

E-BULLETIN

19 JUNE 2020



RRR – a model of



Comradeship

Chairman Chat

Phil Reay



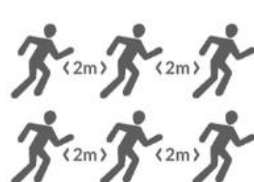
Phil joined the club in 2010 and from 2016-18 was the Men's Team captain. Outside of running he works in Marketing, Sales and Business development roles. Phil enjoys long distance running and has completed over 59 marathons, including the ultramarathon Marathon des Sables in 2016.

chairman@readingroadrunners.org

There is a light that will never go out. That light is this team, this community, this club. Reading Roadrunners. It's been such a tough period for all of us. Some of us have lost friends and loved ones, some have had livelihoods threatened, some have adapted to home schooling, to working from home, to not working, to the additional pressures on physical and mental well-being, we've all been restricted in our movements to protect the most vulnerable meaning in many cases we've been unable to see our loved ones. We all have our story, we all have some anxiety and uncertainty about what the future holds, we all have Reading Roadrunners as our common interest, a safe place, before, during and beyond this challenging period.

My highlight over the last couple of weeks has been seeing photos of so many of you meeting up, re-igniting much needed social interaction. All done within social distancing guidelines and an important step as we cautiously move towards a return to increased activity together. Please continue to follow the government

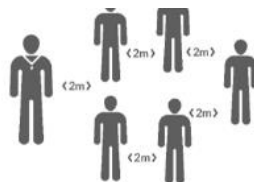
guidelines and the guidelines from England Athletics which can be found here: <https://www.englandathletics.org/>. Here's a graphic from England Athletics. Please note Palmer Park remains closed until further notice.



**Up to 6 athletes
and runners**



**Outdoor
exercise only**



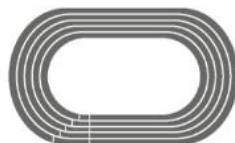
**Only 1 : 5
coach and athletes**



**Follow equipment
hygiene
procedures**



**Maintain 2
metres at all
times**



**Follow venue
guidance**



**Virtual challenges
& competitions
still available**



**Follow public
guidance for
health**



**Do not take part
in activity if self
isolating**

The consistency and frequency of the virtual activities our volunteers continue to bring us is as impressive as the quality. Since the last edition we've had the Summer Relays and Virtual Endure organised by **Kerri French** and **Ian Giggs** respectively. Thank you both. Thanks once again to the generosity of club members for the funds raised for Parenting Special Children. There's an update on our Charity of the Year in this ebulletin – thanks Rachel and team.

Taking place as I type we've the virtual British Masters Relays, and coming up sooner after that, the Ridgeway Relays. Thanks once again to captains **Jamie Smith** and **Sam Whalley** for organizing the teams.

One volunteer at the club who has contributed a huge amount is **Alexa Duckworth-Briggs**. Alexa has informed me she is stepping away from the club for personal reasons – it's a decision I respect. She has coached countless members over the years, consistently provided valuable content to our newsletters and was the club's first ever Mental Health Champion. Alexa your impact on Reading Roadrunners has been huge and is truly appreciated. On behalf of all our membership - thank you. Our door is always open.

Before we entered this unexpected period, we announced that **Katie Gumbrell** would be stepping down as coaching co-ordinator. As restrictions were put in place on all of us, Katie continued in the role and has led by example throughout. She's performed wonderfully in her volunteer role – thank you so much Katie. The time has come to begin the process of finding a replacement. Myself and our Coaching Liaison Officer, **Vroni Royle** will be proceeding to appoint a successor.

The light continues to shine. It continues to shine ever brighter as we emerge from the restrictions together. Stay Connected. Wishing you and your loved ones continued good health. Look after yourselves and each other.

Phil

chairman@readingroadrunners.org

Editor's Note

Ben Fasham

Dear all,

Although it may not feel like it, the pandemic must be settling down as the amount of articles received into the Newsletter is slowing up a little. I'm taking this as a sign that everyone's too busy running to write, and this edition features two Virtual versions of popular events that have taken place in the last couple of weeks – the **Summer Relays**, and **Endure 24**. It's not true that everyone was too busy running to pen a few words though and I'm especially grateful to **Sarah Richmond De'Voy** for providing us with an insight into what it takes to do a solo Endure, heading out for each lap from the comfort of your own home. It's even more remarkable when you consider what she had to hoick out of her dog's mouth. More below.

