

# **E-BULLETIN**

## **8 APRIL 2020**



# **READING HALF MARATHON**



# **WE'LL BE BACK!**

## Chairman Chat

### Phil Reay

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*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*

Dear Roadrunners,

This week I should have been traveling to the Spanish Island of Ibiza to run the marathon.

This week many of our club members should have been running events across the UK and abroad including Manchester Marathon, Paris Marathon and Reading Half.

This week many of our club members should making final preparations ahead their races in the road running season.

This week Reading Roadrunners should be getting excited for our track sessions to fine tune ahead of their races, dreaming of personal bests, looking forward to socialising with teammates or volunteering to support a sport we all love.

But this week has been very different. The coronavirus pandemic has put life and running as we know it on hold, renewing our perspective and emphasising our true heroes. Thank you again to all our members working as key workers – I salute you.

As a runner I like to push myself. I've had some disappointments and enjoyed exhilarating highs over the years. But over the last few weeks I'm sure that many of you, like me, have experienced intense emotions as the pandemic has spread. Perhaps you have lost a loved one, are concerned for someone who is ill or are sick yourself. I'm worried about my partner working at the hospital, my family and my friends. It's normal to be anxious and have concerns about what the future holds.

Never has teamwork been more important in our society. Social distancing means we can't come together in a physical sense, but our strength lies in our community coming together to help one another in other ways. I've heard so many incredible stories of members doing that. If anything good can come out of this, it is a reminder of the very best in human nature.

The racing calendar will start up again. None of us knows when and at times that feels frustrating - there's nothing we'd like more than to get back out and race in our beloved Green Vests - but the bigger picture quickly puts those feelings firmly in perspective.

Keep following the instructions from the UK Government. Stay strong and united.

**Reading Roadrunners, I'll leave you this week with a quote from The Queen:**

**"We will be with our friends again; we will be with our families again; we will meet again."**

Phil

chairman@readingroadrunners.org

## Editor's Note

**Ben Fasham**

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Hello everyone,

I hope you're all keeping well and healthy.

As the front page notes, it should have been Reading Half Marathon this weekend, and it occurred to me that, taking into account the cancellation in 2018, there could be a fair number of Roadrunners who've not taken part in the event before. Which is a shame, as to my mind it's the best weekend of the year, not only in terms of running but for the town as a whole. Friends and family travel from far and wide, huge road closures take place to give us all the chance of enjoying a fast, well-organised race, and our non-running neighbours come out in their thousands to cheer everybody on. It really is a special day and, while I hope the November edition is a success, it would be fantastic to be talking in a year's time about dozens of Roadrunner PBs, huge amounts of money taken for charity at our refreshments tent, and serious tanlines picked up in the amazing weather. You can but hope!

What have Roadrunners been up to instead of pounding the streets in anticipation of finishing on the pitch at the MadStad? In many cases, writing for the Newsletter! Articles are coming in from all parts of the club, and I'm pleased to be able to keep some back for next week's Newsletter – so again, if you don't see your handiwork here then don't worry, it'll be along.

This edition catches up with **Kerri French's** Sunday morning crowd, and **Tom Harrison** takes a trip to the South of France looking for Parkrun – but ends up with a lot more. **Sam Whalley** chats to rising star of the F70 rankings **Cecilia Csemizcky**, and **Mark Apsey** brings us yet another delicious recipe. There's an overview of the Athletes' Survey results, and first-time Marathoners anxious about the spate of delayed races can take some comfort from **Coach Alexa's** training advice.

But please keep the articles coming, it's reassuring to see them come in as it suggests people are reading the Newsletter if they're happy to write in it.

This week's suggested articles:

- Songs about running
- Fuelling mistakes I have made in big races
- Getting faster as you get older
- And anything else you fancy

All the best,

Ben

*newsletter@readingroadrunners.org*

## Ladies' Captain's Report

Sam Whalley



It's been really exciting having a race to watch this week. This past weekend should have been the National Road Relays in Sutton Coldfield, and we had not managed to get a team together, due to the clash with Reading Half Marathon, and Manchester and Paris Marathons. I am so pleased that we have had such an abundance of entries into the Virtual National Road Relays, which have taken place between Saturday and today. Results are still coming in - the deadline for uploading runs to the website is midday tomorrow (Thursday) - but there have already some fantastic times, and it looks like both overall and vets teams have performed well. There will be a fuller report next week, but suffice to say I am so chuffed that people have made the effort to run at a time and place that suits them, and hope that many of them have been inspired to participate in non-virtual team events in the future.

