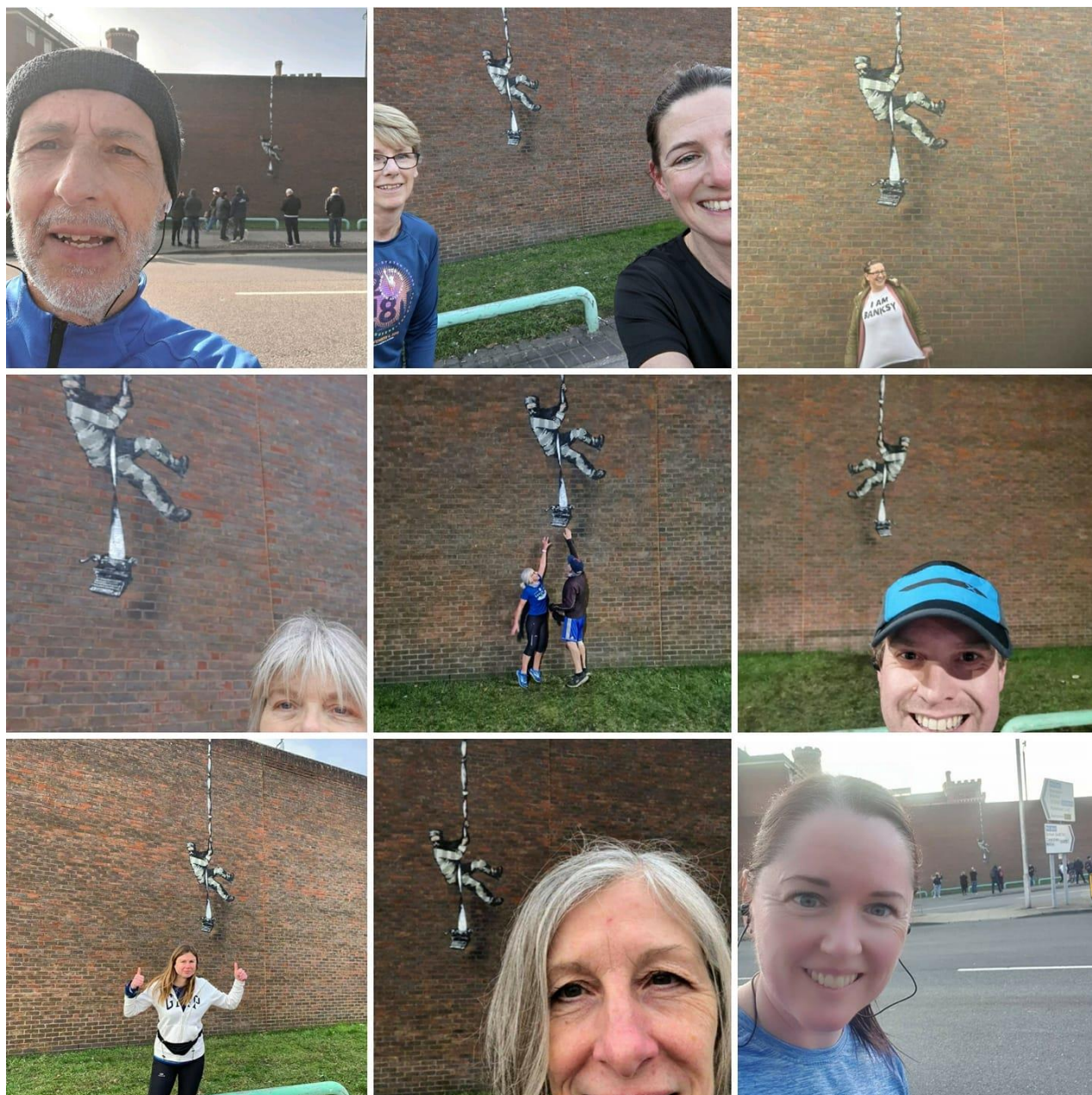


# E-BULLETIN

## 5 APRIL 2021



# THE GREAT ESCAPE IS ON!



## Chairman Chat

Phil Reay (writing 1<sup>st</sup> April)

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

[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

Hi everyone,

Welcome to the Reading Roadrunners 2021/22 membership year.

