

E-BULLETIN
18 MAY 2021



FANTASTIC FERGAL



FLAMES 40+ FIRES

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,

We're back! Although such has been the level of online activity in some ways it feels we've not been away. We've stayed connected and now we're back to club led runs. Thanks to our volunteer coaches for offering members such a variety of options; track sessions, outruns, cross-country weekend runs and strength sessions in the park. The response and feedback has been positive and it's wonderful to see members interacting and working on their fitness together.

Our return will continue in line with Government and EA guidelines. Thank you to **Katie Gumbrell** who has volunteered and becomes our Covid Co-ordinator.

We've filled another key volunteer role. Thanks and congratulations to **Sam Whalley** who becomes our Membership Secretary. It's been a busy start to the role for Sam, who has spent hours processing our England Athletics affiliations. Thanks Sam.

On 16 July, we'll reach another milestone. Our first Reading Roadrunners organised event for 19 months will take place in Woodley as **Kerri French** leads the team as Event Director at our Summer Relays. Thanks Kerri.

We held an online vote for our Charity of the Year 2021/22. Well done to 1st Charvil Scouts Group and **Vroni Royle** who becomes our Charity Co-ordinator. I'm looking forward to the fun activities I know are in planning for the year ahead.

There are some additional benefits to being a member of the club besides races, meeting like-minded people and access to top class coaching. We have been allocated a couple of places in both the 2021 and 2022 London Marathons. For those who were unlucky in the original event ballot, look out for a communication for an opportunity to enter the club ballot.

With restrictions easing we're enjoying seeing each other again at runs. We'd love to extend that to a Social calendar and are looking for a volunteer for Social Secretary. This is a fun volunteer role. If anyone is interested please contact me in the first instance at Chairman@readingroadrunners.org.

And finally....a massive thank you to **Ben Fasham**. Throughout the pandemic, as newsletter editor Ben has provided a consistently high quality source of engagement, which provided many of us with a source of stability and familiarity. Ben will be stepping down as Newsletter Editor towards the end of the summer. If you'd like to be the next in line of illustrious editors please contact Ben (newsletter@readingroadrunners.org) or me.

Have a good month – I look forward to seeing and hearing more of your running adventures.

Phil

chairman@readingroadrunners.org

Editor's Note

Ben Fasham

Dear all,

Firstly a spot of housekeeping: the eagle-eyed amongst you will have spotted that this month's edition of the Newsletter is a bit behind its 'normal' schedule, and we have two sets of minutes from the Committee meetings to share. As the next meeting will not take place till the middle of June, the next edition of the Newsletter will be hopefully hitting inboxes on Wednesday June 30th. Plenty of time to get your writing caps on.

And I should also pass on a request from our Results editor, **David Dibben**, to please send in all your results to results@readingroadrunners.org – a number of the current Covid-friendly events aren't showing all club affiliations on their results pages, and while we benefit hugely from David's diligence in putting the results together, he's not *that* committed that he'll spend his weekend checking every name in every results page. Thanks!

I'd like to take this opportunity briefly to pay tribute to the actions of **Christina Calderon** and **Phil Reay** during the recent Thames Path 100. Christina and Phil were the next runners along behind a runner who had fallen into the Thames, in Reading, in the middle of the night. Phil went into the river to help the runner, and both of them stayed with him while waiting for the ambulance, providing him with items from their kit to help him stave off hypothermia. Happily, after his check-up the unfortunate runner was given the all-clear to go home, which sounds like an ordeal in itself as he had to take public transport from Oxford to Croydon with a kit bag weighed down by several litres of river water. He has been in contact with the club to pass on his immense gratitude to Christina and Phil, and will be making a donation to the Club Charity as an expression of his thanks.

The ethos of our sport tells me that no other runner would have acted any differently in trying to help a fellow competitor in distress, but nonetheless I find it reassuring that Christina and Phil were the runners on hand to put the theory to the test. As a case of leadership by example it can't be bettered – and as a demonstration of commitment to the sport it's even more notable when you consider that they ran for a further 14 miles before deciding that they should call it a day! The club and the community salutes and thanks the pair of you.