*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](mailto:teamcaptains@readingroadrunners.org)

## Roadrunners on Lockdown

Recreating the thrill



**Pete Morris** celebrates completing over 700 laps of his garden (!) for the inaugural Whitley Spring Marathon



**David McCoy Jr.** preparing to actually leave his garden for the Virtual National Road Relays



## Staying Connected – Virtual Sunday Coffee & Catch-up

Kerri French

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In the words of Morrissey 'Every day is like Sunday'.

While most of us are used to a long run and a catch up with friends on a Sunday - I decided to host a virtual one.

It gave us a chance to find out how each other were all doing and share lockdown and injury woes.

**Liz Ganpatsingh** was fresh from her part 3 of the 'not Paris Marathon', that she had been doing daily since the Friday.

**Tracy Jenkins** was resting a pulled back. **David Walkley** is nursing that common runners ailment Plantar Fasciitis, he promises to use his lockdown time to rehabilitate.

The rest of us just shared what we had been up to and the new stresses of daily life during this Covid-19 pandemic.

We all agreed it was good to see some friendly faces and how much we missed the structure the club sessions give us.

I finish in the words of Dame Vera Lynn 'We'll meet-up again, don't know where (maybe Palmer Park), don't know when (more than likely a Wednesday).'

Kerri



## Alexa's Advice – Marathon training

### 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>*

I've had lots of emails recently about what to do when your target race has moved. So this advice explains some key tips and concepts, using the London Marathon as an example. This advice is hopefully useful for all runners, but more tailored to those running their first marathon...

#### Training for the 4th October 2020 London Marathon

- The easiest approach is to work backwards from the new race date and re-use the training plan you were using for the April race date. So a 4 month (16 week) plan would need to re-start around the start of June and a 5 month (20 week) plan around the start of May.
- I prefer 20 week plans as they build you up more gradually, lowering injury risk, and have more contingency in them, in case of injury or illness etc.
- Between now and the start of your plan have a bit of a break where mileage and intensity/speed of your runs drops off. Use this as recovery from the mileage build you did to prepare for the April race. Perhaps drop one run a week, reduce the speed or hill work by 30-40% and drop distances down; if you can keep long runs to around the 8-10 mile mark that will be a great base to then pick up with your marathon plan again when the time comes.

#### Training for the April 2021 London Marathon

- If possible here I'd look at picking a 5 month (20-week) plan to use for the 2021 event as they build you up more gradually, lowering injury risk, and have more contingency in them, in case of injury or illness etc. So you'll be looking to re-start marathon training at the start of December this year.
- In the meantime keep running; running is a high impact sport so going from doing none to building up mileage quickly in a marathon plan again increases injury risk.
- Sticking to 2-3 runs a week and running up to 10k on a longer run once a month should be fine over the summer. As you get to Autumn gradually build up so you can run around 8-10 miles on a long run if you can.
- It might be useful to pick an Autumn goal to help keep you motivated, a 10k race. Or maybe distance goals for the long runs as I've suggested above.



For both October 2020 and April 2021 Races

- Look back over your training for this year's April race and pick two things you felt worked well that you want to do again, make a note of them. Also pick two things that perhaps didn't work as well and you might want to change, again make a note of those and what you think you could do to change or improve them
- If you felt your training plan didn't quite suit you, now's the time to look for one that might work better. For example - you picked a plan that said to run 5 days a week and you never really managed to stick to it? Find a plan that does 4 runs a week! I've trained people to run a marathon on a 3-run week, finding what's going to work for you, life, commitments and other sports is a key to being able to stick to the training.
- Use this "extra time" you now have to work on other areas to compliment and improve your running; strength training and stretching are often at the top of that list!
- If you picked up an injury training for the Spring 2020 race now is the time to "pre-habilitate" - working on exercises from the physio or strength work to stop it happening again.
- Find the silver linings; training for an Autumn race means less bad weather and storms and longer daylight hours for training! Training for the 2021 race means you have loads of time to really work on your overall health and fitness to provide a really strong foundation to make marathon training feel easier and more fun :)





## Toulouse parkrun

Tom Harrison

*Tom asks "How much fun can be packed into just one parkrun? He took a gang of Roadrunners, including **Lorraine Bailey**, **Kerry Eastwood**, and **Colin Cottell** all the way to the South of France with him to find out. **John Bailey** took his camera.*



We managed a couple of loops of the lake in the taxi, before we found the start of the Toulouse parkrun, only to discover that some 30 of the 40 parkrunners were British who worked for Airbus. The nine of us from Reading managed to distort the statistics even further, so no chance to brush up on our irregular French verbs. Our next encounter was with large numbers of Gendarmery, complete with sub-machine guns, tear gas mortars and a huge, heavily armoured, dinosaur-looking vehicle with water cannon at the ready.



