

E-BULLETIN

13 MAY 2020



MILES OF SMILES



Chairman Chat

Phil Reay



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

It's a week when restrictions have begun to ease and many will be taking the opportunity to exercise away from the home a bit more. This new phase will come as a relief to many, and I'm cautiously optimistic as we take one small step forward on our challenging journey together.

We've had another week of fun virtual activities. Thanks to **Kerri French** and **Dean Allaway** for the club Beer Festival – for those who couldn't attend, the questions are below, and the answers can be found at the back of the Bulletin. It was good to see so many friendly faces and have such a laugh. The photos from the 26.2-mile multi-event relay were uplifting. I particularly smiled with the members who ran in fancy dress – there's certainly no shortage of creativity at the club – thanks **Sam Whalley**. The creativity was once again on show with the baking event organized by **Zoe Browne**– thanks.

I'll shortly be heading out for a run in my yellow top as part of the Rainbow Run virtual event, which is part of this weeks activities. Coaches **Katie Gumbrell** and **Peter Higgs** have once again organised their strength training and pack of cards events respectively. Sam will host a notparkrun virtual cuppa and chat session, our Social Secretary **Liz Johnson** is hosting a pre-Eurovision virtual quiz and Men's Team Captain **Jamie** has organised the 2 x 2 pair time trial event. There's something for everyone to look forward to in the week ahead, thanks once again to all the volunteers.

Enjoy the positive moments that the easing of the restrictions will bring.

Phil

chairman@readingroadrunners.org

Editor's Note

Ben Fasham

Dear all,

Apologies for the technical difficulties last week which saw the Newsletter disappear for a short time; normal service is now resumed. That's certainly true of the club as a whole, which has been as busy as ever this week. In this edition alone we have results from the Bannister timed mile, an update from the Virtual mixed-up Marathon, and the Beer Festival quiz; and plenty more has been going on since then!

Elsewhere you'll find **Coach Alexa's** training covering glutes this week, while we have a double helping of **Kathy Tytler** who combines a race review with a book review. **Bob Thomas** brings us the minutes from last week's committee meeting, and for those who missed the chance to cook **Mark Apsey's** recipe last week, it's repeated here. **Nicki Farrell** also brings us news of Mental Health Awareness Week.

Thanks as always to everyone who keeps making this weekly eBulletin possible – it'll continue for as long as Lockdown keeps people writing in!

All the best,

Ben

newsletter@readingroadrunners.org

Summer Relays update

Kerri French

Our Summer Relays would've been celebrating its 30th year on Friday 17th July 2020.

However, you will be aware of the ongoing restrictions in place regarding the Covid-19 pandemic, and the effect this situation is having on the country including sporting events and activities.

Following the ongoing guidance encouraging social distancing, we feel the right and responsible decision to cancel this year's Summer Relays in July.

I know many runners will be disappointed; however, I am sure that given the unprecedented and exceptional circumstances facing the country, you will agree that the health and well-being of runners, race officials, and spectators, as well as that of their families, friends and members of the wider public must come first.

We hope you stay fit and healthy and we look forward to seeing you at one of our races in the future.

Kerri French

Summer Relays Race Director

Virtual Mixed-up Marathon Relay

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

Thank you and well done to everyone who took part in the Bank Holiday Virtual Mixed-Up Marathon Relay. I have really enjoyed seeing the times and photos come in - it was a great way to bring everyone together. I am missing quite a few times; this might be just that I have not seen them in amongst all of the threads... Fill me in if you can (and if you care enough!). Not in the results are Laura & Son, who kept active with a half-marathon version, and Team Rainbow, who are awaiting the return of an oompa loompa costume. I was seriously impressed with the speedy walking and cycling - shame there is no vets league this year, as we could have had some serious contenders in the race walk. I was very happy to see **Sara Lopez** run her first 10k since suffering from Covid-19. And I loved seeing **Rita Dykes** getting her whole family involved, with two teams doing activities in Reading, Tunbridge Wells, Canterbury, Brighton, and Spain – brilliant effort!