If anyone else has had an exciting time of it whilst out running or racing then let me know – deadline for the next edition will be 28th June.

Hopefully I'll see plenty of you out and about over the next few weeks. I'll be at Dorney Lake this Saturday trying to chisel a second or two off my Half Marathon PB; if you're also there come and say hi.

Best wishes,

Ben
newsletter@readingroadrunners.org

Wanted

Newsletter Editor

As Phil mentions in his intro, now's your chance to take on the Editorship of the Newsletter! From September I'll be starting a PGCE which will unfortunately deprive me of the time necessary to do justice to the Newsletter.

If you're interested in taking it on, please do drop me a line, either on the email address below or on Facebook, or contact Phil Reay. No previous experience is required although some (extremely basic, as sharp-eyed readers might be able to spot) knowledge of Word would help. The most important things are to be interested in the goings-on of the club and its members, and finding somewhere in the region of 5 hours a month to put the Newsletter together.



It's a cracking way for newer members to get to know the club and its members a bit better, and it also offers those who might one day be interested in taking up one of the committee or volunteering roles the chance to see how the club works up close.

Ben
newsletter@readingroadrunners.org

Club Charity of the Year Update

Vroni Royle

My dearest Reading Roadrunners,

It makes me immensely proud that you chose to support 1st Charvil Beavers-Cubs-Scouts as your chosen Charity of the year.

1st Charvil Scouts Group, and Scouting generally, exists to actively engage and support young people in their personal development, empowering them to make a positive contribution to society. We believe in helping our young people fulfil their potential by working in teams, learning by doing and thinking for themselves. We're working to make Scouting available to all and we're passion about what we do.



1st Charvil Scout Group:

- Is based in the village of Charvil, just outside Reading
- Is run by a committee and leaders who are all unpaid volunteers
- Is in its 7th year of operation, founded in 2014
- Started with five six-year-old children who couldn't be accommodated in surrounding Groups. We are now 90 children-strong ranging from 6 to 13 years of age - supported by a committee of 10 volunteer adult leaders. There are currently over 15 potential future members on our waiting lists for Beavers, Cubs and Scouts.

It is a very young group with limited funds and is very heavily reliant on support from surrounding well-established troops like Twyford and Sonning. However, our parents and volunteers have been working hard to establish relationships, hire our village hall and borrow filing cabinets so that we can store our arts and crafts materials. We run weekly meetings, camps, take part in activities as diverse as kayaking, abseiling, local hikes around West Berkshire, photography, climbing and so much more. There's something for every young person to give them the opportunity to enjoy themselves, have fun and experience adventure while developing the skills they need to succeed.

There is a variety of ways in which RRR can support us, but equally we are keen to support RRR so we can earn badges. We are excited to invite you to our camps so you can see for yourself. In return we are looking forward to support you at track and local events, and maybe suggest some joined social events. Vroni is working with the RRR events team to put a calendar of events together for you.

The Scouting committee is finalising our online project for the charity link, which I am hoping to be able to share by 15th May, but please earmark the following link:

<https://app.thegoodexchange.com/applicants/6923/1st-charvil-scouts-group>

For 2021/22 we have a really ambitious fundraising target and we envision having 3 projects that you can support individually:

Project 1: Camp, Storage & Equipment: £5,010

- Camp: As a top priority and given the challenges Covid has provided us with we would be in a better position to help struggling families with membership and excursion fees.

This is usually the highlight of the year for the kids. For example, a weekend camp with activities costs approximately £80.00 per child. However with many families struggling financially we believe families might be unable to find funds. Yet we believe that many children have not been exposed to the outdoors over the last year, have not been able to maintain friendships outside the online world and would really benefit from coming together for a weekend away. Available funds would mean we can support **all** families to ensure that their child does not miss out. We anticipate that we might need to cover 50% of the costs.