When the gillet-jaune marchers eventually appeared there were far few than the Gendarmes with only about one in ten wearing a yellow vest and just a few rather tatty signs held aloft, (so wrecking any photo



opportunity). Next day came our steep ascent of Montsegur, a spectacular mountain by the foothills of the snow-covered Pyrenees, to reach a ruined abbey perched on the summit.

Then to the small town of Limoux where we celebrated Carnival with three brass bands who took it in turns to play as they shuffled from one cafe to the next around the market square, followed by jesters and clowns. In spite of the bands' different styles, they all played the same tune, non-stop all day. Wow!

On our last day we visited the aircraft museum close by Toulouse airport. We walked into an Airbus and Concorde and regarded several flying machines from one hundred years ago or more. None of us had realised before our visit that the French invented flying, established all the firsts and record flights and without Toulouse we would all still be travelling by boat.

But how could I forget to mention our two Essex girls who were sat at the next table for dinner? It would be difficult to create a more archetypal caricature of a (slightly squiffy), Cockney-Essex girl than Louise if we had tried, although I think that she played up her image a little. So not only was the meal excellent, but we had non-stop entertainment to go with it. Quite a weekend. Join us in the autumn for the parkrun at Rouen?



*Lorraine, Colin and Tom in Carcassonne*

## Interview with Cecilia Csemiczky

Sam Whalley

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*This year you have finished as top FV70 in the Hampshire League - well done!*

Actually I feel a bit of a fraud because there is a woman called Penny who is much faster than Marilyn or me, but she obviously didn't run enough races to figure in the rankings. Still, I'll take the congratulations, thanks!

*When did you start running, and what prompted you to do so?*

I have loved the feeling of running ever since I can remember. My mother and aunt called me 'the bush telegraph' and used to send me with messages to each other (neither family had a phone) from when I was about seven. Safer times, less traffic. The two-mile route lay mostly along the foreshore towards Portchester Castle: it seemed a huge adventure! My aunt always welcomed me with tea and 'shop' cake which she admonished me to 'enjoy - it's not paid for'.

*Do you have a favourite race?*

The Grizzly.

*What would you say has been your best performance?*

Apart from winning the Portsmouth primary schools' hop, skip and jump, you mean? Probably the 2013 Budapest Half Marathon. It was my first road HM and I was very nervous - I don't like crowds. I paced myself well and finished strongly. It was a bonus to hear my name correctly pronounced as I crossed the line in my late husband's home town, instead of the apologetic splutter that normally greets me!

*Most importantly, when did you start running XC?*

I ran cross country at school and university and loved it, but gave up in finals year. When I was sixty I joined Roadrunners but I didn't run cross country for a few years because I feared that it wouldn't be as good as I remembered, and that I would hate running so slow. Well, only my second fear was justified, but I've come to terms with that! Cross country soon became an important part of my life again.

*What do you enjoy about XC?*

It's exhilarating and challenging, both mentally and physically. Unlike road racing you can't let your mind wander, you have to focus intensely on every step. It rarely happens that I can't take something positive from my performance: even when I was being swept away in that stream at Metros race I was able to congratulate myself that I'd had the good sense to keep my mouth shut for once in my life. It's just so much fun...!