On the subject of remarkable amounts of distance running using your own home as a feeding station, I make no excuses for putting **Christina Calderon** and **Chairman Phil** on this edition's front cover. For those not in the know, this intrepid twosome completed the Virtual Comrades Ultra-Marathon – 90km over the course of Sunday. It's a fantastic achievement, not least when you take into account the fact that both of them have been extremely busy during the last few months working on Covid-19 related issues, especially Christina in her role as an NHS Physiotherapist. Exhausting just to think about it all.

I know plenty of other Roadrunners have spent Lockdown carrying out similar feats of endurance, so if you have, or one of your friends has, please let me know – we'll be putting together some sort of "RRR under Lockdown" compilation, and I'd hate to miss anything especially worthwhile. Emails into the address below, as usual.

As for the next Newsletters, I'm still looking for at least one volunteer for the **Face-to-Face Interviews** – especially if you are male and new to the club (or even better, running). All you need to do is think of 8 questions for your opposite number, and write a few hundred words in response to their questions. Less work than a job application, and a nice way of giving yourself a snapshot of your current running ambitions.

All the best,

Ben

newsletter@readingroadrunners.org

Club Charity of the Year Update

Tess Eagles, Business Development Manager, Parenting Special Children

Hi everyone,

I'm delighted to tell you that the funds raised by RR have enabled PSC to design, plan and implement a brand new sleep and anxiety workshop which ran this Monday, plus two general sleep workshops running over the coming weeks. In the next Newsletter [xt Newsletter](#) I will be able to provide you with statistics regarding attendees and feedback from the workshop.

Thank you for your continued support. As a charity we have listened to our families and adapted to their current needs, and the new workshop will be for parents/carers of children with additional needs who struggle with their sleep due to anxiety especially during Covid-19. Leading on from the workshop our trained sleep practitioners will be able to continue to support more complex families with sleep assessments and individual sleep plans. We can only adapt to this increased need with funding received from amazing support such as Reading RoadRunners - every pound you are raising is directly helping families in need.

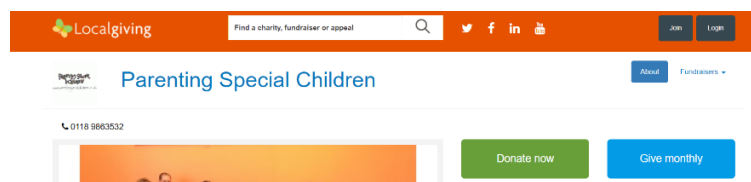
Kind regards, Tess

Donating Monthly for Parenting Special Children

Please see below for full instructions on how you can do this. This is a **different** link to the one we use for fundraising at our events, and **it is important that if you give regularly via this link, you do mention Reading Roadrunners in the reference**, as we can then add this to our grand total at the end of the year!

How to give monthly via LocalGiving

Click on the link <https://localgiving.org/charity/psc>



Click on the blue 'Give Monthly' box and it should take you into the donations screen where you can set up your donation. Note if it is a monthly donation you will need to ensure the box is ticked.

☒ Make it a monthly donation

Please write reference 'Reading Roadrunners' in the message box.

Virtual Summer Relays

Kerri French

The Summer Relays took place at various venues across Central Berkshire, Garmin, Strava and beyond in early June. The format was unchanged from the previous 29 years – predict how fast you would run your leg, and then run it 'blind'. 78 runners took part, across 28 teams, including 4 solo runners. Well done to **Sarah Timmis**, **Alan Williamson**, **Beth Rudd**, and **Carmen Fuentes** for those solo efforts.

The winning team **Three Go Loopy Again** consisted of **Katherine Sergeant**, **Tony Streams** and **Pete Aked**, and had a combined error deficit of a mere 39 seconds. The team with the worst prediction abilities were the (possibly well-named?) **Lastminuterunners** – **Alice Kerr**, **Suzanne Bate** and **Clive Bate**, who managed to underestimate themselves by a whopping 682 seconds; almost four minutes each! The team results are on the following page; the top three individual runners, in terms of accuracy of prediction, were:

	Actual	Predicted	Error (seconds)
Sarah Alsford	00:19:22	00:19:24	2
Caroline Hargreaves	00:24:58	00:25:00	2
Ian Giggs	00:17:27	00:17:30	3

The event raised at least £210 for Parenting Special Children, so thanks to all who took part.