- Storage: As a new Group we started from a zero base seven years ago, with no venue and no resources. Over the years we have slowly accumulated equipment cast-offs from other Scout Groups and from a private school. This equipment is currently distributed around the parents' garden sheds! Some have even taken to take out storage on their own. Central storage would



allow us better access and control of our equipment. In the short term we would like to hire storage which would be approximately £150 per month and would love if RRR can help us by covering 50% of the costs.

- Equipment: When we consider equipment, the list seems almost endless, with 25 children wanting to do the same thing at once the requirements quickly escalate!
 - Maps, Compasses
 - Different types of camping / hiking stoves
 - Camp catering equipment
 - Hiking catering equipment
 - Spare equipment where not owned by members (ruck sacks, sleeping bags etc)

Project 2: Group Equipment: £900

These are larger Equipment expenses such as

- Camp tents / Hike tents
- Hammocks
- Event Shelter

Project 3: Events – Activities: £1,435

New Activities: We aim to introduce the children to new and varied activities, these inevitably require funding, which we subsidise where we can. Examples include:

- A day building and (sinking!) rafts on the Thames costs £20.00 per child
- Visit to Caversham Chalk mines costs £15.00 per child
- Kayak / Canoe / dragon / bell boat / paddle board costs £8.00 per child per hour

Free: Leaders!

This may seem an odd item but we really could use help from adults prepared to make the commitment to become a leader - at the moment we are having to operate a rota with Scouts!). If any of your members have time on their hands and are interested then please point them in our direction! Or even if they have an interesting skill/ hobby/ profession and can spare a night to “teach” we would love for you to be involved. You could teach beginners guitar, fitness, origami.. don’t be shy!

I am hoping to share a monthly update with you and look forward to the RRR support that we all know.

Thank you,
Vroni



Reading Roadrunners Committee Meeting

Tues 13th April 2021, 7pm

The Committee

Phil Reay	(Chairman)
Chris Burt	(Treasurer)
Anne Goodall	(Ex officio)
Paul Monaghan	(Social networks/Web)
Claire Seymour	(Coaching liaison)
Bob Thomas	(General Secretary)
Sam Whalley	(Membership Sec)

Apologies for absence

Claire, Sam

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Nothing to report.

Chairman's report

Phil welcomed the members of the Committee to this first meeting of the Club year, with especial thanks to Chris and Sam for joining the Committee. He also thanked Bob for organising the Club's first virtual AGM, which took place on 16Mar21. There were 59 separate connections to the Zoom meeting.

Phil hoped that members would be pleased to be able to get back to training and running together (again), and that we will now be able to have a steady progression to normal operations.

Treasurer's report

Chris was confirmed into the Treasurer Executive role at the AGM and is presently grounding

himself in the Club's financial processes and previous accounts.

Chris has engaged with NatWest to gain control of the Club's accounts, though experience of dealing with the bank suggests that progress will be glacial. In the meantime, it is not possible for the Club to make BACS payments.

Chris will pick up the unfinished search for a new home for the Club's investment account.

General Secretary's Report

Bob noted that he had spent time over the past month organising the Club's return to training, with support from the coaches devising several different types of activity.

The previous Committee established discounted renewal rates for this year owing to the lack of any significant activity during the 2020-21 Club year, to run from January to end-March. Bob has now reverted all subscription fees in WebCollect to their 2020-21 values.

Shinfield 10K. The Shinfield 10K Committee has determined that it is not feasible to attempt to stage a professional race this year and has reluctantly cancelled the event for 2021.

AGM actions. Several actions were placed on the Committee at the 2019 AGM, which were not addressed by the previous Committee owing to the lack of Club activity. These will now be taken up by the present Committee. They comprise:

- The Club has for several years operated a XC Championship based on the TVXC League. There is to be a second XC Championship based on the Hampshire League, both operating to a consistent set of rules.
- Provide a tent to be taken to XC and other events.
- Assess how to dispense with per-session track fees, e.g., by block booking or inclusion in the subscription fee.

