keep us busy which included one of our Half Marathon Club Championship races. I'm sure some of you were also busy doing those long runs ready for those Autumn halves and marathons which seem to be happening almost every weekend throughout September and October.

As autumn is fast approaching I also want to start to get everyone thinking about the Cross Country season which will soon be upon us, with the first Hampshire League Fixture in mid-October. We are also looking to hold an XC taster event at the end of October before the TVXC season starts. The run is normally around 5 miles and is a good introduction to what we will be faced with when the XC season starts (normally mud and muck and lots of it!). More details will follow very soon!

As we had a break in August I thought I would cover a few results from July.

On the hottest day of the year (I think it was around 34 degrees) we had the Bounders Relay. We had a really good turnout with 9 teams in total. Our A team won the event overall, so well done to them and particularly to Alice Leake who made up part of the winning team. A fun evening was had by all. Thanks goes to Mark (Men's Captain) for organising the teams for us.

We also had the final race of the Woodland 5 series wrapped up with Claire Marks finishing 3rd Vet overall for the 3 races, and going in to August we had the final Yateley 10K in the series which saw Katherine Sargeant finishing 3rd in her Age Category overall. Finally the Dinton 5/10K series saw Nikki Gray finishing 1st Lady overall for the 10K and Trisha Arnold 1st FV60 overall also for the 10K. Well done Ladies on some consistent results across the series.

I also notice a few of our ladies stepped up to the Ultra Distance over the past few months with Sian James taking on Race to the Stones which is a 100K challenge across the Ridgeway, and we also had 3 of

our ladies taking on Ultra 12 and racking up some good miles. Well done to Amanda Box, Kathy Tytler and Linda Wright. We also had a good turnout of green vests at the Snowdon Half and Marathon and the club's annual trip to Race the Train.

Harwell Half Marathon - *Club Championship Race* August Bank Holiday Monday

Around 17 ladies took part in the Harwell Half Marathon, an off road run across glorious countryside which takes you along part of the Ridgeway path. The race is organised by Barnes Fitness. Our first lady home was Katherine Sargeant who was also 2nd lady overall and first in her age category! Mary Janssen also had a good run finishing 1st in her Age Category. We also had some good results in the V60 Category with Tina Wilson 2nd, Linda Wright 3rd and Liz Atkinson 4th. Well done to everyone who took part!

The next few Club Championship races are as follows:

Freith Hilly 10K – Sunday 16th October

Ricky Road 10 mile – Sunday 30th October

Cross Country Fixtures:

As mentioned above the Cross Country season will be upon us very soon, so here are some dates for your diaries. Please note the TVXC dates are currently provisional.

Hampshire League (Saturday league)

15/10/16 Farley Mount, Winchester

12/11/16 Kings Park, Bournemouth

03/12/16 Popham Airfield, Basingstoke

14/01/17 Prospect Park, Reading

11/02/17 Queen Elizabeth Country Park, Petersfield

Ladies' race starts 13.35, Men's race 14.30

Ladies run 6K, Men run 10K

If you're interested in taking part in any of the races in the Hampshire League or would like more information, please contact me via

teamcaptains@readingroadrunners.org

Thames Valley League (Sunday league)

- 13/11/16 Datchet Dashers
- 20/11/16 Sandhurst
- 04/12/16 Handy Cross
- TBC Metros
- 18/12/16 Reading Roadrunners
- 15/01/17 Bracknell Forest
- 22/01/17 Tadley
- 05/02/17 Thames Valley Triathletes

11.00am start time - Distance is between 4.5 and 6 miles

We will also be entering teams for the following events:

- Bucks, Berks & Oxon XC Championships, Prospect Park - 19th November 2016 TBC
- Berkshire Championships XC, Prospect Park, 8th January 2017
- Southern XC Championships, Parliament Hill – 28th January 2017

I will post more info on all of the above nearer the time!

Finally we will have one team of ladies representing us at the Southern Road Relays being held at Bedford Autodrome (formerly Rushmoor Arena, Aldershot) on the 25th September, I will look forward to reporting how the team gets on in next month's news report.

Hope you have a good month! And enjoy the remaining of the lighter evenings before the high-viz comes out!

Claire

Charity News



TOTAL AS OF 9TH SEPTEMBER

15 803 . 57

Thank you for al your fantastic efforts. There will be more charity news next month!



Men's Captain - Report

MARK WORRINGHAM

Greetings, my esteemed clubmates, I hope your summers have all been enjoyable. No doubt you've all been taking in colourful, exotic destinations and lapping up the tropical sun. Personally, I spent a week in the Lakes and tried to be a fell runner, for about ten minutes anyway until I encountered my first shoe-sucking bog, at which point I gave up and stuck to the roads. Know your limits.

Hopefully you've also been suitably inspired by the exploits of our Olympians as well, a fantastic performance I'm sure you'll agree. Of course Mo took the headlines as usual, but my favourite moment was the bronze for Sophie Hitchon in the hammer. This was partly because she's just missed medals in major championships before. However it is mainly because I've developed a minor crush on her – I'm not sure whether the knowledge that she could throw me over a bungalow is the reason for that or is entirely incidental. I was also glued to the track cycling, as I was a big fan of the cartoon 'Wacky Races' as a child and this was essentially the same thing.

There's been a couple of months' break in the newsletter, so I'm certain you're as eager to read this column as I am to write it. Unfortunately, you've all made my job a lot harder by running tons of races that I now need to write about, but I shall soldier on regardless.

Where to start? Well, the main team outing of the last couple of months was the Bounders Relay in the woods at Crowthorne, returning after last year's cancellation, and Reading Roadrunners put out a mighty nine teams in the event. Not only that, but our A team, consisting of Lance Nortcliff, Alice Leake, Ian Giggs and David McCoy II secured victory, so a very well done to all.

