

E-BULLETIN

25 MARCH 2020



Chairman Chat

Phil Reay (writing on Sunday 22nd March)



Phil joined the club in 2010 and from 2016-18 was the Men's Team captain. Outside of running he works in Marketing, Sales and Business development roles. Phil enjoys long distance running and has completed over 59 marathons, including the ultramarathon Marathon des Sables in 2016.

chairman@readingroadrunners.org

Fellow Reading Roadrunners

My thoughts are with all of you; this is an extraordinary time. I realise many of you are concerned about the health and safety of friends and family members and are adjusting to the rapidly evolving situation.

With the continuing escalation of COVID-19 cases in the UK and around the world, and the updated advice from the UK Government and England Athletics, **ALL Club sessions for the foreseeable future are cancelled.** We will continue to assess the situation and adjust, as more information becomes available from the UK Government who are being guided by the UK's Chief Medical Officer.

This action will help minimise community spread of the virus. The wellbeing of our members is the number one priority at the club. At this moment in time it matters more than ever. We have to do whatever we can to protect one another, not only at the club or our running community, but also in society.

I've been passionate about running since my first race over 35 years ago. I love this sport and I love Reading Roadrunners. Of course, I don't want sessions cancelled and I don't want races cancelled or postponed, but if doing so helps one individual stay healthy - just one - we do it, no questions asked. In my life, running always seems the most important of the least important things. Today, races really aren't important at all. If it's a choice between running and the good of the wider society, it's an easy decision.

While we are all indeed managing our lives through extraordinary times, put your health first. Don't take any risks. Think about the vulnerable in our society and act where possible with compassion for them.

To those who are affected and to those who later will become so, you are in my thoughts.

Please look after yourselves and look out for each other.

Phil

Chairman@readingroadrunners.org

Editor's Note

Ben Fasham

Dear all,

A warm welcome to the first of our weekly E-bulletins, through which we hope to maintain some continuity of a sense of community across the club in these most trying of times.

Writing two days after Phil means that the expected 'lockdown' has now been put in place, and most – though not all - of us are now confined to our homes. I'm sure we're mostly all relieved that an hour's exercise is deemed permissible under the current restrictions, and I'm sure that everyone recognises the need for the good of everyone's health to follow all the guidelines as strictly as possible.

As a club, Reading Roadrunners has established itself as a constant companion to all our members through whatever happens to be coming in life – be that good, bad, or utterly mundane. The last few weeks, and the next who-knows-how-many, are going to test us all in ways we've mostly never been tested before, and I hope the e-bulletin will enable the club to take its usual place in people's lives. I aim to keep the tone positive, and focussed broadly on physical and mental health. However we are a broad church and all our lives are likely to be affected in many different ways in the next few weeks – indeed many already have been – and I will be respectful of people's wishes as regards the suitability of the e-bulletin.

This edition is a bit of a round-up of most of the previous two months' news – Sam's captain's report offers something of a snapshot in time, while the minutes from February's and March's committee meetings bring us almost up to date on the Club's official business, with the AGM minutes to follow soon. The results pages can be considered fully up-to-date, including as they do the results from Goring 10k, and the other few races that took place that weekend. If there are any amendments or additions to make then just let us know. There is also a message from Rachel Helsby, our new Charity Co-ordinator, on behalf of recently chosen club charity Parenting Special Children – and please take note of the special donations link.

A number of you will be wondering where the article that you wrote for the newsletter is, but don't worry – it'll be along in due course. There are trip reports and interviews to look forward to, and the results of the athlete's survey will give stats lovers in the Club something to chew next week instead of the results.

I'm looking forward to receiving plenty of articles for future bulletins, so please do send them in! I am also mulling over a couple of regular features, details of which may be appearing soon on the Facebook page (and in the newsletter too, of course). In an ideal world the e-bulletin would be sent out at 6.30 every Wednesday evening, and I'll try and stick to that as much as possible, circumstances allowing. That means a nominal deadline of Monday evening for that week's edition, but let's see how we go.

Take care of yourselves,

Ben

newsletter@readingroadrunners.org

Ladies' Captain's Report

Sam Whalley



Sam joined the club in 2015 just after her first marathon. She has 3 teenagers, 2 dogs and one husband; she works part-time as a secondary school teacher. She is a huge fan of XC running, doesn't mind swimming and is a fair-weather cyclist. When not running, she will quite often be baking.

teamcaptains@readingroadrunners.org

My first attempt at this report was written after a couple of wild weekends and cancelled runs or races, and everything was crossed for Wokingham Half Marathon. There had been (too?) much discussion on whether to risk a run in the wind and rain. I generally look out of the window and play it by ear, but everyone is different. Well, Wokingham HM did indeed happen, and there were PBs for **Katherine Sargeant**, **Chloe Lloyd**, **Julie Sugden** and **Alex Bennell**. Katherine was also part of the winning women's team, along with **Carrie Hoskins**, **Nikki Gray** and **Erica Key**. Well done, team!

The XC season is now over, and in this first part of 2020 we have had excellent team performances at the TVXC in Bracknell (with the women's team finishing 4th overall for the season), the Hampshire League in Reading and Popham (where the women's team finished 6th overall, and the vet women's team 3rd overall for the season), and the SEAA XC Champs at Parliament Hill (where the women's team was 41st - which is good!). You can read about all of these races in detail on the club website. **Claire Seymour** was our sole representative at the mudfest that was the National XC Championship in Nottingham, while **Mel Shaw** wore the Berkshire vest for the first time, in the Inter-Counties XC Championship.

