

E-BULLETIN
28 JUNE 2021



RRR HIT THE HEIGHTS



IN HAMPSHIRE

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 Reading Roadrunners,

It feels with each passing month there are more races taking place and more Reading Roadrunners racing at the events. It's great to see an increase in participation and activity, and I remain cautiously optimistic for the second half of the year and into 2022.

The delay in the Government's easing of restrictions to step 4 means our return to track with more normality is also pushed back. We are so close to further easing of restrictions and will patiently continue to follow the Government and EA guidelines, as well as maintain an ongoing dialogue with Reading Sports and Leisure.

We had scheduled our first Reading Roadrunners organised event for 16 July. Unfortunately the Race HQ we'd planned to use for the Summer Relays became unavailable due to the coronavirus restrictions. Fortunately the event has been rearranged for 24 August and I'm excited to attend. Our pub runs will also return on some Thursday evenings once the country moves to step 4. There will be two Vets league fixtures this summer, at Bracknell (7 July) and Horspath, Oxford (4 Aug). If you're in any of the categories V35+ I encourage you to join the team.

For more information on our events, please visit our website for the latest information, www.readingroadrunners.org

Thank you to **Kerri French** (Summer Relays), **Caroline Jackson** (Pub Runs) and **Chris Manton** (Vets League) for volunteering. There are more opportunities for you to volunteer – all are incredibly rewarding personally, for the club and for our teammates: We're asking for a volunteer for each of the following roles: Mental Health Champion, Newsletter Editor and Social Secretary. If you're interested or would like to learn more about the roles please contact me at chairman@readingroadrunners.org.

Have a good July. Wishing you well with your training over the summer months ready for the Autumn/Winter races.

Phil
chairman@readingroadrunners.org

Editor's Note

Ben Fasham

Hi everyone,

It feels like our runners are finally getting back in the swing of racing; the results page is certainly taking up more space on a monthly basis. Congratulations to all runners who've taken on a major challenge in the last few months – later in this newsletter **Captain Liz** fills us in on how the training for her first Ultra is going. **Captain Jamie** is let off his duties for the month as he's in the thick of a new job but **David Dibben** rounds up a successful month for our men in the results section.

There's a reminder below that the Newsletter still needs a new Editor, but on top of that the Social Secretary's role is currently unfilled, and we also need a volunteer to take on the Mental Health Champion's role.

Enjoy your running and I'm looking forward to seeing many of you around, either at the track or at races,

Ben

newsletter@readingroadrunners.org

Wanted Newsletter Editor



A reminder that the illustrious Newsletter Editorship is still up for grabs!

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

Hello RRR,

Well what a wonderful start of the year our charity has had!

Diane has inevitably become the first donor with her Gutbuster 10k donation and the place kindly donated by Kathy. Since then we have raised funds by:

Dawn to Dusk Run: £70 raised. This was Reading Roadrunners' first challenge and we accumulated a total of 76 miles. However Cubs, Beavers and Scouts walked over 180miles during the Half Term week. The kids LOVED the challenge and I hear that some RRR have requested a rematch. We will look into this, maybe with a bit more advanced notice to get our RRR miles up.

Next up was our Euro Football Sweepstake, which raised two lots of £240 in total. The Charity will receive 50% of the money raised, and the winning football team and second place split the difference with the winner receiving £80 and 2nd place still receiving £40. With the Group Stages now out of the way, we sadly have to say goodbye to Turkey, Russia, North Macedonia, Scotland, Poland and Hungary. Let's see what the Quarter-finals will bring.

In other news, we have received spontaneous donations by the lovely Rachel as a thank you to our volunteer LIRFs and CIRFs, followed by Sarah D and Fergal's donation, and Julia's donation for Kathy's GG Ultra donation. Lastly JR and I donated our Marshal contribution from GG which Chris Sumner so kindly supported. So if you ran the marathon or ultra distance, you would have seen and heard us cheer.

Next Up: in July, 10k Your Way will kick off on the 1st July. Make it YOUR challenge by walking 10,000 steps each day, bouncing on the trampoline 10,000 times, running a 10k, cycling 10km a week, or if this is not challenging enough – work on higher increments. I know a few of our Roadrunner friends are out on ultra missions to run Races to the Stones on the 10th July to tackle 100.2km over one or two days.

August: Summer Relays are back – with the new date of 24th August. £15 per team entry with all proceeds to go to our club charity. This event has always been a great inter-club one to attend and provided a lot of fun regardless of age, speed or ability. Knowing your pace for the 3.3km/ 2.05m distance is the key to success. So if you haven't got a team together yet, come and find one at track or an outrun and practice that pace.

