

# E-BULLETIN

## 3 SEPT 2021



## RRR RELISH RETURN



## TO NORMALITY

## Chairman Chat

### Phil Reay

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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*

Hi Reading Roadrunners

The camaraderie and togetherness of this club has shone bright this summer. It's been wonderful to see members come together in-person on a more regular basis and without restrictions.

The return to track has been incredibly well received and it's pleasing to see so many members back training on a Wednesday at Palmer Park. Thank you to the committee – having reduced the membership fee to £5 for renewing members at the beginning of the membership period, the gesture to cover the cost of track for the remainder of the year, until 28 Feb is a thoughtful one. We've all had a challenging 18 months and it's good to give additional value to the membership as we continue to look after and encourage each other.

Our first club race since 2019 took place on 24 August in the form of our Summer Relays. Thanks to Race Director **Kerri French** and team for making the event happen, especially overcoming a few unforeseen hurdles. Thanks to all who took part, we raised £285 for our club charity, 1<sup>st</sup> Charvil Scouts. It was great to see the Scouts involved in the event looking after the bag drop and marshaling.

Thanks to **Suzanne** and **Clive Bate**, and **Dean Allaway** for running the club kit night. The kit from new supplier 2XU is proving popular. Dean Allaway has kindly come forward to volunteer as our new Kit Manager and we'll aim to have a kit event once a month.

For as long as I can remember, **Tina Woffington** has organised our Summer pub runs, and they're an inclusive activity I've always enjoyed. They're a great way to meet new members and everyone is welcome. Thanks to **Caroline Jackson** for picking up the mantle and co-ordinating this summer's runs led by **Tony Page**, **Laura Priest** and **Ian Giggs**.

The activities continue at pace, with plenty to look forward to. The Cross Country season will soon be upon us, but first it's the SEAA team road relays at Crystal Palace. Please contact our Team Captains **Liz Johnson** and **Jamie Smith** for more information. [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

September will see a welcome return for our timed Track Friday event. Hosted once more by **Fergal Donnelly**, the event will return on 17 September. Look out for more details from Fergal.

With such a return to club activities, one of the volunteer opportunities we have is for a Social Events Manager. The one big club social we'd like to do is a Christmas Party. If you're interested in volunteering please contact me [chairman@readingroadrunners.org](mailto:chairman@readingroadrunners.org)

And finally.....a huge thank you to **Ben Fasham** for whom this is the last edition of the Monthly Club Newsletter. Ben has done the role for the last 18 months going above and beyond during the peak of the first wave of the pandemic by producing a weekly ebulletin. This was a valuable source of information and feeling of connection to many. You've done a wonderful job Ben, thank you very much. We'd love the Newsletter to continue, if you're interested in volunteering please contact Ben or I.

Looking forward to seeing as many members as possible over the next month.

Enjoy being with each other.

Phil

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

## Editor's Note

Ben Fasham

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Hello everyone,

I hope you're all fit and firing. Apologies for the wait for this Newsletter, but at least I've got a bumper edition to be bowing out on. There's plenty of exciting content this month – **Stu Hyslop** supporting an epic attempt at a long-distance record, a huge round-up of results from **David Dibben**, and a review of the recent Summer Relays from Kerri French. I'd like especially to draw your attention however to **Jamie Smith's** captain's notes where he lets us know of the upcoming Cross-Country fixtures – I hope to see plenty of you there.

I was hoping to be returning to something resembling normality this weekend but as Maidenhead Half Marathon is moving to Dorney Lakes I guess that'll have to wait a bit. But I'm still looking forward to pulling on the Green vest again, at least.

All the best,

Ben

## Wanted Newsletter Editor

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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](mailto:newsletter@readingroadrunners.org)



## Men's Captain's Report

Jamie Smith

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What a difference a year makes – who is ready to get their green vest dusted off and get some lovely muddy cross-country racing? It is so great to be able to write this once again!

After a summer of gradual re-opening plans have been ongoing how best to hold cross-country races once again in a safe manner, but without losing any of the nostalgia that it has brought to club members up and down the country over many years.

The national cross-country championships has been going for many years in fact the first noted event was held in 1876, with it only ever being postponed before due to World Wars One and Two, so it really does take a lot to stop us running around a muddy field in wind and rain!

With that and looking ahead with fingers crossed, all being well we should see our first cross-country fixture on Sunday 24<sup>th</sup> October (hopefully Metros TBC).

Now for those who deem themselves not “fast” enough to take part, there are no cut-off times, there is no expectation on pace or positions, and every single club member is welcomed (sometimes bribed with brownies -Sam!).

What makes cross-country and our club so special is that at any event all will get the same encouragement to join in and do your best. So come along and give it a try.

Ahead of the cross-country season we first have the Southern road relays, taking place once again at Crystal palace on Sunday 26th September – please contact myself or Liz if you would like to run on the captains email [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org), via the event page on the club Facebook page, or at track nights.

Teams need to be entered in advance of the race, if you would like to run we need to know by Thursday 9<sup>th</sup>.

The club will not be putting on a coach this year, due mainly to the Southern Athletics associations very last-minute organisation of the event this year. We are aware that many club members are already booking up for new or rescheduled races on the same day. However we really do look like having some strong veterans teams that can challenge for some of the medals.

So for those who are new to the club, or perhaps aren't sure of what the options are for cross-country here is bit of information on both leagues that we compete in. With races even taking place here in Reading for both leagues, including one hosted by ourselves there are no excuses not to come and join in.

This season will also see the return of the cross-country club championships, which for the first time will also have a separate competition for the Hampshire league. I'll leave that for Liz to go into further details closer to the time.

The **Thames Valley Cross Country League** is based normally around 8 races held from October to February each year.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

We are the defending men's league champions, although we are still to get our hands on the trophy due to last season's fixtures wiped out because of the pandemic. Hopefully we shall be presented with this at the first fixture this year!

