

E-BULLETIN

31 JANUARY 2021



A NEW ERA BECKONS



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

Hi everyone

How are you doing? Hanging in there? We have hope. The vaccination program appears to be going well and I'm hopeful we can return to Reading Roadrunners activity in the not too distant future. In the meantime thanks again to the continued creativity of our volunteers for providing the virtual activities to keep us connected and provide some respite from the day-to-day challenges we're all facing.

The tumult of 2020 led us all to a profound re-think across every dimension of our lives – how we live, learn, play, and work. Yet, there is so much to be thankful for – even in such challenging times.

When it became clear that 'running as usual' was no longer an option, it has truly been an honour to be part of a club that demonstrated the resilience, grit, empathy, creativity and resourcefulness to supersede chaos – instead focusing on helping one another and assisting each other as we scrambled to rapidly respond and adapt.

As the country moved into another lockdown, our scheduled in-person sessions were cancelled. While we can't know exactly what tomorrow looks like today, I do know we remain united, together as a club and we'll be back as soon as the guidelines allow. I believe historians will look back on this period in our lives as a time when the best of humanity shone bright, despite a year filled with seemingly unrelenting obstacles. As we move forward through 2021, let's continue to dig deep, to innovate and stay connected with each other.

Thank you to YOU, my fellow members, for everything you do to make Reading Roadrunners such a remarkable club to be a part of. We're learning new ways to sustain our running community. Yes, virtual events and technology allow us to remain sociable while physically distant, but as humans, we are social creatures; it is a huge understatement to say I miss races and more human interaction. I hope to be able to see all of you in-person at some point in 2021.

The renewals period for Reading Roadrunners membership is now open. Our volunteers have done a phenomenal job over the last 11 months keeping us engaged, motivated and together throughout the pandemic and it feels great to be a part of this wonderful club. We experienced a limited return to club led activities, but the circumstances of the previous membership period mean the value we've provided to our members has required minimal investment from membership fees – for example there have been no race entries or no coach hire to team races. After careful consideration and thoughtful discussion the committee unanimously voted in favour of reducing the Reading Roadrunners subscription for 2021/22 to £5 (+£15 EA fees). This applies to existing members who renew before 31 Mar 2021. The link to login and rejoin Reading Roadrunners for 2021/22: <https://webcollect.org.uk/rrr>

One of our proudest achievements of the year has been how we've all supported our charity, Parenting Special Children. To have had a positive impact on families in our local community feels incredibly rewarding. The fund raising continues with the January 2021 minutes challenging pushing the total raised to over an incredible £7,400. Thank you.

I love seeing the positive stories across social media – keep them coming, but more importantly, stay safe and healthy.

Phil

chairman@readingroadrunners.org

Editor's Note

Ben Fasham

Dear all,

Firstly, a constitutional apology – the newsletter came into being primarily as a means of communicating the activities and decision of the committee, on a monthly basis following their meeting. Events caught up with me in December, one way or another, so January's newsletter has a double helping of committee news.

Our Lockdown challenges are still in full swing – January's was to complete 2021 minutes of exercise. I've not taken part as I keep forgetting to take my watch out with me on nursery drop-off (I'll be donating anyway to assuage my guilt – see below for link) but I know many of you have been doing it – where there's a will there's a way I suppose. Which is an approach to things that could be one of the many ways of summarising **Sam Whalley**. For those of you quarantining on the moon, Sam has some news in her update which will come as a bit of a shock. Hopefully Sam will now have plenty of time available to increase her contribution to the Newsletter from the paltry average of 3 articles per month she manages now.

All the best,

Ben

newsletter@readingroadrunners.org

Club Charity of the Year Update

Tess Eagles, Business Development Manager, Parenting Special Children

Dear Roadrunners,

Thank you to everyone who is taking part in the 2021 challenge. Lockdown 3 is proving challenging for everyone and Parenting Special Children is currently responding to the immediate needs of our families including a Sleep and Anxiety Workshop (funded by your generous donations) and a Well-being of Your Child Workshop. The funds you have raised are ensuring that we can help and support vulnerable families throughout Berkshire.