We have a few more events planned for later in the year, but if you have an idea to spruce up our charity work, please feel free to reach out or see me at track. In the meantime I am leaving you with proof that the Scouts have enjoyed taking their new Rucksacks out for a Hike.

Best wishes,

Vroni



Women's Captain's Report

Liz Johnson



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

If you've been following the Friday "nosey posts" on the club Facebook page you might have noticed that I have been training this year for an ultra. On the 10th July, nearly two years after signing up for it, I shall be tackling 100k in one day at Race to the Stones (although I will be more than happy with a 'plod' to the stones) with some other crazy Roadrunner chums.

As this is the first time I have attempted any distance further than a marathon, I thought I would share a brief insight into how I have approached my training for this.

1. I tried to build a good base before focussed training began. So, since last September I tried to consistently run 4 or 5 times a week to get my body used to it.
2. I had no idea how to train for an ultra so I decided to pay for someone who did and hired an online coach who had done RTTS and could provide me with a personalised training plan.
3. I wanted to make the training enjoyable as a 20-week plan is a big commitment so I made sure it included things I like – speed sessions, runs with friends, club runs etc – which we were able to incorporate.
4. I like the structure of a plan but I tried not to become a slave to it. If things needed to be tweaked I would chat to my coach about it and we would make it work. If I needed an extra rest day after a tough session or if something felt niggly, I took it without guilt and without feeling I needed to 'catch-up' later in the week.
5. I used my long runs, which maxed out at 28 miles, to practice fuelling (pb&J sandwiches for the win), test new kit, and to get used to slowing down, taking breaks, and trying run/walk.
6. I looked after myself with early nights, regular massages and, I know this will shock many of you, especially those who have been on a night out with me, I developed a love for alcohol free beer and fizzy wine!

Most importantly, I have had family and a friends who have supported me along the way 100% which does make it so much easier. From providing advice and insight, getting up at silly o'clock to join me on 20+ miles runs when they really didn't have to, to telling me "No, I'm not coming to pick you up, you've only done 12k. You got yourself there, you can get yourself back" or to just simply telling me that they believe in me and that I can do it. I appreciate it all.

Anyway, with my ultra-maranoia beginning to set in let's look at what everybody else has been up to.....

Races have been very much off the calendar for the past twelve months bar a few sporadic returns but the women of Reading Roadrunners have definitely embraced the abundance of in person races that have started up again. Keeping to the ultra theme, **Nicki Randall** has completed not one but two ultras in mere weeks taking on both the Scotland 50 Ultra Marathon as well as the Pennine Barrier Ultra. Well done Nicki and I might be pestering you for some last-minute tips in the near future.

The Goring Gap 50k took place on a rather damp (some may say torrential downpours) Sunday but that didn't stop **Angela Burley, Lorna McLeod, Julie Molyneux, Sarah Walters** and **Laura Chandler** from conquering 50k. Taking on the 26 miles with aplomb was **Paloma Crayford, Caroline Jackson, Joanne Sollesse, Stephanie Smith, Nicola Gillard** and **Sarah Richmond De'Voy** whilst **Sarah Harford, Sue Jones & Linda Wright** took on the half.

Whilst on an extended trip back to Spain to see family, **Carmen Fuentes** took the opportunity to test her race legs in the Media Maraton Carabanchel (half marathon). They passed with flying colours and Carmen bagged herself a new PB of 1:42. Also doing well over 13.1 miles was **Julie Wing**, 1st W70 at the Dorney Lake half and **Gill Manton** 1st W45 at the Saturn Running Midweek half.

Closer to home, **Sarah Dooley** has been racking up some pretty impressive results over 10k and half marathon distance with 2nd Lady and 1st W40 at the Gutbuster 10k, 2nd W45 at the Kempton Renaissance Half and finally 2nd W40 at last weekend's hilly Hampshire Hoppit Half, where **Sian James** was also 3rd in the W60 category.

Speaking of hills, the Nettlebed 'stinger' was no match for **Helen Pool** 2nd lady and **Liz Jones**, 2nd W50.

There have been some great, gritty performances this past month so well done to everyone who has raced and I can't wait to actually get out and support you all soon.