We held the first ever club Virtual AGM in March and our first ever proxy voting for your committee members and captains. Thanks to our Webmaster **Paul Monaghan** for setting up the technology. Paul is once again on the committee alongside **Bob Thomas** (Gen Sec), **Anne Goodall** (Ex-Officio), **Claire Seymour** (Ex-Officio and Coaching Liaison Officer) and myself. A warm welcome and thank you to **Chris Burt** (Treasurer) and **Sam Whalley** (Ex-Officio) who also both join the committee. We hope and expect to announce the new Membership Secretary and Social Secretary in the next couple of weeks along with our club Covid Co-ordinator (non-committee role).

**Jamie Smith** continues in his role as Men's Team Captain, with congratulations to **Liz Johnson** for being elected as Women's Team Captain. Thank you to both for volunteering, I'm sure you'll both support and encourage our teams throughout the year.

Our Coaching Co-ordinators, **Peter Higgs** and **Sarah Walters** have been working hard behind the scenes with our super team of volunteer coaches. Palmer Park opens again on 12 April and we'll return to club led activities on 14 April. Expect England Athletics-qualified leaders to take our outruns, strength sessions in the park and of course a return to track.

I'm thrilled we'll be back and will be volunteering at the gate on 14 April at Palmer Park and look forward to seeing my Reading Roadrunners team mates.

Phil

[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

## Editor's Note

Ben Fasham

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Dear all,

I hope you're all as well and healthy as can be and looking forward to the restrictions easing in whatever way is suitable for you.

Apologies for the delay in getting this edition out to you but it's given us the added benefit of being able to bring the first results of the new racing 'season' to you. This has altered a little the nature of **David Dibben's** revised Race Calendar, as three days of racing have already passed since he wrote it, but nonetheless I think it'll be a hugely useful guide to the new dates that are in play this year for a number of members. Since we have results David has also scoured the organisers' pages to find what Roadrunners have been up to – if you've been missed out then please let us know.

I was amongst the Runners and Riders at Kempton Park on Saturday and enjoyed the experience immensely, not least that thing where random people come up to you after the race and start talking to you about the dozens of Roadrunners they've met over the years in various parts of the world. For those whose first races back haven't happened yet, Jamie Smith has a few words of wisdom for you as you approach the start line.

Elsewhere in this edition, Liz Johnson gets a gentle landing for her first go at the Women's Captain's Report, while **Stuart Hyslop** has written an article for us on how he transferred his wandering instincts to the streets of Reading. There's also a shameless repeat of **Mark Apsey's** Hot Cross Buns recipe from last year (now unfortunately a couple of days late but it's a delicious recipe, so why not).

On the next page you'll see a note from **Tess Eagles** of **Parenting Special Children**, the Club Charity for 2021. Bearing in mind the restrictions in place for the last year, the fund-raising efforts have been inspirational this year, and much of the credit must go to **Rachel Helsby** (right) whose energy and diligence in forming the bridge between the club and the charity have been instrumental, and shouldn't go unnoticed. So, thanks Rachel and let's hope the Charity can continue its amazing work without us!



Happy Easter,

Ben  
[newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org)



## Club Charity of the Year Update

**Tess Eagles, Business Development Manager, Parenting Special Children**

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Dear Roadrunners,

Thank you on behalf of [Parenting Special Children](http://www.parentingspecialchildren.co.uk) for raising an amazing **£9,869.23!!!** Your efforts to ensure club members kept in contact, healthy and running whilst raising much needed vital funds for our sleep service has been inspirational. Like all charities the lack of opportunities to raise funds via community events has affected us, and your fundraising was never more needed, especially as the demand for our services increased with more complex issues being faced by our families. The funding raised has supported the sleep service, offering workshops, assessments and individual sleep plans for children. The funds are also helping to provide sleep support for our families facing multiple complex challenges.