Thank you to the Reading Roadrunners, you are helping us make a difference to local families, helping them transform their lives.

www.parentingspecialchildren.co.uk

Kind regards, Tess

Rachel Helsby writes Since the 2021 Challenge launched we have raised another £390 for Parenting Special Children. Roadrunners (and everyone!) can still donate at:

<https://localgiving.org/fundraising/readingroadrunners/>

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

Anyone with a good memory will recall me saying at last year's AGM, that this year as women's captain would be my last. Although this has been a year like no other, and I have really had very little to do in the traditional sense, I have stuck to this decision, and want to give someone else the opportunity to have a go.

I took over as captain from **Claire Seymour** four years ago. I had got to know Claire through the team events, and she and her male counterpart, **Mark Worringham**, had established a really good routine in terms of the road, track and XC events the club participated in. It meant that the club was already well represented, and year on year, more members were willing to come out and run for us, which was great.

There have been some real highlights - seeing our Hampshire League squad grow bigger and bigger, spending sunny afternoons at the Runnymede Relays in Windsor Great Park, 'school style' coach trips to London, and multiple team wins at XC among them. Seeing teams gel together is great, and is often when club members meet for the first time, knowing that they each will be giving it their all. As women's captain, you are of course also rooting for the men, and **Rob Corney's** Hampshire League win at Dibden Inclosure in 2019 was a real moment of pride for us all.

There have also been some memorable moments of a different kind - the Ridgeway Relay where everyone overheated, missing a turn off the motorway on the way to the Masters road relays, various admin errors, and a forgotten chip here and there will always be with me. Not to mention the number of times the tent has filled with water/blown away while we were racing. It makes me smile just to think about it. The tent is still in my garage from its last XC outing!

As I write this I don't know who will want to replace me. It definitely needs to be someone who's interested in other members' performances and loves being a Roadrunner. It's a great way to get to know everyone! Baking skills are not essential, but it didn't take me long to realise that a tin of brownies does wonders for team spirit. What I also know is that the men's captain, **Jamie Smith**, has a wealth of knowledge and experience, and you would be in very good company.



Men's Captain's Report

Jamie Smith



Sadly after four years Sam Whalley has decided that she will be standing down from her position as the ladies team captain. It is fair to say that Sam not only had an effect on the ladies' team but on the club as a whole, especially over the last year during the lockdown we have all endured.

I have been men's captain for just under 18 months and it goes without saying that without Sam it would have been a whole lot harder. It was always going to be a daunting role to take on for me, but Sam took the lead and always made sure that anything that needed to be done was (a few late night texts gave me a nudge).

Sam has always made time to be at club races, many times dragging the tent across a muddy field on a trolley with wonky wheels in one hand and homemade cakes in the other.

I remember one Hampshire league race where it had been horrendous conditions all day, the tent was filthy as was the

tarpaulin, but Sam being super-organized made sure that was cleaned as soon as she got home, hanging up to dry, ready for the TVXC the next day! This typifies Sam's time as club captain.

Amongst the many tasks Sam has performed over the years a favorite amongst many club members has been Sam's now legendary brownies (I, like many others hope that you still bring these with you!)

Those who have raced at a cross country race will have seen Sam standing the end each cross-country race waiting for every single Roadrunner to finish, congratulate each one by name and take their finish token – no matter the weather, Sam was there. I remember one cross-country race I did and the rain never relented one bit, as I cross over the line there was Sam collecting all the tokens stood huddled under her umbrella!

There have been many runners over the four years who have competed for our club in a cross country race or perhaps a road/off-road relay. It is fair to say that many of us at some point have been coaxed/persuaded by Sam to turn out. There was never a thought about a runner's ability or experience - every single club member iwas (and is) always made to feel welcome by Sam.

Sam also incredibly opened up her house to hold the Bingo run each year, a fantastic and fun event that raised plenty of money for the club charity. Those who ran it were always keen to ask when the date on the following years event would be, and not to miss out during lockdown Sam hosted a virtual version of the event which was a lot of fun for everyone involved. Sam didn't stop there as she also hosted the first Halloween bingo run.