Virtual Ridgeway Relay

Liz Johnson & Jamie Smith

The Ridgeway Relays are always a summer highlight of the running calendar. Unfortunately for a second year due to the pandemic, these will again be held virtually. Marlborough Running Club are however hosting a **virtual Ridgeway Relay** on **Sunday 11th July**. The event is free to enter and there are no prizes or awards on offer, just a chance to get out there and be part of something.

We have registered interest in taking part but we obviously need willing participants to take part.

The target distances and start times are set out below to mirror those in the real Ridgeway Relay:

Leg	Start time	Distance (miles)
1	8h	11
2	9h	6
3	10h	9
4	11h	6
5	12h	10
6	13h	10
7	14h	9
8	15h	8
9	16h	11
10	17h	9

Don't worry, there will be no checks that actual start times are spot on with the above but they should be kept reasonably close to keep in the spirit of the event.

If you are interested in taking part, please contact us at teamcaptains@readingroadrunners.org as soon as possible so that we can start to assemble a team(s). Again, as with the actual event we will try for mostly men, mostly women and V50 teams but as there are no prizes any make-up is permitted.

Thanks, Liz & Jamie

Reading Roadrunners Committee Meeting

Tues 8th June 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

Anne & Claire

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Nothing to report.

Chairman's report

Phil noted that track training and group runs continue to be well patronised and feedback from members taking part continues to be positive. Phil also referred to an increasing number of members entering races again.

Phil thanked Kerri French and Alice Carpenter for their efforts in organising this year's Summer Relay event at Woodford Park, noting that it has been necessary to move the date by a week to 13 July as the hall is to be used as a vaccination centre on our original date.

Phil thanked Caroline Jackson for volunteering to organise this year's pub runs, and Vroni for offering to organise the first one at the Wagon & Horses in Charvil.

There are three vacancies for Club roles that Phil is keen to fill, and encourages members to

consider if they could contribute to the Club by volunteering:

- Social Secretary: we hope to stage a social event once the COVID restrictions are lifted, but that is unlikely to happen until we have a Social Secretary to organise it.
- Newsletter editor. Ben Fasham intends to stand down at the end of August, so we need to identify someone willing to take on the role thereafter.
- Mental Health Champion. England Athletics encourages clubs to staff this role. It is presently vacant. (See below)

Anyone interested in learning more or volunteering should contact Phil in the first instance.

Treasurer's report

Chris was delighted to report that, following a face-to-face meeting with NatWest, he finally has online access to the Club accounts. Chris has been busy paying outstanding invoices and paying expense claims for Committee members who have been using personal credit cards, e.g., to pay England Athletics affiliation fees.

Chris thanked Phil for attending the NatWest meeting to resolve the bank's own admin error. He also thanked members who had paid for purchases while he was unable to access the Club's funds.

General Secretary's Report

Palmer Park. Bob has written to the Palmer Park manager on two matters: parking and Reading Athletics Club repeatedly overrunning into our Friday night track session.

Anyone attending the track will be aware of difficulties parking, exacerbated by an illegal occupation by Travellers and an ever-increasing number of commercial delivery vehicles being parked overnight.

The stadium manager is considering what, if anything, he and his team can do about the overnight parking.

Pub runs. Katie Gumbrell, the Club's COVID Co-ordinator, asked the Committee to consider the possibility of COVID restrictions not being lifted on 21June. The Committee agreed that the start of pub runs would be delayed by a delay to the release from restrictions.

Training. In agreement with the Coaching Co-ordinators, Bob published new booking apps to cover the three weeks up to and including w/c 20June.

It is possible that COVID restrictions will be lifted on 21June but, even if that goes ahead, the council has not yet advised how that will be reflected in the operation of Palmer Park. Hence we hope to return to pre-pandemic training arrangements from 30June.

It has been noted that the group runs led by the Club's LiRFs have proven to be popular with both the leaders and their athletes. It has been agreed with the LiRFs that these runs will continue and, at their request, we will continue to ask for per-booking for these events, both to constrain numbers and to enable the LiRFs to review their plans in the light of bookings.

Track training will not be bookable.

Track fees. Most people would agree that one positive from the way we have operated during the pandemic is the removal of cash payment for track fees. Pre-payment via WebCollect was possible because of the need to book sessions, which will cease shortly.

In addition to eliminating cash, we would also like to remove the need to check that members have pre-paid.

There have been several suggestions made on how to proceed but each of them requires someone to check at the entry gate that the member has paid.

The Committee is presently considering the implications of subsuming track fees into the annual membership fee, spreading the track rental costs across all non-social members.