Team	Total Time	Times Missing
Running Buddies United	02:31:39	
Sporty Dykes	02:40:44	2 mile walk, 5.4 mile cycle
Higgswood	02:45:28	2 mile walk, 3.1 mile fancy dress run
Huggers	02:55:11	
Lockdown Crazies	02:56:59	
Tutu Ninjas	03:03:02	3.1 mile fancy dress run
Naughty	03:14:54	
Keep Calm & Keep Running	03:20:03	5.4 mile/30 mins static bike/circuits
Active Dykes	03:20:14	5.4 mile cycle
Hannah	03:24:17	
Wokingham Beer Bandits	03:28:31	
Giggysy	03:37:48	
GPS	03:41:19	
Cavcarpez	03:45:49	
Virtual Mix-Up	03:46:14	
Smudge	03:52:18	
Carters Hill Arms	04:01:40	
Where's Whalley? Stuck at Home	04:11:48	
The Crazy Joggers	04:15:28	



Sir Roger Bannister 4-Minute Mile Anniversary – 1-mile Virtual T-T

Jamie Smith



Jamie has been a club member since 2015, but has been involved in the running community in Reading for over 15 years; he most proudly started Reading parkrun 10 years ago. Jamie became men's team captain in October of 2019.

His current goals are to run a sub 75 half marathon, and a sub 2.50 marathon.

teamcaptains@readingroadrunners.org

Well done to everyone who took part in the latest virtual event, the inaugural club 1-mile time trial. The enthusiasm to go out and do the absolute best during this period of lock-down, really was great to witness.

An amazing 82 club members and family members took part in this event – 32 Female and 50 Male, creating many personal bests, and many times far quicker than previously thought possible.

We had 3 fancy dress runners brave the streets in costume – Sam Whalley (below), **Nicki Farrell** and our cover star **Robert Thompson**! The results can be seen below.

The fastest Male & Female miles were run by **Jack Gregory** (4.28) and **Hannah Green** (5.40) – unofficially this time run by Jack is quicker than the current club record for a road mile (4.34)

I hope that everyone has enjoyed taking part in this event and I am looking forward to seeing all of the results coming in for our next virtual event, currently taking place.

If you have any ideas for a virtual event, please do let Sam or myself know.

Jack Gregory	M	04:28	Senior	Brian Kirsopp	M	05:38	V35
Stephen Ridley	M	04:40	Senior	Richard Hallam-Baker	M	05:39	V45
Jamie Smith	M	04:48	V35	Pete Jewell	M	05:41	V55
Mark Worringham	M	04:52	V40	Robert Thompson	M	05:43	V35
Ryan Faulkner	M	04:52	Senior	Clinton Montague	M	05:50	V35
David McCoy	M	04:54	Senior	Sam Hammond	M	05:50	V35
Matthew Davies	M	04:57	Senior	Jane Copland	F	05:55	V35
Calum Pratt	M	05:01	Senior	Melanie Shaw	F	05:58	V35
Ben Ashby	M	05:02	Senior	Nicki Farrell	F	06:00	V40
Tony Page	M	05:13	V45	Ian Giggs	M	06:09	V35
Jacob Atwall	M	05:17	Junior	Stuart Jones	M	06:13	Senior
Alex Harris	M	05:20	V50	Derek Cheng	M	06:13	Senior
Darren Lewis	M	05:27	V45	Chloe Lloyd	F	06:15	Senior
Mike Hibberd	M	05:29	Senior	David Caswell	M	06:15	V50
David Clay	M	05:30	Senior	Chris Barkus	M	06:15	V35
Stuart Hyslop	M	05:32	V35	Ben Fasham	M	06:18	V40
Hannah Green	F	05:37	Senior	Peter Cave	M	06:21	Senior