During this past year I think for many of us the time has been hard to deal with. We haven't been able to meet in person to train or race with each other as we would normally. However Sam has been instrumental in putting on so many virtual events – to name a few: Rainbow Run, TVXC relays, Run 24 hours, November XC challenge, Round Reading Relay, Scavenger hunts, 33 challenge, 1 mile time-trial, Mixed-up marathon, Dawn-to-Dusk relay, Virtual 5km

Behind the scenes Sam has also worked tirelessly to improve the standing of the club within the local running community and clubs, attending in person and through lockdown virtual meetings for TVXC, Hampshire League and Berkshire. Her lobbying on behalf of the club and our members on many various issues have made for a more inclusive and enjoyable experience for all of us.

I think from all the incredible comments that have been left on the club's Facebook page, it is clear for all to see the impact that Sam Whalley has had on our club in these last four years. Her passion to see as many

green vests on the start line at even the muddiest of cross-country course will long be remembered. Many within the club have been introduced to cross-country/relays and new races, and for this on behalf of each one of us – Thank You for all you have done for our club.

I hope that you enjoy your own running even more now, this does not mean you get out of running all of those muddy cross-country courses and that all of us will be still need those Brownies as a reward afterwards

Thank you Sam.

Kit Update

Clive and Sue Bate

We're pleased to say the new 2XU kit has been delivered to the local office and is currently in the possession of Club men's captain Jamie. As soon as lockdown restrictions are lifted, we will be able to arrange delivery to us and prepare for the kit launch. This has been much delayed because of the pandemic and we hope to be in a position soon to share details of the launch event. The deal secured with 2XU has fixed pricing for 3 years, running vests/racer back vests will be £16 and T-shirts £25. The new kit deal also included a buy back of the current Scimitar kit stock which is why we are currently unable to continue with kit sales.

Whilst collecting the old Scimitar kit from the store we found stock of 2 previous club kits made by Wasp and Astra. Putting these together with the Scimitar kit you can clearly see the difference in colour between the 3 kits (it will be interesting to compare to the 2XU kit once we have received it). The green of the club colours represents Palmer Park - birthplace of the club – while the royal blue represents the Royal County of Berkshire.



The other noticeable change on the Scimitar kit was to the club logo. Having lost its original blue circle around the outside of the logo, this has been replaced on the new 2XU kit.

The first 10 vests were issued on 4th April 1987, the day before the Reading Half Marathon of that year. We have some ideas for the kit launch and would be interested to gather more pictures to add to the pictures below of any previous kits, if there are any. Below are pictures of the Astra, Wasp and Scimitar club vests all found in the club store at Palmer park.

If you have any pictures of any other club vests please email them to clubkit@readingroadrunners.org



Reading Roadrunners Committee Meeting

Tues 8th December 2020, 7.30pm

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

Claire, Jill

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Nothing to report.

Chairman's report

Phil said that he was pleased that the Club is providing training and group running opportunities again now that Lockdown 2.0 is over.

Phil has received several supporting messages concerning the reduction in next year's Club renewal fees to £5.

The social side is continuing despite the restrictions: quite a lot happening with the Advent Challenge and the wine tasting.

Phil reported that he has received Vroni's resignation from the Committee and as Coaching Liaison. Phil thanked Vroni for her contribution over the past two terms.

Finally, Phil reported that Chris Burt has been considering offering to volunteer as Treasurer for next year. Phil intends to co-opt Chris on to the Committee and for Chris to shadow Jill through to year end, then stand for election to Treasurer at the AGM.

Treasurer's report

Nothing to report.

General Secretary's Report

WebCollect. Bob is in receipt of an annual renewal invoice to the value £380 for provision of the WebCollect service, and asked for agreement to continuing taking the service, which was approved.

Membership cards. Bob sought agreement to proceed with ordering a print run of next year's membership cards, which was forthcoming.

Membership Secretary's Report

Nothing to report.