Men and women teams compete in the same race with the first 6 men and first 4 women from each club scoring points. All abilities take part and even non-scorers can affect the result by getting ahead of scorers from other clubs, as the points are calculated based on overall race position of the scoring runner. To promote club spirit, club colours must be worn by any runner to score, and there must be a given number of veterans in the scoring team.

I know the other local clubs will be gunning for that trophy, but with females and a combined gender competition also on taking place – why can't we add to our trophy cabinet? (Where is that by the way, Phil?)

The dates below have been penned in and the venues details will follow:

- 24<sup>th</sup> October, 14<sup>th</sup> November, 28<sup>th</sup> November, 12<sup>th</sup> December, 16<sup>th</sup> January (one more date to be decided)

Race entry costs £3 per runner (£4 per guest runner), payment on the day of the race.

I'm sure close to the time Sam will be banging her volunteer drum for our own hosted race, so look out for those request!

The **Hampshire League** season runs from October to February and comprises five races in Hampshire and neighbouring counties.

This is a Saturday afternoon race, all are welcome to take part with senior, and veterans racing together. The courses used are mostly grassland (normally muddy) and suitable for wearing spikes should you use them.

Some will say the Hampshire League is a little more competitive and while at the front there may be the odd Great Britain Olympian taking part the majority are just clubs members that same as we all are, looking to better previous performances and do the best we can.

- 13<sup>th</sup> November, 4<sup>th</sup> December, 15<sup>th</sup> January, 19<sup>th</sup> February, 19<sup>th</sup> March

13:35 Senior Women (including Veteran and Under 20 Women) - 6.0km

14:30 Senior Men (including Veteran and Under 20 Men) - 10.0km

Additional cross-country fixtures to look out for and mark on your calendars:

- Berkshire cross country championships – Sunday 19<sup>th</sup> December
- Southern cross country championships – 29<sup>th</sup> January, this is usually a fantastic day out, I am sure those who have taken part previously will confirm this. Normally a coach is put on by the club to get to the event, along with entry fees covered by the club.

So there is whole lot coming up, with many club members seasoned campaigners, some maybe newer but all are welcome.

We look forward to seeing as many of you taking part, it has been far too long!

Jamie Smith

## 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)

And just like that, it's Autumn..... Since my last report back in July, summer has been and gone and races have returned almost as normal. What this means is a bumper roundup of results and PBs as evidenced by the multiple pages at the back of this newsletter!

It also means that after two years of waiting, I finally got to run Race to the Stones 100k. I have to admit that I think I enjoyed every step of it in a type 2 fun kind of way. I ran with **Beth Rudd** for the first 35k and then made plenty of buddies out on the trail as I forged on. I also managed to see the other RRs (**Calum, Vroni, Sarah & Nicky**) who were running at various aid stations which was super and a nice boost.

What I did discover though is that I obviously love a well-stocked aid station as despite thinking I was in and out of them quickly (bar half-way where I stopped for 30, or was it 40 mins) the difference between my lapsed and moving time was 3 hours!

I finished the 100k feeling surprisingly good and blister free, however the next day walking was something of a challenge and I definitely had to be hauled out of chairs and dealing with stairs was somewhat

traumatic. My 1-mile recovery walk in 25 mins was painful and being overtaken by an older gent with two walking sticks made me laugh. Also a huge thank you to fellow club mates who popped up along the course as cheer leaders. It was very much appreciated.

I'm not sure I have recovered enough from RTTS to contemplate another ultra, but that doesn't seem to affect **Nicki Randall** who has pocketed yet another ultra! This time Nicki conquered the Cheshire 50 mile Ultra.

Newbury Racecourse proved a fertile PB hunting ground for the **Higgs** sisters! **Gemma** bagged a half marathon PB of 1:45:46 whilst in the 10k, **Sophie** also managed a PB of 1:21:55. I'm not saying you need to have a coach for a dad, but it definitely seems to help! At the Headington 5, **Jill Dibben** also caught a shiny new PB of 59:37.

The Vets League (Western Division) also started up again this summer with some good performances in the meets at Bracknell (RR ladies 5<sup>th</sup>) and Horspath (6<sup>th</sup>). **Adele, Gill, Helen, Vroni, Alix & Kerry** all donned the green vests and took part in a variety of track and field events. Well done team.

**Helen Pool** showed that whatever the distance, she is always ready to race, picking up 1<sup>st</sup> lady at the British Masters Track Challenge 5000m, 2<sup>nd</sup> W45 at the Vale of York 10 and 3<sup>rd</sup> lady at Burnham Beeches 10K. **Sarah Dooley** was also picking up the wins with 1<sup>st</sup> W45 at 2 x Yately, and 2<sup>nd</sup> lady at the Dartmoor Great escape Trail race. There were also age category wins and placings at various races for **Liz Jones, Mary Janssen, Maureen Sweeney & Hilary Rennie**.

A huge well done to everyone who got out a raced and volunteered this summer. Hopefully, more races will return to something near normal this autumn. There is a glut of half and full marathons over the next few months but if you can spare the 26<sup>th</sup> September, please think about putting your name forward for the **Southern Road Relays**. It's a fun day out, running as part of a team, and a great experience. **Deadline for indicating interest is next Thursday, 9<sup>th</sup> September**. There are details on the club Face Book page but if you would like any more info or to put your name forward please contact [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Liz

## Summer Relays

Kerri French

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Relays happen in Threes right?

Well this was the event that gave us hope, hope that life can get back to normal with a bit of planning, space, team work & hand sanitizer.

After two postponements it was to the wire whether I'd be able to organise the proceedings on the night (due to both my children isolating after having Covid).

The organising team of myself, **Alice Carpenter** and **Roger Pritchard** went virtual with entries flying in and out of our email boxes in the lead up.

It even involved our Chairman Phil attacking the undergrowth that had engulfed the container unit where we store all of our kit.