Distance Pace Time
2.50 mi 8:27 /mi 21m 7s



Nicola Gillard proves she didn't cheat

Team Strong Wings are all set



Virtual Summer Relays – Results by Team

Place	Team Name	Team error	Runner 1	Actual	Predicted	Error	Runner 2	Actual	Predicted	Error	Runner 3	Actual	Predicted	Error
1	Three Go Loopy Again	39 secs	Katherine Sergeant	00:16:25	00:16:30	5 secs	Tony Streams	00:19:39	00:19:30	9 secs	Pete Aked	00:16:35	00:16:10	25 secs
2	6Donuts	40	Art Atwal	00:22:36	00:23:06	30	Jacob Atwal	00:20:06	00:20:00	6	Oliver Atwal	00:20:04	00:20:00	4
3	Wokingham Beer Bandits	50	Pete Bowles	00:17:03	00:17:40	37	Pete Bowles	00:17:51	00:17:40	11	Caroline Hargreaves	00:24:58	00:25:00	2
4=	RrrEssJay	59	Ros Crawford	00:22:58	00:23:25	27	Sarah Alsford	00:19:22	00:19:24	2	Joanne Kent	00:22:21	00:22:51	30
4=	Carters Hill Arms	59	Adele Graham	00:23:38	00:24:05	27	Gill Gillard	00:21:37	00:21:59	22	Dave Gillard	00:22:13	00:22:03	10
6	Dream Team	61	Corinne Rees	00:23:56	00:24:24	28	Morgan Rees	00:17:26	00:17:00	26	Alex Bennell	00:22:53	00:23:00	7
7	IPL-Jackmon Lockdown Trio	67	Ian Giggs	00:17:27	00:17:30	3	Paul Monaghan	00:21:37	00:22:00	23	Caroline Jackson	00:19:59	00:20:40	41
8	STD	86	Sarah Walters	00:25:17	00:25:52	35	Anthony Eastaway	00:26:26	00:26:40	14	Diane Hodder	00:22:23	00:23:00	37
9	These Girls Can	109	Sara Lopez	00:24:00	00:25:00	60	Alice Carpenter	00:23:53	00:23:30	23	Angela Burley	00:21:34	00:22:00	26
10	DeePeeKay	123	Donna Saunders	00:21:12	00:22:36	84	Phil Sharman	00:24:23	00:24:37	14	Kerri French	00:31:25	00:31:00	25
11	Professional Darts Corporation	128	Dean Allaway	00:18:46	00:19:00	14	Phil Reay	00:22:38	00:22:51	13	Christina Calderon	00:20:19	00:22:00	101
12	Run MDM	143	Mike Dawes	00:24:54	00:24:35	19	David Head	00:27:28	00:27:06	22	Moiria Allen	00:19:50	00:21:32	102
13	Therapy called Running	148	Sarah Richmond- De'Voy	00:23:37	00:24:00	23	Vroni Royle	00:24:46	00:23:20	86	Nicki Gillard	00:21:06	00:21:45	39
14	Me, Myself and I Solo	153	Alan Williamson	00:27:31	00:29:20	109	Alan Williamson	00:28:50	00:29:20	30	Alan Williamson	00:29:06	00:29:20	14
15	H&Ms	167	Chris Manton	00:20:00	00:20:58	58	Gill Manton	00:32:13	00:33:40	87	Hannah McPhee	00:29:02	00:28:40	22
16	Relay Wrong	188	Saba Reeves	00:20:33	00:22:00	87	Joanne Sollesse	00:19:44	00:21:00	76	Sian James	00:19:30	00:19:55	25
17	The Crazy Joggers	199	Claire Stemp	00:28:20	00:28:30	10	Clare Samaroo	00:28:17	00:31:00	163	Julie Tapping	00:24:34	00:25:00	26
18	Sarah Timmis Solo	213	Sarah Timmis	00:17:58	00:19:20	82	Sarah Timmis	00:17:55	00:19:20	85	Sarah Timmis	00:18:44	00:19:30	46
19	The Chatterboxes	216	Laura Batten	00:21:22	00:23:00	98	Leanne Rebecca	00:24:31	00:24:00	31	Zoe Browne	00:23:03	00:24:30	87
20	Triple Whammy	251	Ben Fasham	00:17:23	00:18:00	37	Katherine Sargeant	00:15:28	00:16:20	52	Nicki Farrell	00:27:18	00:30:00	162
21	Team 2021	258	Sam Whalley	00:19:15	00:20:20	65	Ben Whalley	00:19:04	00:21:15	131	Julie Sugden	00:19:58	00:21:00	62
22	3Gs	275	Emma Grenside	00:24:56	00:26:52	116	Roger Ganpatsingh	00:19:05	00:20:00	55	Liz Ganpatsingh	00:19:54	00:21:38	104
23	Strong Wings	278	Helen Wing	00:25:50	00:24:30	80	Kevin Strong	00:23:58	00:25:12	74	Stewart Wing	00:19:00	00:21:04	124
24	Early Birds	283	Annette Russell	00:27:43	00:29:00	77	Sue Medlycott	00:38:10	00:38:00	10	Esme	00:31:44	00:35:00	196
25	Electric Avenue	298	Rachel Helsby	00:22:21	00:23:30	69	Joel Fayers	00:20:05	00:23:30	205	Amanda Fennell	00:24:24	00:24:00	24
26	Beth Rudd Solo	314	Beth Rudd	00:22:36	00:25:00	144	Beth Rudd	00:23:17	00:25:00	103	Beth Rudd	00:23:53	00:25:00	67
27	Team Higgsy	350	Gemma Higgs	00:21:33	00:23:30	117	Sophie Higgs	00:36:16	00:38:00	104	Peter Higgs	00:24:51	00:27:00	129
28	Lastminuterunners	682	Alice Kerr	00:29:53	00:38:00	487	Suzanne Bate	00:23:59	00:25:15	76	Clive Bate	00:20:31	00:22:30	119