Bill Watson	M	06:27	V50	Milly Thompson (Guest)	F	07:22	Junior
Nigel Hoults	M	06:28	V65	Peter Morris	M	07:23	V45
Aga Faulkner	F	06:28	Senior	Saba Reeves	F	07:24	V45
Paul Carter	M	06:31	V50	Tracy Jenkins	F	07:25	V50
Jon Green	M	06:35	Senior	Alex Bennell	F	07:29	V45
David Fiddes	M	06:37	V50	Catherine Leather	F	07:45	V50
Caroline Jackson	F	06:39	V40	Gill Gillard	F	07:47	V60
Katy Thompson (Guest)	F	06:40	Junior	Laura Potter	F	07:50	V40
Stuart Wylie	M	06:40	V45	Gary Clarke	M	07:51	V60
Chris Mason	M	06:41	V55	Kevin Strong	M	07:58	V45
Roger Ganpatsingh	M	06:43	V45	Leanne Home	F	07:59	Senior
Dean Allaway	M	06:44	V40	Charlotte Gleadhill	F	08:02	Senior
Pip Shaw (Guest)	M	06:44	V50	Angelique Haswell	F	08:04	V60
Claire Woodhouse	F	06:45	V40	Phil Reay	M	08:06	V40
Naomi Gardner	F	06:46	V45	Adele Graham	F	08:10	V55
Oliver Worringham (Guest)	M	06:50	Junior	Helen Wing	F	08:13	V35
Chris Manton	M	06:51	V45	Rita Dykes	F	08:25	V70
Stewart Wing	M	06:55	V35	Julie Tapping	F	08:28	V50
Sam Whalley	F	07:06	V45	Zoe Browne	F	08:36	V45
Claire Seymour	F	07:10	V40	Peter Higgs	M	08:49	V55
Art Atwal	M	07:12	V50	Emma Jag	F	09:34	V50
Joanne Sollesse	F	07:13	V40	Alan Williamson	M	10:30	V40
Peter Reilly	M	07:20	V60	Kerri French	F	10:57	V45
Elizabeth Ganpatsingh	F	07:21	V45	Alice Kerr	F	11:33	V35



Reading Roadrunners Committee Meeting

Tuesday 5th May, 7pm (by video call)

The Committee

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

Apologies for absence

None

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Nothing to report.

Chairman's report

Phil welcomed the attendees to the first meeting of the 2020-21 Committee and to the Club's first, and possibly far from the last, virtual meeting.

Phil remarked on a lot of spontaneous initiatives by a wide range of volunteers to help keep members' spirits up, e.g. events staged by Liz and the Team Captains, the e-bulletins published by Ben Fasham, which Paul posts to the website, and the regular fitness sessions that Katie and Pete Higgs are providing.

Despite the lockdown, the Charity account is building up: e.g. the quiz night Liz organised brought in over £200.

Phil advised that he had been approached by Nicki Farrell to offer her assistance in providing mental health support to members, which he gratefully accepted.

Phil also pleased to announce that Clive & Suzanne Bate have offered to take over as the Club kit organisers with immediate effect.

Finally, Phil regretted that it has been necessary to cancel the Shinfield 10K and Bob confirmed that the intention to stage an inaugural Swallowfield 10K under the RR banner has been deferred to 2021.

Treasurer's report

Jill presented completed accounts for March and April and provided an overview of the outturn at the end of the 2019 accounting year.

Jill confirmed that RSL is not making charges for track bookings at this time.

Jill announced that she will stand down as Treasurer at the 2021 AGM.

General Secretary's Report

London Marathon coach bookings. Bob confirmed that Stewarts Coaches has rolled over the April booking to October at no charge. On the assumption that members will wish to travel to the postponed event, booking fees will not be refunded unless specifically requested.

SEAA. Bob confirmed that the Club has renewed affiliation to the SEAA.

England Athletics affiliation. Some months ago, EA advised that the affiliation fees for the 2020-21 season would be increased by £1, which was reflected in this year's Club membership renewal fees. EA has recently announced that, in view of the current circumstances, it will defer the increase until next year.

It is not practicable for the Club to issue around 500 separate refunds of £1 each hence the excess fees will be held over until next year.

Membership Secretary's Report

Anne reported no new members have joined since the lockdown has been in place.

Anne pointed out that several regular members had not renewed this year, which may have been an oversight or concern about the pandemic. It was agreed that they would not be chased until the lockdown is relaxed. If they decide to renew they will not be charged the joining fee, which would normally apply to late renewal, but they will not be eligible for inclusion in the 2021 draw for London Marathon places, as is required by the Club Rules.