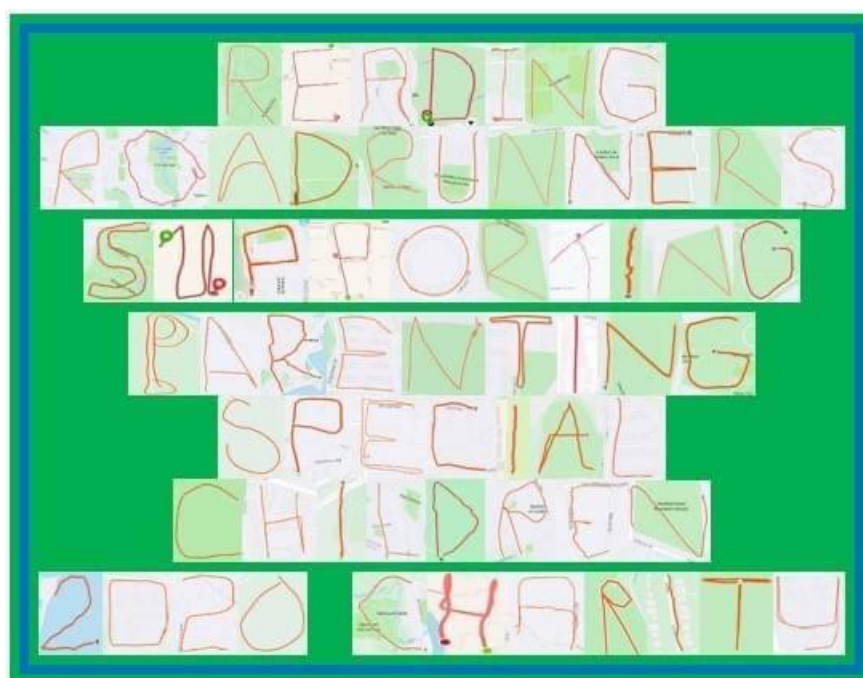
A special thank you to Rachel Helsby for nominating us and being our champion, also thanks to Sam Whalley, **Emma Caswell**, **Kerri French**, **Kathy Tytler** and Peter Higgs.

As a community group you have been inspiring, I have loved working with you and watching the donations flood in! Thank you to everyone who has supported Parenting Special Children, it has been greatly appreciated by the charity and the families in need we support.

Tess Eagles, PSC Partnerships Manager

[www.parentingspecialchildren.co.uk](http://www.parentingspecialchildren.co.uk)

Kind regards, Tess



## Reading Roadrunners Committee Meeting

Tues 9<sup>th</sup> March 2021, 7pm

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### 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)
Claire Seymour	(ex-Officio)
Bob Thomas	(General Secretary)

### Apologies for absence

Alice, Claire

### Minutes of the previous meeting

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

### Matters arising from the minutes of the previous meeting

Nothing to report.

### Chairman's report

In this final meeting of the 20-21 Club year, Phil thanked the outgoing Committee for volunteering through what has proven to be the most unusual year. Notwithstanding the impact restrictions have had on our ability to operate as a Club, Phil drew some positives out of the experience:

- It has caused us to adopt more online practices that have provided easier access to those services that we have still been able to provide, e.g., online social events and the intermittent opportunities to provide training.
- Whilst Zoom meetings are rather sterile affairs, it has avoided Committee members

needing to travel after work and into the evening.

- It has led to an acceptance of using WebCollect for online registration and payment for most of what we do. No cash has changed hands since the initial lockdown.
- We have made much better use of our LiRF coaches, initiating outruns as well as track sessions on training nights.

Phil felt that the Committee has performed as well as could have been hoped in the circumstances, e.g., in performing a thorough risk analysis regarding the limited training we were able to provide, and the contributions of the Committee and many other members in organising virtual events, charity-funding events, and generally trying to keep members' spirits up.

Phil particularly called out the contribution of members who are standing down from their roles at the AGM: Alice; Liz, who has proven herself as an excellent Social Secretary over the past two years; Jill, who has rescued the accounts from a parlous state over the past two years; and Anne, who is standing down as Membership Secretary after an incredible 18 years in the role.

Finally, Phil noted that Palmer Park is expected to re-open on 12<sup>th</sup> April and we intend to re-start training to the limits allowed by the prevailing restrictions from Wednesday 14<sup>th</sup> April.

### Treasurer's report

Jill presented end-of-year accounts, which have been formally examined by Simon Porter & Co. Jill will present the accounts to the forthcoming AGM.

The matter of finding a new home for the Club's investment account remains unresolved and will need to be taken forward by the new Treasurer.

## General Secretary's Report

**London Marathon Club places.** Although not having received notification, Bob believes that VLM has suspended guaranteed places for affiliated Clubs for 2022.

**London 10K Marshalling.** Carl Woffington received a request from London Marathon Events to confirm whether the Club will send a team to marshal the London 10K on 31May, an event that we traditionally support and for which Carl is the Club liaison.

The Committee felt that it is too soon to send a group of members to a mass participation event over which we have no control. Key points leading to the decision to decline for this year were:

- Travelling to and from the event
- Potential proximity of crowds of spectators
- Proximity of runners, all breathing hard.
- It was felt that the Committee has a duty of care to avoid potentially placing members in harm's way in a situation that we cannot control.