On the road, **Sarah Dooley** was part of the Berkshire team in the Essex 20, and achieved a PB of 2:28:49, despite very windy conditions. Alex Bennell made her debut at 20 miles in the brutal-sounding four-lap Hillingdon 20, with an excellent 3:15:46. Alex is in excellent form, and I only wish she were a little taller and broader, as I am hoping she will pull me along all 26.2 miles of Manchester marathon. No joke. (That's assuming it goes ahead.)

Also at the time of my first draft, the race calendar had been pretty sparse, with the main focus on getting those long runs done for the upcoming spring marathons and halves. Now those marathons and halves are in full swing! **Carmen Fuentes-Vilchez** recorded a fantastic PB time of 3:45:07 in Seville, while many Roadrunners were in action in the Big Half in London, with **Gemma Buley** making her return from injury with an impressive sub-1:30 time. **Chantal Percival** was 1st female in the Wendover Woods Half Marathon, where **Julie Wing** was also 1st FV65. **Nikki Randall** was 1st FV55 in the Oulton Park Half Marathon.

Let us quickly flash back to January, when there was a cracking PB for **Julie Sugden** in the undulating Woodcote 10k, with Sarah Dooley 1st FV40 and **Jane Davies** 1st FV60. **Cecilia Csemiczky** has also added a club FV70 record with her time of 1:04:02 in the Chichester Priory 10k.

Maureen Sweeney's recent races couldn't have been more different, with a 1st FV60 performance in the extremely wet and windy Newbury Racecourse, and then the second leg of the Verona Duo Half Marathon, with **Linda Wright** running the first leg. **Maddy Smith** seems to have been seeking out tough trail races, with both the Anglesey Coastal Trail and South Devon Coastal Half Marathons under her belt. In the Gloucester Half Marathon, **Laura Peatey** got her wish of a sub 1:30 time, while **Liz Jones** qualified for an England vest after her 2nd FV55 performance in the Farnborough Half Marathon.

If you are over 35 and keen to get your hands on one of those England Masters vests, remaining opportunities to qualify for this year at Brighton Marathon on 19th April, and the Right Move MK Marathon on 3rd May. You can read more about it here:
<https://www.englandathletics.org/athletics-and-running/england-competitions/age-group-masters-competition/england-age-group-masters-get-involved/>

For the speedy among you, upcoming England championship races this year are the Ipswich Twilight 5k on 9th May, British Airways Run Gatwick Half Marathon on 10th May, City of Salford 10k on 6th September and the Great South Run on 18th October, so do take a look at those.

Anyone who has run a super-fast 10k (sub 38 minutes!) in the past two years can apply for a free championship entry to the Vitality London 10,000 on 25th May, here:
<https://www.vitalitylondon10000.co.uk/how-enter/british-championship-entry/>

And finally, don't forget there are always opportunities to win some bling in our own club championship. An updated list can now be found on our website, with the next race after this report being the Maidenhead Easter 10: <http://readingroadrunners.org/club-championships/>. This race is also the first in this year's Berkshire Road Running Championships, which you can read about here:
<http://www.berkshireathletics.org.uk/content/berkshire-road-running-championship-2020>.

Charity of the Year

Rachel Helsby

I am honoured and privileged that members have voted for me to be the charity organiser of the year to raise money for local charity Parenting Special Children (PSC) which supports over 2,500 Berkshire families last year.

Parenting Special Children was set up by Ruth Pearse, Founder and Chief Executive in 2006 and its mission is to provide specialist parenting support to parents and carers of children and young people with Special Needs, so that they can create positive change in their lives.

The charity offers specialist parenting support to families of children and young people with Special needs and/or disability in Berkshire. From Autism, ADHD, trauma and attachment, to sleep and diagnosis support they offer a wide range of services. They also run a number of family events each year so that these families can have the sort of every days-out that other families would do routinely.

PSC also helps these families feel less isolated by running a number of support groups. For example they have a group for family members who are caring for children who cannot be cared for by their birth parents and, more recently, they have set up a dads and male carers support group which is proving very popular. It is always good to talk.



We will shortly be setting up the charity page on our Reading Roadrunners website, and you can find below details of a direct fundraising page for members who wish to raise money for the charity directly. Money raised through Reading Road Runners will go towards funding PSC's sleep service. Children with additional needs are at increased risk of sleep difficulties and, as a result, parents/carers and siblings also don't get enough sleep a key element of well-being.

I hope you will get an opportunity to learn more about the charity and the variety of work it does through meeting the volunteers at club events throughout the year. In the meantime, you can find out more about the charity by visiting their website:

<https://www.parentingspecialchildren.co.uk>

As your charity organiser, I am committed to giving as much time as I can to the role and, as a very local charity, PSC volunteers are also ready to help me. I am very open to constructive ideas from members about how I can do my role

and welcome advice from those that gone before me. Please do not hesitate to come and talk to me at track on a Wednesday evening.

By raising the visibility of this charity and the work it does, I also I hope I will also encourage us all to think a little more about people that act a bit differently to the norm. To stop and think. To show a bit more compassion. And be kind. Because God knows right now the world needs a bit more of that.