Whilst this may not be popular with members who choose not to use the track, the Committee sees the weekly track sessions to be at the heart of what we do as a club, which justifies this approach.

The discussion continues.

Membership Secretary's Report

Sam reported that nine new members have joined since the last meeting. Sam has completed a review of all 1st & 2nd Claim member affiliations to England Athletics, noting that she has spent more than 15 hours updating our members' details held on the poorly designed EA website.

Sam has drafted a poster to advertise the Club at the Cotswold shop in Reading.

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

Sarah reported on behalf of the Coaching Co-ordinators...

Return to track and outruns has remained popular with both Wednesday and Fridays being popular but not oversubscribed.

Feedback has remained positive from our athletes, saying they have enjoyed their sessions.

A further offer of three weeks training for both track and outruns as well as one strength session, has just been made and spaces are being booked. Hopefully, this will take us through to the Government making a decision about the opening up of facilities further.

Two LiRF's are continuing with their CiRF course and will soon be fully qualified, with one further LiRF starting their CiRF course on the weekend of 12/13June after an 18 month wait!

It would be good to have a recruitment drive, possibly for more LiRFs and coaches, but it may be best to see what happens later in the year with coaches returning to track.

Bibs for LiRF's remain outstanding and LiRFs would like to carry a first aid kit on outruns.

Any other business

Nothing to report.

Vacancies

Members who would like to know more about any of these roles are invited to contact Phil in the first instance, email to: chairman@readingroadrunners.org

Social Secretary. The Committee post of Social Secretary is vacant. Of immediate concern, we would like to organise a social event once COVID restrictions are lifted.

Newsletter Editor. Ben has advised that he will stand down as the newsletter editor at end-August. We would like to retain continuity of newsletter publication after that date.

Mental Health Champion. The requirement for this post arises from EA, which summarises the role as:

"The role of a Mental Health Champion is to support people to access the mental wellbeing benefits of running, remove stigma and get people talking about mental health. Champions will NEVER be expected to provide mental health support in the role but they will be provided with details of where to signpost people for professional support with their mental health."

The best way to understand the role would be to consult the [narrative provided on the EA website](#).

DONM: 19:00 Mon 12 July by video call.

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

Social Secretary, (Not presently monitored):
socialsec@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

Mental Health Champion, TBD

Vets' Athletics

Chris Manton

Good news - The Vets Track and Field is coming back for two meets this summer! This is an opportunity for the over 35s amongst us to do all things running, jumping and throwing.

Weds 7 July

Our "home event" at Bracknell which we are hosting in conjunction with Reading Athletic Club. In addition to the events we also need to provide volunteers to help run the event: this ranges from catering for the judges, judging for those who are qualified and general assistance like result processing, raking sand pits etc.

The events on this evening are:

Womens - Long Jump, Hammer, 100m, 3000m, 400m, High Jump, Javelin, 1500m and 4x100m relay

For the men - Shot Putt, 100m, High Jump, 3000m, Hammer, 400m, Long Jump, 1500m and 4x100 Relay

Weds 4th August

At Horspath Stadium, Oxford

Womens - Triple Jump, Pole Vault, 2000m Walk, Shot Putt, 200m, Discus, 800m and 4x 400 Relay

Mens - Discus, Pole Vault, 2000m walk, 200m, Javelin, 800m and Triple Jump

If you are interested in participating (they are always a good night and, whilst competitive, open to all) then please drop me a message or an email (cjmanton73@yahoo.co.uk) with your preferred event, your age category, and your England Athletics Reg no. so I can submit the paperwork.

For the Reading event volunteers are gratefully received and if you could indicate to me what you can do I can feedback to RAC. In particular a qualified Timer is needed if anyone can do that.

Many thanks

Best Regards

Chris Manton

Results Round-up

David Dibben

Star billing this month must go to **Nicki Randall**, who completed two ultra marathons in the space of just six weeks.

Was she disappointed that the organisers of her event in Scotland managed to sneak an extra SIX MILES into the course? Just a bit!

While Nicki was quite literally going the extra mile, **Jack Gregory** was chalking up his third club track record, adding the 3000 metres crown to his 1500 and 5000 honours.

Jack's achievement has been posted on the club website, but when it will appear on the Palmer Park noticeboard is anyone's guess.

Elsewhere, congratulations to **Chris Lucas** for his win in the latest Dinton Summer Series 5k.

