

E-BULLETIN

28 OCTOBER 2020



**ROADRUNNERS TAKE TO
THE WATER AND THE
GALLOPS IN SEARCH OF PBs**

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

2020 – The Challenge Chose Us

We're used to selecting our challenges. Regardless of distance, speed or terrain we're used to searching the race pages and entering the events that appeal to us. In March this year, things changed. A bigger challenge chose us.

How we responded to the pandemic is something we can all be proud of. There was an acceptance of the situation and an acknowledgement our lives had changed dramatically. Together we focused on what we could do. What motivates us are the things we care about, with the one common denominator we share being our passion for running and our care for each other as members of Reading Roadrunners.

How good was it to see our social media feeds filling up over the past couple of weekends with members running in Green Vests and marshalling in hi-vis? We're starting to choose our own challenges again! Define what your personal challenge is, work out how you want to achieve it and enjoy your journey safe in the knowledge that whatever it is, your Reading Roadrunners team-mates support you.

Whilst the pandemic isn't over, there is plenty to look forward to as a club for the remainder of the year. We've our track sessions on Wednesdays and Fridays, outruns, trail runs, Couch to 5K program, online strength training classes, a Halloween bingo run, virtual bake offs, some fun Christmas activities and our new kit launch.

Thanks for choosing to be part of Reading Roadrunners. Let's go finish 2020 on the front foot.

Phil

chairman@readingroadrunners.org

Editor's Note

Ben Fasham

Dear all,

As is noted elsewhere it's been great to return to racing recently; being at the events at Woodley and Newbury did at least gave me a glimmer of hope about the progression of our lives in the middle-distance future. Thanks and congratulations to **Ellie** and **Ian Gosling** for putting on such a smoothly-run event at Woodley - I especially enjoyed the way the holding pens flanked the starting line, allowing everyone to watch the official start of the race, even if their own slot was some way off.

A quick apology is due here to the **Dibben family** – I hope **Liz** isn't too embarrassed that I used her name in the last newsletter to identify her Mum **Jill**. I now know the chilling feeling of dread that Fleet Street's finest used to experience when the copy editor came across an error. Must do better...

A few things to flag up in this edition: there are two charity messages/events to absorb; the prize draw looks well worth winning! **Clive** and **Suzanne Bate** introduce themselves as the new Kit Co-ordinators with some very exciting kit news. And finally and possibly most importantly, there are committee places to be filled over the next few months, especially the crucial Covid Co-ordinator role.

All the best,

Ben

newsletter@readingroadrunners.org

Virtual Halloween Bingo Run

Sam Whalley

This is a spooky 🎃 event for teams of 1 to 3.

Please ensure that current government guidance on social distancing and gatherings is adhered to fully.

How it works: Each team will be allocated 3 numbers, between 1 and 20, at random. The team members will take turns to run a one-mile loop (or out and back) from their respective houses. After each lap, post your time, and pick a number from your virtual bag of counters numbered 1-20. If you have that number on your virtual bib, cross it off. Repeat until all 3 numbers have been crossed off.

Bingo Run Lite option - 10 counters instead of 20.

Each team will need to keep track of which numbers they have crossed off, or they could end up running for a very long time!

Minimum distance per team will be 3 miles, maximum will be 20 (or 10).

A Zoom link will be posted or distributed nearer the time.

Feel free to dress up 🧛 but please ensure you are visible 👁️

To enter, make a donation to the club charity: <https://localgiving.org/fundraising/readingroadrunners/>, and email Sam Whalley at teamcaptains@readingroadrunners.org

Reading Roadrunners Committee Meeting

Tues 6th Oct 2020, 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, Claire

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 reported that Phase 2 of our return to group training is going well with all training options offered being used. It was intended to move into a Phase 3 with more capacity but, in view of the relentlessly gloomy news we will extend the current Phase 2 for the next four weeks. Phil thanks the coaches and Leaders in Running Fitness (LiRFs) who continue to support the training.

The Club was active at the weekend with many members taking part in the Virtual London Marathon – well done to all.

Finally, Phil noted that we have so far been unable to fill the important post of COVID Co-ordinator and urges members to consider if they

could volunteer, especially those with H&S expertise.

Treasurer's report

Jill has refunded all but two coach fares for the cancelled London Marathon and awaits advice from the remaining two on their bank accounts to receive the refunds.

Jill followed up options for opening a new bank account with Santander but found her earlier optimism to be misplaced. She is now talking to Barclays.