Social Secretary's Report

Christmas virtual wine tasting. Liz reported that 48 people are signed up for the virtual wine tasting on 10Dec. This is in lieu of the annual Christmas Party.

Spring Do. Doubting the likelihood of the annual Spring Do being allowed to proceed, Liz anticipates arranging a late Summer Do in 2021.

Coaching Report

On behalf of the Coaching Co-ordinators, Vroni submitted the following notes:

Training. Since Wednesday 2 December we have been able to return to running once again with a good selection of running sessions available on and off track and strength work via Zoom.

We have also been able to resume Friday night track with the addition of an additional

uncoached group on Fridays. The spaces of this recent return have once again been snapped up for both Wednesdays and Fridays.

The feedback that has been received remains positive and many thanks for the efforts that these arrangements have been voiced. We will break for Christmas and will continue to be guided by the Government guidelines and Tier restrictions around training.

Hi-vis bibs. High vis bibs for Leaders have been requested but these have still not surfaced, there have been issues with finding the best ones that will fit all as well as sourcing the right fabric for LiRFs' names to be printed on them.

Coaching qualifications. We have a few Leaders who are looking to advance to Coaches, hopefully next year. We currently have two LiRFs who are currently undertaking the coaching course and a third booked in from March 2021. There has been positive mentoring from both coaches and athletes of those currently in training to become Coaches.

Activities. Katie is still providing circuit/mobility/strength training at 6.30pm on Wednesdays and has provided a schedule up to the Christmas break.

We are also putting together a timetable of the cross country outruns.

Coach availability. We currently have three LiRFs to cover Friday night track sessions and a good variety of coaches and LiRFs for Wednesday nights both on and off track.

Any other business

Bibs for LiRFs. Vroni raised the delay in providing bibs for LiRFs. Phil explained that acquisition of new general Club kit from 2XU has been prioritised, but the bibs will be procured as soon as possible.

Shinfield 10K. Phil reported that the Shinfield 10K race committee has expressed its wish to go ahead with the 2021 race. It will likely need to be limited to 50% capacity, exclude the kids' run and forego use of the hall.

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: Tuesday 12th January
19:00 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:
webmaster@readingroadrunners.org

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

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

Reading Roadrunners Committee Meeting

Tues 12th January 2021, 7.30pm

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

Alice, Jill

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 wishes everyone a Happy New Year and hopes that everyone is staying safe and well and is looking forward to being able to train together again, hopefully after the present lockdown legislation expires next month.

Phil is grateful for recent initiatives to distract members from the tedium of lockdown and to keep up their personal training, citing the successful virtual wine tasting organised by Liz last month and the Team Captains launching challenges to encourage members to get out running.

The new Club kit supplied by 2XU will be launched once the present lockdown ends.

The Committee was disappointed to hear Phil report that Sam Whalley intends to stand down as Women's Captain at the AGM. Sam's contribution to the Club during her tenure as Women's Captain has been outstanding.

Treasurer's report

Nothing to report.

General Secretary's Report

Membership cards. Bob placed an order with Higgs Printing for the 21-22 membership cards and invited members to renew.

Membership Secretary's Report

Anne reported that one new member has joined and that she is in receipt of 102 renewals at this point. Anne has been busy posting membership cards to renewed members.

Social Secretary's Report

Liz reported that she received thanks for organising a successful wine tasting in lieu of the usual Christmas Party, and that The Tasting House had received several follow-up orders from members.

Liz also organised pre-Christmas quiz and is thinking about staging something to coincide with the launch of the 2XU Club kit.

The Club Instagram account currently has 463 followers.

Coaching Report

Katherine Sargeant and Art Atwal have both posted training plans for members to use during the lockdown. Katie has now ceased her weekly strength training sessions but is still available to provide training plans, if asked.

Any other business

2021 AGM. The Club holds its annual AGM in March, by which time it is most unlikely that

members would want to gather in a small room for two or more hours, even were it to become legal so to do. The options are therefore either to delay the meeting until such time as it is legal and sensible to hold a physical meeting or to stage the meeting online.

In view of the number of changes in Committee members and other volunteers, the decision was taken to proceed with a virtual meeting.