May 1st

Scotland 50 Ultra Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
38	Nicki Randall	17:34:38

May 22nd

Milton Keynes PB 3000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Jack Gregory	8.52

Dorney Lake 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Matt Davies	17.52

Dorney Lake 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
65	Dave Thornton	47.07

Dorney Lake Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
153	Ben Fasham	1:38.39
339	Julie Wing (1st W70)	2:51.49

Ultra X Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
42	Ian Giggs	2:10.48
155	Pete Morris	3:08.55

May 23rd

Gutbuster 10 miles

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Mark Apsey	1:05.03
5	Tony Page	1:05.37
15	Richard Usher	1:13.37
35	David Caswell	1:20.31
37	Eoin McLeod	1:20.51
41	Martin Douglas	1:23.00
82	David Walkley	1:32.26
103	Phil Sharman	1:38.08
110	Liz Ganpatsingh	1:40.32
112	Alex Bennell	1:41.48
126	Kira Moffat	1:50.52

Gutbuster 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Sarah Dooley (2nd lady, 1st W40)	48.21
26	Chris Manton	58.39
28	Claire Raynor	58.49
44	Diane Hodder	1:04.01
72	Peter Warren	1:10.44
97	Linda Wright	1:32.25
98	Dan Manton	1:34.37
99	Gill Manton	1:34.19

Nettlebed Stinger 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Ben Paviour	38.26
43	Helen Pool (2nd lady)	47.01
60	Rebecca Evans	49.04
63	Marcus Fletcher	49.32
77	Liz Jones (2nd W50)	51.19

Crudace Homes Festival 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Jake Dellow	17.10 PB
66	Steve Dellow	24.45

May 28th

Friday Night Under The Lights 5k

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
111	Ben Paviour (3rd M45)	16.40

May 29thKempton Park Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
240	Jon Green	4:26.23

May 30thKempton Renaissance 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
38	Eoin McLeod	41.22
79	Lorna McLeod	47.50

Kempton Renaissance Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Brooke Johnson	1:26.15
47	Sarah Dooley (2nd W45)	1:32.19

June 4thSaturn Running Midweek Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7	Gill Manton (1st W45)	3:13.09

June 8thVets AC 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
31	Helen Pool (3rd W45)	20.09

June 10thDinton Summer Series 5k (Race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Chris Lucas	17.17 PB
74	Angharad Ross	28.18
85	Caroline Hargreaves	29.21
88	Adele Graham	29.32
89	Kim Stevens	29.32
99	Maureen Sweeney (2nd F60)	30.50
141	Linda Wright	35.23
162	Gill Manton	39.40
168	Kevin Strong	41.40

Dinton Summer Series 10k (Race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Steve Ridley	36.34
19	Ian Giggs	42.31
30	Stuart Bradburn	44.02
33	Eoin McLeod	44.40
63	Chris Manton	50.06
78	Lorna McLeod	52.00
105	Angelique Haswell	56.42

158	Laura Ridley	77.16
162	Peter Glass	78.57
166	Nick Adley	79.58

June 12thRun Through Dorney 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Ben Fasham	22.51

Run Through Dorney 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
43	Derek Cheng	44.34 PB
64	Emily Hague	47.39

Run Through Dorney Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
25	Adam Lewis	1:23.29

South Downs Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Fergal Donnelly	1:44.03
27	Colin Cottell	1:55.58
111	Tom Harrison	3:02.27

Pennine Barrier Ultra Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
162	Nicki Randall	15:48.40



June 19thCoity Fell Race (8k)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Colin Cottell (2nd M60)	54.11
78	Tom Harrison (1st M80)	1:38.55

June 20thHampshire Hoppit Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Ben Paviour (1st M40)	1:25.36
6	Tony Page (2nd M40)	1:28.50
17	Richard Usher	1:39.49
29	Sarah Dooley (2nd W40)	1:45.06
41	Alan Freer (2nd M60)	1:49.08
57	Fergal Donnelly	1:53.16
152	Julie Sugden	2:07.43
168	Peter Reilly	2:09.16
170	Gary Clarke	2:09.36
234	Sian James (3rd W60)	2:16.24
235	Donald Scott-Collett	2:16.25
320	Alex Bennell	2:28.15
428	Caroline Hargreaves	2:47.10
471	Linda Wright	3:55.11

527 Kathy Tytler 4:19.00

Hampshire Hoppit Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
62	Justin Simons (below, left)	4:04.14
82	Dimitar Gospodinov	4:11.17
195	Andrew Butler	4:37.41
261	Pete Morris	5:07.28
311	Paul Monaghan	5:16.34
312	Caroline Jackson	5:16.34
377	Christina Calderon	5:32.01
385	Martin Bush	5:52.29
386	Veronika Royle	5:49.29
387	Sarah Richmond-De'voy	5:49.29
388	Nicola Gillard	5:49.34
408	Phil Reay	5:44.42