Membership Secretary's Report

Phil reported that Sam Whalley has volunteered to take on the Membership Secretary role, which was unanimously endorsed by the Committee members present.

Anne noted that five new members joined during March.

Coaching Report

The Coaching Co-ordinators, Higgsey & Sarah, submitted a lengthy report touching on various aspects of how to improve the Club's coaching provision. The Committee will review these potential initiatives with them.

Of most immediate concern, the LiRFs leading group runs had been promised bibs last year and they have still not been provisioned, which will be addressed.

Any other business

COVID Co-ordinator. Phil reported that Katie Gumbrell has offered to take on the role of COVID Co-ordinator on behalf of the Club while restrictions continue to apply.

Track fees. Bob raised that the present system of booking track sessions has removed the need for taking track fees at the session, which is a much tidier approach than taking cash at the Club desk. This relies on booking, which is not a long-term solution.

Other candidate solutions have been discussed, such as building the fees into the membership subscription, credit card payments and pre-paid vouchers of various sorts, but none is an obvious best option for everyone. Hence the Committee will need to research potential options, draw up a shortlist, and possibly consult the membership before making a final decision.

EA affiliation. With the change of Membership Secretary not yet complete, we are late on renewing Club and member affiliations to England Athletics, which was due at the start of April. Bob has offered to take on the tediously manual updating.

Charity nomination. As no charity was nominated at the AGM to be supported by the Club this year,

Phil extended the submission period through April. Vroni Royle has subsequently nominated the 1st Charvil Scouts Group, which was the runner up at last year's AGM charity vote.

To keep as close as possible to the AGM selecting the charity rather than the Committee, we will conduct an online vote of those who registered to take part in this year's AGM.

As this will be a purely yes/no decision, to be successful, a minimum of 51% of the votes cast must be in favour; otherwise, we will not support a charity this year.

London Marathon marshalling. Bob advised that Carl Woffington has been asked by VLM whether the Club will send a marshalling team to this year's event. As it falls well beyond the time at which COVID restrictions are scheduled to be rescinded, this was agreed.

Post-meeting note: Carl has confirmed that he will continue to organise our participation this year.

Document storage. Presented with well over a decade of financial records, Chris requested that the Club rent storage space at a cost of £12 per month, which was agreed. It was further agreed that Chris would arrange for the secure disposal of records relating to the years 2005 to 2008 at a cost of £25.

RAC vs. RR competition. RAC has approached Phil to suggest a competition between the clubs to be held during May. Phil proposed that whether to take part should be left to the Team Captains to decide, but the Club would not take part until all restrictions have been lifted.

RAC request for Fridays. RAC has requested that we move the Club's Friday track sessions as they are inconvenient to their schedule. Phil declined.

Vets' League. Phil reported that RAC wishes to co-host a meeting of the Vets' League with the Club again this year, and that Chris Manton has again offered to co-ordinate the event on behalf of the Club. RAC's suggestion of staging the event on a Wednesday evening will not be accepted.

DONM: Tue 11May 19:00 by video call

Reading Roadrunners Committee Meeting

Tues 11th May 2021, 7pm

The Committee

Phil Reay	(Chairman)
Chris Burt	(Treasurer)
Anne Goodall	(Ex officio)
Paul Monaghan	(Social networks/Web)
Claire Seymour	(Coaching liaison)
Bob Thomas	(General Secretary)
Sam Whalley	(Membership Sec)

Apologies for absence

None

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

- Sam has updated the EA website to refresh EA affiliations.
- The Club has confirmed Charvil Scouts as the Club's supported charity for 2021.

Chairman's report

Phil welcomed Sam to her first Committee Meeting and confirmed that she has taken over as Membership Secretary.

Phil stated that he was pleased to see a good take-up of training and outrun opportunities and that he had received positive feedback on the operation. He expressed a wish to revert to full operation once the statutory obligations to adhere to COVID guidelines are removed in June.