Roadrunners Direct Fundraising Page

https://app.thegoodexchange.com/fundraising-profile/364/rachel-helsby/17609/sleep-clinics-and-workshops-for-children-and-young-people-with-special-needs?fbclid=IwAR2p9eJ_i4TxKDonF8G7ISju27JCddiP1-OfE2102E3MfnxTMCfRvSeKMQ

This is a special way for individual Reading Roadrunners to donate money to our charity of the year. This will go directly to the charity but we can track this through this page. Given that this year will be extraordinary, you might want to donate money each time you would have gone to Track Friday, or popped 50p in the pot on the front desk at Wednesday Track. Or you might like to donate for refreshments for Reading Half or any of the Reading Roadrunner races. Finally, you might like to fundraise virtually, for example, donating money for every home workout you successfully complete. Let's see how much we can raise through small individual actions. Remember children with special needs will struggle disproportionately at these times.

Alexa's Advice – Mental Health during Covid-19

Alexa Duckworth-Briggs



Alexa is a UK Athletics Coaching in Running Fitness specialising in Endurance Events working privately and volunteering for Reading Roadrunners. She's also a Sports and Remedial Massage Therapist, Nutrition Adviser and Outdoor Leader.

*You can find out more about her here:
<https://www.ontherunhealthandfitness.co.uk>*

Separate what is in your control from what is not. There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Eat healthily. Limit your consumption of news and social media.

Do what helps you feel a sense of safety. This will be different for everyone, and it's important not to compare yourself to others.

With all the changes going on at the moment keeping some elements of your usual routine can really help bring a sense of familiarity and control.

Get outside in nature if you possibly can. A walk or a run outside helps both your physical and mental health. But please – remember to stick to the current guidelines.

Challenge yourself to stay in the present. Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.

Stay connected and reach out if you need more support. Talk to trusted friends about what you are feeling. I'm having lots of "lunches" and "coffees" over Skype or WhatsApp at the moment.

A good nights sleep will help with worry and stress, as well as helping our immune systems. Try to avoid unhealthy coping strategies like alcohol and tobacco.

If you can, volunteering can really help your mood and give a sense of helping the situation for others. There are many local groups and organisations organising assistance to those in need locally to you.

If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

There is further, brilliant, information at this link;

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse0d8a9>

Roadrunners' Race Results

David Dibben

FOLLOWING the Wokingham Half Marathon this column has ceased to resemble the crew and passenger list for the *Marie Celeste*; now it looks more like a public telephone directory.

No fewer than 94 Roadrunners turned out at Wokingham to compete against each other — and the wind.

There were loads of excellent performances and personal bests, but the real stars of the show aren't named in the results.

As usual, our marshals and camp followers put on a sensational show of support for club-mates all through the field. RR set the benchmark for this, and it's greatly appreciated.

Members should note that my final positions for this race were the 'gun' placings, whereas the club championship points were calculated on 'chip' placings.

* Not enough data yet for a 'season's best' list but some members have already begun to chalk up entries in the Improvers' League (see below).

* For the avoidance of doubt, all results and PBs should be emailed to the results@readingroadrunners.org account.

January 18th

Box Hill Fell Race

Pos	Name	Chip
46	Tony Page	1:07.38

January 19th

Gloucester Half Marathon

Pos	Name	Chip
66	Laura Peatey	1:28.23 PB

Slough 10k

Pos	Name	Chip
4	Brian Kirsopp (1st M55)	39.23
216	Linda Wright	1:16.06

Winter Tanners 20 miles

Pos	Name	Gun
3	Alan Freer	3:23

January 25th

South of England XC Championships

Ladies Race

Pos	Name	Gun
239	Melanie Shaw	38.46
248	Jane Davies	39.02
304	Sarah Alsford	40.18
313	Chloe Lloyd	40.36
426	Sam Whalley	43.24
427	Alex Bennell	43.25
455	Swinda Falkena	44.28
495	Liz Johnson	45.46
593	Claire Seymour	49.43

Team: Roadrunners 41st

South of England XC Championships

Men's Race

Pos	Name	Gun
116	Jack Gregory	54.39
125	Matt Richards	54.54
296	Sibrand Rinzema	59.02
312	Callum Pratt	59.24
356	Lance Nortcliff	1:00.16
385	David McCoy (Sr)	1:00.56
435	Tony Page	1:01.47
445	Jamie Smith	1:01.56
644	David Clay	1:06.04
720	Chris Buley	1:07.39
763	Mark Andrew	1:08.51
825	Ian Giggs	1:10.31
887	Bill Watson	1:12.35
1040	Alan Freer	1:19.16
1089	Jon Green	1:22.02
1167	Pete Morris	1:33.17

Team: Roadrunners 24th

January 26th

Farnborough Winter Half Marathon

Pos	Name	Chip
28	Matt Davies	1:17.00 PB
246	David Legg	1:32.14 PB
470	Liz Jones (2nd W55)	1:40.26
512	Bryan Curtayne	1:41.50 PB
527	David Dibben (3rd M70)	1:42.57
977	Chris Manton	1:54.02
1471	Justin Watkins	2:09.16
1917	Gill Manton	3:03.36

Marrakech Marathon

Pos	Name	Chip
125*	Caroline Jackson	4:40.46
992	Paul Monaghan	4:40.46
1098	Martin Bush	5:04.15

* Ladies' race position

Vale Gallop 10k

Pos	Name	Chip
1	Ashley Middlewick	39.57

Run Dorney 10k

Pos	Name	Chip
108	Laura Chandler	1:04.20

February 1stArc of Attrition 50

Pos	Name	Chip
12	Stuart Hyslop	10:49.16

South Devon Coastal Half Marathon

Pos	Name	Chip
187	Maddy Smith	2:40.14

February 2ndChichester Priory 10k

Pos	Name	Chip
174	Brian Kirsopp	36.39 PB
323	Mark Andrew	40.29
1333	Cecilia Csemiczky	1:04.02
1398	Veronica Andrew	1:07.47