Membership Secretary Sam sprung into action printing all my documents too.

Would we bring it all together on the night? Cliff hanger moment!

The night didn't disappoint, full of fun and drama. A wasps nest in the ground was discovered 6 minutes from the briefing time. Many angry wasps swarmed over the narrow lake path. However, with a quick course diversion onto the wooden bridge, and strategic deploying of marshals we dodged that bullet.

This event does like to confuse its participants... not knowing where you're going or running the park in reverse of the normal parkrun clearly fried some brains. So I was not shocked to hear that some front runners completely missed a marshal and their calls to turn back, so managed to find themselves back at the start in what would've been a world record breaking sub 3.30 minute mile.

But that was not the end of the drama: the head-blowing course had another surprise twisty bit and up and over a hill to finish. Half the talent of this event is staying alert, the other half is pacing yourself without the knowledge of how fast you're going. Know your body, run on feel, that's the key.

The last cliffhanger moment was completely missing one team's result in the processing. After a scurry about to locate their times in the recording sheets the best guess of time from an individual was Ros Crawford - who was only out by 3 seconds!

The winning team was mother & son combo Tom (who ran 2 legs) & Linda Wright - 'A rose between two thorns'. Who were only 38 seconds away from their guesstimates.

We had great representation from many of our local clubs and lovely to see some familiar faces from our Thames Valley Cross Country League.

We made a profit of £285 for our club charity. Thanks to **Tony Streams** for donating the prizes. Our volunteers from **1<sup>st</sup> Charvil Beavers-Cubs-Scouts** were very hands-on too minding the bag drop for participants.

Back doing what we do best feels great! But no more dramas please...

Thanks to the army of helpers who rose to the challenge on the night.



## Club Charity of the Year Update

Vroni Royle

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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 2<sup>nd</sup> 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 1<sup>st</sup> 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 10<sup>th</sup> July to tackle 100.2km over one or two days.

August: Summer Relays are back – with the new date of 24<sup>th</sup> 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



## Reading Roadrunners Committee Meeting

Tues 12<sup>th</sup> July 2021, 7pm

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### 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 & Paul

### Minutes of the previous meeting

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

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

Nothing to report.

### Chairman's report

Phil focused his report entirely on the growing issue of the lack of support from members to contribute to the running of Club affairs and events. As an example, the Club constitution calls for a Committee to be formed annually of ten members. There are presently just seven Committee members (down from eight last year). If three of those cannot attend a meeting, it must be cancelled as the constitution requires a quorum of five to make a binding decision.

In addition to the vacant roles noted last month, the Club kit monitoring role has become vacant. Without it, there will be no sales of Club vests and other kit and no stock management.

We need urgently to fill these vacancies if we are to continue to provide Club services to which members have become accustomed. Members

are again asked 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)
- Ex officio Committee posts. Two ex officio Committee posts remain to be filled.
- Kit monitor. We need to replace Suzanne & Clive Bate, who are standing down, to manage kit sales and stock management.

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

### Treasurer's report

Chris reported making no progress with moving the Club's accounting to a cloud-based service, Xero, owing to the Club's accountants, Simon Porter, failing to respond to emails and phone calls. Chris & Phil will make one further attempt to make contact, after which Chris will seek alternative accounting support and source of the Xero service.

Chris presented completed accounts for June and confirmed that the banking arrangements with NatWest are now operating effectively.

### General Secretary's Report

**Training.** As was perhaps inevitable, the widely trailed relaxation of COVID restrictions in June did not happen so the reduced Club operation was extended through to 19 July. At the time of the meeting, it is not known how RSL will modify its arrangements for Palmer Park so it is not possible to guarantee what we will be able to offer from

19 July, assuming that there is not another late reversal of direction.

It is hoped that from Wednesday, 21 July we will be able to provide unrestricted use of the track, followed by reinstatement of introduction sessions for prospective new members soon thereafter.

**Track fees.** Following from the discussions reported in the June minutes, further thought has been put into how we might eliminate cash payments for track fees. Bob has an action to draft a recommendation for further discussion before publication to members.

**Great City Race.** The Committee thanked Carl Woffington for liaising with London Marathon Events (LME) to organise sending a small team of marshals to this year's Great City Race on 20 July.

**London Marathon Club draw.** Carl received further thanks for having organised the draw for the Club's two guaranteed places in this year's race, as he has done for many years.

The two lucky recipients of the places were Daniel Coleman and Jonathan Ridley.

**London Marathon marshalling & travel.** We have been advised by LME that arrangements for marshalling this year's London Marathon on 4 October will differ from those of previous years, and this has consequences for how members will travel to the event.

In short:

- The Club will continue to marshal at Rotherhithe & the Tower, but the total number of marshals is reduced from 66 to 41.
- LME intends to make its own arrangements to bus marshals to the event, the details of which are yet to be revealed.
- The number of guaranteed places for the 2022 event are reduced from eight to one.

Bob will circulate an email explaining the implications of this decision for members wanting to travel to the event and asking for members to indicate if they wish to marshal or to travel to the event by club bus either as a runner or supporter.

## Membership Secretary's Report

Sam reported that two new members have joined since the last meeting and one new member is transferring from another club.

Sam also reported that there is a growing interest in an introductory session, with the implication that the lack of one is deterring some potential new members.

Sam is making efforts to engage with new members to help them understand how to get the most benefit from being a member.

## Social Secretary's Report

In lieu of a Social Secretary, Anne reported that she has booked Sonning Golf Club for the 2022 club dinner dance, to take place on 6 March.

## Coaching Report

Sarah reported on behalf of the Coaching Coordinators...

The offer of track sessions remains the same from the same coaches and coaches in training. There has been a small reduction in the offer of outruns and numbers have been slightly lower, but this may have been due to the football.

Three LiRFs are continuing with their CiRF course and will hopefully be qualified in the next 8-12 weeks.