## Membership Secretary's Report

Anne reported that three members have so far re-joined after not being members for 20-21.

## Social Secretary's Report

Liz said that she was sad that she had only been able to organise virtual events through the year. Whilst understandable, Phil noted that these events were welcomed and well patronised by members.

Although Liz is standing down at the AGM, (to stand as Women's Captain), she will continue to look after the Club's Instagram account.

## Coaching Report

The Coaching Co-ordinators, Higgsey & Sarah, are putting together a schedule of coaches' availability based on an expected return to group training from 14April.

## Any other business

Nothing to report.

## CLUB VACANCIES

**Treasurer.** Jill intends to stand down as Treasurer at the 2021 AGM.

**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. 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 13<sup>th</sup> Apr 2021 19:00 by video call

*Main Club contact points:*

Chairman, Phil:  
[chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

Membership Secretary, Anne:  
[membership@readingroadrunners.org](mailto:membership@readingroadrunners.org)

Secretary, Bob:  
[gensec@readingroadrunners.org](mailto:gensec@readingroadrunners.org)

Treasurer, Jill:  
[treasurer@readingroadrunners.org](mailto:treasurer@readingroadrunners.org)

Social Secretary, Liz:  
[socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)

Coaching co-ordinator, Katie:  
[coach@readingroadrunners.org](mailto:coach@readingroadrunners.org)

Website / Media, Paul:  
[webmaster@readingroadrunners.org](mailto:webmaster@readingroadrunners.org)

Team Captains, Sam & Jamie:  
[teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Welfare Officer, Tom Harrison:  
[tom.harrison13w@btinternet.com](mailto:tom.harrison13w@btinternet.com)

## Women's Captain's Report

Liz Johnson

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*Liz joined the club in 2017 following a rather swift transition from running widow to running geek in the space of a year. Liz enjoys sharing the highs and lows of running on Instagram and when not hashtagging away, she can be found over analysing Garmin stats and pootling up and down the Thames Path*

[teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Taking on the role of women's team captain from the legend that is Sam Whalley is, I'll admit, a little daunting but having already caught up with the men's captain, Jamie Smith, last week I am excited to get stuck in and raring to go....we just need some races first!

As we know though, the lack of real-life races hasn't stopped us from virtually competing. The British Masters virtual one mile road relays provided a short sharp test and eleven of our women stepped up to the plate. Sam's report on the event on the club website gives all the details of the amazing efforts on show. It's great to see such a mix of athletes compete in these events and I hope that many more of you are inspired to sign-up for team events when in person running starts again in the not to distant future. Over the past few years as social secretary you will be used to me 'encouraging' you to sign up for social events. That encouragement will persist, just for slightly different reasons now.

Hopefully I'll have a bit more to say in the next newsletter as races are slowly but surely coming back. Good luck to those who have races coming up over the next few weeks - I can't wait to see how you all do.

Liz

## Men's Captain's Report

Jamie Smith

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### Spring into action

Firstly thank you for voting to keep me as the Men's team captain; hopefully we shall meet again sooner rather than later for a club race.

This week sees the return to racing in person rather than the virtual races and events we have become accustomed to over the past year.

From the moment Boris announced the pathway to re-opening my inbox has been filled up with many race organisers keen to get back to hosting the events they put on.

Sadly there is no Good Friday Maidenhead 10, a race I really enjoy, but the local mecca for personal bests – Dorney Lake – is back to business with a Marathon taking place on Good Friday.

Patience in running can be a virtue, as seen last Friday by Chris Thompson, during the recent marathon British trials race that took place at Kew gardens. It was a fantastic event and Chris, at 39 years old, showed maturity and wisdom to hang back off of a pace that he knew was too quick for him to run.

Many of us have been at those points in a race where we get carried away at the start, our adrenaline is up and we go off at a pace faster than we have trained at.

Chris knew that those guys who carried on at the pace would either run an incredible time, much faster than they expected to, or would suffer in the later stages. In this case it was the latter, and those who went off too quickly came back to him. Chris would actually go on to run a personal best, winning the race and booking a place at the Tokyo Olympics.

So with this in mind, and with many of us returning to real racing, it is wise to look at back your training over the last year: be realistic, speak with your coaches/peers and have a plan – then stick to it. We are all certainly going to be excited about putting on our green vests, our heart rates will be up and adrenaline pumping.

Take your time, stick to the pace you set or heart rate you follow, enjoy the moment and I'm sure you will all do incredibly well!