Phil reported that Kerri French is planning to stage the traditional summer relays in Woodley on 16 July and thanked her for the initiative.

As explained in the April minutes, Paul published an online voting form to allow members who had

previously registered to attend the virtual AGM in March to state whether they accepted the nomination of Charvil Scouts as the Club's supported charity for 2021. The nomination was overwhelmingly approved; Vroni will act as the Charity Organiser for the year.

Treasurer's report

Chris explained that NatWest continues to be unresponsive to his request to gain access to the Club's accounts and is unable to offer any forecast of when they might give the matter their attention. The similar experience of previous changes of Treasurer shows this lack of customer focus to be standard operating practice for NatWest.

The immediate impact of the delay is that Chris does not have day-to-day visibility of the accounts and cannot issue BACS transactions on behalf of the Club. Committee members are paying for services using their personal credit cards, awaiting repayment until BACS is available.

Also as trailed in the April minutes, Chris has secured paper financial records going back to 2010 to a storage facility and had older records securely destroyed.

General Secretary's Report

Bob has paid £150 to affiliate the Club to England Athletics through to end-March 22 and £190 to renew the Club's equipment insurance with Zurich.

Carl Woffington has confirmed to London Marathon that the Club will provide a complement of marshals for this October's event and has kindly offered to organise this on behalf of the Club, as he has done for many years.

Bob noted that Reading University is keen to resume use of the track on Friday evenings, but he has advised them that it will not be possible while lanes are allocated to specific training groups.

Membership Secretary's Report

Sam reported that eight new members joined during April and the early part of May.

Sam has wrestled with the slow and rather cumbersome EA website to update members' affiliation and to resign lapsed members. Owing to the problems with NatWest, Sam has had to pay for this using her personal credit card.

Once the EA work is complete, Sam will review access to the members' closed Facebook page as it is some time since lapsed members have been pruned from the access list.

Social Secretary's Report

The Social Secretary post remains vacant, and members are invited to apply to Phil to take up the position.

Coaching Report

The Coaching Co-ordinators, Higgsey & Sarah, submitted the following report.

The last four weeks we have seen a return to both Wednesday and Friday track sessions. On Wednesdays, there were three sessions being offered on track, five running groups off track and one strength group.

Take up for sessions was good but not all spaces were taken.

Fridays were also popular for both coached and uncoached sessions with available spaces remaining each week.

Feedback has been positive from our athletes, saying they have enjoyed their sessions despite the often-hideous weather!

A further offer of four weeks training has just been made and spaces are being booked. Two

LiRFs are continuing with their CiRF course and will soon be fully qualified, with one further LiRF hoping to start their CiRF course in June.

Some coaches have indicated that they are not yet ready to return to track / coaching, which could pose a capacity issue when restrictions are lifted and athletes do not need to prebook sessions.

Bibs for LiRFs remain outstanding.

Any other business

Traditional runs. Paul asked that we reinstate Thursday evening outruns and pub runs once restrictions are lifted. It was agreed that this would be welcome if we can find members to organise them.

Financial management. Chris put forward a view that the Club's present arrangements regarding financial management are labour intensive, prone to transcription error and difficult to justify in an external review. Chris proposed that the Club should invest in an online financial service designed to support SMEs.

Chris has researched the market and recommends Xero Cashbook. After some discussion of the merits of moving online, Chris gained unanimous approval for his recommendation. The cost of this will be of the order £60pa.

Chris will pursue transition to online accounting once the present issues with NatWest are resolved.

Vacancies

Social Secretary. The Committee post of Social Secretary is vacant. Members who would like to know more about the role are invited to contact Phil in the first instance, email to: chairman@readingroadrunners.org

Main Club contact points:

Chairman, Phil:

chairman@readingroadrunners.org

Membership Secretary, Sam:

membership@readingroadrunners.org

Secretary, Bob:

gensec@readingroadrunners.org

Treasurer, Chris:

treasurer@readingroadrunners.org

Coaching co-ordinators, Pete & Sarah:

coach@readingroadrunners.org

Website / Media, Paul:

webmaster@readingroadrunners.org

Team Captains, Liz & Jamie:

teamcaptains@readingroadrunners.org

Welfare Officer, Tom Harrison:

tom.harrison13w@btinternet.com

Welfare Officer: Nikki Gillard:

nicolagillard@hotmail.com

Results Round-up

David Dibben

Competition was back in full swing at the weekend with a huge turn-out of runners, marshals, pacers, supporters and tail-runners from the club at the three Goring Gap events.