August saw the culmination of our three main summer series – the Yateley 10K, Woodland 5 and Dinton 5K/10K series. At the Woodland 5, Mark Apsey's third place secured him the series win for the senior men, whilst Brendan Morris's top ten finish earned him 3rd in the series. Gavin Rennie finished 12th in the race and took second in the veteran series standings. At the final Yateley 10K, David McCoy II's comparatively conservative start (by which I mean that he didn't have a 50m lead after two minutes) earned him a PB in 4th, and meant that he won the overall senior men's title for the series. David McCoy I took third place in the series for the V40s, and meant that 13.3% of all male series trophies were won by people named David McCoy. Less interestingly, I managed to win the race.

Reading Roadrunners dominated the male series prizes at the Dinton 5K and 10K. In the 10K series, Rob Corney won the senior men, Richard Charley the V40 men and David Caswell the V50 men, with Rob finishing second in the race itself, Richard Hallam-Baker second V40 and Bill Watson first V50. In the 5K, Simon Elsbury took third in the race and won the overall series, although I am uncertain whether he was clad in his turncoat Finch Coasters vest at the time. Ian Giggs was third in the series, whilst Vincent Williams was second in the V40 standings. In the race, Ed Dodwell was first V50, Pete Morris first V60, whilst at the other end of the age spectrum, Blue Caswell secured a PB. My main thoughts are that anyone who managed the whole series of races around Dinton Pastures on summer evenings must have swallowed an awful lot of tiny flies.

It has been a bumper summer for running idiotically long distances. It kicked off with Endure 12, where Paul Kerr ran 50 miles, Pete Morris 45 and Henry Stapley 40. Not satisfied with this, Henry finished second in the 50K race at the Salisbury 54321 event. The usual suspects (Bush, Brampton and Allaway) lined up to take on the four marathons in four days challenge, with Martin Bush completing all four in a total time of just under 24 hours. To round this madness out, Ben Whalley and Jamie Cole took on the Ridgeway Challenge, all 86 miles of it. When we did the Ridgeway Relay, I did most of the way between the start and finish in a car, and I had to have a lie down after that. Still, at least the Ridgeway is all flat and on smooth paths. Oh, wait, no it isn't.

As well as running stupid distances, it was also a good month for running over stupid terrain. At Race the Train, we had a strong representation, with Rob Corney getting onto the podium in third, David McCoy II in 13th, and Lance Nortcliff 16th and first V40, and those three took RRR to the team prize. The Littondale Fell Race saw Colin Cottell take second V50, and Tom Harrison took advantage of being at the young and sprightly end of his new age category, finishing first V80. Keith Russell won the Salisbury 54321 half marathon, with Fergal Donnelly 3rd V40, with Fergal then going one better and finishing second V40 at the Cheddar Gorge half marathon. Combining stupid terrain with stupid distance, Rob Corney took an excellent third place in the Snowdon Trail Marathon, whilst Pete Morris was third V60.

There were big Roadrunner turnouts in the Harwell and Maidenhead half marathons. At Harwell, Richard Usher and Chris Cutting both finished in the top ten, and Jim Kiddie and Andy Atkinson secured a 1-2 in the V60 category. At Maidenhead, it was good to see Andy Mutton back in strong form, finishing in 7th, whilst David McCoy II ran a PB in 9th place. There were also PBs from Tony Streams and, by a huge margin, for Andy Dingle. At the Overton 5, Lance Nortcliff set a new 5-mile PB and also won the V40 prize.

Second claim Roadrunner Rob Tan did an excellent job in organising the Reading AC Mile Festival. In what must be some kind of first, every single Roadrunner taking part set a PB. Another unusual event took place in the Berkshire championship race - a Roadrunner set off at an absolutely suicidal pace, and it wasn't David McCoy II. I shall leave him nameless here, but I am told it was quite the sight to behold. Duncan Mollison was fastest Roadrunner on the day and took the silver medal in the

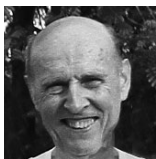
Berks championship race, with Ryan O'Brien in bronze. Some great times were recorded – eight Roadrunners under five minutes! Duncan also nabbed a cheeky 800m PB earlier in the month.

I had a pretty good month too, and, among other stuff, nabbed a couple of club records.

Right, that ends the round-up, thank goodness. In terms of future events, cross-country is once again rearing its ugly, wind-chilled, mud-smearred face once again, and the dates have been released. I'm not going to reproduce them all here, because I've very much run out of steam, but suffice to say that, as of November, if it's a weekend there's probably a cross-country race on. Also, I am sure it's being mentioned everywhere, but volunteers for Mortimer on Sunday 25th September are urgently needed, so please if you can help, do.

Good luck for September, particularly those taking on Autumn marathons.

Your Committee



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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



Coaches Corner - Structuring Your Training

In the last Coaches Corner you learnt about the structure of a training session and why sessions are organised that way. After a few questions from runners at the club we thought we'd now talk about how to structure your training towards some goals over an eight week period and what that means for the training you do each week.

The eight week training period; this is chosen because 6-8 weeks is the time it takes for the body to adapt to new endurance training. So it's a good period to plan for if you want to improve an aspect of your running; you'll be able to see the improvement.

A tip about goals; as tempting as it is to always have races as goals, consider thinking of intrinsic goals too - ones that are more personal and specific to you.

Try and think about one performance goal and one technical goal. For example your performance goal is to improve your endurance by increasing your long run distance, or improving speed by 15 seconds per mile over a certain distance. A technical goal is related to technique, so you could have eight weeks to work on

improving the efficiency of your arm swing. Your friendly Reading Roadrunners coach can help you identify technical goals to improve your running.

Next have a think about the kind of training that will help you achieve your goals; increasing the distance of your long runs for example. Try to make them specific, measurable and achievable in the eight weeks to help you stick to them.

Then take a look at the next eight weeks, are there holidays or time when you can't train? Now have a think about scheduling low, medium and high intensity weeks in the plan. Aim to ramp up gradually overall but make sure you have easier weeks in the plan to allow you to recover from and adapt to your training.

Think about the types of runs you might need to do to meet your performance goal and the other things you need to do to hit your technical goal; exercises, stretching, technique work etc. Layer these on each week of the plan. It might end up looking something like this;

Start Date				End Date				
Technical Goal				Performance Goal				
	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Fundamentals; Agility, balance, coordination								
Fitness; Strength, stretching, other sports								
Running; Training emphasis, skills, drills								

Start Date				End Date				
Technical Goal				Performance Goal				
	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Training Load; High, Medium or Low								

Now it's time to think about the training week!