Social Secretary's Report

Dinner Dance. Anne reported that she has booked Sonning Golf Club as the venue for the 2021 Dinner Dance on 6Mar21.

Spring Do. Liz noted that it has been necessary to cancel the Spring Do. The small number of bookings taken will be refunded. The University has not refunded the deposit for the venue but it can be used against a future event.

Virtual events. Liz echoed Phil's earlier comments regarding the number of virtual events that members have been organising, noting that they will be particularly supportive to members living alone.

Coaching Report

Despite having formally stood down as the Coaching Co-ordinator at the AGM, in lieu of a replacement, Katie continues to provide leadership to the Club's coaching team and is monitoring advice and guidance issued by England Athletic.

Katie wished to ensure members are aware of several coaching initiatives:

- Tony is providing weekly catch-ups via Skype.
- Peter is organising a "pack of cards" workout.
- Each Wednesday, Katie posts running sessions that members can do from home on the Club Facebook page.

- Katie is running a regular circuit/mobility/strength training session on Wednesdays.

Any other business

Nothing to report.

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
- Treasurer

Jill intends to stand down as Treasurer at the 2021 AGM. It would be ideal if her replacement could be in place in time to shadow her for some time prior to taking over.

DOOR ROTA

If only.

DONM: 9Jun20 by video call

Main Club contact points:

Chairman, Phil:
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Membership Secretary, Anne:
membership@readingroadrunners.org

Secretary, Bob:
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Treasurer, Jill:
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Social Secretary, Liz:
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Coaching co-ordinator, Katie:
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Website / Media, Paul:
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Team Captains, Sam & Jamie:
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Welfare Officer, Tom Harrison:
tom.harrison13w@btinternet.com

Mental Health Awareness Week

Nicki Farrell – Mental Health



Did you know that 18-24 May is Mental Health Awareness week? This year it seems even more important to shine a light on mental health and well-being, as we all navigate challenging times and different ways of working and coping with home life.

Mental health and well-being problems can be triggered during stressful periods, times of uncertainty and when we are worried about our finances or physical health - so it's safe to say that there are plenty of reasons why we may not be feeling our best at the moment.

It's important to recognise some of the signs of your mental health deteriorating, these can include:

- Difficulty sleeping
- Weight loss
- Mood swings
- Racing thoughts or negative thinking
- Feeling helpless or lonely.

But there are lots of things you can try to improve your mental well-being, for example:

- **Staying connected** - it's important that you keep talking to your friends and family even if you can't see them in person. It's true that a problem shared is a problem halved, so stay connected on the phone, with texts or video calls or if it feels easier you can try writing down any worries in a letter and sending it to someone you trust.
- **Moving more** - exercise has been proven to improve our mental health as well as our physical health. So, make sure you're still getting some exercise every day.
- **Relax before bed** - after a busy day at work (whether that's at home or on the front-line) or dealing with home schooling and/or a new normal in home life it can be very difficult to switch off. We know that a good night's sleep is vital to our mental well-being, Try to limit the amount of caffeine and alcohol you drink in the hours leading up to bed time, as these can negatively impact your quality of sleep.

Where to get more support

If you feel that your mental health is deteriorating, and making small changes hasn't helped to improve it, then it's important that you reach out to a professional for more advice. You can speak to your GP or contact Mind on 0300 123 3393 or text 86463 www.mind.org.uk

Beer Festival Quiz – Questions (answers on the last page)

Kerri French & Dean Allaway

So that members who didn't attend don't miss out here are the quiz rounds to test your knowledge of all things beer based.