Roadrunners were originally credited with a 1-2 in the half marathon, **Chris Lucas** crossing the line first a handful of seconds before **Tony Page**.

An interloper from East London subsequently posted a time a minute quicker than our boys but I always assumed these things were decided on gun time, rather than chip.

Chris said: "It wasn't confirmed to me whether I won or not, but I'm not too bothered about it."

Whatever, we think that Chris and Tony are both champions.

Paloma Crayford was the first RR finisher in the marathon and **Dean Allaway** in the ultra race. Well done to all the finishers in the 50k event, some of whom battled it out for the best part of nine hours in some pretty rubbishy weather.

Steve Ridley had set the tone for a successful weekend with victory in the 10k at the first race of the Barnes Summer Series at Dinton.

April 11th

Hercules Wimbledon Masters 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Ben Paviour	17.15
6	Tony Page	17.27
32	Helen Pool	19.56
	(3rd lady, 2nd W45)	

April 17th

Thames Valley Spring 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
32	Agnieszka Faulkner	27.34

Thames Valley Spring 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
26	Ryan Faulkner	45.07

April 18th

Dorney Lake 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Jack Gregory	33.00
7	Mark Worringham	33.33
	(1st M40)	
39	Jamie Smith	40.19
68	Phil Dunnett	47.03
90	Claire Woodhouse	50.47
160	Andrea Marnoch	64.21

Dorney Lake Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
91	Laura Peatey	1:30.13

April 22nd

Harrow AC Spring Open meeting

<i>Pos</i>	<i>Name</i>	<i>Timed</i>
4	Fergal Donnelly	10.02

May 1st

Newbury Racecourse 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
15	Calum Pratt	37.31 PB
120	Phil Sharman	52.12 PB

Newbury Racecourse Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
45	Ian Giggs	1:34.32

May 2nd

Henley Trail River 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Oliver Watts (3 rd SM)	39.51 PB
66	George Nyamie	54.52
191	Linda Wright (3 rd W60)	1:28.37

Henley Trail River Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
43	Justin Simons	1:38.51
140	Sara Lopez	1:56.28

Wimbledon Common Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Fergal Donnelly	1:28.15
	(2nd M45)	

Bath Two Tunnels 10k

Pos	Name	Chip
-	Clinton Montague	47.28

May 7thSaturn Midweek Chasing Numbers Marathon

Pos	Name	Chip
12	Martin Bush (1 st M60)	5:32.15

May 8thAldershot, Farnham & District Open 5000m

Pos	Name	Chip
13	Ben Paviour	16.51

May 9thJigsaw 10k

Pos	Name	Chip
73	Pete Jewell	43.05
75	Helen Pool (1 st W45)	43.07

May 13thDinton Summer Series Race 1, 10k

Pos	Name	Chip
1	Steve Ridley (pic below)	34.52
10	David Parton (1 st M50)	39.14
12	Matt Davies	40.14
26	Ian Giggs	42.10
35	Stuart Bradburn	43.50
40	Eoin McLeod	44.31
67	Lorna McLeod	49.19
77	Chris Manton	50.19
109	Angelique Haswell	55.58
125	Nick Adley	59.00
153	Stephanie Cook.	1:09.39
160	Laura Ridley	1:14.08
165	Colin Wilson	1:15.39