Virtual Endure 24 – Team

Ian Giggs



Sat 12:00	Caroline Hargreaves	5.09	00:58:43	Sun 00:00	Gary Clarke	5.68	00:54:11
Sat 13:00	Sian James	5.11	00:40:07	Sun 01:00	Brooke Johnson	5.03	00:35:15
Sat 14:00	Anthea Batchelor	4.86	00:49:00	Sun 02:00	Peter Higgs	5.71	01:03:58
Sat 15:00	Ben Whalley	5.00	00:54:20	Sun 03:00	Ian Giggs	5.00	00:40:40
Sat 16:00	Kerri French	4.31	01:00:00	Sun 04:00	Tony Streams	5.01	00:40:35
Sat 17:00	Gemma Higgs	5.20	00:43:24		Katherine Sargeant	5.01	00:36:26
Sat 18:00	Sarah Walters	5.01	00:56:42	Sun 05:00	Chris Manton	3.57	00:57:23
Sat 19:00	Nicole Ricket	4.93	00:48:25		Gill Manton	3.57	00:57:23
Sat 20:00	Dean Allaway	5.00	00:41:21	Sun 06:00	Joanne Solesse	5.21	00:49:12
Sat 21:00	Bill Watson	5.01	00:53:20	Sun 07:00	Daniel Rickett	5.40	00:47:56
Sat 22:00	Donald Scott-Collett	5.01	00:47:55	Sun 08:00	Sam Whalley	5.00	00:42:04
	Sian James	5.01	00:47:55	Sun 09:00	Nikki Gray	5.01	00:37:26
Sat 23:00	Shweta Saikumar	5.01	00:50:10	Sun 10:00	Caroline Jackson	5.01	00:41:01
				Sun 11:00	Liz Johnson	5.05	00:43:19

Virtual Endure 24 - Solo

Sarah Richmond-DeVoy

So I did Virtual Endure 24 solo....I've done Endure 24 before as a team and have also volunteered and absolutely loved the atmosphere - it is a great big get together camping, socializing and then going off for your lap! But this year it was cancelled like a lot of things have been so when given the option to do the race anyway just for a donation to charity I thought, why not! I didn't really think much about it after entering and had no real plan, but about a week before the race I put a bit of a plea on Facebook "would anyone like to join me for a lap or two?".