Good luck to all those competing. I really look forward to having results, personal best and podium places to talk about next month

Jamie



## Revised Race Calendar

David Dibben

Despite the cancellation of this year's Shinfield 10k, there will soon be plenty of local races taking place.

Step 2 of the Government's roadmap — which allows the return of outdoor activity — expires on April 12th and the club plans to restart track sessions at Palmer Park from Wednesday, April 14th. Racing action starts at the weekend, although for the next couple of months it will still all be staged under Covid restrictions (see roadmap below).

Below is a new-look calendar of events for the rest of the year. It doesn't claim to be comprehensive but should cover most of the races which have proved popular with our members over the last few years. Some of them have been postponed from their traditional spring dates to later in the year, making the autumn particularly busy. There should be a big race round here for everyone in October, but that won't stop Roadrunners rocking up mob-handed at the **Boston Marathon**.

One of the anomalies thrown up by the modified schedule is the **Farnborough Winter Half Marathon** taking place on July 4th. Hopefully there won't be a blizzard during the race this year! Another new date is May 23rd for the **Gutbuster**. Normally a Christmas highlight, it was called off in December and again in February but is sure to be a sell-out whenever it's staged.

Among the first Roadrunners back in competitive action on the Easter holiday weekend was **Sarah Dooley**, who was looking to shave some more time off her already hugely impressive marathon PB at **Dorney** on April 3rd. Find out how she got on with those killer headwinds blasting up the lake below.

Although there was no Maidenhead 10 or Beaconsfield 5 this Easter — for obvious reasons — the Bank Holiday Monday saw the debut of a new-look **Mortimer 10k** over a multi-terrain course. The event is no longer under the Roadrunners' umbrella but is being organised by Andy McCaskill, the man behind the **Round Reading Ultra**, which takes place on July 31st.

There are more reasons to be cheerful in May, particularly with the return of the **Barnes Fitness Summer Series**. Events run by **Ellie** and **Ian Gosling** (right) always have a great vibe and this year the Dinton runfest comes with a virtual option ([barnesfitness.co.uk](https://barnesfitness.co.uk)).

May 16th sees the staging of the **RunReading Half Marathon** ([racesolutions.co.uk](https://racesolutions.co.uk)) round the Caversham/Mapledurham loop as well as a full marathon and 50k ultra through the Goring Gap. These two longer races are already sold out and the start lists include plenty of Roadrunners, as well as a certain **Bradley Cooper**. Not *the* Bradley Cooper, surely?



Hollywood A-listers have been the least of the worries during the lockdowns for race directors such as Racesolutions boss Chris Sumner. "The problem for organisers is that we require enough notice to make arrangements for the races," he said. "So it's one thing being told potentially that all restrictions will be lifted by June 21st and that some events can take place from March 29th but, without having certainty about this, booking the various services and paying for them is a big risk. "If we do this and they then say we cannot go ahead then we potentially lose tens of thousands of pounds."

This was why Chris set a stand-by date of the weekend beginning July 23rd for the southern version of **Endure 24** and was able to accommodate a late switch from June and a move from Wasing Park to Henley.

Another huge event from the Racesolutions stable is the **Wokingham Half Marathon**, which has transported from its traditional February slot to September 19th. This version promises a new route through the town centre.

There's a provisional date in June —the 20th — for the **Ridgeway Relay**. Roadrunners are sure to have four teams in that. It must be the easiest event of all to keep socially distanced, unless you fancy a bit of company on leg one at the crack of dawn (*This has just been confirmed as cancelled; however many Roadrunners will be taking part in the **Race to the Stones** that weekend - Ed.*). Just before that comes the putative return of **parkrun** on June 5th. Good luck to the volunteers trying to keep that socially distanced!

Conspicuous by its absence from my list is the **Vets Track and Field League**. Club organiser **Chris Manton** tells me he has yet to hear of any fixtures for that series.

I'm sure Roadrunners will be entering some strong squads for the **British Masters Road Relays** at Sutton Coldfield in September, although there's no news yet on the **12 and 6-stage Road Relays**.

**Track Friday** supremo **Fergal Donnelly** tells me that he and **Tony Canning** are confident of staging some of their popular 5k events after the summer holidays period.