Quiz - 1-15 out of 17 points

1. The Reading Beer Festival is organised by the local Camra members, what does Camra stand for?
2. Camra has how many members in the UK?
A, over 100,000; B, over 160,000; C, over 190,000
3. At the Beer Festival it's becoming a tradition to wear what item of clothing?
4. Archaeologists discovered evidence of Brewing as far back as 6000BC in ancient Egypt- but in what year was beer first brewed in England? A, 1412; B, 1512; C, 1612
5. How many pints of beer were consumed in Britain last year? A, 8.5 million; B, 8.5 Billion; C, 8.5 Trillion
6. A beer by Brewmeister called Armageddon snake is deadly and one of the world's most potent beers, but what is its alcohol volume? A, 27.5%; B, 47.5%; C, 67.5%
7. Reading is known for its 3Bs Beer, Biscuits & Bulbs, can you name the 3 company names that the 3Bs represented (1 point for each)?
8. How many pints are there in a standard beer barrel? A, 238 pints; B, 258 pints; C, 288
9. Before lorries beer barrels were delivered on low flat bed style waggons that were pulled by horses - but what was the name of your role if you were delivering the beer?
10. There are many stages of brewing: malting, milling, mashing, right through to fermenting & filtering with lots in between. But what is Malting? A, leaving the grain to dry out ready to make the beer; B, a controlled germination where the raw grain turns to malt; C, Harvesting the grain before production
11. What was the year of the first ever Reading Beer Festival?
12. What was the highest selling beer in the UK in 2019?
13. Alongside the Beer Festival the local Camra group organise a 'Real Ale Trail' where you collect stickers from each pub you have a drink in from Feb-April, how many pubs were on the trail this year?
14. What is the oldest pub in Reading that was still trading before lockdown?



15. Some of you may not know this but Dean is known as 'Two Dinners Dean' (now out shadowed by the Buffet Hoover Ashley Middlewick) and after a race or out-and-about he will think of nothing but ordering - yes you've guessed it - Two Dinners. At the Beer festival he is able to live up to this moniker very easily. But what is Dean's favourite food on offer at the Beer Festival - which he often eats two of? A, Curry King; B, Yuleys Bratwurst; C, Proper Cornish Pasties

Are these beer names True or False?

Clockwork Orange
Smooth Hoperator
Old Speckled Hen
Audrey Hopburn
Scotch Egg Brew
Hullabaloo
Pathological Lager
Made from Girders
Roadrunner Roadrunner
Hopitimus Prime
Hopitty Skippity Jump
Beer Necessities
Yeastus Christ
Hooray Henley
Trafalgar Square
Shipyard
Honey Dew
Bengal Lancer
Uncle Toms Rot
Berkshire Born Looney Juice

Following the Montane Spine Race

Kathy Tytler

Way back in January when the world seemed normal; before the floods; before the deadly virus; a group of 'abnormal' folk took part in a crazy ultra-race, covering all of The Pennine Way.

This is a race that I would not even contemplate taking part in, however, for almost a week in January it took over my life. One of my friends from The Trail Running Association, Mandy Foyster was taking part, so I was following her progress. I soon got caught up in the ups and downs of many other participants.

Mandy reached the finish at Kirk Yetholm late on Saturday evening. The cut off time was Sunday morning at 8am. Despite a really gruelling experience, every time the cameras caught her she was smiling. (Mandy has written a full account of her experience for The Trailrunner – newsletter of the TRA.)

Everybody in the race had a tracker that updated the position in real-time every 10 minutes on the Facebook page, so it wasn't only Mandy that I was following. The drama really occurred in the final stages of the race late on Saturday night many of us were glued to the Facebook page as first one person, then several others went off course at Windy Gyle.