The most important thing is that the training week is entirely dependant on you, how you respond to training and how it fits in with all the other important stuff that's involved in life. Lots of generic running training plans online have 5 runs a week and follow a fairly standard structure, but that might not be right for either your body or your routine.

You know best how many runs a week works for you, whether you want or need to mix it up with other sports and how much time you have for any strength work needed. If you need any advice or support on this just speak to a Reading Roadrunners coach.

Broadly speaking, each week, have a think about the following:

What is your training emphasis for the week? What aspects of your goals are you training towards and how do the sessions for this week build towards them?

What runs you are going to do to meet your performance goal - e.g. to build your endurance or speed?

What drills, exercises or stretches are you going to do to build towards your technical goal and when are you going to practice your new technique?

What other sports do you want to do that week?

Write this up in a table, you can use this one from UK Athletics as a guide if needed. There you go, you have a training plan to improve your running over the next eight weeks!

	Week One						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Running Session Details, including drills and stretching							
Other Sports							
Training Emphasis							

	Week One						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Loading; Rest, Low, Medium or High							

As always if you have any questions, do chat to a coach.

If you want to find out more take a look at this from England Athletics;

www.ucoach.com

Roadrunners Results

NIGEL HOULT

With two months to cover, there are a lot of results this time round, so I'll keep my comments brief.

The outstanding result is undoubtedly Mark Worringham's new 5 mile club record of 26:03 at the Headington 5 (winning the event as well), beating Chris Mason's time of 26:43 which has stood for over 20 years. Mark also broke his own 5k club record and set a new 3000m PB – great achievements!

We had some good team results: our A team won the Bounders relay with the B team also finishing in the top 10, and we also won the team prize at Race the Train, with four of our runners beating the train in the main (14 mile) event and one in the 10k.

Several event series – Woodland 5, Yateley 10k and Dinton 5k/10k – concluded this time, and we had winners in all; surprisingly, different people each time. So well done to Mark Apsey (Woodland), Dave McCoy (Yateley), Rob Corney and Nikki Gray (Dinton 10k) and Simon Elsbury (Dinton 5k), plus of course the many runners-up and age category winners.

The Reading AC mile event was very popular, and we took the silver and bronze medals in the Berkshire Championships that formed part of it. Given that mile track races are not that common it is perhaps less surprising (though still a great achievement) that every single runner recorded a PB.

At the other end of the distance spectrum, ultra races continue to attract our members, with Sian James and Donald Scott-Collett completing 100km, Ben Whalley and Jamie Cole 86 miles, plus many others in the 30-50 mile region.

Well done to everyone who raced this time, and keep those good results coming in. Don't forget to let me know (results@readingroadrunners.org) if you get a PB, run a more unusual race that I'm not likely to spot, or aren't listed in the results as a Reading Roadrunner.

25th June

Midnight Mountain Half Marathon

Rob Grice 7 1:49:14 1st MSV

9th July

Pen y Fan Fell Race (3.6 miles, 1930 ft ascent)

Henry Stapley 22 47:11

Southern Athletics League Division 3SW, Eton 3000m

Ryan O'Brien 9:35.8 PB

10th July

Fan y Big Fell Race (10 miles, 2200 ft ascent)

Colin Cottell 92 1:53:57

Tom Harrison 137 2:51:05 3rd MV70

16th July

Dorset Invader Marathon

Julia Molyneux 199 6:17:33

16th-17th July

Samphire Challenge

24 hour

Gary Brampton 24 44.5 miles in 11:11:00

6 hour

Martin Bush 19 26.5 miles in 5:16:00

Race to the Stones

100km non-stop

Sian James 527= 17:29:51 3rd FV60

Donald Scott-Collett 527= 17:29:51

Endure 12

Solo Female

Amanda Box 11 40 miles in 10:59:45

Kathy Tytler 13 40 miles in 12:10:57

Linda Wright 28 30 miles in 11:56:00

Solo Male

Paul Kerr 17 50 miles in 10:48:11

Pete Morris 29 45 miles in 12:12:13

50 mile

Henry Stapley 16 40 miles in 6:36:56

17th July

Fairlands Valley Challenge

26.3 miles

Martin Bush 89= 7:28:50

Julie Wing 104 8:50:26

ROADRUNNERS RESULTS

Great London Run 10k (Newham)

Emma Caswell	7761	1:20:33
Helen Grieves	7902	1:22:12

Burford Bolt 10k

Name	Pos	Gun	Chip
Eleanor Phipps	112	1:07:00	1:07:00

Burford Bolt 5k

Name	Pos	Gun	Chip
Nicholas Adley	3	25:15	25:15

19th July

Bounders Relay

RRR A	1	48:12	
(Lance Nortcliff, Alice Leake, Ian Giggs, Dave McCoy)			
RRR B	8	57:09	
(Dean Allaway, Bill Watson, Nigel Hoults, Kevin Jones)			
RRR C	14	1:01:01	
(Toni McQueen, David Fiddes, Tracy Jenkins, Dean Allaway)			
RRR D	18	1:04:29	
(Claire Seymour, Andy Atkinson, Jim Kiddie, Bill Watson)			
RRR E	32	1:12:03	
Peter Higgs, Sandy Sheppard, James Delves, Catherine Leather)			
RRR F	33	1:12:53	
(Pete Morris, Tina Wilson, Kerri French, Richard Morgan)			
RRR G	50	1:21:22	
(Charlie Macklin, Liz Atkinson, Caroline Hargreaves, Linda Wright)			
RRR H	56	1:27:07	
(Cecilia Csemiczky, Carl Woffington, Maureen Sweeney, Suzanne Bate)			
RRR I	59	1:32:41	
(Hannah McPhee, Annette Russell, Sheryl Higgs, Peter Higgs)			

20th July

Exeter 10k

Jenny Mulhearn	312	1:06:42
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Woodland 5 Race 3