## APRIL

25: Goodwood Festival of Running

## MAY

1: Newbury Racecourse 5k, 10k, HM  
 2: Henley Trail 10k and HM  
 9: Oxford Town & Gown 10k  
 9: Jigsaw 10k  
 13: Dinton Summer Series (race 1)  
 16: Reading R'side HM, Goring Gap 26.2m & 50k  
 23: Sonning 5k, 10k  
 23: Gutbuster  
 31: Vitality London 10000

## JUNE

5: Return of parkrun  
 10: Dinton Summer Series (race 2)  
 20: Ridgeway Really  
 20: Hampshire Hoppit HM & marathon

## JULY

4: Farnborough Winter HM

7: Yateley 10k (race 1)

8: Dinton Summer Series (race 3)

10: Race to the Stones

21: Yateley 10k (race 2)

23: Endure 24

25: Down Tow Up Flow HM

31: Round Reading Ultra

## AUGUST

4: Yateley 10k (race 3)

12: Dinton Summer Series (race 4)

15: Burnham Beeches HM & 10k

29: Englefield 10k

## SEPTEMBER

5: Maidenhead HM

12: Brighton Marathon

18: British Masters Road Relays

19: Wokingham HM

25: Windsor Women's 10k

26: Windsor HM

26: Berlin Marathon

**OCTOBER**

3: London Marathon

3: Basingstoke HM

10: Henley 10k &amp; HM

10: Chicago Marathon

11: Boston Marathon

17: Great South Run

17: Oxford HM

17: Paris Marathon

24: Abingdon Marathon

24: Water of Life HM

**NOVEMBER**

7: Reading HM

7: Marlow 7 &amp; HM

7: Rivermead 10k

28: Mapledurham 10k &amp; HM

\* I have kept December clear for a full programme of **Hampshire League** and **TVXC** fixtures. 2022 will no doubt kick off with a double shift of **parkruns** on January 1st. Then why not pencil in the **Woodcote 10k** on January 9th. It's a great warm-up for the big one — **Bramley 20/10** — on February 20th.

## COVID-19 Roadmap 2021 ATHLETICS & RUNNING



Step 1	Step 2	Step 3	Step 4
<p>8<sup>th</sup> March</p> <ul style="list-style-type: none"> <li>Athletics &amp; running in schools and as part of wraparound care (i.e., afterschool clubs, childcare clubs) can resume.</li> <li>Athletics &amp; running in colleges and universities for educational purposes can resume.</li> </ul> <p>29<sup>th</sup> March</p> <ul style="list-style-type: none"> <li>Outdoor sport facilities can open.</li> <li>Formal organised outdoor athletics &amp; running activity that is Covid-secure can take place for both children and adults.</li> <li>Outdoor unorganised activity (non-coached) can take place in groups of 6.</li> <li>Outdoor intra club competition can take place (without a license).</li> <li>Outdoor competition can take place (with a license and subject to confirmation from DCMS).</li> <li>No indoor training.</li> <li>Spectating not allowed.</li> <li>Parent/carer supervision permitted (one per athlete/runner).</li> <li>Minimise travel.</li> </ul>	<p>No earlier than 12<sup>th</sup> April (At least 5 weeks after Step 1)</p> <ul style="list-style-type: none"> <li>Outdoor sport facilities can open.</li> <li>Formal organised outdoor athletics &amp; running activity that is Covid-secure can take place for both children and adults.</li> <li>Outdoor unorganised activity (non-coached) can take place in groups of 6.</li> <li>Outdoor intra club competition (without a license).</li> <li>Outdoor competition can take place (with a license and subject to confirmation from DCMS).</li> <li>Indoor leisure facilities open for use individually or within household groups.</li> <li>Indoor group training for u18s and disabled people.</li> <li>Spectating not allowed.</li> <li>Parent/carer supervision permitted (one per athlete/runner).</li> <li>Minimise travel.</li> </ul>	<p>No earlier than 17<sup>th</sup> May (At least 5 weeks after Step 2)</p> <ul style="list-style-type: none"> <li>Outdoor sport facilities can open.</li> <li>Formal organised outdoor athletics &amp; running activity that is Covid-secure can take place for both children and adults.</li> <li>Outdoor competition can take place (with a license and subject to confirmation from DCMS).</li> <li>Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.</li> <li>Indoor leisure facilities open for use individually or within household groups.</li> <li>Indoor organised group training for children and adults.</li> <li>No restrictions on travel.</li> </ul>	<p>No earlier than 21<sup>st</sup> June (At least 5 weeks after Step 3)</p> <ul style="list-style-type: none"> <li>No legal limits on social contact.</li> <li>Club and competition can return to normal.</li> <li>Individual activity can return to normal.</li> </ul>

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap.  
To stay up-to-date with England Athletics guidance visit [www.englandathletics.org](http://www.englandathletics.org)  
To stay up to date with the latest UK Government guidelines visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)



## Results Round-up

### David Dibben

Victory for **Mark Apsey** in the new-look Mortimer 10k, a club age group M50 5k record for **Alex Harris** and loads of PBs were the Easter weekend highlights.