The Committee agreed that Jill should engage a tax consultancy to assist in reviewing the Club's tax liabilities.

The Committee further agreed that Jill should engage an accounting professional to verify the end-of-year accounts.

General Secretary's Report

UoR use of track. The University has for several years joined the club on the track on Friday evening sessions. Bob has received a request from the University to continue that arrangement this year. In view of the present circumstances, the request was denied.

Membership Secretary's Report

Anne reported that two new members joined during September.

Social Secretary's Report

Liz reported that her Fantasy Football initiative has raised £156 for the charity.

Liz is trying to retrieve the booking deposit for the Spring Do from the University or to get confirmation that it can be rolled over.

Liz is considering what she can stage for Christmas this year, knowing that we will not be able to enjoy the usual Xmas Party.

Return to Track

Phase 2 of our return to track will be extended through to 6th November in terms of the track training and group running options. In addition, two trail runs will be offered; if successful, it is hoped that there will be more of these through the winter. Unfortunately, prevailing restrictions limit the capacity to the leader and only five athletes.

Both Phil and Bob are receiving queries from prospective members asking if they can come to track to join in, which they presently cannot do. The Committee agreed that Bob should plan how to integrate a periodic introductory session for prospective new members to run on set Wednesdays and in accordance with the safety measures we have in place.

Coaching Report

Vroni presented the Coaching Co-ordinators' report.

The return to training is going well with positive feedback from both track and outrun sessions.

The Coaching Co-ordinators have chased provision of hi-vis bibs for the outrun leaders. (This is in hand and will be ordered shortly.)

Several of the Leaders in Running Fitness (LiRFs) have expressed an interest in progressing to a coaching qualification, and one has commenced the training.

Katie will continue to provide virtual strength sessions until 11th November.

Availability of coaches to support track training sessions and outruns continues to be problematic, placing a reliance on the same few volunteers to enable the Club's present return to training.

Phil pointed out that the Committee still needs to understand the forecast requirement for CiRF- and LiRF-qualified coaches and a plan to fulfil the need.

Any other business

Club records. Phil noted that several Club records have recently fallen and need to be updated accordingly.

CLUB VACANCIES

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.

COVID Co-ordinator. To continue group training, the Club has a responsibility to ensure that it is paying due regard to prevailing guidelines, for which the Club needs to appoint a specific post of COVID Co-ordinator.

Members with Health & Safety experience or a specific interest in COVID-related operating practices are invited to speak to Phil in the first instance.

Membership Secretary. Anne intends to stand down as Membership Secretary at the 2021 AGM. It would be ideal if her replacement could be in place in time to shadow her processing renewals in the New Year. Members interested in taking over this role should talk to Phil in the first instance.

DONM: Tue 10th November by video call

Main Club contact points:

Chairman, Phil:
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Membership Secretary, Anne:
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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

Women's 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

I'm writing this still on a high from the Woodley 10k, and I didn't even run it!

Well done to those of you who did, and especially to those who achieved a PB, a podium age category position, or even just a longest continuous lockdown run. From my marshal spot just before the finish, it was pretty clear that you were glad to be back racing, even with its associated pain! See David's results page for the full stats.

The traditional pre- and post-race socialising was obviously gone, but many celebrated and debriefed over Bosco breakfasts, and the race day atmosphere was very much there.

I volunteered to marshal because a) I'm not yet up to racing, or even running, 10k, and b) I wanted to see people! There are so many people I haven't seen in the flesh since February, so this was a great opportunity to do just that, even if my Covid attire confused a few - marshals were required to wear masks, and I pretty much always wear a hat anyway. I really enjoyed it!

We're about to enter our second month without XC, and this makes me sad. There is still some hope for the Hampshire League and some of the championship races, but the TVXC League has cancelled all fixtures for this season, largely due to lack of venues and landowners' permission, amid safety concerns. Many TVXC clubs have expressed interest in a virtual race, so fingers crossed we can come up with something. Watch out also for news of a club XC challenge for all abilities.

In the meantime, keep on getting out of the door, and keep us posted on your achievements.

Thames Valley Cross-country league – 20/21 Update

Jamie Smith

After several discussions over the last few months the decision has this afternoon been made to cancel this winter's TVXC.

The amount of work and extra cost involved for all clubs/volunteers, NS clubs having to find a suitable venue to use and willing to let be used, have all made it very difficult to stage the type of XC event we all enjoy so much.

This unfortunate decision will give all the athletes and clubs along with the rest of the world time to adjust, reassess, and see how we go forward next year.