## Hampshire Cross Country League 2019/20 Veteran Women's Individual Aggregates

			Matches					Best 4 of 5
			1	2	3	4	5	
1	Sarah Urwin-Mann	V40 Reading AC	4	2	1	2	-	9
2	Charlotte Hoskins	V40 Winchester & District	9	7	4	4	1	16
3	Sam Parkinson	V40 Winchester & District	6	5	2	3	-	16
4	Nikki Roebuck	V40 Stubbington Green Runners	7	6	3	-	3	19
5	Helen Pool	V40 Reading Roadrunners	-	8	5	8	2	23
6	Emma Carter	V40 Winchester & District	20	14	7	6	4	31
7	Sarah Dooley	V40 Reading Roadrunners	12	15	9	-	7	43
8	Rachel Smith	V40 Camberley & District	19	21	16	10	6	51
9	Joanne Stanford	V40 Havant	16	13	-	14	11	54
10	Lisa Hale	V40 Fleet & Crookham	-	25	8	5	17	55
11	Sue True	V40 Winchester & District	28	19	15	13	16	63
	Julie Rayfield	V50 Reading AC	-	20	19	12	12	63
13	Cath Wheeler	V50 Overton Harriers	17	-	23	15	10	65
14	Sarah Swift	V40 Poole Runners	26	24	12	19	14	69
15	Susan Francis	V40 Reading AC	15	-	35	17	9	76
16	Debbie Taylor	V50 Reading AC	22	26	21	25	15	83
17	Lynne Henderson-Nike	V40 Reading AC	24	-	27	18	24	93
18	Alison Fenwick	V50 Winchester & District	30	28	32	22	22	102
19	Katie Carew-Robinson	V40 City of Portsmouth	25	-	25	30	29	109
20	Jill Coles	V50 City of Salisbury	36	40	44	28	32	136
21	Emma Pilbeam	V40 Totton RC	40	-	48	32	35	155
	Samantha Whalley	V40 Reading Roadrunners	38	-	49	29	39	155
23	Elaine Liversage	V40 Basingstoke & Mid Hants	47	48	43	31	43	164
24	Debbie Cook	V40 Basingstoke & Mid Hants	31	46	52	39	-	168
25	Rowena Galloway	V40 Basingstoke & Mid Hants	35	54	-	38	47	174
26	Alex Bennell	V40 Reading Roadrunners	50	53	53	34	50	187
27	Nikki Pickering	V40 Basingstoke & Mid Hants	44	45	51	-	48	188
28	Melanie Ford	V60 Hedge End RC	45	59	61	36	53	193
29	Heather Rushforth	V40 Camberley & District	46	56	54	42	-	198
30	Claire Seymour	V40 Reading Roadrunners	48	64	60	41	52	201
31	Monique Van Nueten	V60 Overton Harriers	64	65	64	45	56	229
32	Ellie Dannatt	V40 Camberley & District	69	77	65	46	58	238
33	Ann-Marie Vanderplank	V40 Totton RC	58	69	68	52	66	244
34	Caroline Barnfield	V50 Southampton	60	66	66	-	60	252
35	Mary Corbett	V60 Eastleigh RC	67	73	69	-	64	273
36	Teresa Dodkin	V40 Totton RC	71	81	70	56	-	278
37	Dorothea Kennard	V40 Totton RC	73	79	73	55	-	280
38	Denise Von Roretz	V60 City of Salisbury	83	91	79	59	68	289
39	Cecilia Csemiczky	V70 Reading Roadrunners	81	97	80	62	71	294
40	Rene Pilbeam	V60 Totton RC	78	85	77	58	-	298
41	Marilyn Crocker	V70 Victory	86	101	82	61	75	304

*In the Hampshire League you have a friendly rivalry with Marilyn Crocker from Victory. How did this come about?*

We first raced against each other in a series of five 5k evening races in Portsmouth. We were in the 60-65 age group, which proved to be the most hotly contested, and wasn't decided until the last race - she won. We never finished more than about 50m apart. Marilyn knew **Kathy Tytler** from Hampshire League fixtures and persuaded me to give them a go. I have raced her at other events - several of my family live near Victory AC - honours are about even. I now count her as a good friend, one of many I've made through running.

*What would you say to anyone who doesn't run off-road?*

Well, try it, obviously. To those who hated cross country at school, maybe even felt humiliated at a vulnerable age - it's nothing like that as a consenting adult, promise! For a start you've chosen to do it, you're more in control. Then there's the beautiful countryside (when you can look up to admire it). Add to that the amazing unselfish support of other runners, and what are you waiting for? See also above about fun and challenge.