Mark Apsey	3	33:45	
Brendan Morris	9	36:07	
Gavin Rennie	12	36:30	5th MV
Bill Watson	17	37:49	
Ian Giggs	19	38:44	
Colin Cottell	26	40:18	
Claire Marks	37	42:24	3rd FV
Simon Denton	38	42:26	
Gemma Buley	52	45:33	
Paul Carter	53	45:33	
Tom Wright	54	45:38	

Susan Knight	63	47:51
Fleur Denton	67	49:09
Gillian Glennon	71	51:17
Sandy Sheppard	79	54:40
Justin Watkins	80	56:53
John Bailey	81	57:04
Tom Harrison	82	57:21
Cecilia Csemiczky	88	1:01:53
Adele Graham	89	1:05:07
Lorraine Bailey	90	1:06:13
Holly Turner	94	1:18:30

Series Results

Senior Men: Mark Apsey – 1st, Brendan Morris – 3rd

Veteran Men: Gavin Rennie – 2nd

Veteran Ladies: Claire Marks – 3rd

Hampshire Grand Prix, Basingstoke

3000m

Mark Worringham	9:08.40
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22nd July

Timed 5000m, Palmer Park

Dave McCoy	1	16:33	
Ben Paviour	2	16:39	
Jamie Smith	4	17:11	
Ben Whalley	5	17:44	
Ashley Middlewick	6	18:10	
Ian Gosling	7	18:21	
Brian Kirsopp	8	18:29	PB
Gary Tuttle	9	18:34	
Ian Giggs	10	19:22	
Simon Palmer	11	20:44	
Chris James	12	20:47	
Mel Shaw	13=	20:49	PB
Dan Stockwell	13=	20:49	
Helen Pool	15	21:16	
Simon Davis	16	21:34	
Joe Blair	17	22:04	
David Dibben	18	22:20	
Claire Woodhouse	19	22:21	
Zaid Yousif	22	23:09	
Sam Whalley	23	23:26	
Martin Douglas	24	23:26	
Socrates Christidis	26	25:08	
Roger Pritchard	27	27:05	
Carl Woffington	28	29:05	
Maria Norville	29	29:47	
Jennifer Ruth	30	31:54	
Brian Shave	31	35:35	
Eva Simmons	32	39:50	

ROADRUNNERS RESULTS

23rd July

Around the Reservoir Marathon Day 1

Martin Bush 5:15:40

Windsor Great Park Dash 10k

Stewart Wing 65 53:13
 Gemma Buley 67 53:21
 Stephen Wing 250 1:32:15
 Julie Wing 251 1:33:30 2nd FV65

24th July

Around the Reservoir Marathon Day 2

Martin Bush 5:22:12

Snowdon Trail Marathon

Rob Corney 3 4:06:17 4:05:30
 Kenny Heaton 78 5:22:14 5:21:04
 Robert Grice 92 5:27:35 5:26:10
 Christina Calderon 386 8:00:31 7:59:08
 Philip Reay 387 8:00:33 7:59:11
 Charlie Macklin 392 8:08:50 8:07:27
 Pete Morris 394 8:08:53 8:07:30 3rd MV60

Snowdon Trail Half Marathon

Name	Pos	Gun	Chip
Sam Rippington	107	2:55:02	2:53:44
Phil Seager	199	3:24:28	3:23:23
Peter Reilly	228	3:31:50	3:30:31
Andy Dingle	245	3:37:58	3:36:38
Peter Higgs	246	3:37:59	3:36:46
Chris Drew	247	3:38:02	3:36:49
Caroline Hargreaves	321	4:10:42	4:09:22
Amanda Box	322	4:10:42	4:09:23
Sarah Richmond De'voy	323	4:10:43	4:09:24
Sarah Drew	324	4:10:43	4:09:25
Kathy Tytler	358	5:07:04	5:05:39 5th FV55
Linda Wright	360	5:38:15	5:36:57 1st FV60

Snowdon Trail 10k

Name	Pos	Gun	Chip
Rosamund Lee	59	2:08:19	2:08:19 1st FV60

Down Tow Up Flow Half

Name	Pos	Gun	Chip
Nikki Gray	18	1:30:47	1:30:42 3rd F
Justin Simons	40	1:35:58	1:35:54
Fergal Donnelly	92	1:43:15	1:43:09
Jim Kiddie	203	1:56:12	1:55:58 4th MV60
Helen Pool	300	2:04:26	2:04:12

Claire Seymour	310	2:06:01	2:05:47
Rob Bursell	322	2:07:26	2:07:05
Sandra Sheppard	358	2:12:53	2:12:53
Daniel Rickett	502	2:39:29	2:39:22
Nicole Rickett	504	2:39:29	2:39:22

Bath Running Festival

Marathon

Gemma Buley 37 5:08:41

Elmbridge 10k

Name	Pos	Gun	Chip
Nigel Hoult	143	42:07	42:01 5th MV60

27th July

Watford Open Graded Meeting

3000m

Alice Leake 10:19.83 PB

30th July

Enigma World Cup Winners 50th Marathon Day 1

Martin Bush 15 4:54:43

31st July

Enigma World Cup Winners 50th Marathon Day 1

Martin Bush 43 5:37:11

1st August

Battersea Park 2 miles

Mark Worringham	2	9:48	
Duncan Mollison	12	10:22	PB
Tony Streams	70	13:30	PB

3rd August

Yateley 10k Race 3

Name	Pos	Gun	Chip
Mark Worringham	1	32:50	32:50
Dave McCoy	4	34:20	34:20 PB
Lance Nortcliff	6	34:36	34:36 2nd MV40
Jamie Smith	9	35:38	35:37
David McCoy	42	38:45	38:42
Ian Giggs	53	39:40	39:37
Gary Tuttle	54	39:45	39:39 PB
Brendan Morris	69	40:51	40:36
Nikki Gray	72	40:58	40:53
Katherine Sargeant	80	41:33	41:28 PB, 1st FV45
Lesley Whiley	147	44:17	44:11 1st FV55
Kevin Jones	150	44:25	44:20
Tony Streams	196	45:55	45:36 =PB