It remains to decide how to hold an anonymised ballot of candidates for Committee posts, but the aim is to hold a meeting week commencing 15th March 2021.

The Committee recognises that this decision disenfranchises about a dozen members who have no online presence, which is unfortunate, but the Committee believes that the meeting needs to go ahead in accordance with the usual schedule.

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 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.

Women's Captain. Sam intends to stand down as Women's Captain at the AGM. Women members interested in taking on the role should talk to Phil in the first instance.

**DONM: Tuesday 9th February
19:00 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:

webmaster@readingroadrunners.org

Team Captains, Sam & Jamie:

teamcaptains@readingroadrunners.org

Welfare Officer, Tom Harrison:

tom.harrison13w@btinternet.com

Roadrunners' Race Results

David Dibben

HERE'S a gem to lift the gloom and doom! At the pre-Christmas Dorney Lake Half Marathon, coach **Katherine Sargeant** scored an age grading of 83 per cent while winning her group prize by more than half an hour and beating her England masters qualifying target by over ten minutes. All this while pacing a team-mate to a two-minute PB! That's top quality running from the lady who podiumed at two big international marathons in the space of five weeks in 2019. There was also plenty of positivity at Mapledurham, with a big turn-out of RR competitors, marshals, photographers and supporters for the two December races. When **Barnes Fitness** get involved there's always a good vibe; perhaps that's why they usually sell out.

December 5th

Dorney Lake Half Marathon

Pos	Name	Chip
3	Tony Page	1.19.37 PB
16	Katherine Sargeant (2 nd lady, 1 st F50)	1.29.54
19	Sarah Dooley (3 rd lady, 3 rd F40)	1.30.40 PB
28	Tony Streams (1 st M50)	1.39.12
32	David Dibben (1 st M70)	1.43.08

Dorney Lake 10k

Pos	Name	Chip
9	David Parton (1 st M50)	37.33
20	Alasdair Marnoch	43.44
29	Dan Coleman	46.39
44	Miriam Coleman	54.54
54	Hannah Phelps	1.04.47
56	Andrea Marnoch	1.06.38

Dorney Lake 10k

Pos	Name	Chip
16	Paul Morrissey	19.27

December 6th

Mapledurham 10

Pos	Name	Chip
13	Fergal Donnelly	1:05.46
14	Tony Page	1:06.45
19	Jacob Atwal	1:08.19
44	Richard Usher	1:15.24
59	David Walkley	1:19.32
106	Bryan Curtayne	1:26.21
132	Art Atwal	1:30.11
141	Claire Raynor	1:30.44
149	Jo Sollesse	1:31.52
155	Lorna McLeod	1:32.51
157	Gary Clarke	1:33.15
168	Sarah Bate (1 st F60)	1:36.06

Mapledurham 10k

Pos	Name	Chip
21	Martin Douglas (2 nd M50)	48.02
40	Liz Ganpatsingh (2 nd F40)	51.30
60	Alex Bennell	56.25
66	Rachel Helsby	57.35
86	Sahan Jinadasa	1:01.08
93	Julie Sugden	1:01.57
108	Angharad Ross	1:04.51
169	Kathy Tytler (2 nd F60)	1:25.17
172	Linda Wright	1:28.35

Goodwood Running GP 10K (1st wave)

Pos	Name	Chip
131	Chris Manton	47.50

Goodwood Running GP 10K (2nd wave)

Pos	Name	Chip
110	Gill Manton	1.11.47 PB

Culden Faw 10k

Pos	Name	Chip
28	David Leake (1 st M60)	58.21

Super Wonder Christmas Marathon

Pos	Name	Chip
-	Martin Bush	5.51.00

December 12th

Dorney Lake Christmas Half Marathon

Pos	Name	Chip
49	Alan Freer (2 nd M60)	1.35.55

Dorney Lake Christmas 10k

Pos	Name	Chip
16	Dan Whittaker (2 nd M40)	42.30

December 13th

TrailX Winter Woodland 8k

Pos	Name	Chip
33	Peter Reilly	45.46

England Athletics Virtual Road Relays

David Dibben

SOME fantastic performances in round one of the England Athletics Virtual Road Relays meant Reading Roadrunners have clinched a place in next month's National Round, *writes Sam Whalley.*

The competition, which required entrants to run a five-mile road leg, was initially scheduled to take place from Boxing Day to January 6th but was extended to January 10th to allow more time for those clubs whose local areas had been affected by adverse weather conditions to participate.

