

NEWSLETTER

APRIL 2022



The American Dream!



Medal Monday: Brooke Johnson, Tony Page, Lorna McLeod, Carmen Fuentes & Angela Burley after finishing the iconic Boston Marathon for the first time. Roadrunner Fleur Denton also completed the race.

Editor

David Clay

Hello everyone and welcome to the April newsletter!

It's been a little while since we last had one of these for you to read, but I'm pleased to pick up the mantle from Ben Fasham, who did a great job as editor during a very difficult period dominated by covid restrictions and lockdowns. Many thanks, Ben 🙌

For those who don't know me, I live in Caversham and work in the centre of Reading. When I'm not injured (I am frequently injured) I enjoy mooching along the Thames, heading north into the South Oxfordshire countryside, and jetting off to run marathons in Europe. Like most of us, I suspect, I have never won a running race and don't think of myself as especially quick, but I like setting goals, trying to improve, and training with friends. I also find running an incredibly good way to relax and unwind 🧘

In terms of upcoming events, I have a rolled-over place in the Vitality 10000 in a few days' time on the bank holiday Monday, but I'm not sure if I'll be making the trip to London given that my recent training has consisted of a few post-injury & post-covid run/walk plods, complemented by Easter-chocolate-on-the-sofa themed recovery sessions 🐒 I also have a rolled-over Solo entry into Endure 24 🤖 Why on earth did I ever think that was a good idea... If I manage to get into any sort of shape by mid-June (highly doubtful), then I'm certain I'll be broken again as soon as it's over 😓

Anyway, enough about me! To get the newsletter ball rolling again we have a message from our new Chair, Sam, plus reports from men's captain, Tony, and women's captain, Liz. Other articles include an update from our charity coordinator, Claire 🐼, plus details of upcoming socials from social secretary, Kerri.

If you would like to contribute an article for inclusion in the next newsletter, this would be gratefully received! Anything related to running or the club in general is welcome, so please get typing and send in your witty and grammatically perfect articles (or if you can't manage that, I guess I'll accept a few slapdash lines and a couple of blurry photos 🤪) to newsletter@readingroadrunners.org. The deadline for the next edition is Monday 23rd May.

I hope you enjoy this month's issue.

Cheers

David

p.s. If you've got three and a half minutes to spare, you might enjoy watching this YouTube video I stumbled upon the other day, about a certain Mr Kipchoge's marathon world record (the official one, in Berlin): [Bottle Claus & Eliud Kipchoge](#) It made me smile anyway! #teamworkmakesthedreamwork 😊

Chair

Sam Whalley



chair@readingroadrunners.org

If I'd had the opportunity for a 'vote for me' speech at this year's AGM, this is what I would have said: I joined Reading Roadrunners almost seven years ago, just after I had run my first marathon, and at a time when my children were old enough to be left at home for a few hours on a Wednesday evening. At Woodley parkrun, where I was on the core team, I had discovered that runners of all abilities were club members, and thought that maybe there was a place for me too.

Since joining, I have been women's captain for four years and membership secretary for one. I have volunteered at a lot of our home events, and been a race director for the TVXC. I have really got stuck in, and, if you ever stand with me to cheer at a race, you'll see

that I can recognise and name a lot of our members as a result. If I don't know someone, I will ask them who they are. Some might say nosy, I like to think of it as being friendly. I try to run or support at as many club events as I can; I'm considerably more likely to be in attendance if there is mud involved.

As well as overseeing the day to day matters of the club, as chair I would like to try and rekindle the team spirit that we seem to have lost a bit during the pandemic. I'd like to see us all come together to offer a bit more, whether that be outruns, park sessions, long training runs, socials, or volunteering at events. Running, socialising and volunteering together provide opportunities for us to chat about upcoming races and team events and persuade people to join us in running for the team. I would love to see more people participating in events and being proud to be wearing our kit.

Last week we had our first meeting as a new committee, still over Zoom, as that suits everyone, but it was really nice to get together, and know that there are so many of us this year who will be doing their best for the club. You should be able to read about who the new committee members are on the website very soon.

I am excited also that you are even able to read this in our just-returned newsletter. Thank you to David Clay for stepping up to the role. I look forward to reading contributions from members old and new.



It really feels like we are starting to get things back to normal, with the relaunch of the Club Championship, regular training sessions, and upcoming pub runs. Keep your eyes peeled for details of running and social events via email and on our Facebook page. It would be great to see you there.