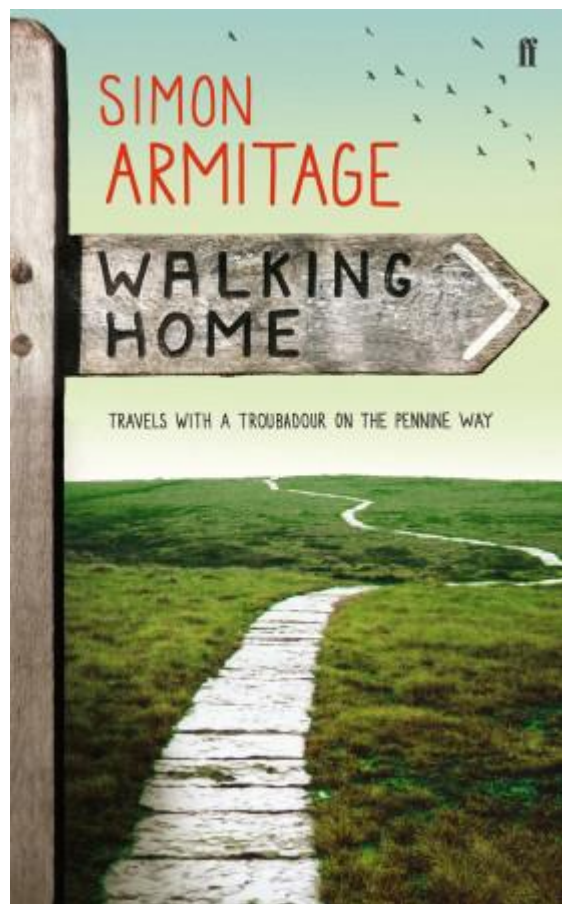
The Facebook page was regularly updated with videos, which are still available to watch. Who didn't feel close to tears when watching the Frenchman, Thomas' valiant effort to get to the final, checkpoint within minutes of being timed out. Then he made such good progress – until Windy Gyle.

I even suffered my own Spine Race injury – RSI from an excess of mouse clicking!



Walking Home by Simon Armitage

Kathy Tytler



After spending a lot of time on the virtual Pennine Way in January; following the dots on The Spine Race, I decided to re-read this book.

Although Simon Armitage took the trail at a more leisurely pace (he even managed a game of Pooh Sticks with a couple of his companions), it was still a challenge for the poet (who is now the UK Poet Laureate). His journey was that of a troubadour, relying on the kindness of strangers and friends for hospitality, and paying his way by performing his poetry in pubs, village halls and private houses along the way.

His route was in the opposite direction to the majority on Pennine Way walkers, starting at Kirk Yetholm and walking home towards Marsden, the village where he was born and brought up, and then on almost to Edale. He got so close to the end, so why didn't he finish? Well, you'll have to read the book to find out.

He set off on his own, but was often accompanied by other walkers; friends, strangers and Pennine Way rangers, each with their own stories and observations. He has a poet's eye for landscape and character description.

If you took part in The Spine you may like to re-visit by reading this book and appreciate those parts of the landscape that you missed during the hours of darkness,

or when blinded by pain and stress. For the rest of us mere mortals it is an inspiration, or recollection, of a journey tackled in shorter stages.

There may be some parts that you would not want to read before attempting 'The Spine', or any night walk:

"Cross Fell is a truly terrible place ...

... known as Fiend's Fell, some believing it to be the haunt of devils and demons, and prone to impenetrable mists caused by a recurring cloud formation known as The Helm Bar, and to shrieking and wailing in the air brought about by a local wind."

Armitage had a 'lost in the mist' experience on Cross Fell.

I went across Cross Fell at night from Greg's Hut towards Dufton last year on the LDWA 100. It was May Bank Holiday weekend, but the wind rain and hailstones were truly terrible, penetrating right down to my skin through my two waterproof jackets and waterproof trousers. Luckily I wasn't aware of the fiends, devils and demons.

<https://www.faber.co.uk/9780571249886-walking-home.html>

Glutes Strength for Runners

Alexa Duckworth-Briggs

Your glutes (the muscles in your bum) should be doing more work when you run than any other of your leg muscles. I often see that this isn't the case with many of the runners I work with, making glutes strength work really important for runners!

For all these exercises start with 8-10 reps and build to 12-15 reps, rest for 30 seconds and repeat twice more. So you do three sets of each exercise. For those where you hold the movement start at 30 seconds and build from there.

Focus on good form, if you are unable to keep to the form cues then stop. Do the exercises slowly and with control, this is more effective than a fast approach and will mean you are more likely to be doing them right!

If you can it's useful to have a mirror nearby so you can check your form for the exercises.