Club members aged 15 and over were invited to enter, and asked to run either out-and-back courses or lapped courses of no less than 1km per lap. Track laps were not permitted, and competitors were reminded to comply fully with government guidelines regarding exercise.

Team numbers were uncapped, and scoring teams were made up of the fastest four men and four women from each club, with the top 50 teams to progress to round two. With a total time of 4hrs 5mins and 51secs our eight scorers bagged a provisional 47th place in a competition which attracted 128 teams.

As usual the standard was exceptionally high, with the fastest times overall being 23:57 for the men and 27:36 for the women.

21 Roadrunners – 12 men and 9 women – rose to the challenge during the competition period. Scoring for the men were **Jack Gregory** (26:01 – 54th overall), **Mark Worringham** (26:10 – third MV40), **Brendan Morris** (28:26) and **Tony Page** (28:49). Mark's time was over a minute faster than the club MV40 record of 27:25, set by **Lance Nortcliff** at Overton in 2016, while Tony's was a PB by more than four minutes.

Counting for the women's score were **Katherine Sargeant** (fourth FV50) 31:51), **Sarah Dooley** (33:53), **Mel Shaw** (34:41) and **Liz Johnson** (36:00). Katherine's time was almost two minutes faster than the club FV50 record of 33:45, which was set by **Lesley Whiley** at Peasemore, and has stood since 2011.

Other notable performances were recorded by **Rob Cannings** (31:19) — a brave competitive comeback after he was hospitalised during the first wave of Covid — and **Jane Davies** (36:13), who was third FV60. Jane, Katherine and Mark all achieved an age grading of 87 per cent for their performances.

Confirmation of the results means we can now prepare for the National Round, which will take place between and February 10th and 15th

Racing solo is no easy task, so well done to everyone who took part.

Your Goals for the Year

Write for the Newsletter



In the words of Terry Tibbs – **Talk to Me!**

I want to hear from Roadrunners about their goals for the year – I’m looking just to have a page or two with snippets of what people are planning for the year. Your goals can be big or small, specific or general, running-based or general health-based.

You can use this to inspire yourself, to draw a public line in the sand, to extract admiration from

your friends, anything you like really. It’d be nice if it got people in touch with each other who share similar goals, that’s for sure.

Since I’m trying to draw out all these confessionals, I’ll take the plunge and go first. At the start of 2020 I had some overarching race goals which I would work towards – sub-20 5k, sub-40 10k, sub-90 HM, and get into the 3.20s in a Marathon. Less specifically though I was keen to keep enjoying my running, and not get injured. All of these feed into my longest-term aim with my health and fitness, which has an eye 9 years down the track. On my 40th birthday I weighed less, ran faster and longer, and worked the blood pressure monitor less than I did on my 30th birthday. Joining Roadrunners gave me a massive boost towards making that happen; in taking inspiration from other Roadrunners, and tapping into their knowledge, I hope that my health and wellbeing on my 50th birthday will show that things are still on the right path.

Obviously in 2020, racing plans changed massively over the course of the year, so all I managed to achieve was chiselling a couple of minutes off my HM PB at Newbury in October. The lack of racing however fed quite nicely into my second set of goals, and the pressure being off has led recently to some fairly relaxed and enjoyable running; the biggest injury risk seemingly being blisters from new shoes.