#### April 1st

##### Running Miles All Fools Day Marathon

Pos	Name	Chip
x 26	Martin Bush	5:24.25

#### April 3rd

##### Dorney Lake Easter Marathon

Pos	Name	Chip
220	Sarah Dooley (r)	3:14.00 PB
232	Paul Morrissey	3:18.00 PB
274	Alan Freer (3rd M60)	3:27.26
332	Lorna McLeod (rr)	3:46.13 PB

##### Run Through Kempton Park Half Marathon

Pos	Name	Chip
64	Ben Fasham	1:35.05 PB

#### April 5th

##### Ardingly PB5k (Race 1)

Pos	Name	Chip
57	Jack Gregory	15.14



##### Ardingly PB5k (Race 4)

Pos	Name	Chip
15	Alex Harris	17.33 PB

##### Mortimer 10k

Pos	Name	Chip
1	Mark Apsey (rr)	36.48
25	Justin Simons	43.45
89	Nick Adley (r)	49.32
99	Ben Ganpatsingh	50.02
110	Liz Ganpatsingh	50.48
137	Claire Raynor	53.42
142	Gemma Higgs	54.10
176	Tim Miller	56.30
226	Kira Moffat	61.16
286	Maureen Sweeney	71.10
310	Linda Wright	79.03





## Lockdown Reflections – Rediscovering Local

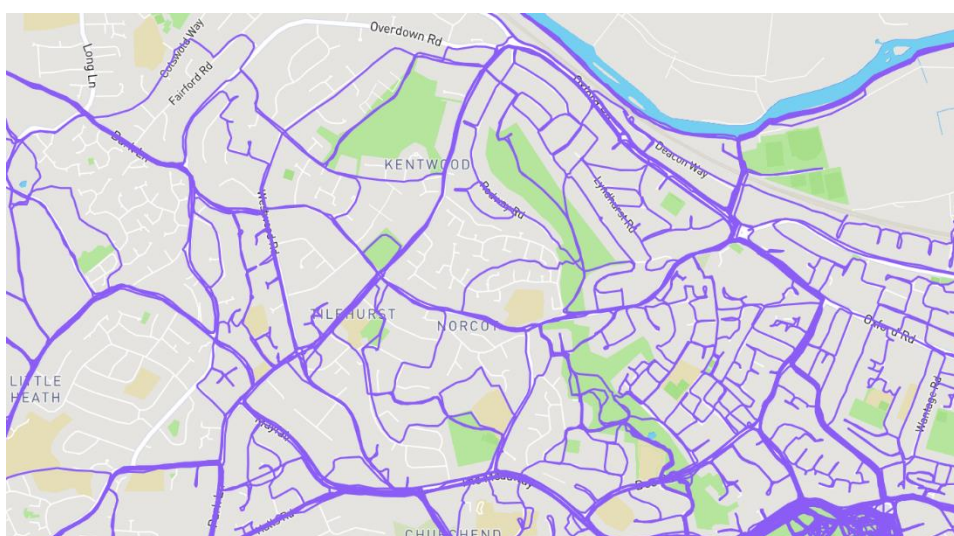
### Stuart Hyslop

When I dream of a perfect run, I dream of mountains at sunrise, flowing trails and epic vistas in far flung places. Moving gracefully through the terrain with a group of like-minded souls, picking our way down rocky hillsides, scrambling over boulders and hopping over streams. Chatting along the way and seeing the landscape unfold as each horizon is reached and summit conquered. Open space, exploring new places, and seeking challenge in the high and wild places. In other words all the things that have been off the cards in the last year. When lockdown kicked in a year ago, race plans were put on hold and priorities revised in radical fashion. Maintaining sanity (Lockdown 1 'after and before' pics to the right) whilst doing our best to look after ourselves and those around us was a big challenge in itself. However, getting out for the daily run, something that I would have taken for granted previously, became an important release and way to stay connected.