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

It's been a proud month for me having taken part in the Boston marathon (US), something I never thought I would achieve, and doing it with 5 other Roadrunners made it more special.

We've also now had 3 events in the club champs, with Goring 10K, Reading half and Maidenhead Easter 10 now complete. It has been great to see so many Green vests running these, which I'm sure will make for an exciting championship this year. There were lots of great performances at Reading Half, but I'd particularly like to congratulate **Pete Jewell**, who was 1st M60, and **Edward Thorpe**, for 1st place in the M70 age group. **Seb Briggs** was 1st Roadrunner home in 41st place and there were PBs for **Ben Ashby** and **Matthew Sarjent**, who were also top performers in the SEAA Road Relays last month, and for **Markus Orgill**, **Jake Dellow** and **Terry Dawes**. Well

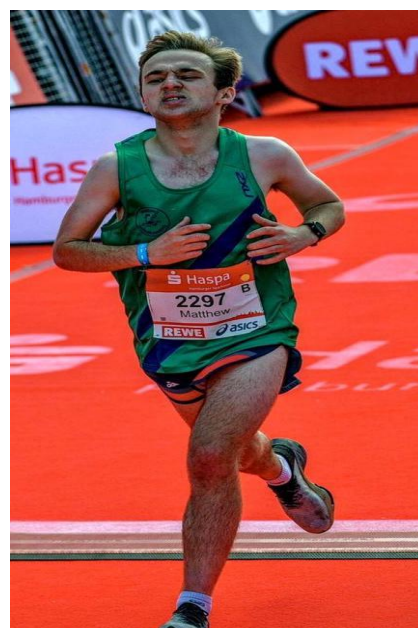
done all. We also had a Green vest at the top of the podium, so congratulations to **Brendan Russell** for winning the Green Park challenge race at the Reading Half Marathon.

On a hot day in Maidenhead, the plaudits went to our excellent ladies' team, however **Alex Harris** was 1st Roadrunner, in 51st place, and **James Chandler**, **Chris James**, **Andrew Butler**, **Bruce Sarjent**, **Gary Clarke**, **Edward Thorpe** and **Andy Atkinson** all deserve a mention for running in all 3 championship races to date.

It feels like we are now at peak spring marathon season, with many achieving PBs in more than one distance over recent months. In Manchester, **Keith Russell** returned to form with a time of 2.35.06, and 2nd place in the M45 age category. Also, well done to **Jon Green**, who dipped under 4 hours with a big PB of 3.53, following up on his first sub 1.40 mins half marathon in Farnborough, earlier this year.

In Brighton, **Chris Burt**, ran his 1st sub 3-hour marathon, in 2.58.33, hot on the heels of a new half marathon PB, of 1.20 in Fleet last month. This was matched by **Matthew Sarjent** (right), who ran 2.59 in his first marathon in Hamburg, following a new PB of 1.18.06 at Reading Half. Also, well done to **Jake Dellow**, for a big PB of 3.13 in Southampton marathon, following up his PB of 1.23.07 at Reading Half.

Lastly, well done to **Gary Tuttle**, for completing his 1st event of the Centurion Double grand slam at the South Downs Way, in 8:29.42 and on raising £10,000 so far for the charity Tommy's to help prevent stillbirth, miscarriages and early infant deaths. Let's get behind Gary for his next event, Thames path 100 on 7th May.



This illustrates the importance of speed training, as getting faster at shorter distances is often a precursor to big improvement at the Marathon distance. I'm reminded of the quote "why should I practice running slow? I already know how to run slow. I want to learn to run fast", from the biography of Emil Zátopek, an early adopter of interval training, ahead of his unprecedented achievement of winning triple gold in the 5K, 10K and Marathon, at the Helsinki Olympics, 1952, and setting a new Olympic record in his 1st marathon.

As we look ahead to the summer, there will be lots of opportunities to run track events at the mile, 1500 and 3000 in both open and Vets events, which will help build a more competitive men's team for the SEAA Road Relays in September. I'm working with the coaches to introduce some more targeted coaching from next month to support this aim.

We also have other team events to look forward to with the Ridgeway relay on 26th June (teams will be announced shortly) plus the Runnymede Relays on 2nd July. Further details can be found on the team events page of the website.

Women's Captain

Liz Johnson



teamcaptains@readingroadrunners.org

A lot has happened since my last newsletter report so I won't even attempt to cover all the wonderful running that has taken place since I last wrote to you. Instead, I'll pick a few recent highlights and tell you a little bit of what I've been up to!