Step-ups

- Find something to step up on to, the bottom or second step of your stairs is ideal. If you are stepping onto something stand alone make sure it can't slip about
- Plant one foot onto the step. Using the glutes muscles in that leg (not by powering off the leg still on the floor) step up onto the step.
- You can make this more challenging by stepping up into a "running pose" at the top with the back leg bent and knee lifted high and "sprinter arms"
- Hold the position at the top for 1-2 seconds and make sure that the hip is fully extended/straight at the top



Sideways Band Walk

- Stand with your feet hips width apart and (if you have one) a resistance band around your legs just above the knees.
- Keeping a slight bend in both knees step one foot out to the side and then back in, slowly and with control.
- Do the same with the other side.
- Keep the knees slightly bent throughout and it's important that the knees keep pointing forwards, not rotating inwards or outwards. Doing the exercises in front of a mirror helps with this.



If you don't have a resistance band;

- Stand side on to a sofa or radiator, bend the knee nearest the surface to lift the foot off the ground. Bend the knee of the other leg slightly.
- Press the side of the knee into the sofa/radiator firmly, and hold for up to 30 seconds. The leg you are standing on will be working hard to stop you from moving.

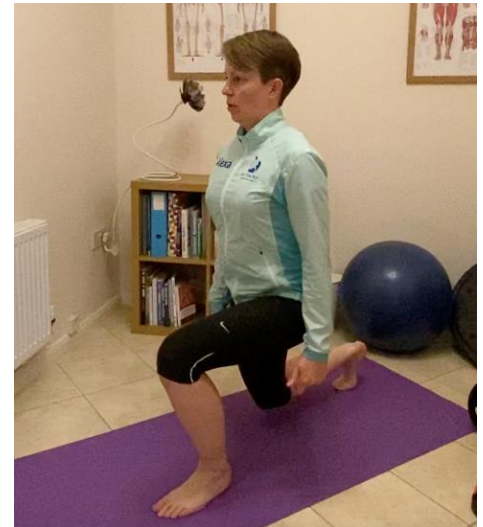
Hip Lifts

- Get yourself into the position where your shoulders, head and neck are resting on a chair/sofa your knees are bent and feet on the ground. So your body is in a straight line from head to knees, parallel to the ground.
- Engage your tummy muscles by pulling your belly button back towards your spine.
- Lower your hips slowly and then engage your glutes to drive them up strongly to the start position again.



Lunges

- Take a long step forwards, making sure your feet remain hip width apart (not stepping closer to your centre line so you are wobbling on a tightrope!).
- Drop your body downwards by bending both knees until you reach a 90 degree bend in both knees. The back knee should just be hovering off the floor.
- Check you've stepped long enough; your front knee shouldn't have moved forwards of your toes
- Push off with the front foot to step back to your start position and step forwards with the other side
- To progress this you can put your arms forwards and rotate away from the front leg at the bottom of each lunge; if your right leg is forwards rotate left. Make sure the front knee stays facing forwards
- You could also use a backpack full of books, water bottles, cans etc to add weight once you've mastered the technique
- The keys are to keep feet hip width apart and to keep the front knee pointing forwards - no wobbling in and out!



Squats

- Start with feet slightly wider than hip width apart
- Begin the movement by driving your bum backwards and downwards, ideally until it reaches level with your knees. Imagine you are trying to hover over a dirty loo you don't want to sit on!
- Slowly lift back up again
- The knees should track in line with your toes and should not drive forwards of your toes as you drop down.
- For each set take the feet slightly wider, keeping the toes pointing slightly outwards
- If you struggle to drop the hips to knee height try putting two books (the same width) under your heels
- You could also use a backpack full of books, water bottles, cans etc to add weight once you've mastered the technique



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!

The Recipe:

250g Bread, brioche, etc.

250g Milk

50g Soft brown sugar, or another sugar if you don't have this in your cupboard (if using brioche, put 10g less in)

1 Whole egg

75g Peanut Butter - smooth is best, but it's not the end of the world.

Handful of chocolate buttons - I've used dark but anything goes

Handful of peanuts

- Tear the bread into rough chunks
- Mix the egg, peanut butter and sugar together.
- Heat the milk until hot, but not boiling, and pour onto the peanut mix and stir in until dissolved.
- Pour over the bread and scatter the chocolate and peanuts over the top.
- Toss together lightly and bake on 160c for around 15 minutes, or until the liquid no longer runs.
- Allow to cool, then store in the fridge.