In Reading most of you will probably have run down the Thames and past the Oracle, everyone has their favourite local loop and you have probably completed this a great many times. But there are many more possibilities that we overlook as we tap out the familiar. For a bit of variety on one outing, I tried covering all the streets easily accessible from home. This surprised me and yielded some new interest and sights not more than a stones throw away. It got me to question - how much of this town do I really know and how many streets in Reading are there? The answer (if your interested and still reading at this point) is 1,562. This is every road, street, way, avenue, cul-de-sac and close – omitting the private ones and those inaccessible ones (like the IDR) – after all I'm not crazy (!). Why not try and cover them all I thought - a metaphorical mountain to conquer, all without leaving the local area.

Initially I covered off all the local streets, randomly picking new ones to visit each time out. This proved an interesting way to mix up the days exercise but yielded frustratingly slow progress toward the goal. A more efficient approach was needed to have any chance of making a dent. Reading's irregular street



layout resists attempts to plan logical routes to visit it all. Trying to cover every street means retracing your steps a lot and often running in circles. Keeping your bearings and not getting lost, or most annoying, missing bits and needing to revisit. I found **citystrides.com** a very useful tool for tracking and planning. It's a whole website

dedicated to this ridiculous aim – with stats and tools to help track your progress and plan your next outing to bag more streets.

I'm currently at 66.2% complete (thanks citystrides), having covered everything except the far reaches of Tilehurst [and](#) the North of Caversham. I had a break over the winter months on the grounds of not poking around new unfamiliar areas in the dark, but am now chipping away at the goal once again. I am also hoping to set a fastest known time (currently a year and a day or two, and counting). I figure that I can't fail at this as no one has attempted this previously (I stand to be corrected on that though?!). If you too fancy the challenge, a fairly efficient route will cover about 1-2% of Reading's streets per 10km run. On this basis covering the lot means running about 1000km. Planning a sensible route each time is as much a challenge as the running, and a love of maps is an important pre-requisite! It will take you to the best and worst of what Reading has to offer and have you question your sanity regularly – especially as you run in small circles and up the 100<sup>th</sup> different dead end. Would I recommend it? No, but if it appeals to you – then go for it!

As a lockdown goal, it's been a good one. It has required much perseverance and was a big enough so as not to be knocked off in a weekend. I have discovered lots of new parts of somewhere I thought I knew well and no longer need to consult a map to get around town. My second career as a taxi driver is looking promising! When I dream of the perfect run, I still dream of getting back to the mountains at sunrise, but I also have a new appreciation for my hometown and the getting out for a run to clear my head. The added interest of trying to cover all of what the town has to offer has been great. I will report back when/if I finally get the last third completed.

#### Stu's Random Reading Quiz (answers after the Hot Cross Buns recipe)

1. Where is this photo taken (left)? A real surprise to stumble across and quite different to its surroundings. Reading's Mayfair?!
2. Where is the only place in Reading a street, road, avenue and lane all meet at 1 crossroads?
3. Where is this farmhouse (right)? Quite an unlikely location for such a structure - the clue is in the background.
4. Which of these does not have a street or streets named after it in Reading? a) towns in Devon, b) A Formula 1 racing driver, c) the Lake District, d) A New Zealand rugby player.
5. How many parks does Reading have? What classes as a park I hear you say? According to [Reading.gov.uk](http://Reading.gov.uk). There is potential for another running challenge with this one I think!



## Apsey's Recipes

Mark Apsey



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

Greetings fellow Roadrunners. Today I'm reprising my trusty Hot Cross Bun recipe. Perfect for a mid-morning or afternoon energy top up, slathered with jam, butter or whatever else takes your fancy. What better week to turn your hand to baking and make your own hot cross buns?

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

### Hot Cross Buns

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

### For the cross

30g Plain Flour  
 30g Water

### To Glaze

20g Apricot Jam  
 20g Water

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

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





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

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

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



Happy cooking!

#### Answers to Stu Hyslop's quiz:

- 1: Devonshire Park, off Shinfield Rd.
- 2: The junction of Berkeley Ave, Katesgrove Lane, Elgar Rd and Pell St. I know a few Roadrunners live nearby, did you get it?
- 3: Little Lea Farmhouse, Reading International business park, near J11 .
- 4: There is a Zinazan St but it's not named after the Rugby player Zinzan Brooke. There are a group of streets in Whitley named after towns in Devon. Lakes and villages from the Lake District are around Norcot Rd, and Ayrton Senna Rd is in Tilehurst.
- 5: 82!