*What are your running plans for the coming year?*

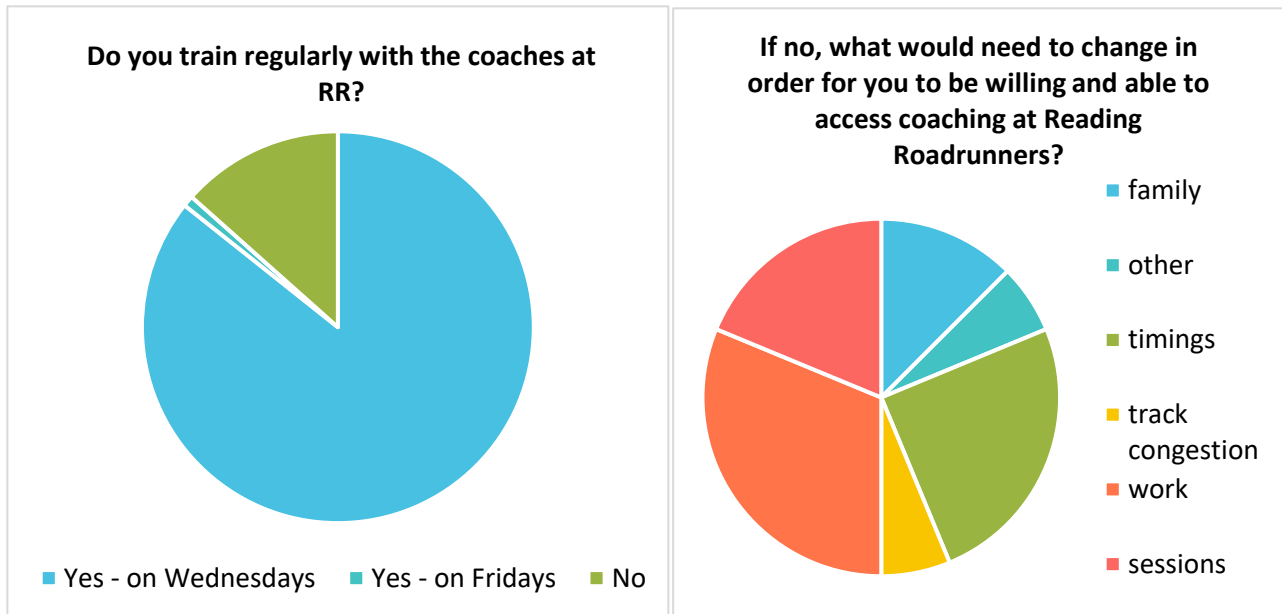
Last year my focus was the Ridgeway 86, but I didn't succeed in finishing despite Kathy Tytler's generous expert tuition. A combination of illness in the important spring training period and very hot conditions on race day forced me to give up about 23 miles in. This year I am being more realistic about the amount of time I can commit to training, having taken on extra work in my teaching job, and being a 'hands-on' grandma. On the positive side, I have had a good cross country season and am (touch wood) well and uninjured. I would like to improve my unimpressive half marathon time, maybe even do a second road marathon, but I am playing it by ear and applying the 'if it doesn't look like being fun, don't do it' principle, see above.



## Athlete Survey

**Katie Gumbrell**

Before Christmas, there was a survey issued to all members via email. Nearly 100 of you responded (thank you!) and the results are below.



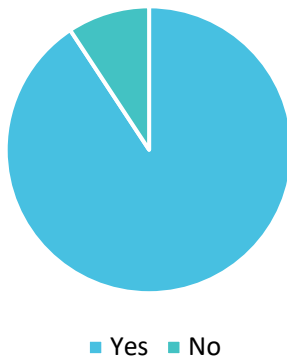
Responses were grouped for ease of analysis; significant responses are outlined below:

Better thought out training plans/programs not just singular sessions with a specific focus.

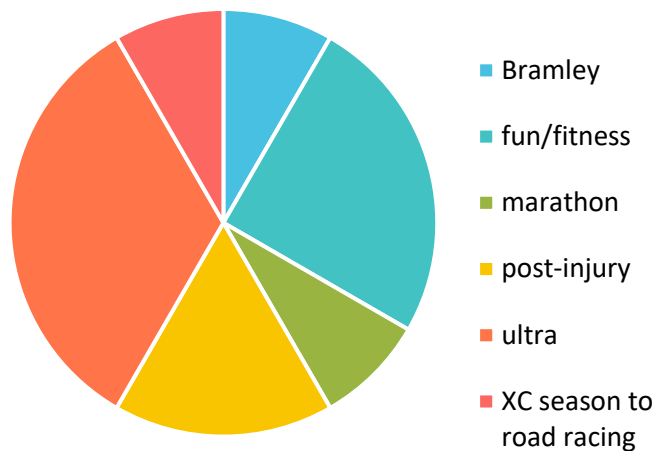
- Earlier start and finish time, perhaps 5:30-6:00 to 7:00-7:30. I'm often at Wednesday track starting these times, running my own intervals session.
- Fewer runners on the track, I find so many runners intimidating when I run
- More focused approach to competition season, eg knowing which races athletes should be targeting and as such setting sessions that work with the schedule.
- Outline the goals and aims of the different groups. I joined the main "new joiner" group which is too large. But am unsure what the other groups are.