Watford Half Marathon

Pos	Name	Chip
79	Ashley Middlewick	1:24.41
153	Fergal Donnelly	1:29.49
1229	Caroline Hargreaves	2:25.39

February 8thHampshire XC League (Race 5, Popham)Ladies Race

Pos	Name	Gun
13	Freya Martin	24.19
26	Hannah Green	26.15
28 (2)	Helen Pool	26.48
40 (7)	Sarah Dooley	27.56
54	Chloe Lloyd	28.56
63 (20)	Emma Paton	29.35
93 (39)	Sam Whalley	31.32
106 (50)	Alex Bennell	32.40
110 (52)	Claire Seymour	33.01
141 (71)	Cecilia Csemiczky	41.40

* Vets' positions in brackets

Women's scoring: 13 Martin, 26 Green, 28 Pool.

Total 67. Roadrunners 6th. **Season's final placing:** Roadrunners 6th.

Women's vets' scoring: 2 Pool, 7 Dooley, 20 Paton.

Total 29. Roadrunners 2nd. **Season's final placing:** Roadrunners 3rd. **Individual:** 5 Pool, 7 Dooley.

Men's Race

Pos	Name	Gun
19 (2)	Ben Paviour	35.48
25	Mark Apsey	36.15
27 (4)	Mark Worringham	36.28
53 (6)	Lance Nortcliff	38.17
59	David McCoy (Snr)	38.34
65 (10)	Andrew Smith	38.50

77	Jamie Smith	39.30
87	Ben Ashby	40.00
89 (20)	Tony Page	40.02
116	Chris Buley	41.20
120 (36)	Pete Jewell	41.26
215	Jon Green	51.40
237	Nick Adley	67.37

* Vets' positions in brackets

Men's scoring: 19 Paviour, 25 Apsey, 27 Worringham, 53 Nortcliff, 59 McCoy. Total 183. Roadrunners 5th.

Season's final placing: Roadrunners 5th.

Men's vets' scoring: 2 Paviour, 4 Worringham, 6 Nortcliff. Total 12. Roadrunners 1st. **Season's final placing:** Roadrunners 1st. **Individual:** 4 Worringham, 7= Nortcliff, 9 A Smith.

Dorney Winter 15k

Pos	Name	Chip
10	Will Guest	1:12.48

Phoenix Elven Blue Marathon

Pos	Name	Chip
47	Martin Bush	6:02.10

February 9thNewbury Racecourse Half Marathon

Pos	Name	Chip
13	Fergal Donnelly (1st M45)	1:32.38
25	Dan Whittaker	1:37.48
49	David Caswell	1:44.01
215	Kathy Tytler	3:05.42

Newbury Racecourse 10k

Pos	Name	Chip
194	Maureen Sweeney (1st F60)	1:03.50

February 16thTunbridge Wells Half Marathon

Pos	Name	Chip
66	Fergal Donnelly	1:29.59

Verona Duo Half Marathon

Pos	Name	Gun
-	Linda Wright	1:09
-	Maureen Sweeney	1:13

February 22ndNational Cross Country ChampionshipsMen's race

Pos	Name	Gun
847	Lance Nortcliff	1:00.09
1180	Ian Giggs	1:05.39

Women's race

Pos	Name	Gun
733	Claire Seymour	1:00.09

February 23rdWokingham Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Matt Richards	1:11.50
30	Seb Briggs	1:14.10
95	David McCoy (Snr)	1:19.00
124	Alex Harris	1:19.56 PB
157	Brian Kirsopp (2nd M55)	1:21.31 PB
230	Jamie Smith	1:24.23
271	Gavin Rennie	1:25.55
287	Caroline Hoskins (1st F50)	1:26.39
288	Katherine Sargeant (2nd F50)	1:26.23 PB
313	Nikki Gray (3rd F35)	1:27.42
320	Markus Orgill	1:26.54
325	Dan Worthey	1:27.49
366	Paul Kerr	1:29.07
389	Mark Andrew	1:30.01
399	David McCoy (M45)	1:30.31
496	Pete Aked	1:33.28
501	Erica Key	1:33.07
504	Tony Streams	1:33.27
535	Richard Smith	1:33.50
557	Alan Freer	1:35.12
629	Jane Davies (1st F60)	1:37.06
645	Chris James	1:37.11
658	Jonathan Ridley	1:38.05
701	Julian Hough	1:37.37
709	Ben Fasham	1:39.04
767	Dan Coleman	1:39.54 PB
780	Kevin Jones	1:41.53
783	Elizabeth Jones	1:40.36
846	Sophie Hoskins	1:42.15
857	Mary Janssen	1:42.20
869	David Dibben (2nd M70)	1:43.14
877	Bill Watson	1:44.00
900	Chloe Lloyd	1:43.49 PB
914	Julie Rainbow	1:43.56
970	Jon Sumpster	1:45.11
993	Derek Cheng	1:44.09
1050	Brian Fennelly	1:46.05
1133	Joe Blair	1:49.26
1136	Nora Holford	1:48.04
1152	Ian Horritt	1:48.29
1159	Eddie Thorpe (2nd M75)	1:50.34
1190	Robert Houghton	1:49.11
1206	Lizzie Hogan	1:49.24
1232	Morgan Rees	1:50.02
1256	Pete Morris	1:51.51
1258	Mo Fassihinia	1:50.12
1303	Julie Sugden	1:50.42 PB
1307	Sarah Harford	1:51.28
1314	Liz Ganpatsingh	1:51.14
1336	Stuart Wylie	1:50.23
1339	Alex Bennell	1:51.44 PB
1352	John Heskett	1:52.22
1360	Naomi Gardner	1:50.55
1441	Martin Douglas	1:54.55
1461	Tim Lynam	1:54.09