Sarah will be writing a piece for the newsletter for the next few issues about a day in the of LiRF'ing and the CiRF course/qualification in a hope that this sparks conversation, interest, and a recruitment drive, possibly for more LiRFs and coaches.

Bibs for LiRFs remain outstanding and feedback from Bob's email is that LiRFs would like to carry a first aid kit on outruns. We understand bibs and first aid training are both being sourced; training does not need to be limited to coaches and leaders.

We are both struggling with the lack of communication regarding future plans and would welcome heads up about things in advance as we

have found questions being directed our way that we don't have knowledge of and are therefore unable to answer.

We have put together some questions that we would like to put into an athlete questionnaire to understand what our athletes would like to see from coaching.

## Any other business

**Coaching training.** Phil has been approached to ask if the Club would reimburse members' expenses incurred pursuant to gaining coaching qualifications. The Committee agreed in principle that this is a reasonable request, but the amounts would need to be capped and there would be an onus on the candidate coach to agree to provide coaching to the Club for a period following confirmation of their coaching status.

Bob was actioned to draft a policy document on how this would operate.

## 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](mailto: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](#).

**Ex officio Committee posts.** There are two Committee posts vacant for ex officio members. The ex officio members do not have fixed duties (c.f. Chairman, Media Manager, Treasurer, Social Secretary, etc) but are available to take on tasks as they occur throughout the year.

**Kit Manager.** With Suzanne & Clive Bate are standing down as Kit Managers with immediate effect, we urgently need to replace them. As well as selling the kit, the Kit Manager is responsible for stock management and liaison with the suppliers.

**DONM:** 19:00 Mon 9 August by video call.

## Reading Roadrunners Committee Meeting

Tues 16<sup>th</sup> August 2021, 7pm

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### 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

### Minutes of the previous meeting

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

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

Nothing to report.

### Chairman's report

Phil noted that it was reassuring to see over 80 members back at the track on Wednesday evening with the session operating at what used to class as normal. Endure 24 has taken place, the Summer Relays will take place shortly, Fergal Donnelly is making plans for a Friday Track Night, and we are still hopeful that the TVXC and Hampshire XC leagues may restart in the autumn (subject to gaining venue approval), so this does feel like returning to normality for the Club.

Phil thanked Caroline Jackson for picking up organisation of pub runs, two of which are now arranged for August. The reducing daylight will probably preclude any more this year, unfortunately.

Phil also thanked Carl Woffington for organising the Club's contingent of marshals for the London Marathon once again.

Suzanne Bate organised a kit night on 11 August and sold some £800 of Club kit, before standing down as the kit manager.

Finally, Phil drew attention once again to the number of vacant posts that need to be filled if we are to undertake all the functions that members have come to expect the Club to provide. Members are asked to read the list of vacancies at the end of these minutes and consider if they could volunteer for a role.

### Treasurer's report

Chris reported that Simon Porter & Co have completed their review of the Club's 2020 accounts. Chris advised that he has balanced the accounts for July, albeit with minimal financial transactions.

### General Secretary's Report

**Track fees.** Consideration of how to finance track rental fees from 1Mar22 continues, with no clear way forward yet emerging.

**Introduction sessions.** We have reintroduced introduction sessions for prospective new members. Rather than dedicating a coach to this activity, as was previously the case, new arrivals will be met by a host and be escorted around the site, be told something about the Club and have the track rules explained, after which they will be handed over to the Coaching Co-ordinators to be allocated to a coaching group for the rest of the session.

**Emergency Contact details.** Members should be aware that the Committee has been concerned about the accuracy and availability of members' emergency contact details for some time, this having been brought up at several AGMs.

The Committee resolved to implement several measures:

- Implement an access-protected worksheet in cloud storage to contain the name and



- emergency contact details of each member, with access provided to active coaches.
- Modify the membership form used by WebCollect so that provision of emergency contacts is mandatory.
- Add “ICE:” to the membership card with room for members to insert a telephone number.

Altering the membership form will have two effects:

- New members will need to complete their emergency contact details before they are able to join.
- Existing members who have not provided emergency contact details will be forced to do so at renewal.

**Palmer Park.** Members may have noticed preparations for the redevelopment of Palmer Park have started. The present reception area will be dismantled starting from 1 September, the immediate impacts on the Club being our access continues to be from the side gates, the removal of our trophy cabinet, and the loss of our storage areas within the building.

We have use of the athletics storeroom next to the entry gate for now, which will allow gate marshals some shelter.

## Membership Secretary's Report

Sam reported that ten new members joined since the last meeting, of which one is transferring from another club.

Sam reminded the Committee that members who renew after 1 April are required to pay a new joining fee in addition to the annual subscription and reported that several recent late renewals had not done so. Sam asked for the wording on the Club website to be reviewed to clarify this requirement.

It was agreed that members arriving for a track session who have forgotten to bring their membership cards will be asked to sign in.

## Social Secretary's Report

Caroline Jackson reports that two pub runs will take place in August, namely:

- 19<sup>th</sup>: Ye Olde Leathern Bottel, Wokingham, organised by Tony Page
- 26<sup>th</sup>: Bull at Riseley, organised by Laura Priest.

Caroline can be contacted at [pubruns@readingroadrunners.org](mailto:pubruns@readingroadrunners.org)

In lieu of a Social Secretary, Hannah McPhee has kindly offered to look into organising a Christmas Party.

## Coaching Report

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

What a difference a month makes.

The beginning of August brought more normal arrangements for our athletes; the “re-opening” of all athletes being able to use lane one for their efforts and lane six for their recoveries, not having to book for track sessions and more coaching opportunities available on track on Wednesdays.

We have five coached sessions on track on Wednesdays providing a range of opportunities for athletes from 10k improvers to marathon training and cross-country preparation. We were anticipating more athletes returning at the beginning of the month, but we are in the middle of the school holidays and there still may be a degree of caution from some athletes.