Sorry to be the bearer of this sad news, unfortunately like so many other events that have been cancelled this was just something that has been taken out of our hands.

Unfortunately, the Hampshire league had hoped to host a couple of fixtures this year at Aldershot – sadly the landowner has removed the permission, and this will now no longer take place.

So, we wait for some cross-country races to mess about in the mud.

Men's Captain's Report

Jamie Smith



The last few weeks have seen some return to a sense of some normality with Wednesday/Friday tracks nights, outruns and even some well organised “actual” races.

It has been a tough year for everyone, but being at the Woodley 10k myself and then seeing Facebook flooded with photos of our club members wearing the green vest with such pride really was fantastic to see.

This year has provided many challenges. I'm sure everyone's fitness has had highs and lows (I know mine has) so even just getting on the start-line for a race can feel like a huge moment. Congratulations to everyone whether it was a personal best, season best or like me just getting out and racing.

It was particularly great to see so many faces whom I had not seen since the lockdown restrictions kicked in. With the ability to sit down, have a coffee and enjoy conversation. It felt like it was only

yesterday that we had all been together. I know for myself waking up on Sunday before there was that feeling of pre-race nerves, but a feeling I had missed. Let's all hope the opportunity for races will be one that continues with further opportunities opening up.

This month saw a number of fantastic runs, notably **Brendan Morris** running a solo Virtual New York marathon around the streets of Reading – managing a great time of 2:44:26 (with a suggestion he struggled from 6km onwards)

The month started with club members taking to Dorney marathon – we saw PBs from **Tony Page** (2:57:30) and **David Dibben** running a fantastic 3:43:22. Well done also to **Alex Harris** and **Jamie Cole**, both breaking 3 hours.

Another notable early October race was the Autumn 100 miles, **Gary Tuttle** taking part completed this in under 23 hours! Well done Gary.

From the extreme of 100 miles, early October saw a PB for **Fergal Donnelly** on the track over 3,000m, running a rapid 10min 11secs.

At the Windsor 10km we saw a new personal best from **Dan Whittaker**, showing his training has been going well – running 41.56.

Newbury Racecourse turned into a real turn with many club members turning out, on what turned out to be a rather twisty course with lots of gravel to run on. There were some notable performances: in the 5km **Jack Gregory** took 1st place overall, while **Alex Harris** was first home in the M50. The 10km saw success for **Mark Worringham** as 1st M40 and **Pete Jewell** as 2nd M55. There was a new pb for **Dave Thornton** in 45.36.

In the Half marathon **Alan Freer** was 1st M60 in, and our own newsletter editor **Ben Fasham** ran a new personal best in 1:37.00

At the Woodley 10km we had 17 male members take part, being led home by Mark Worringham as 1st M40 and 4th overall. There was an age category win M50 for **David Parton** in 36.55, followed closely by Alex Harris as 2nd M50. Fergal Donnelly shows that his lockdown training has gone well with a fine PB of 37.45 and finishing 2nd M40

On the same day as Woodley returning from injury **Matt Davies** ran a new personal best for 5km, running 18.12 at Dorney lake.

Parenting Special Children – Winter Draw

Club Charity of the Year

Thank you to everyone from the Reading Roadrunners who have organised events, donated and supported Parenting Special Children (PSC). Your fundraising efforts are making a difference to the families supported by PSC via our sleep workshops, one to one clinics and individual sleep assessments. We are currently piloting a new project centred around family support which includes the sleep service. We have identified families with several complex issues and are working with the parents, children and professionals to ensure that the family stays together and starts to be able to move forward in a positive direction which will include an improved sleep pattern.

We are currently selling draw tickets, first prize £1,000. Please put 'RR' in the message box so I can track RoadRunners donations <https://localgiving.org/charity/psc/project/supportustosupportyou/>.

Please note the deadline is 6th November.

WATCH THIS SPACE – PSC is launching a campaign – 'Do it your way' more details to follow next month, it would be great to have your support.

'A stronger parent makes a stronger family' – we can only undertake our important work thanks to funding and amazing groups such as yourselves, your efforts are very much appreciated – thank you.