1503	Gary Clarke	1:53.57
1524	Gill Gillard	1:55.24
1610	Lauren Prior	1:55.53
1678	Steve Dellow	1:58.42
1689	Chris Manton	1:59.14
1725	Donald Scott-Collett	2:00.00
1728	Andy Atkinson	1:59.18
1769	Sarah Bate	2:00.53
1778	Joanne Gill	2:00.15
1801	Julie Slaughter	2:00.58
1916	Joe Akem-Che	2:03.03
1938	Kira Moffat	2:06.13
2010	Rita Dykes (3rd F70)	2:09.08
2029	Sarah Chard	2:09.19
2030	Miriam Coleman	2:08.48
2039	Philip Dunnett	2:08.23
2125	Stephanie Smith	2:10.38
2151	Adele Graham	2:14.46
2161	Katie Macaulay	2:13.01
2167	Paul Carter	2:15.51
2215	Sarah Richmond-De'voy	2:14.29
2241	Vicki Adams	2:15.58
2312	Heather Bowley	2:19.19
2329	Corrine Rees	2:20.07
2368	Stephanie Cook	2:22.10
2375	Socrates Christidis	2:22.43
2437	Amanda Rosser	2:28.25
2438	Donna Saunders	2:28.25
2484	Peter Glass	2:31.25
2491	Peter Higgs	2:34.45
2492	John Bailey	2:35.27
2495	Laura Chandler	2:33.14
2500	Kathy Vickers	2:34.17
2525	Anthony Eastaway	2:37.24
2526	Sue Jones	2:37.24
2527	Sarah Walters	2:37.24
2541	Colin Wilson	2:38.33
2573	Lorraine Bailey	2:45.39
2603	Julie Wing	2:54.13

Seville Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
954	Ashley Middlewick	2:58.11
1306	Dan Brock	3:03.06 PB
1845	Brooke Johnson	3:12.27
4745	David Clay	3:43.42
5623	Carmen Fuentes-Vilchez	3:45.07 PB
6045	Liz Johnson	3:55.44
6061	Caroline Jackson	3:55.15
8596	Paul Monaghan	4:27.41
10053	Caroline Hargreaves	5:13.46
10226	Christina Calderon	5:27.35
10227	Phil Reay	5:27.35

Hillingdon Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	Fergal Donnelly	1:29.27
157	Sam Whalley	1:54.26

Hillingdon 10k

Pos	Name	Chip
22	Helen Pool (3rd lady, 1st F40)	43.04

Dorney Lake 10k

Pos	Name	Chip
2	Matt Davies	35.50 PB
9	Roman Martin	44.30

Winter Woolly 10k

Pos	Name	Chip
57	Agnieszka Faulkner	1:01.00
58	Ryan Faulkner	1:01.00
69	George Nyamie	1:03.31

March 1stValidity Big Half

Pos	Name	Chip
765	Chris Buley	1:24.40
1237	Gemma Buley	1:29.16
1723	Ollie Watts	1:33.25 PB
2175	David Caswell	1:36.25
2559	Dean Allaway	1:38.35
3853	Caroline Jackson	1:44.37
5538	Paul Monaghan	1:51.36
6513	Phil Mackenzie	1:55.13
6849	Art Atwal	1:56.16
7206	Chris Manton	1:57.29
7787	Clive Bate	1:59.34
8053	Judith Ritchie	2:00.31
9564	June Bilsby	2:07.21
10318	Elizabeth Detenon	2:10.52
10650	Sara Lopez	2:12.21
10872	Alice Carpenter	2:13.41
11972	Pete Morris	2:19.27
12067	Kevin Bilsby	2:20.01
15036	Kerri French	2:50.27
15290	Nikki Rumboldt	2:56.30
15363	Gill Manton	2:58.34
15552	Anthony Eastaway	3:07.01

Essex 20-mile Road Race Championship

Pos	Name	Chip
153	Sarah Dooley	2:28.49 PB

Wendover Woods Half Marathon

Pos	Name	Chip
5	Brian Kirsopp (1st M55)	1:34.45
7	Chantal Percival (1st lady)	1:35.41
101	Joanne Gill	2:19.21
160	Julie Wing (1st F65)	3:30.58

Kempton Park 10k

Pos	Name	Chip
4	Fergal Donnelly (1st M45)	38.54

Oulton Park Half Marathon

Pos	Name	Chip
121	Nikki Randall (1st F55)	2:04.30

Windsor Lakeside 10k

Pos	Name	Chip
2	David McCoy (Snr)	36.42
5	Dan Whittaker	42.13

Warwick Half Marathon

Pos	Name	Chip
46	Darren Lewis	1:23.47

March 5thDinton Night Trail

Pos	Name	Chip
4	Ian Giggs	34.34
45	Nick Adley	46.44
60	Jo Rippingale	50.16
146	Sophie Higgs	1:22.35 PB

March 7thInter-Counties XC ChampionshipLadies' race

Pos	Name	Gun
230	Melanie Shaw	58.48

Men's race

Pos	Name	Gun
151	Jack Gregory	44.04

Thames Meander Spring Marathon

Pos	Name	Chip
223	Paul Monaghan	4:30.42
224	Caroline Jackson	4:30.42
272	Martin Bush	4:58.38