Friday sessions remain quiet, and we have LiRF/coach cover for the coming weeks.

Off track on Wednesdays, we are providing two LiRF seasons; one Couch to 5k group and one general outrun group. We are struggling to ensure we have LiRFs available to cover these sessions.

We have unfortunately lost one coach and we have not had responses at all to some emails to coaches regarding their availability to coach.

Three LiRFs are continuing with their CiRF course and will hopefully be qualified in the next 8-10 weeks.

Bibs for the LiRFs remain outstanding.

*Note:* The Committee agreed that the Club will provide First Aid bum bags for run leaders.

## Any other business

**Storage.** With the loss of access to the storeroom at the stadium, we need to relocate all our materials and find somewhere to store Club kit.

Phil undertook to cost options for off-site storage.

**Thursday outruns.** Paul proposed that Thursday outruns should recommence. It was agreed that they will restart on Thursday, 2 September.

## Vacancies

Members who would like to know more about any of these roles are invited to contact Phil Reay.

**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](#).

**Ex officio Committee posts.** There are three Committee posts vacant for ex officio members. The ex officio members do not have fixed duties (c.f. Chairman, Media Manager, Treasurer, Social Secretary, etc) but are available to take on tasks as they occur throughout the year.

**Kit Manager.** With Suzanne & Clive Bate having stood down as Kit Managers, we urgently need to replace them. As well as selling the kit, the Kit Manager is responsible for stock management and liaison with the suppliers.

**DONM:** 19:00 Tues 14<sup>th</sup> September by video call.

### Main Club contact points:

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

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

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

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

Social Secretary, (Not presently monitored):  
[socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)

Coaching co-ordinators, Pete & Sarah:  
[coach@readingroadrunners.org](mailto:coach@readingroadrunners.org)

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

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

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

Welfare Officer: Nikki Gillard:  
[nicolagillard@hotmail.com](mailto:nicolagillard@hotmail.com)

Mental Health Champion, TBD

## Summer Relays

Kerri French

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Relays happen in Threes right?

Well this was the event that gave us hope, hope that life can get back to normal with a bit of planning, space, team work & hand sanitizer.

After two postponements it was to the wire whether I'd be able to organise the proceedings on the night (due to both my children isolating after having Covid).

The organising team of myself, **Alice Carpenter** and **Roger Pritchard** went virtual with entries flying in and out of our email boxes in the lead up.

It even involved our Chairman Phil attacking the undergrowth that had engulfed the container unit where we store all of our kit.

Membership Secretary Sam sprung into action printing all my documents too.

Would we bring it all together on the night? Cliff hanger moment!

The night didn't disappoint, full of fun and drama. A wasps nest in the ground was discovered 6 minutes from the briefing time. Many angry wasps swarmed over the narrow lake path. However, with a quick course diversion onto the wooden bridge, and strategic deploying of marshals we dodged that bullet.

This event does like to confuse its participants... not knowing where you're going or running the park in reverse of the normal parkrun clearly fried some brains. So I was not shocked to hear that some front runners completely missed a marshal and their calls to turn back, so managed to find themselves back at the start in what would've been a world record breaking sub 3.30 minute mile.

But that was not the end of the drama: the head-blowing course had another surprise twisty bit and up and over a hill to finish. Half the talent of this event is staying alert, the other half is pacing yourself without the knowledge of how fast you're going. Know your body, run on feel, that's the key.

The last cliffhanger moment was completely missing one team's result in the processing. After a scurry about to locate their times in the recording sheets the best guess of time from an individual was Ros Crawford - who was only out by 3 seconds!

The winning team was mother & son combo Tom (who ran 2 legs) & Linda Wright - 'A rose between two thorns'. Who were only 38 seconds away from their guesstimates.

We had great representation from many of our local clubs and lovely to see some familiar faces from our Thames Valley Cross Country League.

We made a profit of £285 for our club charity. Thanks to **Tony Streams** for donating the prizes. Our volunteers from **1<sup>st</sup> Charvil Beavers-Cubs-Scouts** were very hands-on too minding the bag drop for participants.

Back doing what we do best feels great! But no more dramas please...

Thanks to the army of helpers who rose to the challenge on the night.

## Results Round-up

### David Dibben

There's a plethora of goodies this month, with everything from evening racing, track and field, marathons and ultras. Happily, mass starts have made a welcome return.

As usual there have been plenty of stellar performances by Roadrunners, including two 10k victories in the space of four days by **Mark Worringham** at Sonning and Yateley.

Another to taste success in July was **Tony Page**, who in the space of seven days picked up a British Masters half marathon championships silver medal, a huge 10k PB at Yateley and a team prize at Endure 24 following a mega-shift of eight laps. For an encore Tony subsequently returned to Yateley and ran another PB.

Other stars of Endure 24 included, among others, **Brian Grieves**, **Pete Morris** and **Phil Sharman**, who put in some massive solo efforts but, as ever with Endure, members' names were hidden behind some esoteric team labels.

\*Apologies to **Kevin Strong** for his absence from the Hampshire Hoppit results last month. He finished that very tough half marathon in 3:00:50.