ROADRUNNERS RESULTS

Wayne Farrugia	240	47:24	46:44
Pete Morris	318	49:47	49:26
Claire Seymour	336	50:17	49:57
Grace Lyon	588	57:46	56:07
Andrea Marnoch	706	1:02:51	1:01:49

Series Results

Overall men: Dave McCoy – 1st

FV45: Katherine Sargeant – 3rd

6th August

Phoenix Summer Marathon

Caroline Jackson	12	3:48:48
Paul Monaghan	21	4:00:12
Martin Bush	86	5:47:34

Dark Phoenix

Martin Bush 29 26.24 miles in 6:22:47

British Athletics League Division 4, Doncaster

3000m

Robert Tan 9:58.00

Javelin

Robert Tan 14.59

7th August

Regents Park 10k

Alan Freer 38 42:43 42:38 4th MV50

8th August

Battersea Park 5k

Mark Worringham 2 15:38 PB, Club record

10th August

Watford Open Meeting

800m

Duncan Mollison 2:05.59 PB

Civil Service Track and Field Champs, Sutton Coldfield

1500m

Belinda Tull 3 5:53 3rd FV45

3000m

Belinda Tull 2 12:19 1st FV45

11th August

Dinton 10k Race 4

Name	Pos	Gun	Chip
Rob Corney	2	35:04	35:04

Dave McCoy	4	35:18	35:17	
Chris Lucas	5	36:13	36:12	
Richard Hallam-Baker	8	39:57	39:56	2nd MV40
Richard Charley	9	40:46	40:43	3rd MV40
Nikki Gray	11	41:23	41:20	1st F
Bill Watson	12	41:50	41:46	1st MV50
Justin Simons	13	42:36	42:34	
Stuart Jones	21	43:54	43:49	
David Caswell	30	45:14	45:09	3rd MV50
Alix Eyles	38	46:41	46:37	3rd F
Lesley Whiley	40	46:55	46:52	4th F, 2nd FV50
Paul Carter	44	47:11	47:05	
Jonathan Belson	51	48:02	47:50	
Daniel Rickett	52	48:13	48:01	
James Delves	62	49:26	49:18	
Nicole Rickett	69	51:27	51:17	
Dave Brown	71	51:27	51:17	
Moira Allen	119	59:18	58:52	4th FV50
Julie Bagley	138	1:02:42	1:02:38	
Trisha Arnold	144	1:07:21	1:07:02	1st FV60
Juliet Dimmick	149	1:08:53	1:08:28	

Series Results

Overall Men: Rob Corney – 1st, Richard Charley – 3rd

MV40: Richard Charley – 1st

MV50: David Caswell – 1st

Overall Women: Nikki Gray – 1st

FV60: Trisha Arnold – 1st

Dinton 5k Race 4

Name	Pos	Gun	Chip	
Simon Elsbury	3	17:45	17:45	
Brendan Morris	8	19:28	19:21	
Blue Caswell	11	19:56	19:53	PB
Ed Dodwell	12	19:57	19:55	1st MV50
Ian Giggs	13	20:03	20:01	
Vincent Williams	20	22:15	22:12	
Dave Wood	21	22:26	22:21	
Nicholas Adley	27	23:16	22:34	
Pete Morris	31	23:45	23:40	1st MV60
Tom Wright	33	24:00	23:54	
Catherine Leather	38	24:59	24:47	2nd FV40
Sally Carpenter	45	26:22	26:12	
Linda Wright	68	29:24	29:08	1st FV60
Adele Graham	78	30:46	30:30	
Jenny Mulhearn	87	33:06	32:41	
Sarah Richmond-De'voy	88	33:06	32:41	
Jenny Oakley	94	33:44	33:22	
Paul Noades	101	35:06	34:35	

ROADRUNNERS RESULTS

Ann McKinnon 110 36:25 36:06 3rd FV60
 Series Results
 Overall Men: Simon Elsbury – 1st, Ian Giggs – 3rd
 MV40: Vincent Williams – 2nd

11th-14th August

Quadrathon Challenge (4 marathons in 4 days)

Day 1 (Kinnego Bay)

Dean Allaway	14	3:56:01
Gary Brampton	67	4:48:48
Martin Bush	129	5:53:14

Day 2 (Malin Head)

Gary Brampton	70	4:55:03
Martin Bush	118	5:50:55

Day 3 (Mamore)

Gary Brampton	91	5:22:26
Martin Bush	126	6:09:45

Day 4 (Muff)

Martin Bush	138	6:02:27
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Overall

Martin Bush	122	23:56:21
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13th August

Littondale Fell Race (4 miles)

Colin Cottell	25	26:51	2nd MV50
Tom Harrison	68	38:34	1st MV80

Arncliffe Fell race (1.9 miles)

Colin Cottell	67	16:58
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14th August

Salisbury 54321

50k

Name	Pos	Gun	Chip	
Henry Stapley	2	4:03:36	4:03:33	
Brian Grieves	19	4:52:58	4:52:48	2nd MV45
Gemma Buley	119	5:52:19	5:51:36	

Marathon

Name	Pos	Gun	Chip	
Katherine Sargeant	11	3:45:33	3:45:25	3rd F, 1st FV45
Tony Streams	56	4:27:47	4:27:36	
Stewart Wing	71	4:40:14	4:39:49	

Charlie Macklin	140	5:20:26	5:20:12
Pete Morris	216	6:16:23	6:16:09
Julia Molyneux	217	6:16:24	6:16:09
Kathy Tytler	260	7:41:05	7:40:57
Julie Wing	280	8:32:11	8:32:08
Stephen Wing	281	8:32:11	8:32:08

33k

Name	Pos	Gun	Chip	
Sarah Richmond-De'voy	135	4:41:52	4:41:35	PB

Half Marathon

Name	Pos	Gun	Chip	
Keith Russell	1	1:30:07	1:30:06	
Fergal Donnelly	10	1:41:08	1:41:02	3rd MV40
Andy Atkinson	110	2:12:20	2:12:06	4th MV60
Linda Wright	229	3:13:54	3:13:40	3rd FV60
Liz Atkinson	240	3:35:37	3:35:25	4th FV60
Sev Konieczny	241	3:35:38	3:35:25	