Well I was overwhelmed by the response ♡ - out of 13 laps that I ended up running I only had to run alone twice and had more offers for laps on Sunday if I had managed it. Roadrunners, family and other running friends offered to join me for most of my laps - my husband and 2 boys even stayed up to join my night-time lap, Kerri French stood out in her pjs gone 10 at night to give me a cheer, and one friend even got up at 3 in the morning to come and join me for my 4 am lap.

My non-existent plan for the race was basically: run some, walk some and see how it goes. I started off doing a double running lap, the first one with **Nicola Gillard** in our Tutus (you get a lot of comments), followed by one on my own. I then had a walking lap with my sister **Anna (Russell)**, quickly followed by another with **Jeanette Allcock** and then running the next with **Kerri French**.

I was very glad when my friend cancelled my 5pm lap because I needed to sit down and eat!! So I had a couple of new potatoes and half a jam sandwich and then off I went out again at 6pm for 3 laps with Tony Long. I kept going all the way through until 11 at night including a bit of the sprint to get my dog to my sister after he tried to eat a toad. I managed to get a whole 2 hours' sleep after eating some wonderful noodles that my 9-year-old son cooked for me and a large glass of wine.



Then it was time to get up at 3 in the morning and head out for my next lap; I had to resort to walking because what I had thought to be a stitch turned out to be a pulled muscle. We made do with a lovely dawn walk, and then I was met by **Coach Vroni** to do my 5am lap before she went for her LSR. This brought me to just over 36 miles, at which point I realised the blister I had on my toe was a monster, my side really did kind of ache and I was only really going to do one more lap.

After saying goodbye to Vroni I had a bowl of potatoes (my brother-in-law **Keith Russell** had assured me at a previous year's Endure that all I really needed was potatoes to fuel my run), had a short nap and then I got my shoes on and I ran-a-minute, walked-a-minute for



three-and-a-half miles to bring my total up to just over 40 miles, or 65 km, at which point I saw the lovely **Rachel Helsby** and **Jo Rippingale** who were just heading out on their morning run. I'd originally hoped for 50k over the weekend so I was over the moon to reach 65k.

Was I prepared? Nope - weeks of lockdown had put a stop to distance training so I was seriously out of condition when starting and had no real plan. I had cooked up some potatoes, eggs and made some sarnies and just knew I was gonna do what I could, no pressure.

I have learnt that the Reading Roadrunners really are bloody amazing and so, so supportive. It was wonderful to have some socially distanced company and support and great to catch up. Now it's Monday and I have spent a day at work trying to keep up with a lot of children who think Mrs DeVoy was walking funny and I honestly can't wait to do it again for real.

A	B	C	D
TIME	METHOD	COMPANY	
1230	run	Nicki	dinton
1	run		dinton
2	walk	Anna	dinton
3	walk	Jeanette	meadow
4	run	Kerri	meadow
5	walk	Hilling	meadow
630	run	Tony	dinton
7	walk	Tony	dinton
8	run	Tony	dinton
9	walk	Boys	meadow
10	run	Nicki	meadow
sleep			
4	walk	Frankie hilling	meadow
5	run	Vroni	
6	walk		meadow
7	run		dinton
8	walk		meadow
9	run		dinton
10	walk		dinton
11	run		meadow

Out On Your Feet: The Hallucinatory World of Hundred-Mile Walking by Julie Welch

Kathy Tytler

I re-read this book as part of my substitute activities in place of the Long Distance Walkers' Association 100 mile walk, which was due to take place in Monmouthshire on May Bank Holiday weekend. Then I started writing a review, which evolved into writing up my memories of my LDWA 100 mile walks. It turned out to be a big job that I am still working on.

The LDWA 100 takes place in a different part of the country each year. There is 48 hours to complete it. You can run it or walk it, or run part, then slow down to a walk or maybe even a crawl. Fast ultra runners often complete in under 24 hours. I take a bit longer and get my money's worth.