March 8thHillingdon 20

Pos	Name	Chip
76	Brooke Johnson	2:23.45
133	Markus Orgill	2:35.38 PB
209	David Dibben (1st M70)	2:52.57
309	Alex Bennell	3:15.46

Cambridge Half Marathon

Pos	Name	Chip
486	Grant Hopkins	1:26.35
6586	David Walkley	2:02.19

Grizzly Cub Run

Pos	Name	Chip
428	Maureen Sweeney	2:20.48
540	Kathy Tytler	2:44.39
582	Linda Wright	3:19.34

Second Sunday 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Ashley Middlewick	33.12

Surrey Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
325	Andrew Tucker	1:32.31
1664	Tom Beasley	1:58.32 PB

521	Stephen Wing	1:27.30
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Bath Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
139	Ryan Faulkner	1:18.22

March 15thGoring 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Marcus Fletcher (1st sen M)	36.55
5	Calum Pratt (3rd sen M)	37.58
6	David Parton	38.10
20	Fergal Donnelly	39.53
21	Tony Page	40.01
33	Katherine Sargent (2nd lady)	42.05
57	Sarah Dooley (3rd lady)	44.05
67	Alan Freer (1st M60)	44.51
75	Jane Davies (1st F60)	45.29
103	Tony Streams	46.57
119	David Lennon	47.23
123	Sammy Phillips	47.30
136	Brian Fennelly	48.15
160	David Fiddes	49.37
190	Stephen Dellow	51.04
196	Nora Holford	51.25
218	Sam Whalley	52.12
235	Bryan Curtayne	53.17
244	Paul Carter	53.32
255	Tim Miller	54.16
263	Phil Davies	54.45
284	Eddie Thorpe (2nd V70)	55.49
307	George Nyamie	56.00
325	Gary Clarke	56.33
336	Sarah Bate	57.08
337	Rob Bursell	57.09
354	Andrew Small	57.53
358	Stephanie Smith	58.03
371	Christina Calderon	58.37
428	Phil Reay	1:03.51
429	Phil Sharman	1:04.09
436	Socrates Christidis	1:04.57
448	Sandy Sheppard	1:06.08
457	Heather Bowley	1:06.37
458	John Bailey	1:06.48
480	John Bullock	1:09.16
487	Kathy Tytler	1:09.52
490	Lorraine Bailey	1:11.10
511	Linda Wright	1:16.09
514	Julie Wing	1:20.06

Milton Keynes 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	Mark Andrew	41.20
235	Andy Atkinson (2nd M65)	53.50
858	Veronica Andrew	1:16.47
859	Liz Atkinson (3rd F65)	1:16.47

Hampton Court Palace Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1900	Emily Brett	2:13.00

Mad March Hare 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Ashley Middlewick	37.54

Saturn Running The Lost Runs

<i>Dist</i>	<i>Name</i>	<i>Gun</i>
26.2	Martin Bush	5:14.01
23	Jo Sollesse	3:56.27
19.7	Angela Burley	3:59.41
16.4	Laura Chandler	3:57.30
13.1	David Dibben	1:49.40
13.1	Catherine Leather	2:13.48
9.8	Gill Manton	2:25.41
6.6	Amanda Fennell	1:04.18
6.6	Sara Lopez	1:24.19

2020 Season's Improvers

<i>Dist</i>	<i>Name</i>	<i>PB Margin</i>
Mara	Carmen Fuentes-Vilchez	14.02
20M	Sarah Dooley	5.18
HM	Tom Beasley	19.23
10K	Julie Sugden	1.47

Committee Meeting Minutes - February

Tuesday 4th February 7.30pm

THE COMMITTEE

Phil Reay	(Chairman)	Liz Johnson	(Social Secretary)
Alice Carpenter	(ex-Officio)	Paul Monaghan	(Social Networks/Web)
Bob Thomas	(General Secretary)	Vroni Royle	(ex-Officio)
Jill Dibben	(Treasurer)	Claire Seymour	(ex-Officio)
Anne Goodall	(Membership Sec)		

APOLOGIES FOR ABSENCE

Alice, Paul, Vroni

MATTERS ARISING FROM THE MINUTES OF THE PREVIOUS MEETING

Membership renewal by BACS. Last month's meeting agreed to discontinue BACS payments for orders placed through WebCollect owing to the administrative overhead in processing them; consequently, the BACS option is no longer visible in WebCollect.

Unfortunately, we continue to receive BACS payments, presumably using a stored payment facility. The latest was from an unidentified account with a reference of "Annual subs".

Members are asked not to use BACS for renewal or event payments.

CHAIRMAN'S REPORT

Phil noted that the membership renewal process is now open, and Anne agreed that renewals were proceeding apace.

Phil is looking forward to the Dinner Dance on 7 March and noted that take-up is going well at about 60%.

The AGM will take place on 10 March at Sutton Bowls Club in Lower Earley. Bob will issue the calling notice shortly.

The previous meeting noted that Pete Cave is standing down as Newsletter Editor at the AGM and was delighted to announce that Ben Fasham has volunteered to take up the role. Phil and his Committee are grateful both to Pete for the excellent newsletter we have enjoyed for the past year and to Ben for volunteering to carry on the work.

Fergal and Tony have worked up an impressive schedule of innovative Track Friday events, which has been communicated to the members. Phil commented on the commitment and effort that Fergal and Tony put into this popular series of events.