Burnham Beeches Half Marathon

Brian Kirsopp	17	1:25:57	1st MV50
Colin McCarlie	227	1:51:55	
David Leake	273	1:56:00	
Kim Stevens	404	2:09:44	

Burnham Beeches 10k

Kathy Vickers	89	58:11
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West Lothian Run (7k)

Jenny Mulhearn	74	47:59	PB
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17th August

Wimbledon 5000m Festival Night

Mark Worringham	15:28.3	PB
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Oxford Open Graded Meeting

1500m

Ryan O'Brien	4:17.78	PB
Duncan Mollison	4:22.55	

20th August

Race the Train

Rotary Challenge (14 miles)

Name	Pos	Gun	Chip	
Robert Corney	3	1:30:29	1:30:29	
Dave McCoy	13	1:34:42	1:34:42	
Lance Nortcliff	16	1:36:02	1:36:02	3rd MV40

ROADRUNNERS RESULTS

Henry Stapley	118	1:47:26	1:47:15	
=== Train =====		1:48:00		
Colin Cottell	216	1:55:40	1:55:30	
Chris Cutting	247	1:57:40	1:57:28	
Toni McQueen	545	2:20:38	2:20:10	2nd FV60
Peter Reilly	563	2:23:47	2:23:15	
Andy Atkinson	564	2:23:48	2:23:14	
Claire Seymour	600	2:26:58	2:26:26	
Peter Higgs	601	2:26:58	2:26:25	
Tina Wilson	602	2:26:58	2:26:26	4th FV60
John Bailey	761	2:49:33	2:49:01	
Maureen Sweeney	779	2:54:01	2:53:27	
Tom Harrison	789	2:58:02	2:57:31	
Kathy Tytler	817	3:10:58	3:10:23	
Liz Atkinson	821	3:11:53	3:11:17	
Linda Wright	828	3:23:16	3:22:43	
Lorraine Bailey	833	3:31:24	3:30:50	
Team: 1st (Robert, Dave, Lance)				

Quarry Challenge (10k)

Mel Silvey	47	51:43	2nd MV55
=== Train =====		55:00	
Bob Thomas	216	1:09:59	
Carl Woffington	269	1:18:34	5th MV65
Estelle Chase	310	1:27:23	5th FV60

Dolgoch Challenge (5.5 miles)

Sheryl Higgs	146	1:20:20
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21st August

Not the Rio Marathon

Name	Pos	Gun	Chip	
Paul Monaghan	41	3:50:14	3:50:10	4th MV50
Pete Morris	146	5:03:55	5:03:41	5th MV60
Martin Bush	156	5:19:02	5:18:45	

Cheddar Gorge Half Marathon

Fergal Donnelly	11	1:56:02	2nd MV40
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Richmond Park 10k

Name	Pos	Gun	Chip
Ricky Cowley	23	45:14	45:07
Liz Jones	27	46:21	45:55

24th August

Watford Open Graded Meeting

3000m

Mark Worringham	8:55.22	PB
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27th-28th August

Ridgeway Challenge (86 miles)

Ben Whalley	19=	19:45:00	2nd= MV45
Jamie Cole	19=	19:45:00	2nd= MV45

28th August

Hunsrück Marathon

Martin Bush	109	5:14:25
Pete Morris	110	5:14:27

East Farm Frolic

Julia Molyneux	109	34.67 miles in 7:52:00
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Englefield 10k

Stewart Stanton	5	39:50	
Brian Kirsopp	7	40:17	2nd MV50
Peter Cook	26	44:47	
Colin Cottell	34	46:02	5th MV50
Justin Simons	37	46:09	
Eddie McIndoe	81	51:24	
Susan Knight	137	55:42	5th FV50
Nick Adley	162	57:42	
Peter Higgs	184	58:44	
Charlie Macklin	193	59:25	
Chris Drew	196	59:31	
Angharad Shaw	201	59:42	
Aaron Chai	224	1:01:15	
Louise Atkinson	225	1:01:16	
Linda Wright	290	1:09:28	4th FV60
Sarah Richmond-De'voy	299	1:11:17	
Annette Russell	300	1:11:17	
John Bailey	324	1:16:37	
Lorraine Bailey	326	1:17:10	
Sheryl Higgs	337	1:37:37	

Headington 5

Name	Pos	Gun	Chip	
Mark Worringham	1	26:03	26:03	PB, Club record
Juliet Fenwick	314	51:05	50:40	PB

Veterans AC Championships, Kingston on Thames

800m

Brian Shave	4:44.74	2nd MV80
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1500m

Brian Shave	9:31.48	2nd MV80
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29th August

Harwell Half Marathon

Name	Pos	Gun	Chip	
Richard Usher	8	1:32:46	1:32:45	4th MV40
Chris Cutting	10	1:34:13	1:34:08	5th MV40
Fergal Donnelly	13	1:35:39	1:35:38	
Alan Freer	16	1:37:12	1:37:10	4th MV50
Katherine Sargeant	19	1:38:46	1:38:44	2nd F, 1st FV40
Alix Eyles	28	1:43:09	1:43:07	
Keith Ellis	31	1:45:42	1:45:40	
Mary Janssen	36	1:46:40	1:46:36	1st FV50
Tony Streams	40	1:47:08	1:47:04	
Daniel Rickett	43	1:48:08	1:48:02	
Simon Denton	44	1:49:50	1:49:39	
Nicole Rickett	45	1:49:52	1:49:46	
Jim Kiddie	56	1:56:11	1:56:04	1st MV60
Andy Atkinson	58	1:57:44	1:57:37	2nd MV60
Fleur Denton	61	1:58:14	1:58:08	
Samantha Whalley	74	2:02:59	2:02:54	
Catherine Leather	75	2:03:08	2:03:03	
Tina Wilson	76	2:03:21	2:03:17	2nd FV60
Peter Higgs	89	2:09:02	2:08:56	
Madeleine Starks	90	2:09:48	2:09:44	
Chris Drew	91	2:09:56	2:09:50	
Richard Morgan	94	2:10:48	2:10:40	4th MV60
Maureen Sweeney	110	2:37:11	2:37:01	
Andrea Marnoch	113	2:40:11	2:40:00	
Linda Wright	114	2:40:52	2:40:43	3rd FV60
Liz Atkinson	115	2:40:53	2:40:43	4th FV60
Carl Woffington	118	2:44:31	2:44:21	
Juliet Fenwick	121	2:56:50	2:56:36	
Kathy Tytler	123	3:03:22	3:03:10	
Trisha Arnold	124	3:03:40	3:02:28	
Stephen Wing	126	3:13:00	3:12:49	
Julie Wing	127	3:13:19	3:13:11	