Kind regards, Tess Eagles

06006 Stepping Forward UK WINTER DRAW	 Stepping Forward UK Registered Charity No. 1177955 WINTER DRAW Benefiting local charities & groups including: <i>Berkshire MS Therapy Centre, Parenting Special Children, Autangel, Green Health TV, Berkshire Phab, Engine Shed, Autism Berkshire, Berkshire Vision, Rivertime Boat Trust and Innwalk Appeal for Avenue School</i>	06006
Name:		
Address:		
Tel:		
★ 1st Prize: ★ £1,000 of John Lewis Vouchers 2nd Prize: Afternoon tea for 2 at The Hilton 3rd Prize: 1 month's free gym use at The Hilton		

Club Kit Update

Clive & Suzanne Bate



Firstly we wanted to introduce ourselves as the new club kit team Clive and Suzanne Bate.

Suzanne joined Roadrunners in April 2016 after being put off running clubs following a bad experience with another local club, who sent me packing after an outrun and told to come back when I could run 10 minute miles..... they will remain nameless. I was keen to join a running club not only to find new people to run with but also to expand my social circle. Despite living in Reading for 10 years I knew few people outside my work and Army network. Joining Roadrunners was a great decision, their website write up of a friendly bunch who welcome new members regardless of ability is spot on. I have enjoyed not only the running but socialising with people I can honestly call friends, who continue to be supportive not only with my running but personally too.

Clive joined the club a year later after watching and supporting Suzanne in many races and seeing the amazing support the club offers to all abilities of runners. Having served 23 years in the Army and being forced to run it was something I hated. Joining a running club was the last thing on my mind until witnessing the support the club gives along with the social gatherings after races and organised socials.

Where do we start with the club kit, we should start by saying that we have very big shoes to fill following Chris and Sarah Drew. On that point please be patient with us while we find our feet, it will take a while to get up to speed with the ordering and supply of both the club shirts and the leisure wear. We know that they both put a lot of effort into getting a leisure line available alongside the club running shirts, which many club members wear.

Hot off the press is the news that the new club kit has been ordered and is in the process of being manufactured by 2XU. We cannot take any credit for this but the deal that has been negotiated for the Club is fantastic and includes buy back of all current Scimitar stock. The initial order consists of mens T-shirts and vests, and ladies T-shirts, vests and racerback vests. We hope to have stock before Christmas when we will have a virtual launch event, more on this to follow. A sneak preview of the kit is over the page.

The cost of vests will be £16 and tee-shirts £25, as before we will have stock available for individuals to buy. There will be additional club branded kit available to order subject to minimum order quantities so we will be taking orders for these items, more details will be available during the launch event.



We are still providing the old leisure kit in the same way as before but unfortunately due to the current COVID situation we cannot allow members to try kit on prior to ordering. Once we are back to some sort of normality, we will have monthly kit evenings at track. Please note, the old kit is being returned to 2XU (with thanks to them), and final numbers have been provided, meaning that the old kit is no longer available.

If you would like to order any club kit or would like further information please get in contact with us at clubkit@readingroadrunners.org

Roadrunners' Race Results

David Dibben

GOOD to see a big contingent of RR competitors and marshals at the Woodley 10k.

Hopefully that heralds some sort of return towards normality, although I fear we will have wave starts and many other constraints for some time to come.

Apologies to anyone I missed from the Woodley results; quite a few runners had no club affiliations and searching the albums wasn't a great help because not all our members were wearing green.

You won't find it below, but this month I'm making one exception to my 'no virtual results' rule as I salute the astonishing performance by **Brendan Morris** in running his virtual New York Marathon in 2hrs 43mins over a pretty awful course through the centre of Reading, taking in any number of busy road junctions. Chapeau!

October 4th

Dorney Marathon

Pos	Name	Chip
140	Alex Harris	2:57.17
141	Jamie Cole	2:57.18
142	Tony Page	2:57.30 PB
239	Sarah Dooley	3:15.55 PB
361	David Dibben	3:43.22 PB

Devizes Half Marathon

Pos	Name	Chip
15	Fergal Donnelly	1:28.18
44	Helen Pool (3rd F45)	1:41.07

Race on the Chase (31 miles)

Pos	Name	Chip
5	Ashley Middlewick	4:38.45

Clarendon Marathon

Pos	Name	Chip
76	David Caswell	4:16.03
242	Harriet Turner	5:26.37
318	Julie Wing	6:12.42

October 10th

Autumn 100

Pos	Name	Chip
72	Gary Tuttle	22:53.20

Run To The Sea (31.5k)

Pos	Name	Chip
298	Miriam Coleman	6:11.03
318	Dan Coleman	6:15.43

Windsor Half Marathon

Pos	Name	Chip
52	Jo Sollesse (3rd F40)	1:49.15 PB

Windsor 10k

Pos	Name	Chip
20	Dan Whittaker	41.56 PB

October 11th

London Middle Distance Open (3k)