Linda Wright at Endure

#### June 25th

##### MK Turing 10k

Pos	Name	Chip
274	Linda Wright	1:15.52

#### June 27th

##### Milton Keynes Marathon

Pos	Name	Chip
31	Marcus Fletcher	2:52.01
231	Brian Kirsopp	3:30.00
239	Rebecca Fletcher	3:32.11
845	Anthony Eastaway	6:46.04
846	Gill Manton	6:46.04

##### Midsummer Murder 10

Pos	Name	Chip
1	Ben Paviour	1:09.39
8	Fergal Donnelly	1:15.42
64	Brian Curtayne	1:44.39
92	Stephanie Smith	1:58.59
108	Tim Miller	2:05.57
109	Peter Higgs	2:06.15
136	Linda Wright	3:01.55

##### Oxford Town & Gown 10k

Pos	Name	Chip
15	Brendan Morris	34.29 PB

##### British Masters 5000m Track Challenge

Pos	Name	Chip
11	Helen Pool (1st lady)	19.57

##### Gibbet Challenge

Pos	Name	Chip
5	Richard Usher (1st M40)	45.11
23	Chris Cutting	52.25
53	George Nyamie	63.52
58	Katie Gumbrell	65.49

#### July 4th

##### Sonning 10k

Pos	Name	Chip
1	Mark Worringham	35.48
3	Steve Ridley	36.40
6	Adam Lewis	38.41

17	Gavin Rennie (1st M50)	42.39
24	Paul Morrissey	43.35
41	Stuart Bradburn	45.49
47	Dan Rickett	47.08
52	Chris James	47.25
56	Bruce Sarjent	47.59
58	Claire Marks (1st W50)	48.05
78	Tom Wright	50.02
79	Dan Coleman	50.17
90	Brian Fennelly	51.01
140	George Nyamie	56.03
183	Stephanie Smith	1:00.09
211	Zoe Browne	1:02.40
212	Andy Bennett	1:02.42
226	Kathy Vickers	1:04.55
274	Linda Wright (3rd W60)	1:14.16

Sonning 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
9	Julian Hough (1st M50)	23.00
23	Miriam Coleman	27.22
39	Nick Adley	29.36

Chiltern Chase 15k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Tony Page ( <i>pic, left</i> )	57.23
9	Fergal Donnelly	1:03.12
42	Joe Blair (3rd W60)	1:17.37

Cheshire Ultra (50 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
124	Nicki Randall	13:45.06

**July 7ths**Yateley 10k (Race 1)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Mark Worringham	34.06
53	Ian Giggs	43.34
77	Martin Douglas	45.30
148	Colette Callanan	49.23

Aldershot, Farnham and DistrictOpen 3000metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Jack Gregory	8.56.86

Vets League Western Division (Bracknell)Men's 35A 100 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Chris Manton	15.5

Men's 50 100 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	David Fiddes	15.9

Men's 60 100 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Nigel Hoult	18.8

Men's 35A 1500 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Tony Page	4.52.2

Men's 35B 1500 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Kevin Brooker	5.32.7

Men's 50 long jump

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
3	David Fiddes	3.44m



Men's 60 long jump

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
3	Alan Freer	2.9m

Men's 35A 400 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Chris Manton	71.9

Men's 35B 400 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Fergal Donnelly	72.3

Men's 50 400 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	David Fiddes	75.9

Men's 35A 3000 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Tony Page	10.09.3 PB

Men's 35B 3000 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Fergal Donnelly	10.22.7

Men's 50 3000 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	David Fiddes	13.25.4

Men's 60 3000 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Alan Freer	12.37.0

**Overall: RR men 3rd**Women's 50 100 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Adele Graham	18.6

Women's 50 long jump

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
3	Adele Graham	2.54m

Women's 35 javelin

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
2	Gill Manton	9.55m

Women's 50 javelin

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
5	Adele Graham	9.69m

Women's 50 400 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Adele Graham	91.7 PB

Women's 35 3000 metres

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Helen Pool	11.51.5

**Overall: RR women 5th****July 8th**Dinton Summer Series 10k (Race 3)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Chris Lucas	37.00
4	Steve Ridley	37.44
5	Adam Lewis	38.54
20	Matt Davies	44.02
22	Ian Giggs	44.33
47	Chris Manton	51.03
83	Angelique Haswell	57.22
98	Nick Adley	59.27
138	Heather Bowley	1:11.31
158	Peter Glass	1:23.20

Dinton Summer Series 5k (Race 3)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7	Brian Kirsopp (1st M60)	21.09
19	Kaja Milczewska	23.38
26	Tom Wright	24.25
62	Dan Manton	28.22
71	Angharad Ross	29.50
91	Adele Graham	31.02
93	Caroline Hargreaves	31.17
103	Kim Stevens	32.22
105	Maureen Sweeney	32.24
148	Laura Ridley	38.21
161	Linda Wright	40.59
165	Colin Wilson	42.07
167	Gill Manton	42.37
172	Kevin Strong	44.47

**July 10th**Wendover Woods Night 50k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
107	Christina Calderon	8:54.08
110	Phil Reay	9:01.51

Race to the Stones

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
543	Calum Baugh	15:12.07

596	Liz Johnson	15:34.12
862	Veronika Royle	17:49.14
921	Sarah Richmond-De'voy	18.32.04
922	Nicola Gillard	18:32.04
1068	Beth Rudd	21.12.10

**July 11th**Farnborough Winter Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
39	Alex Harris	1:24.49
84	Sarah Dooley	1:31.37

**July 17th**MK 5000metres PB Special

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
12	Jack Gregory	15.38.63

Runners of the Phoenix Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Martin Bush	4:43.28

**July 18th**Caterham Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Tony Page (3rd M45)	1:19.42

Hell-Fire 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
32	Peter Rennie	55.46
38	Gary Clarke	58.23
83	Hilary Rennie (2nd W50)	1:06.57
176	Liz Fleming	1:24.56

Hell-Fire Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
222	Caroline Hargreaves	2:41.55

**July 20th**Vale Of York 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
122	Helen Pool (2nd W45)	72.38

**July 21st**Yateley 10k (Race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Mark Worringham (1st M40)	34.39
10	Tony Page	36.32 PB

16	Chris Lucas	37.07
53	Sarah Dooley (1st F45)	42.45
77	Ian Giggs	44.41
132	Martin Douglas	47.55
521	Nick Adley	89.15

Vets AC 5000 Championships

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Ben Paviour	16.24.97

**July 24th**Newbury Racecourse Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
48	Gemma Higgs	1:45.46 PB

Newbury Racecourse 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
149	Peter Higgs	1:21.44
150	Sophie Higgs	1:21.55 PB