Where to in 2021? It seems like most races will now be held in the autumn; the two month gap between Wokingham and Reading HMs looks like a suitable interval for checking my level after the summer, and then working to improve that over the course of September and October. I might try and work at the 5k pace - one option that’s always available to me is to push myself round the parkrun course at Prospect Park on an incredibly regular basis. Which strikes me as a bit grim, but I figure if I can improve around Prospect I can pretty much improve anywhere. And finally, with one eye on that 50th birthday is the most ‘New Year Resolution’ of my goals – do more stretching and strengthening exercises. Doing any would be a start – if they were a school subject, my teacher would’ve broken their green biro in fury and gone straight for the red, underlining three times a furious message along the lines of “ARE YOU TAKING THE MICKEY???”

Anyway, as Marti di Bergi (right) would say – “enough of my yakkin” – over to you!



My Best and Worst Races

Sam Whalley

Even if we'd had a winter season this year, I would have been sitting it out, due to injuring my knee back in August, and having to build back up more slowly than ever before. I could blame old age but all the amazing veteran performances in our club do not really back me up.

Reminiscing about being fit got me thinking about the variety of races I have run - from 100m on the track to 60 miles off-road in a pair at Endure 24. However, my best race has to be the RARE 10k 2016, and my worst the Berkshire County XC Championship earlier the same year.

In 2016, I felt fit. I had run my first marathon (I had a ballot place for London) in 2015, then joined Reading Roadrunners, and started doing some regular sessions. I was frequently first in my age category at Woodley parkrun - numbers were quite a lot lower then, so that's much less impressive than it sounds - and I had come through my first ever XC season feeling strong. I am writing this as though I am an elite runner, but it's all relative, right?!

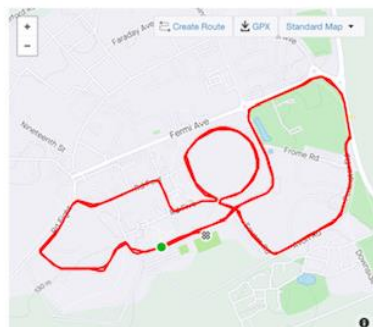
I ran my second marathon (Brighton) in April 2016. I'd made a late decision to try and run under 4 hours, and just missed out, with 4:00:34. Still, it was a 20 minute PB on the previous year, so I couldn't be too disappointed. I'd got a 4 minute half marathon PB at Reading, a 4 minute 10 mile PB at Bramley, with another minute off at Maidenhead. I really wanted a 10k PB to match.

Woodley 10k in May was perfectly placed, 3 weeks after my marathon, and while I did get a PB, and it was my first sub 50 (49:52), I knew I could do better. (Incidentally, looking back at my Strava, I ran a 6 mile Endure 24 training run later the same day!). I'd been given a club place in the Vitality 10k three weeks later, for my services to XC, and I thought that it would definitely be my race. It was awful. I found it too busy, too twisty, and too full of people who couldn't stick to one side or the other. I spent the first mile stressing because my GPS was messed up, and the other 5.2 stressing that I was going to run out of time to do well. I did get a PB, with 48:58, but it was my most unenjoyable achievement ever!

I still knew I could do better. What I needed was a flat, sparsely-attended 10k, so I did a bit of research into Autumn races, and the RARE 10k in October it was to be (no offence intended to the organisers). Looking at the previous year's times, I even thought I had a shot at an age category prize. The RARE 10k started at the same time as the 5k, so it also meant my daughters could race - perfect. They did well, coming second and third females, but as they peeled off at the end of their lap, so did many others,



Lap	Distance	Time	Pace	GAP	Elev
1	1.00 mi	7:52	7:52 /mi	8:04 /mi	-28 ft
2	1.00 mi	7:42	7:42 /mi	7:40 /mi	21 ft
3	1.00 mi	7:55	7:55 /mi	7:53 /mi	10 ft
4	1.00 mi	7:45	7:45 /mi	7:59 /mi	-31 ft
5	1.00 mi	8:03	8:03 /mi	7:57 /mi	23 ft
6	1.00 mi	7:49	7:49 /mi	7:47 /mi	10 ft
7	0.15 mi	1:00	6:35 /mi	7:28 /mi	-16 ft



including people I had been pacing myself against. Suddenly there weren't many people in the 10k at all. There was a photographer at around the 8k mark, and I said to him, in my tiring state, 'Please make me look really athletic!' By the way, my tales of talking in races is something that really annoys my daughters. 'How can you have the breath to talk? You need to