Getting into the swing of 'in person' races again has been an odd one. Something that once seemed so natural is now a novel experience – travelling to races and standing close to strangers all feels a bit weird at times. One of my first experiences of racing again was a trip to Seville for the marathon. I was happy to just soak up the atmosphere but for some fellow Roadrunners, it was a PB goldmine with times falling for **Sarah Dooley**, **Carmen Fuentes** and **Paloma Crayford**.

Other marathons have since followed with **Katherine** (running for the first time as a) **Streams** bagging a glorious sub 3 at the Manchester Marathon and **Swinda Falkena** getting a new PB on home turf at the Rotterdam Marathon. In Paris, **Catherine Leather** who almost exactly a year ago had her knee in bandages after surgery made a great comeback in the company of **Sian James**.

There was also a jaunt across the pond for some to run the 126th Boston Marathon. Running any course with a 'heartbreak hill' (especially after the 20 mile marker) deserves a lot of kudos in my book so congratulations to **Lorna McLeod**, **Carmen Fuentes**, **Angela Burley** and **Fleur Denton**. I amused myself with the BAA 5k on the Saturday (technically a PB as I've never raced a 5k before) so got to experience a small part of the Boston buzz. It has definitely made me keen to try to qualify for the full 26.2 in the future.



On a more local level, the club championships have got off to a great start. The ever popular Maidenhead 10 on Good Friday proved to be an excellent Friday for the RR ladies who swept to victory in the team event. Congrats to **Nikki Gray**, **Carrie Hoskins** and **Katherine Streams** for the team win. Also a few age category trophies in there too along with one for **Sarah Dooley**.

For me, all eyes are now being trained on the London Marathon in October. I was able to nab a place in the ballot so am very aware of how lucky I am to have got this after only 5 attempts. Hoping to supplement my training with some of the club championship races as well as the Ridgeway Relays which are always a lot of fun.

Have a great month all.

Charity of the Year – Herbie Hedgehog Rescue

Claire Seymour



Rescue, Rehabilitate, Release

2022 Reading Roadrunners Charity of the Year - Herbie Hedgehog Rescue

Charity Coordinator: Claire Seymour

I would like to start by saying a big thank you to everyone that voted for Herbie Hedgehog Rescue (HHR) to be club charity of the year at the AGM. Just to give a brief introduction, Herbie Hedgehog Rescue takes in sick/injured wild hedgehogs and rehabilitates them so they can be released back in the wild. It is run by fellow Reading Roadrunner, Shweta Saikumar, who is the founder and a trustee. The rescue also has two further trustees (myself included) and a team of volunteers. Herbie Hedgehog Rescue is a small self-funded charity based in Lower Earley and has HMR&C charity status.

Thanks to our RR members we have got off to a great start with our fundraising.

So far, we have raised **£779.36**, This is made up of the following:

*Dinner Dance Raffle £155 (Kindly organised by Ian Giggs)

*Wokingham Half Marathon marshal donation £150

*Track Friday March refreshments £90.44

*Reading Half Marathon refreshments £323.87

*Track Friday April refreshments £60.05

(To note some are pending payments coming into the RR Charity account)

Thank you to Liz Ganpatsingh for confirming the figures.

We also had a team of RR/HHR volunteers manning the water station on Kendrick Hill at the Reading HM, for which the event organisers have kindly offered a donation towards the Club charity (donation TBC). Thanks to Kerri French for working to secure the refreshments tent and water station for us, and thanks to everyone that baked cakes for the tent! I did hear that some were even hedgehog themed!

I would like to say a big thanks to all involved with fundraising for Herbie Hedgehog Rescue so far!