**July 25th**Down Tow Up Flow Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	David Ferguson	1:23.42
11	Fergal Donnelly (3rd M40)	1:30.29
61	Joe Blair (2nd M60)	1:52.23

*Mo Fahissinia at RRUM*

**July 31st****Round Reading Ultra Marathon (50k)**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
78	Andrew Butler	5:21.12
82	Ben Fasham	5:23.23
115	Mo Fassihinia	5:43.36
134	Martin Bush	5:56.24
137	David Walkley	5:59.26
155	Chris Manton	6:16.54
174	Julia Molyneux	6:46.31
199	Kerry Eastwood	7:22.59
209	Pete Morris	7:43.32
222	Anthony Eastaway	8:28.56
223	Sue Jones	8:28.57

*Sue and Anthony complete RRUM***August 1st****Eastleigh 10k**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
71	Fergal Donnelly	37.34 PB
152	Helen Pool	41.04

**August 4th****Yateley 10k (Race 3)**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Mark Worringham (1st M40)	34.03
16	Tony Page	36.29 PB
71	Sarah Dooley (1st W45)	41.53
108	Ian Giggs	44.43
137	Chris James	45.42
139	Sam Hammond	46.10
333	Amelia Busby	55.03
356	Alex Bennell	56.40
366	Martin Douglas	57.18
368	Justin Watkins	57.03
419	Nick Adley	48.51

**Vets League Western Division (Horspath)****Men's 35B 200 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	Chris Manton	33.5

**Men's 60 200 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	Nigel Hoult	40.6

**Women's 35A 200 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Veronika Royle	37.3

**Women's 50 200 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Adele Graham	38.3

**Men's 35A 800 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	Chris Manton	2.55.04

**Men's 50 800 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
7	Alan Freer	3.03.01

**Men's 60 800 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Nigel Hoult	3.18.07

**Women's 35A 800 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	Alix Eyles	3.23.07

**Women's 35B 800 metres**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Kerry Eastwood	3.35.03

**Women's 35 2000 metres walk**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Veronika Royle	17.52.8

**Women's 50 2000 metres walk**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Gill Manton	17.00.4

**Men's 60 triple jump**

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
5	Alan Freer	5.60m

**Women's 35 triple jump**

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
3	Kerry Eastwood	6.84m

Women's 50 triple jump

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
5	Adele Graham	5.41m

Women's 35 shot putt

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
5	Alix Eyles	3.85m

Women's 50 shot putt

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
4	Gill Manton	6.05m

Women's 35 discus

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
4	Gill Manton	14.67m

Women's 50 discus

<i>Pos</i>	<i>Name</i>	<i>Dist</i>
4	Adele Graham	12.70m

**Overall: RR Men 4th, women 6th.**

**Season overall: RR Men 4th, women 6th.**

**August 7th**Hercules Wimbledon 5000m Festival

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
8	Ben Paviour	16.07.20

**August 8th**Run Harwell Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Fergal Donnelly	1:31.06
45	Mary Janssen	1:48.59
	(1st W50)	
65	Philip Dunnett	1:53.17
75	Alix Eyles	1:54.59
173	Stephanie Smith	2:34.31

Run Harwell 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Tom Wright	22.24
52	Maureen Sweeney	30.33
	(2nd W60)	
63	Linda Wright	32.37

Dorset Ooser Trail Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Dan Brock	3:38.40

**August 12th**Dinton Summer Series 5k (Race 4)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Peter Cave	22.49
32	Dan Manton	24.12
73	Caroline Hargreaves	29.19
80	Angharad Ross	29.46
88	Adele Graham	30.25
89	Alice Carpenter	30.27
95	Maureen Sweeney	31.14
	(2nd W60)	
139	Linda Wright	36.10
146	Gill Manton	40.14
148	Kevin Strong	40.75

Dinton Summer Series 10k (Race 4)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Chris Lucas	35.50
7	Steve Ridley	38.26
11	Matt Davies	40.26
16	Ian Giggs	41.31
21	Brian Kirsopp	42.12
29	Stuart Bradburn	44.36
30	Dan Rickett	44.36
32	Chris James	44.46
33	David Caswell	45.06
51	Chris Manton	48.29
65	Alix Eyles	50.27
103s	Angelique Haswell	56.55
114	Nick Adley	59.41
139	Stephanie Cook	67.46
151	Laura Ridley	76.07

**August 14th**Dartmoor Great Escape Trail Race

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Sarah Dooley	2:11.01
	(2nd lady, 1st W40)	

**August 15th**Burnham Beeches 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Helen Pool	42.35
	(3rd lady)	
20	Rebecca Fletcher	44.49
42	Ben Fasham	48.33
57	Alix Eyles	49.52
58	Dan Coleman	50.12
91	Gary Clarke	52.47
124	Miriam Coleman	55.55
147	Susan Knight	58.24

173 Kathy Vickers 60.17

#### Burnham Beeches Half Marathon

Pos	Name	Chip
12	Tony Page	1:23.31
133	Liz Jones (1st W60)	1:48.44
176	Gemma Higgs	1:53.01
418	Nick Adley	2:30.11

#### Two Tunnels 10k

Pos	Name	Chip
21	Clinton Montague	43.50

#### **August 22nd**

##### The Big Half

Pos	Name	Chip
3647	Chris Manton	1:51.52
3904	Gemma Higgs	1:53.17
9401	Gill Manton	3:04.50

#### **August 25th**

##### Watford Open 1500m

Pos	Name	Timing
1	Jack Gregory	4.10.71

#### **August 29th**

##### Headington 5

Pos	Name	Chip
13	Fergal Donnelly (3rd M40)	29:14 PB
44	Alan Freer (2nd M60)	34.18
75	David Dibben (2nd M70)	36.57
88	Joe Blair	38.09
130	Gary Clarke	41.29 PB
224	Jill Dibben	59.37 PB