Another week, another Mile, all in the name of Sir Roger. Still no knowing of what the imminent future holds with food and dining out. It still looks a while before pubs and restaurants will be allowed to reopen, but once lockdown has been released, all current rumours point to me being able to return to cooking in my amazing customers homes and bringing the party to them once more.

This week, is one for the bakers again. On the face of it, it's a treat, but there's also a deeper value here. Again, it's directed at those running and training, building a calorie deficit. Packed with protein and carbs.

This is my take on a British classic. My Bread and Peanut Butter Pudding!

This is about as simple as I'll make any recipe, and is great for using up ingredients in your cupboards, even those leftover ends of bread. Personally, I choose to use brioche for mine, it's richer, higher calorie and all in all, I'm worth it!



This is great for eating an hour before a run, whilst out on a bike ride or as a post run pick me up.

Enjoy x



Beer Festival Quiz - Answers

1. The Reading Beer Festival is organised by the local Camra members, what does Camra stand for? **Campaign for Real Ale**
2. Camra has how many members in the UK? A, over 100,000; B, over 160,000; **C, over 190,000**
3. At the Beer Festival it's becoming a tradition to wear what item of clothing? **Hats**
4. Archaeologists discovered evidence of Brewing as far back as 6000BC in ancient Egypt- but in what year was beer first brewed in England? **A, 1412**; B, 1512; C, 1612 - **made by a German alewife in Colchester.**
5. How many pints of beer were consumed in Britain last year? A, 8.5 million; **B, 8.5 Billion**; C, 8.5 Trillion
6. A beer by Brewmeister called Armageddon snake is deadly and one of the world's most potent beers, but what is its alcohol volume? A, 27.5%; B, 47.5%; **C, 67.5%**
7. Reading is known for its 3Bs Beer, Biscuits & Bulbs, can you name the 3 company names that the 3Bs represented (1 point for each)? **Beer - Simmonds Brewery (who became Courage which then became Berkshire Brewery) Biscuits- Huntley & Palmers Bulbs- Sutton's seeds**
8. How many pints are there in a standard beer barrel? A, 238 pints; B, 258 pints; **C, 288**
9. Before lorries beer barrels were delivered on low flat bed style waggons that were pulled by horses - but what was the name of your role if you were delivering the beer? **Drayman**
10. There are many stages of brewing: malting, milling, mashing, right through to fermenting & filtering with lots in between. But what is Malting? A, leaving the grain to dry out ready to make the beer; **B, a controlled germination where the raw grain turns to malt**; C, Harvesting the grain before production
11. What was the year of the first ever Reading Beer Festival? **1994**
12. What was the highest selling beer in the UK in 2019? **Doom Bar**
13. Alongside the Beer Festival the local Camra group organise a 'Real Ale Trail' where you collect stickers from each pub you have a drink in from Feb-April, how many pubs were on the trail this year? **24**
14. What is the oldest pub in Reading that was still trading before lockdown? **The Sun, Castle Street**
15. Some of you may not know this but Dean is known as 'Two Dinners Dean' (now out shadowed by the Buffet Hoover Ashley Middlewick) and after a race or out-and-about he will think of nothing but ordering - yes you've guessed it - Two Dinners. At the Beer festival he is able to live up to this moniker very easily. But what is Dean's favourite food on offer at the Beer Festival - which he often eats two of? **A, Curry King**; B, Yuleys Bratwurst; C, Proper Cornish Pasties

Are these beer names True or False?

Clockwork Orange **True**
 Smooth Hoperator **True**
 Old Speckled Hen **True**
 Audrey Hopburn **True**
 Scotch Egg Brew **False**
 Hullabaloo **True**
 Pathological Lager **True**
 Made from Girders **False**
 Roadrunner Roadrunner **True – from New England**
 Hopitimus Prime **True**

Hopitty Skippity Jump **False**
 Beer Necessities **False**
 Yeastus Christ **True**
 Hooray Henley **True**
 Trafalgar Square **True**
 Shipyard **True**
 Honey Dew **True**
 Bengal Lancer **True**
 Uncle Toms Rot **False**
 Berkshire Born Looney Juice **False**