Reading AC Mile

Duncan Mollison	4:34.21	PB
Ryan O'Brien	4:36.00	PB
Rob Corney	4:38.64	PB
Jamie Smith	4:42.15	PB
Dave McCoy	4:44.12	PB
Matthew Green	4:48.21	PB
Mark Apsey	4:51.79	PB
Lance Nortcliff	4:55.50	PB
Ian Giggs	5:17.48	PB
Pete Jewell	5:20.00	PB
Brian Kirsopp	5:24.89	PB

Kenny Heaton	5:28.92	PB
Paul Kerr	5:30.97	PB
Blue Caswell	5:34.87	PB
Daniel Burt	5:40.47	PB
Dean Allaway	5:42.43	PB
Richard Smith	5:50.60	PB
Vince Williams	5:58.26	PB
Nicholas Adley	6:00.53	PB
David Caswell	6:03.46	PB
Helen Pool	6:05.59	PB
El Deighton	7:59.95	PB
Katherine Heaton	8:25.88	PB
Kerri French	8:27.13	PB
Sarah Walters	9:59.35	PB

Berkshire Mile Championships

Male: Silver – Duncan Mollison, Bronze – Ryan O'Brien

3rd September

Black Hugin Challenge

Martin Bush 46 26.2 miles in 5:26:01

4th September

Kent Coastal Marathon

Name	Pos	Gun	Chip
Ashley Middlewick	13	3:17:38	3:17:35
Pete Morris	130	5:55:51	5:55:16
Martin Bush	131	5:55:52	5:55:14

Maidenhead Half Marathon

Name	Pos	Gun	Chip	
Andy Mutton	7	1:15:40	1:15:38	
Dave McCoy	9	1:16:10	1:16:08	PB
Jamie Smith	19	1:18:29	1:18:28	
Chris Lucas	29	1:20:42	1:20:40	
Nikki Gray	129	1:29:44	1:29:40	
Henry Stapley	177	1:32:05	1:31:53	
Ian Giggs	210	1:33:51	1:33:48	
Eleanor Roy	245	1:35:27	1:35:12	
Dave Wood	308	1:38:11	1:37:51	
Antony Streams	337	1:39:03	1:38:41	PB
Paul Monaghan	434	1:43:11	1:42:56	
Vince Williams	473	1:44:50	1:44:07	PB
Joe Blair	510	1:46:14	1:45:54	
Andy Dingle	543	1:47:45	1:47:02	
Brian Fennelly	569	1:48:42	1:48:00	
Barry Baker	597	1:49:20	1:48:37	
Colin McCarlie	599	1:49:21	1:48:39	
Gemma Stobie	622	1:49:40	1:48:55	

ROADRUNNERS RESULTS

David Leake	714	1:53:04	1:51:33	
Joanne Sollesse	773	1:55:07	1:54:39	
Nelesh Kotecha	796	1:56:04	1:55:15	
Amanda Box	876	1:59:26	1:58:41	PB
Chris Drew	928	2:00:29	1:59:44	
June Bilsby	939	2:01:22	2:00:25	
Donna Saunders	944	2:01:47	2:00:50	
Grace Lyon	1035	2:07:04	2:06:21	
Elizabeth Stevens	1040	2:07:10	2:06:13	PB
Angela Burley	1041	2:07:10	2:06:13	
Socrates Christidis	1218	2:16:34	2:15:30	
Chloe Lloyd	1304	2:23:21	2:21:22	
Suzanne Bate	1305	2:23:21	2:21:22	

Overton 5

Name	Pos	Gun	Chip	
Lance Nortcliff	7	27:26	27:25	PB, 1st MV40
Claire Seymour	315	41:11	40:46	

River Relay

Reading Roadrunners 71 4:15:16
(Jenny Mulhearn, Maureen Sweeney, Mark Andrew, Cecilia Csemiczky, Tom Harrison)

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 6 SEP 2016 – 7:30PM

ATTENDANCE:

Carl Woffington	(Chairman)
Simon Denton	(ex-Officio)
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

MINUTES OF THE PREVIOUS MEETING

The minutes were proposed as a true record by Andy, seconded by Anne.

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Club roadmap Discussion deferred to the next meeting.

Facebook Removal of ex-members from the Club's Facebook page is deferred to the next meeting.

Catherine will help Anne complete this action.

Club 30th anniversary Carl has received an offer from a member to stage a set of off-road races from

South Stoke of varying distances. The Committee is very grateful for this initiative.

Action: Carl to discuss the member's ideas with her in more detail and agree how to bring the concept to fruition.

Members are still invited to offer ideas on how to celebrate the anniversary next year to Carl.

CHAIRMAN'S REPORT

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

- 19July Bounders Relay
- 21July pub run: Rainbow, Assendon
- 22July Timed 5K at the track
- 04Aug pub run: Greyhound, Tidmarsh
- 18Aug pub run: Packhorse, Mapledurham
- 29Aug Harwell Half Marathon Championship race

Notable forthcoming events include:

- 10Aug Quiz night
- 25Aug Mortimer 10K
- 25Aug SEAA Relays
- 30Sep Timed 5K at the track

In addition, a meeting was held on 12Aug with Reading Council to discuss the future of Palmer Park (GenSec's report refers).

TREASURER'S REPORT

Accounts Sandy reported the accounts to be complete to end-July16.