Upper Heyford 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
46	Tim Miller	59.59

Upper Heyford Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
11	Martin Douglas (1st M50)	1:39.44 PB
15	David Dibben (1st M70)	1:42.09
21	Joe Blair (1st M60)	1:49.35



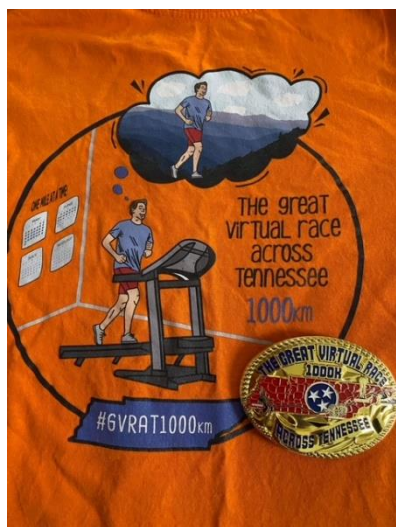
David Caswell's Streak

Sam Whalley

Like many, I follow lots of Roadrunners on Strava, but this year, someone really caught my eye. Dave Caswell, Caz to most of us, never seemed to stop running! Until one day he did! I asked him what it was all about...

Caz: Oh yes, they call it the streak.

During lockdown one, I entered a few virtual events which unbeknown to me at the time, was the start of my 366 day run streak.



The first run was on May 29th 2020. I had just entered a virtual run across Tennessee which entailed running 620 miles by August 31st 2020. I was a late entrant into the race, so I had a bit of catching up to do. The event has a buzzard that moves the minimum miles per day required, which for this race was about 5 miles. To catch up the buzzard I needed to run a minimum of 6 miles a day. Once I passed the buzzard, it was a case of running each day to get to the finish at Buckeye Hollow. On 26th of June, I finished the event, after completing a total of 637 miles, which averaged out at 9.23 miles a day. My shortest run of the race was 4.14 miles and the longest was 18.19 miles.

During this time, I had also entered another virtual event, LeJog, which is running from Land's End to John O'Groats, a total of 874 miles. Part of this race was concurrent with the first event, and I had completed 874.52 miles on September 14th 2020 after 106 days. I averaged 8.25 miles a day for this event. The longest distance I ran for this event was 20.46 miles and the shortest 3.29 miles.

I continued to run daily, and on 4th October, I ran the Great Clarendon Marathon. It fell on the same day as the Virtual London Marathon, so I combined the two to keep me moving! It was at this point I noticed that I had run for almost 150 days, so decided to keep running.

I am a member of fetcheveryone.com, and they award badges for completing certain events, with one of the badges being for running streaks. As time passed, I started to collect badges and I knew that I could get my 200 day award just before Christmas, so it seemed the natural thing to do.

On 1st January 2021, I began another virtual event - Route 66, which can be completed by running, walking or cycling. I planned to run each mile, and knew I would need to run most days, so the streak carried on. As my daily running continued, I found myself entered into the Goring Gap 50k, to be held in May. I knew I had to train well, so thought that I could keep running and aim for the 365-day





streak, which was just after the event. It seemed silly to stop at that point, so the target date was set. Fetch not only award a badge for 365 days of running, but also one for 366 days, so on 29th May 2021, I ran my last day of my year long streak.

The next award was for 500 days, but I decided against it, which was a wise idea, as just a few days later, I had to isolate due to a positive Covid case at home.

I feel lucky to have managed to complete 366 days of running with no more than a niggle on the injury front, and managing to get through without isolating for over a year. I have improved my running strength and also learned when to ease off when needed! Would I do it again? Probably not, but I'm glad I was able to complete it during a very tricky year, and would encourage others to give it a go!

Total miles completed - 2887.1!



Photo Gallery



Joe Blair (M60), Martin Douglas (M50) and David Dibben (M70) all took their category golds at the Upper Heyford HM

Clinton Montague took part in the Cheddar Gorge Omnium – ‘Absolutely savage’ as this race face demonstrates! 1km followed by hill climb, followed by 100m (this photo), followed by either very hilly 6k or 10k, and optionally half or full marathon the next day.



Coach Vroni and a mostly-smiling Friday track crowd