*Fergal Donnelly in PB form at Headington (photo Barry Cornelius)*

##### Englefield 10k

Pos	Name	Chip
11	Brian Kirsopp (1st M60)	42.54
31	Colin Cottell (3rd M60)	49.18
53	Tom Wright	52.22
69	Chris Manton	55.31
149	Maureen Sweeney	1:12.27
160	Tom Harrison	1:15.38
165	Nick Adley	1:19.34
168	Anthony Eastaway	1:23.22
169	Sarah Walters	1:23.22
171	Linda Wright	1:27.12



## Supporting a record attempt on the Pennine Way

Stu Hyslop

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It's just gone 11pm when I finish my first stint pacing Anna Troup's record attempt on the Pennine Way. We have just completed a 15-mile section through the northern Peak District - it's rained the entire time but the underfoot conditions have been quite good and everyone is in good spirits. She's only really just started now, about 45 miles in to the 268-mile journey along the spine of the country that most people choose to walk in 2-3 weeks. She takes a sit down so it's an easy handover to the pacers for the next section. We run a relay - 3hrs on and about 6hrs off to rest and recover before re-joining further up the route. So far all has gone well and she is about 45 minutes up on the carefully planned schedule.

Pacing is simple - carry all the food, drinks, spare clothes and other equipment for the runner, navigate the route, keep an eye on the pace and make sure they keep eating and drinking and not doing anything silly. The record stands at 3 days and a few hours and the plan is for only a few brief naps along the way - sleep deprivation will become a major factor and thinking clearly will be amongst the first things to go. Meanwhile you also need to also look after yourself and concentrate enough to avoid making mistakes with any of the above: definitely easier said than done.

Taking this last point seriously I'm hungry by the time we reach the support van and ready for the pre-ordered pizza; it's long since gone cold but tastes amazing. A bemused motorist stops to see if we are ok - if hanging out on minor roads late at night is apparently not normal, even less so is the sight of me scoffing a pizza whilst half dressed. However, I'm conscious of the need to replace those lost calories as soon as possible - it's going to be a long a few days.

The show rolls on and we drive ahead, skipping a few legs as the other support van has the night shift covered. After a slow drive through winding lanes we arrive at a remote car park at about 2am - nothing to do now but wait and I doze off as the drizzle continues to fall steadily. I wake feeling groggy and stiff with dawn yet to break, the clag is down and it's as if the daylight can't be bothered to turn up.



Eventually support van 2 rolls into the car park, they have had a difficult night. Nausea and sickness have hit and the pace has slowed as a result. The 45-minute buffer from yesterday has leaked away and she is now just about holding the schedule. She hasn't eaten and only managed a few sips to drink for the last 6 hours. "It happens" she tells me, and "I'm starting to feel better so let's keep moving". A marmalade sandwich is hastily eaten as we head off down the track into the half-light of a dull dawn.



A few hours later we tackle Penyghent: a popular mountain walk for many summer visitors to the Yorkshire Dales. The path is suddenly busy with fresh smelling folk tackling the rocky steps whilst chatting excitedly about their day ahead. Anna sets the pace here and it's brisk. She's now 90 miles in but the groups we keep passing would never know as we stride purposefully upward. We're making about 4.5 miles an hour – a fast pace at this stage and the time buffer gradually starts to grow again.

The next pit stop sees a shoe and sock change. Anna starts to unlace them, but the crew steps in as it's taking her too long. A flurry of activity to avoid too much time sat still. Her feet are in remarkably good condition and a liberal application of chamois cream helps soothe the soreness that is now setting in. She's on her way after only a few minutes with the new pace team and a can of espresso in hand. I can relax again knowing another section has been safely negotiated.

For me there's time for a decent breakfast and another van snooze before the final section I am covering. We start at the Tan Hill Inn: a lonely pub perched high on a remote moor, where people have been stranded for days in winter snows; up here I can see why. The good path lasts about 50 yards and we drop straight into a large bog. This notorious section is one of the few on the route that haven't had stone flags laid across the soft ground. It's wet and we are forced to wind around or hop across the pools. I disappear to my knees at one point trying to find the best route across – at least it's effective in showing where not to go! On the plus side, the weather has finally improved and as we climb out of the bog we are treated to a glorious sunset over dusky pink heather moors.



On a narrow farm lane a pair of supporters hold open a gate for us. The young lad enthusiastically recounting how they have driven an hour and a half to catch a glimpse as she passes. We had seen them much earlier on day 1 and it's heart-warming to see them make such efforts to return. Anna slows to a walk and takes the time to pose for a photo with the 'next generation of the sport' as she calls it. It's a nice moment as she approaches halfway and has now been going for over 30 hours.

Fortunately for me this is as far as I go – heading home to sleep and get back to work.

Two sleeps and a day at work for me after leaving the trail, Anna finally finished her journey. Touching the wall of the Border Hotel in Kirk Yetholm on the Scottish border. Over the 3 days she has slept about 2hrs and really suffered in the last 60 miles with a painful knee injury. Descents had to be negotiated sideways and with worsening weather conditions the attempt was in doubt. Through sheer grit and

perseverance she managed to keep going and take 1hr 42 minutes off the current record. The new fastest known time now stands at 72hrs 46 minutes.



It was quite an adventure and a great experience to be part of a team all rallying around a common objective. To play a small part in the success is very rewarding and it was also a great learning experience. Getting long events right and managing yourself and the inevitable challenges along the way is not easy. Observing this feat was hugely impressive although I'm still trying to wrap my head around its magnitude!

**Anna Troup is @AnnaTroup4 on twitter and @Troupgirlsrun on Instagram.**





## Photo Gallery



David Dibben, Fergal Donnelly, Jill Dibben, Alan Freer and Gary Clarke at Headington 5



The victorious Endure team: Sibrand Rinzema, Darren Lewis, Matthew Davies, Tony Page, Ian Gigg



Pub runs at last!