Sandy further reported receiving two cheques arising from the club providing marshals to external races:

- Reading Half Marathon: £100
- Great City Race: £250

GENERAL SECRETARY'S REPORT

Development of Palmer Park Bob summarised a meeting held on 12Aug16 at Palmer Park between Reading Council Parks & Leisure, Carl and Bob, the salient points of which comprise:

- Changes are being driven by deep cuts in Reading Council's Parks & Leisure budget, which will lead to Central Pool and Arthur Hill Pool being closed. To compensate, a new pool will be built at Palmer Park attached to the present stadium building.
- The council is developing an Invitation to Tender

for services companies to bid for a design, build and operate contract for the extended site, for an Award of Contract by end-2017.

- The inevitable pressure on the car park is acknowledged but no solution has yet been devised. One possibility may be to find a way of discouraging non-park users from using it as an unofficial park & ride facility.
- An early requirement on the chosen contractor will be to refurbish or renew the track and velodrome.
- It is highly unlikely that it will be possible to allow the club to build a clubhouse on the site, not least as there are several clubs staking their own claims. It may be possible to design a space into the new build that could be shared as a meeting facility.
- Of more immediate interest, renewal of the stadium lighting is due to be completed by mid-September. The velodrome border fence will be replaced during December, but this should not impact Club activities.

Thursday outruns Bob received a complaint from Nigel Hault that his request to provide access to the stadium changing and toilet facilities before and after the regular Thursday outruns has not been actioned. Carl and Glynne Jones have each spoken to the duty manager on more than one occasion. Notwithstanding that the Club does not pay for use of the stadium on Thursday nights, Bob has written to the stadium manager asking if our barcodes can be given access at those times.

Inappropriate use of social media Bob received a formal complaint from a member regarding a targeted, upsetting posting on the Club's Facebook page. Clearly, the Club will not tolerate the use of its social media deliberately to insult or upset other members.

The offending posting has been removed and the posting member's access to the Facebook page has been suspended, their use of all other Club facilities remaining unaffected at this point.

The member concerned has advised the committee that they have referred the matter to UK Athletics.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that 14 new members joined during July & August, taking the present membership to 490.

SOCIAL SECRETARY'S REPORT

In lieu of a Social Secretary, Catherine noted that there will be a Quiz Night held on 10Sep16.

Also in lieu of a Social Secretary, Andy volunteered to organise this year's Christmas party.

Coaching Co-ordinator's Report Catherine reported that the Coaching Co-ordinator, Simon Davis, has advised her that Alexa is refreshing the noticeboard coaches' mugshots. In addition, Simon has revised the rules of etiquette for use of the track, which he intends to ask the Committee to ratify at the next meeting.

ANY OTHER BUSINESS

XC co-ordinator Carl reported that he has had some offers of help in regard to co-ordinating the coming season's cross country races. In the absence of a volunteer to take over as the co-ordinator, we may need to call upon a pool of volunteers on a race-by-race basis.

To encourage volunteering, Carl will award XC Championship points to members who offer to co-ordinate a race rather than run it.

Social Secretary To date, nobody has put their name forward to take over the Social Secretary role from Amanda, who resigned in July.

Club printer Sandy noted the need for a small, portable printer capable of being taken to races. The Committee agreed that a suitable printer should be bought from Club funds.

30th Anniversary planning Sandy has formed a team to create an anthology of stories of life at the Club over the past 30 years. The presentation format is yet to be decided. Members with stories of wide interest are invited to contact Sandy (sandy.sheppard@hotmail.com).

England Athletics membership fees Bob noted that EA has notified that it intends to increase its membership fee by £1 year on year. This increase will need to be passed on to Club membership fees.

Stadium barcodes Bob proposed that the stadium manager should be asked to implement a second barcode for Club members so that the barcode can be changed each membership year. From December to March both new and old barcodes would be valid. This was agreed by the Committee.

Action: Bob to contact the stadium manager to ask for this to be implemented.

Carl noted that it is intended to include the barcode on the membership card from 2017, and asked Anne to review the layout of the card to make that possible.

Action: Anne to review the design of the membership card in time to go to the printers in October.

Ballot for London Marathon places Bob reported that the London Marathon website states that the number of places made available to affiliated clubs was reduced in 2016 and implies that these may be further reduced. The number of places the Club receives is decided by the number of 1st Claim members affiliated to England Athletics.

Bob proposed, and the Committee approved, a change to the rules for winning one of these places in the Club ballot: only 1st Claim members who have paid the EA membership fee, have been members for a full year and have a public ballot rejection may be eligible to take place in the Club ballot.

The ballot for places provided for members who have marshalled at the previous London Marathon is not affected by this change.

London Marathon coaches Bob noted that, as became evident at this year's London Marathon, it is no longer feasible for the coaches to pick up from Jubilee Gardens in Belvedere Rd. This year, the coaches picked up from a Red Route bus lane in York Rd, which could probably have caused the drivers to be ticketed.

There is no obvious solution at this point, not least as walking any further than Jubilee Gardens would challenge some of the finishers after running 26 miles, and using the Tube would be unappealing.

Bob also noted that at this year's race it got very close to needing to leave people behind as the driver of the last bus was close to his limit on working hours: an 18:00 departure is the absolute limit, which we frequently exceed.

Bob suggested delaying the morning start of the third bus so that the driver has more leeway at the return.

This would need to be carefully planned with the timing of road closures in central London.

Action: Bob to consider options for transporting runners and marshals to and from the race.

Condolences It is with regret that we report the recent death of Jane Gibson, wife of Trevor, a Roadrunner of 30 years standing. Jane & Trevor will be well known to older members, Jane regularly attending Club social events.

We offer condolences to Trevor for his loss on behalf of Reading Roadrunners.

The Committee approved a donation of £50 from Club funds to Trevor's nominated charity, Bloodwise, in recognition of Jane's long association with the Club.

DOOR ROTA

07Sep16	Anne, Liz Atkinson
14Sep16	Anne, Alice Kerr
21Sep16	Anne, Shirley
28Sep16	Anne, Christina
05Oct16	Anne, Shirley
12Oct16	Anne, Shirley

DONM: 110ct16

SPORTS MASSAGE

AVAILABLE AT THE CLUB

WEDNESDAY FROM 6:30

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.

If you would like to submit an article for the newsletter, please send it to the editor Chris Cutting,
who can be reached at: newsletter@readingroadrunners.org