Dinton Summer Series Race 1, 5k

Pos	Name	Chip
33	Tom Wright	23.23
34	Dan Manton	23.30
72	Angharad Ross	28.19
78	Caroline Hargreaves	29.33
103	Maureen Sweeney	31.09
109	Adele Graham	32.13
120	Hannah Phelps	32.56
156	Gill Manton	37.24
157	Linda Wright	37.24
160	Kevin Strong	40.56

May 16thGoring Gap Half Marathon

Pos	Name	Chip
2	Chris Lucas (above, r)	1:21.15
3	Tony Page (1 st M45) (above, l)	1:21.31
30	Martin Douglas	1:43.35
57	David McCoy	1:50.18
117	Sarah Harford	2:01.46
140	Phil Sharman	2:06.18
161	Rob Bursell	2:11.52
220	Patrick Harrison	2:35.48
234	Art Atwal	2:51.17
245	Sue Jones	3:04.35
247	Linda Wright	3:12.27

Goring Gap Marathon

Pos	Name	Chip
29	Paloma Crayford (1 st W50)	4:21.49
35	Caroline Jackson	4:25.01
49	Jo Sollesse	4:43.14
93	Stephanie Smith	5:58.14

97	Nicola Gillard	6:04.40
98	Sarah Richmond-De'voy	6:04.40
101	Martin Bush	6:12.58
	(pic below)	

Goring Gap Ultra (50k)

Pos	Name	Chip
42	Dean Allaway	5:14.19
	(pic right)	
63	David Caswell	5:21.04
147	Angela Burley	6:03.21
163	Dan Coleman	6:11.12
170	Mo Fassihinia	6:13.44
186	Lorna McLeod	6:18.04
	(pic below r)	
309	Julie Molyneux	7:37.12
342	Anthony Eastaway	8:50.00
343	Sarah Walters	8:50.00
357	Laura Chandler	9:05.15



Build Good Muscles

Katie Gumbrell

You're an athlete. You know that bones move because muscles pull on them. You know that the stronger a muscle, the greater the force it can exert. How can we use this knowledge to help us to be better runners?

1. Motor skills

How familiar are you with your body? Do you know which muscles are tight?

Stand well (if you're not sure how to do this, ask!). Notice where it feels uncomfortable in your body, if anywhere at all. Is it between the shoulder blades? Are you working to hold one shoulder higher? Do your toes scrunch into the floor? Is one buttock clenched and the other relaxed?

Noticing what's happening in our bodies allows us to make good brain-body connections – muscles only work because of signals through the central nervous system (mostly, it's a little more complex than that, but it's good enough for the purpose of this article!) and being able to willingly activate muscles is a necessary skill when promoting muscular efficiency.

Without this knowledge, it would be like trying to drive a car without knowing what all the pedals, levers and buttons do...

2. Flexibility

This isn't (just) about being able to touch your toes!

A person's flexibility is defined by their ability to move their joints through a full range of motion. Joint/bone damage aside, the range of motion (ROM) shows which muscles are working well and which aren't. If a joint feels stiff, it's (usually) because of unwanted muscle tension somewhere (or myofascial 'fuzz' – find out more by searching for Gill Headley Fuzz Speech). You might know, for instance, that it's easier to raise one arm over your head than the other.

This muscular tension can be caused by a whole range of things – sitting at a desk for too long, spending too much time driving, old injuries etc. etc. The key is to loosen the muscle with massage (this can often be done without another person) and developmental stretches.

Gentle stretching every day (yes, EVERY day) can help, too. Move into a stretch slowly, hold it for a while as you breathe easily (it shouldn't feel uncomfortable; the science varies *wildly* about how long to hold your stretch; I go for 45-60 seconds for these static stretches), release then do it again.

Anyone who's ever had a joint immobilised after a broken bone will know that this takes time, but that the full range of motion (permanent damage notwithstanding) can be restored and it is necessary to have the best range of motion possible before trying to improve muscular strength or endurance.

I am certain that some people reading this will have had to 're-learn' how to run after a nasty injury, one that has been caused by continuing to train on an immobile joint. It is possible!