The Bramley 20/10 is almost upon us and, as ever, is still short of marshals. Members are encouraged to contact Alan Makepeace rocket-al@hotmail.com if they can help either on the day or on the Saturday.

Finally, commenting that he was pleased that we have taken the decision to launch a Swallowfield 10K under the Club banner, the first edition of which will be on 13 September, Phil is aware that the takeover will be challenging and will require help from many people.

TREASURER'S REPORT

Jill provided completed accounts for January and reported that she has submitted the 2019 accounts for independent verification.

GENERAL SECRETARY'S REPORT

Membership renewals. Bob apologised to the Committee for having failed to update the renewal fee on WebCollect prior to launching the renewal process.

Equipment insurance. Bob has renewed the insurance policy covering the Club's equipment, e.g. the clocks, at a cost of £221.50.

Championship trophies. Bob merged the XC, Marathon and main Club Championship results and mailed trophy winners for their preference on where they would like to receive their awards and on how they would like their name engraved. Most award winners have responded so Bob will order the trophies.

Post-meeting note: Palmer Park outsourcing contract. Bob attended a presentation by Reading Sports & Leisure on 5Feb20 regarding the forthcoming award of contract for the operation and maintenance of all Reading council's sports and leisure facilities, including the Palmer Park stadium.

The preferred supplier is Greenwich Leisure Ltd, which is in pre-contract negotiations with the council, working to an expected AOC in early May. There is an expectation that GLL will start engaging with sports clubs in early March and will be operating the facilities on behalf of RSL from May/June.

The contract includes design, build and operate a 25m 6-lane pool, which will be situated to the left of the existing building as viewed from the carpark. A new gym will be built above the pool.

Building works will commence Dec/Jan with scheduled completion in mid-2022.

It must be said that there was little more evidence of any firm plans underpinning these forecasts than previous forecasts.

MEMBERSHIP SECRETARY'S REPORT

Anne reported that twelve new members joined during January.

SOCIAL SECRETARY'S REPORT

Dinner Dance. Anne reported that places for the Dinner Dance are filling up. All bookings need to have been made by 26 February as Anne needs to provide the menu choices to the restaurant thereafter.

Spring Do. Liz reported that the Spring Do will be held on 2 May at the same venue on the University campus that was used for the Christmas Party.

COACHING REPORT

Welfare & Safeguarding. Katie's report draws attention to the need for coaches to undertake a Welfare & Safeguarding course mandated by England Athletics prior to renewing their coaching licences. Although the Club funds these courses, some coaches are unhappy to be forced to take these courses and have stepped down as a result; others are considering their position.

Coaching capacity. Following from the previous point, the Committee is concerned that the coaching capacity may become critical and will discuss further with Katie what can be done to avoid disruption to the coaching service.

Leaders in Running Fitness. With two LiRFs on the Committee, there was some discussion on whether the new role is well understood and has the tools needed to provide a successful and safe service.

It was agreed that all LiRFs can attend a First Aid course at the Club's expense. It was further agreed that Liz and Claire would consider how the LiRF community should be co-ordinated and what tools they may need to be successful.

ANY OTHER BUSINESS

Emergency procedure. Bob raised the issue that there are several members who have provided no emergency contact and more where their contact details are questionable. Bob further pointed out that access to these details is problematic as we presently have no means of providing access to members' personal records in most circumstances.

Whilst providing a technology solution to how we provide GDPR-compliant access to personal details for all our events requires further deliberation, as a start it was agreed that we need to make the provision of emergency contact details a mandatory requirement of membership.

Noting that any process is dependent on the rapid identification of the individual suffering the emergency, it was agreed that membership should provide a form of identification to be worn at events: e.g. a bracelet or laces tag, yet to be decided.

Club Championship. Declaring the races for the Championship is always problematic, not least owing to members wishing to know the schedule in January when many races are yet to declare their dates.

Unfortunately, Bob guessed wrongly regarding the Kintbury 5's race date, which turns out to clash with the Chiltern Chase. Bob proposed to switch the Chiltern Chase to a more local 10K at Emma Green on 20 September, which was agreed.

Post-meeting note: https/SSL. Paul proposed that the Club's website be upgraded to work with the https protocol, which was subsequently agreed by email.

CLUB VACANCIES

Members are invited to contact Phil in the first instance if they would like to volunteer for any of the following Club roles:

- Coaching Co-ordinator
- Club kit organiser

Katie and Chris & Sarah are standing down at the AGM.

DOOR ROTA

5 th Feb: Anne & Jill	19 th Feb: Anne & Shirley	4 th Mar Anne & Jane
12 th Feb: Anne & Shirley	26 th Feb: Claire & Liz	

DATE OF NEXT MEETING

3rd March 2020

CONTACT:

Chairman, Phil: chairman@readingroadrunners.org

Membership Secretary, Anne: membership@readingroadrunners.org

Secretary, Bob: gensec@readingroadrunners.org

Treasurer, Jill: treasurer@readingroadrunners.org

Social Secretary, Liz: socialsec@readingroadrunners.org

Coaching co-ordinator, Katie: coach@readingroadrunners.org

Website / Media, Paul: webmaster@readingroadrunners.org

Team Captains, Sam & Grant: teamcaptains@readingroadrunners.org

Committee Meeting Minutes - March

Tuesday 3rd March 2020 7.30pm

Phil Reay	(Chairman)	Liz Johnson	(Social Secretary)
Alice Carpenter	(<i>ex-Officio</i>)	Paul Monaghan	(Social Networks/Web)
Bob Thomas	(General Secretary)	Vroni Royle	(<i>ex-Officio</i>)
Jill Dibben	(Treasurer)	Claire Seymour	(<i>ex-Officio</i>)
Anne Goodall	(Membership Sec)		

Apologies for absence

None

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Nothing to report.