Pos	Name	Gun
5	Fergal Donnelly	10.11.PB

October 16th

The Day After George's Birthday Marathon

Pos	Name	Chip
-	Martin Bush	4:53.11

October 17th

Newbury Racecourse 5k

Pos	Name	Chip
1	Jack Gregory	15.46
25	Alex Harris (1st M50)	18.18
78	Maureen Sweeney (2nd F60)	31.31
84	Linda Wright (3rd F60)	33.52

Newbury Racecourse 10k

Pos	Name	Chip
2	Mark Worringham (1st M40)	15.46
15	Chris Lucas	36.31
23	Pete Jewell (2nd M55)	38.18
48	Mark Andrew	42.16
65	Rebecca Fletcher	43.51
80	Dave Thornton	45.36 PB

Newbury Racecourse Half Marathon

Pos	Name	Chip
51	Alan Freer (1st M60, pic)	1:36.11
55	Ben Fasham	1:37.00 PB
108	Phil Sharman	1:53.19
125	Christina Calderon	2:01.55
140	Phil Reay	2:08.34

Queen Elizabeth Park Spring Marathon

Pos	Name	Chip
53	Nicki Randall (2nd F50)	5:31.16
54	Martin Fisher	5:32.00

October 18thWater Of Life 10k

Pos	Name	Chip
12	Alasdair Marnoch (2nd M50)	43.52
36	David Leake (3rd M60)	49.53
117	Andrea Marnoch	63.30
133	Linda Wright	75.53

Water Of Life Half Marathon

Pos	Name	Chip
8	Fergal Donnelly	1:28.00

October 24thThames Trot Ultra (47 miles)

Pos	Name	Chip
54	Gavin Rennie	8:27.07

October 25thWoodley 10k

Pos	Name	Chip
4	Mark Worringham (1st M40)	33.02
19	David Parton (1st M50)	36.55
21	Fergal Donnelly (2nd M40)	37.45 PB
24	Alex Harris (2nd M50)	38.12
29	Jamie Smith	38.32
35	Caroline Hoskins (1st W50)	39.21
42	Katherine Sargeant (2nd W50)	39.49 PB
49	Paul Morrissey	40.24
53	Richard Hallam-Baker	41.01
54	Dan Whittaker	41.01
62	Sarah Dooley	42.28
70	David Caswell	43.13
73	Eoin McLeod	43.34
79	Richard Charley	43.59
85	Dan Coleman	44.45
87	Claire Marks (3rd W50)	44.55
89	Jon Green	45.10 PB
92	Ben Fasham	45.23
101	Tony Streams	46.01
103	Chloe Lloyd	46.07 PB
141	Tom Wright	48.39
155	Lorna McLeod	49.28
163	Nick Adley	49.51
188	Sarah Bate (1st W60)	51.56
189	Catherine Leather	52.00
192	George Nyamie	52.12
210	Sarah Harford	53.16
224	Miriam Coleman	54.10
225	Stephanie Smith	54.13 PB
262	Charlotte Gleadhill	57.16 PB
297	Nicola Spillane	60.38
300	Jenny Boxwell	60.57
313	Kevin Strong	62.25
315	Caroline Hargreaves	62.27
321	Chris Manton	62.53
347	Sarah Walters	66.06
348	Laura Ridley	66.09
352	Maureen Sweeney	66.26
362	Kathy Tytler	69.03
368	Peter Glass	69.47
370	Linda Wright	69.48
372	Leanne Home	70.32

Dorney Lake 5k

Pos	Name	Chip
5	Matt Davies	18.12 PB
7	Chris Buley	18.37
8	Gemma Buley	19.10

Beachy Head Marathon

Pos	Name	Chip
1112	Martin Bush	7:37

Newbury Racecourse 5k – 10k - HM

Photo Gallery



Jack Gregory in splendid isolation at the head of the 5k race



Dave Thornton in fine fettle, PBing in the 10k



Maureen Sweeney found the 5k going good

Woodley 10k

Photo Gallery



Golden Girls: Carrie Hoskins, Katherine Sergeant and Claire Marks pick up the 1-2-3 in the F50 category



Socially-distanced start

That PB feeling: it's in the bag for Charlotte Gleadhill





Clockwise from above: George Nyamie, Jenny Boxwell, Jon Green, Sarah Bate