Responses a), c), d) and e) are already in hand; response b) would warrant changes to the RR booking slot, as there are times when the track/stadium is in use prior to RR training on a Wednesday.

**Do you have any running goals or targets for the first half of 2020 (i.e. up to and including June 2020)?**



**If yes, which of these do you see as your \*main\* target for the first half of 2020?**

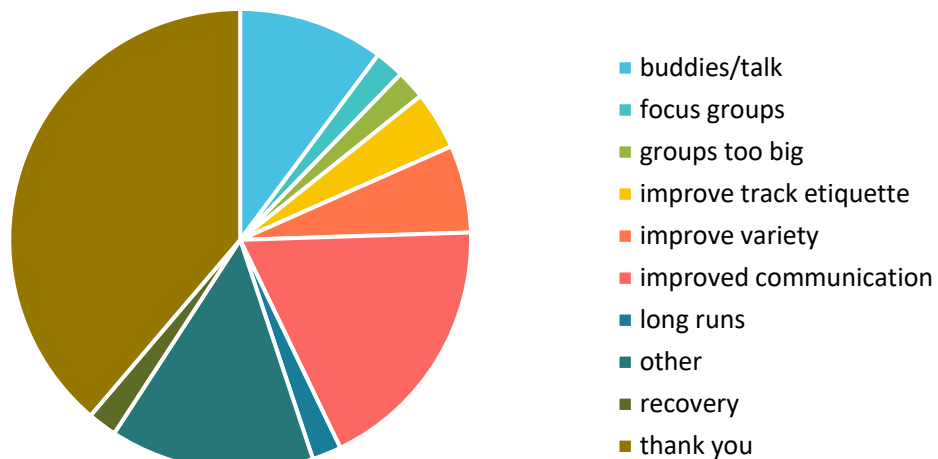


These responses were also grouped and have been used to match RR coaching groups, using coaches' areas of experience and preferences, as well as sessions requested by our athletes. NB Coaching for ultra distances isn't practical within the coached sessions available.

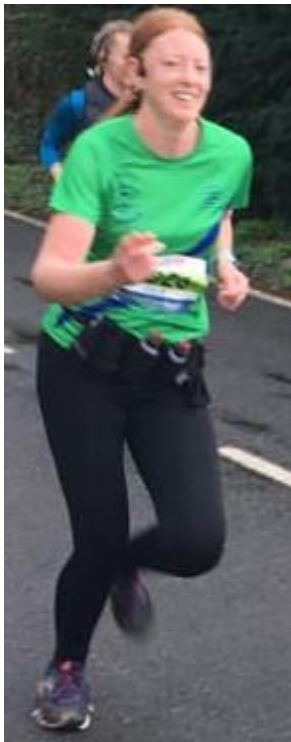
48 people said they would be willing to act as 'buddies'; 21 of these have stepped forward to take part in this initiative.

Finally, 49 athletes took the opportunity to say more about coaching at RR; their responses were grouped:

**Use this space to tell us anything else about coaching at Reading Roadrunners...**



## Photo Gallery



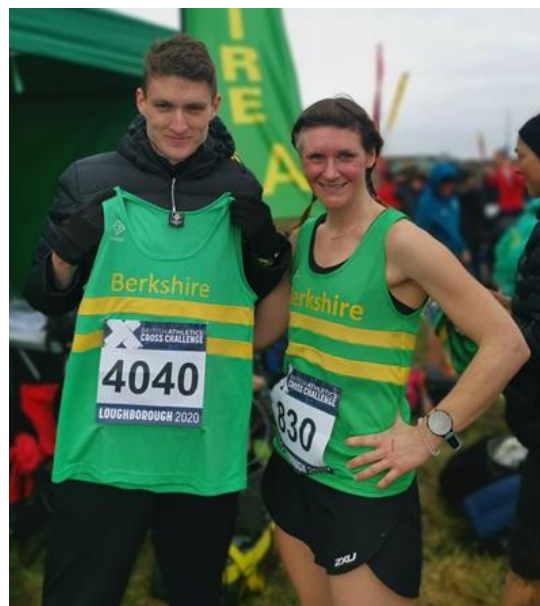
*Improvers' League 10k leader **Julie Sugden** in PB form at Wokingham Half Marathon*