try harder,' is their usual response, but sometimes I have the breath to talk when my legs cannot possibly turn over any more quickly. I could probably improve that, but I'm not planning on turning pro. Anyway, much to my surprise, the photographer said, 'Well, you are second!' What? Second? This was confirmed by the tail runner, our very own **Katie Gumbrell**, who I then passed on her first lap. I spotted the woman in first up ahead, and put in as much effort as I possibly could, but she was already too far away and finished a good 19 seconds ahead of me. It was indeed my best 10k time - 48:07 - but I've never really counted it, as the course measured 6.15 miles. Would you?! Still, it was the best I had ever raced, and my only podium finish, so I'll take that!

Some might expect my worst race to be Brighton marathon 2017 - the hot one - where I gave up at mile 14 and jog/walked the rest, or the Harwell half, where I fell over, overheated, and, along with **Catherine Leather**, coined the phrase 'Give Up and Get Fat', or GUGF, as we dragged ourselves to the finish. But no,

Pos	Perf	Name	AG	Year	Coach	Club
1	29:23	Jessica Franklin	V35 W	2	Andy Tuttle	Newbury
2	30:20	Sarah Urwin-Mann	V45 W	11	Rob McKim	Reading RR/South West Vets
3	31:55	Clare Quinn	V40 W	9		Newbury
4	32:20	Emma-Jayne Bailey	V40 W	8		Newbury
5	32:34	Susan Francis	V45 W	12		Reading AC/Compton/Team Kennet
6	33:00	Patricia de Rosnay	V45 W	12		Reading AC/France
7	33:46	Rachel Allen	V45 W	11		Newbury
8	33:56	Sue Van Huyssteen	V50 W	17		Newbury
9	34:49	Jenny Eaton	V50 W	19		Newbury
10	35:42	Victoria Brookling	V45 W	13	Conrad Milton	Windsor Slough Eton & Hounslow
11	37:57	Samantha Whalley	V40 W	10		Reading RR

my worst race ever was the Berkshire XC Champs 2015, held in January 2016. I had been loving XC, and while I knew I was not championship material by any stretch of the imagination, I was happy to help make up a team. Except that on race day, illness meant that we didn't have a team after all. Still, I was there, my daughters would be racing too, so I stuck to the plan and warmed up. I was a relative racing newbie, and this season predated my owning of a Canterbury trouser, so just before the start, I pulled my zip-bottomed tights off over my spikes, and lined up. The horn sounded, we set off, and it's fair to say the start was pretty nippy. Within seconds I felt something on my shoe. Had I spiked some leaves? Worse. Both of my shoelaces were undone and flapping about. Nightmare. Having walked the course beforehand, I knew there was no way my shoes would survive that degree of mud and water untied, and I had no option but to stop dead and redo the laces, as the elite women of Berkshire disappeared further and further into the distance.

It was the longest 4.5 miles of my life. I remember passing **Julie Rainbow**, who was supporting her son in the junior race, and whining, 'I want to stop!' She said, 'Don't!', and I'm glad she did. I still have yet to DNF (famous last words!) although I do have a DNS to my name. I finished dead last: 26th out of 26, 11th vet out of 11 vets, and a whole two minutes behind the next last woman. I did not feel good, but learned from spectating club mates that more than one woman had dropped out during the race, so that did something to soften the blow. Did it stop me from entering future county championship races? Of course not! And I felt like I had redeemed myself the following year, finishing 39th out of 44, 17th vet out of 22, and with both shoes intact.





Left - Katherine Sergeant and Sarah Dooley in familiar pose

Below – more poses from Jon Green, Sarah Alsford, Sarah Bate, Claire Seymour and Peter Higgs, snapped by Liz Ganpatsingh on a December outrun



Mapledurham 10k-10mile

Photo Gallery – thanks to Pete Morris



Fergal Donnelly (above) Claire Raynor (below)



Jacob Atwal (Above) Angharad Ross (below)