To continue the car analogy, driving around with one flat tyre works, but it's not going to do anyone any good in the long-run (I should probably say that it's massively dangerous to do this, just to be clear...).

3. Muscular endurance

Once we have developed the motor skills and flexibility we need to know how to move well, it's time to build the endurance.

This is the ability to perform a full range of motion for the longest time possible. This is absolutely key for us as distance runners because we ask our muscles to repeatedly perform the same movement for (sometimes) hours at a time. Doing this well requires good cardio-vascular fitness, as the muscles need a good supply of blood.

[Cardio Vascular/CV fitness – this allows the blood to pick up and transport oxygen to the muscles, waste products away and our CV fitness levels can define how efficiently oxygen is used in the muscles.]

Getting back to our car, this is about learning to drive efficiently, to get the maximum from our battery charge/tank of fuel. We can drive around town in second gear quite happily, but it's not going to maximise our energy consumption.

4. Muscular strength

Once we know how to move our muscles and our joints are moving without restriction, we can start maximising the force available.

As runners, we mostly need to overcome gravity, which is why many strength exercises for runners involve lifting weights against gravity. But there's little point in doing this if it's going to exacerbate poor movement or existing muscular imbalances.

In the car, sticking aerodynamic body-enhancements on the outside is going to make little difference if there's the wrong fuel in the tank...

The right to move on

Your coach will help you to move through these steps; be patient because it can take time! You might be asked to move back a step or given something slightly different to do. This is all part of the process to help you to move well. If you notice something new/different happening when you do an exercise or drill, ask your coach, get them to watch what you're doing and offer some corrections. If they offer those corrections without you asking, it doesn't mean you're getting it wrong; it means they want you to get that stage right!

Trust me, as a coach, there's nothing worse than an injured runner and as a runner, there's nothing worse than a coach saying, "I told you so."

Higgy's Bread Pudding

Peter Higgy

If you want grams you will have to google it; I am old school...

INGREDIENTS

8oz ish old bread , brown or white , crusts removed (or leave the crusts on like I do)

1/2 pint milk (or half & half milk & water)

8oz (ish) dried fruits (sultanas, raisins, currants, cherries: anything you have, I have even put grated carrot in it before)

2oz suet (or butter or lard or margarine, again it's whatever you have to hand)

2-3 (ish) tbspn mixed spice (I like to add more to get some real flavour)

2oz soft brown sugar (you can use ordinary caster sugar or a mix of any sugars)

2 beaten eggs

Grated nutmeg (optional)

2 (ish) tbspn granulated sugar (demerara is better)

METHOD

Break the bread into small pieces and put into a bowl.

Pour over the milk and leave for a few minutes.

Heat the oven to 180C-ish.

Mush (I like that word) the bread and milk mixture together with a fork (if you want to use your hand it's more fun).

Grease a 7" tin (I use baking parchment, much easier than greasing).

Add all the fruit, brown sugar, suet, egg and spice to the bread and mush really well to combine (you will need to get your hands in).

Pour into the prepared tin and flatten the top.

Grate a little nutmeg over the top (or sprinkle over some cinnamon if you want to be adventurous).

Bake in centre of the oven for roughly 1hr - this will vary dependent on your oven (push it with your finger - if it springs back, it's cooked).

Take out of oven and sprinkle over the granulated sugar.

Try to resist eating it until it's cooled enough not to burn your mouth.

Variations

Replace half the dried fruit with chopped Apricots & a handful of toasted flaked almonds.

Remove half the dried fruit and add a handful of chopped dates.

Use chocolate Milk and/or add 2 tbsp of Cocoa and/or break some chocolate into it.

As above but use strong Coffee instead of chocolate milk & Cocoa add a handful of walnuts.

Goring Gap HM – Marathon – Ultra Photo Gallery



Steph Smith, Paloma Crayford, Sarah Richmond-De'Voy and Nicola Gillard getting going in the Marathon

Caroline Jackson back on the Marathon trail



Sarah Walters and Anthony Eastaway in the Ultra