***Liz Jones** at Farnborough Winter Half looking like she knows that England vest is only a mile off*



*Hillingdon 20 M70 Champ **David Dibben** celebrates receiving the trophy from the Mayoress*



***Jack Gregory** and **Mel Shaw** at the Inter-Counties XC Champs*



## Apsey's Recipes

### Mark Apsey



*Mark is a self-employed chef specialising in high-end dinner parties, and a former Head Chef at L'Ortolan Restaurant in Shinfield – so not only is he one of Berkshire's top runners, but also one of its best culinarians. In a semi-regular series for the E-bulletin, Mark brings us a delicious, healthy recipe. Do let us know if you've tried any of them, and enjoyed them!*

Greetings fellow Roadrunners. Whilst my last recipe focussed on an easy post run meal, today I'm sharing my trusty Hot Cross Bun recipe. Perfect for a mid morning or afternoon energy top up, slathered with jam, butter or whatever else takes your fancy. What better week to turn your hand to baking and make your own hot cross buns?

I understand that yeast and flour have been a challenge to get hold of over the past few weeks due to the stockpilers, but they are starting to reappear back in shops. For anyone who still can't get hold of them, and is still able to venture out of the house, two of my suppliers that I use for my business are currently doing domestic orders. Brakes (Suttons Business Park) and CA Belcher (Lower Earley), they have flour in stock.

#### Hot Cross Buns

155g Soya Milk (or Milk)  
 30g Sugar  
 9g Instant Yeast  
 300g Strong Flour (You can use plain flour for this recipe although the buns would be slightly more crumbly)  
 2g Salt  
 2g Baking Powder  
 1 tsp Ground Cinnamon  
 ¼ tsp Ground Allspice  
 2g Ground Mixed Spice  
 30g Margarine (or Butter)  
 125g Raisins  
 30g Chopped Mixed Peel, or another dried fruit(chopped)  
 1 Whole Egg, beaten



#### For the cross

30g Plain Flour  
 30g Water

#### To Glaze

20g Apricot Jam  
 20g Water

-Warm the milk to body temperature, and dissolve in the sugar and yeast.

-Mix all dry ingredients except the fruit and rub with the butter to breadcrumb consistency.

- Mix the fruit through the flour mix so that it is evenly coated.
- Add the egg and milk & yeast mix then kneed to a dough for around 10-15 minutes. Ideally use an electric mixer or bread machine to do the kneading if you can, if not this is a great substitute for any upper body workout. You want the dough to be strong and elastic without snapping too quickly when you stretch it out.
- Leave the dough to proof with a sheet of oiled clingfilm placed on the surface. You can proof this in the fridge overnight, or slowly at room temperature. I personally always proof my doughs in the fridge overnight as this is a great way to slow the fermentation, which helps to improve the flavour imparted from the yeast. Also it is much easier to shape a cold dough than a warm one.
- Once your bun dough has had its first proof, knock back the dough and shape into 9 evenly-sized balls. If you're inclined, these should each weigh around 85g. The more evenly-sized they are, they will then all proof at the same rate.
- Place these balls on a tray lined with baking paper, you'll need a gap of about 5cm between each bun.
- Place a sheet of greased clingfilm lightly on the top to stop them drying out and proof at room temperature until tripled in size and the buns are touching.

Preheat your oven to 170°C. Mix the plain flour and water together until smooth, and transfer to a piping bag with a medium tube. Pipe in lines across the buns to create the iconic cross (pictured). Place into the oven for around 12-14 minutes, or until the buns sound hollow when tapped. Allow to cool for a couple of minutes.

Place the jam and water into a pan then warm and mix until they are fluid. Brush the warm hot cross buns with the jam mix and allow to cool, or enjoy warm.

Happy cooking!