Chairman's report

Noting that this was the final meeting of the 2019-20 Committee, Phil said that he'd enjoyed working with the team and thanked the members for their support and contributions.

Phil listed the socials that have taken place during the year, the revision of coaching arrangements devised by Katie, the introduction of age categories and the introduction of online event booking as highlights in improving members' experience of the Club.

On the downside, the need to cancel the Bramley 20/10 was frustrating but manifestly necessary. The Bramley Committee has been successful in obtaining favourable cancellation terms with most of its suppliers, to the extent that the Club was able to offer entrants free entry to next year's event.

Members will have noted the invasion of the Palmer Park car park by a Traveller community over the period 4-25Feb, during which time parking was even more difficult than usual on track evenings.

At some point in week commencing 10Feb, both the Club's containers suffered a break-in, when the Club's generator was stolen. On the same occasion, deryn bikes were stolen from the Velo club's container. Our container subsequently suffered another break-in, at which several folding tables were stolen; the stadium's athletics store was also broken into. Regretfully, there is no evidence as to the perpetrators of any of these thefts.

Finally, Phil noted that the first Club Championship race has taken place: the Wokingham Half Marathon. He wished to remind members that they need to wear a Club vest if they want to score points in the Championship; 13 members' results did not qualify for this reason.

Treasurer's report

Jill provided completed accounts for February and expects to be able to present verified accounts for 2019-20 at the AGM.

Jill reported that NatWest has advised her that it will shortly cease to offer the Club's bond account. Jill will investigate alternative arrangements and report back options.

Having received advice from the external consultant she has used to verify the Club accounts, Jill has pushed to initiate an in-depth review of the Club's tax affairs, and to consider seriously making an application for CASC status, should it be found to be justified.

General Secretary's Report

Bob reminded the meeting that RSL has advised that the track will be closed for cleaning at the end of the month and has cancelled the Club's track booking on Friday 27March.

Tina Woffington has again kindly offered to organise pub runs for the spring and summer.

Chris Manton has offered to organise the Club's entry in the Vets Athletics League again this year.

Bob advised that he had an online booking facility set up to allow members to book places on the London Marathon coaches, and asked for agreement to make it available: the facility is now live.

Membership Secretary's Report

Anne reported that 18 new members joined during February.

Social Secretary's Report

Dinner Dance. Anne reported that she had sold 113 tickets for the dinner dance.

Spring Do. Liz confirmed that she has booked the Spring Do on 2May at the Meadow Suite, Park House, UoR. The event will be themed "BBQ in the Meadow" and comprise a BBQ and disco.

Coaching Report

Welfare & Safeguarding. There was a difficult conversation on 26Feb between a Coach and a recently joined member who expected more from their coaching session. The matter was reported to the Welfare Officers, Chairman and General Secretary.

Coaching capacity. Alexa has advised that she needs to step aside from active coaching in April for personal reasons.

Leaders in Running Fitness. The LiRFs are working with the coaches to understand how they can best work together to the benefit of the Club.

Liz is setting up a first aid course for the LiRFs.

Personal note. Katie wishes to pass on her thanks to the entire coaching team, past and present, for their dedication to the athletes at Reading Roadrunners. They have shown great commitment to their volunteer roles this year and have been willing to suggest, adapt to and embrace changes which have benefitted our athletes.

Any other business

Tax liabilities & CASC. Tony Long joined the meeting as a tax subject matter expert. There is a concern that the income the Club gains, predominantly from race entry fees, could be construed as a trading income subject to tax. Whether this is correct is not clear cut and will require more research to conclude if the Club has a tax liability.

If it is found to have a tax liability, it has been suggested that this could be avoided by applying for CASC status, which is an HMRC mechanism designed to avoid sports clubs from paying tax.

There are implications of CASC status that some will consider unappealing, so the decision to seek CASC status is also not straightforward.

The Committee intends to explain the pros & cons of CASC status to the AGM and ask for the delegated authority to make a decision on how to proceed once it has concluded its research and reached a consensus.

CLUB VACANCIES

Members are invited to contact Phil in the first instance if they would like to volunteer for any of the following Club roles:

- Coaching Co-ordinator
- Club kit organiser

Katie and Chris & Sarah are standing down at the AGM.

DONM: TBD by the incoming Committee

MAIN CLUB CONTACTS:

Chairman, Phil: *chairman@readingroadrunners.org*

Membership Secretary, Anne: *membership@readingroadrunners.org*

Secretary, Bob: *gensec@readingroadrunners.org*

Treasurer, Jill: *treasurer@readingroadrunners.org*

Social Secretary, Liz: *socialsec@readingroadrunners.org*

Coaching co-ordinator – vacancy to be filled

Website / Media, Paul: *webmaster@readingroadrunners.org*

Team Captains, Sam & Grant: *teamcaptains@readingroadrunners.org*

Welfare Office, Tom: *tom.harrison13w@btinternet.com*

Welfare Office, Nikki: *nicolagillard@hotmail.com*

Reading Roadrunners at Wokingham Half Marathon

Thanks to Angela Burley, June Bilsby, Cathrin Westerwelle, Hannah McPhee