If you do have an ambition to complete an LDWA 100, I recommend that you read this book. The LDWA 100 is different to many of the Trail Running 100s, the routes are not as straightforward as following the signs for a National Trail. Instructions, read by headtorch at night, often contain such gems as this from the Valleys 100 in 2014:

"Arrive at gateway in dry stone wall. DO NOT pass through gateway." We don't. "Turn L" We do. "Keeping wall on RHS" We don't. Our left turn was too sharp and we end up climbing another mountain in the dark – A DUNG HEAP!

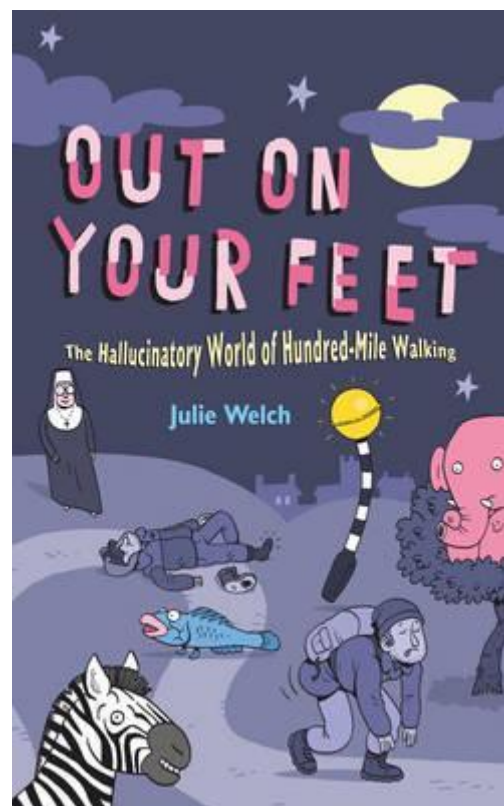
If you do not have an ambition to do the event, but would like to know what motivates up to 500 people to go through the pain and maybe two nights without sleep (hallucinations are a common occurrence), I recommend you read it.

Julie Welch has an easy journalistic writing style. She introduces you to some of the characters of the event (some of whom I know) and also describes her experience of training for and completing the Yoredale 100 in 2008.

Another reason to read the book – I am in the background of a photograph applauding Gerald Bateman, the last finisher in the 2005 Chiltern Landmarks 100.

Now to get on with my own LDWA 100 memories ...

Kathy Tytler



Reading Roadrunners Committee Meeting

Tuesday 9th June, 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

Anne

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Nothing to report.

Chairman's report

Phil hopes that everyone is well, is enjoying the partial relaxation of lockdown restrictions and is taking the opportunity to meet with friends and to keep up running.

With the easing of restrictions, Ben will publish the e-Bulletin every two weeks rather than the present weekly schedule.

Phil thanked Katie for having continued to support members as the Coaching Co-ordinator throughout the lockdown period, despite having stood down at the AGM in March.

Phil also thanked Kerri for having organised the virtual Summer Relay competition, which raised over £200 for the Club charity.

The Committee continues to think about how the Club might re-start group running activities, but until the government publishes a plan, UK Athletics translates that into guidance for running clubs, and RSL advises how Palmer Park will operate, this can only be speculation.

Finally, Phil was sad to report that Alexa has stood down for personal reasons as coach and Mental Health Champion. The Committee joined Phil in recognising her major contribution to Club activities over recent years. Nicki Farrell has been working with Alexa for some time and will continue as the Mental Health Champion.

Treasurer's report

Jill presented the shortest set of accounts in Club history and confirmed that the accounts are balanced for May.

General Secretary's Report

Bob reported that it has come to light that event insurance provided by UKA as part of the Club's affiliation with England Athletics may have additional restrictions of which the Club was unaware. This requires further investigation.

Membership Secretary's Report

Anne reported that one new member joined during May.

Social Secretary's Report

Liz noted that there has been a plethora of virtual events organised by many different members during the initial lockdown, but this was beginning to tail off with the new freedoms to move about and meet people.

Coaching Report

Katie has been working on risk assessments that will be needed to resume coaching activities in due course.

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

Katie stood down in March and we need urgently to replace her.

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.

DONM: Wed 8th July 2020, by video call

Main Club contact points:

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

Welfare Officer, Tom Harrison:
tom.harrison13w@btinternet.com