Ways in which RR members can help in May

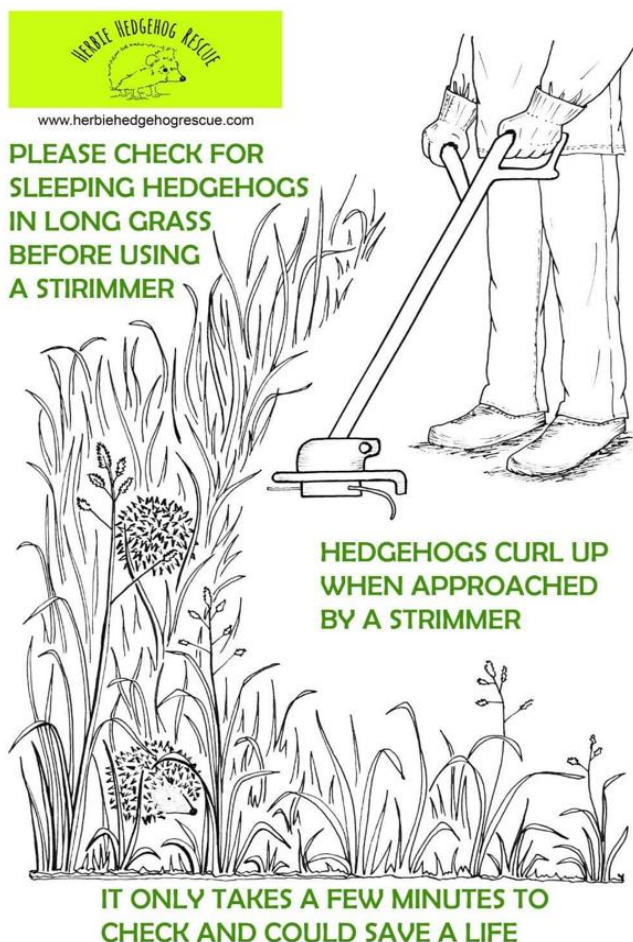


Herbie Hedgehog Rescue will be holding a plant sale on Saturday 7th May. Please feel free to come along and pick up a plant or two. HHR hope to sell a range of summer bedding plants, vegetables, house plants and succulents. There will also be Hedgehog themed items to buy. Donations of plants on the day will also be very welcome *(Please note the plant sale is held as separate event to RR fundraising)*

- Donations will be very welcome of cakes/treats to support our upcoming Shinfield 10K, and our Track Friday May event.
- Herbie Hedgehog Rescue always welcomes donations of food items, medical supplies, syringes, sample slides, gloves, and other items. Details can be viewed on their Amazon Wishlist: <https://amzn.to/30Yjs6j> or alternatively please feel free to contact me directly, or via the charity email if you would like to help.
- Please follow Shweta's work on Herbie Hedgehog Rescue's Facebook page: <https://www.facebook.com/herbiehedgehogrescue/>
...or HHR's website: <https://www.herbiehedgehogrescue.com/>

Shweta and I are currently in the process of planning some fundraising ideas. We are aware there are some keen bakers within the club and one idea that we have is to hold a Hedgehog themed bake-off! Therefore, watch this space for more info on the bake-off, and other upcoming fundraising ideas/events.

We also really welcome and encourage your fundraising ideas. If there is anything that you have enjoyed taking part in from previous years, virtual events included, or have any new ideas please feel free to contact me directly, or via charity@readingroadrunners.org



I also thought it would be a good idea to add a tip of the month. This information will help to encourage hedgehogs to visit your gardens, and most importantly provide advice as to how to keep them safe, so here is the first tip....

Tip of the month

Please check your garden for sleeping hedgehogs before using strimmers, lawn mowers, garden forks (in Compost bins)! This only takes a few minutes and could save lives.

Any questions or feedback please feel free to contact me.

Thank you, Claire – Charity coordinator 2022
With thanks to Shweta for her support and providing the tip of the month!

Social Stuff!

Kerri French

Thanks to the 99 members who took the time to complete my Social Events Survey. I took the results to the committee meeting on Tuesday 12th April and I'm currently in the process of booking them all in. Once I've had prices and detailed confirmed they will be available on Web Collect to book where necessary. I'll also set up each one on our Facebook events and will send regular emails to the membership to keep you all informed.

So far members have enjoyed the post-race meet ups at Goring 10k (thanks to Tony Page for booking the table), Reading Half Marathon at the Oakford Social Club and the first Post Track Friday pub gathering at the Palmer Tavern. These were quick and easy to organise. It was great to see so many members after these events and share tales of PBs and gather people together.

I've rolled my sleeves up and have been sending lots of emails to organise these events for the year.

Dates for your diaries

Sunday 1st May

Picnic in Green Park after the Westminster Mile – parkrun wave at 11.15 or 11.25

[Website](#)

You need to enter the parkrun wave [here](#) if you want to run the mile. This bit is not free.

Travel Arrangements

8.45am – Meet at Reading Station to travel together with our picnics on the 9.01 Train to Paddington

We will then have a picnic in Green Park after the races.

Family and children welcome.

Sunday 8th May

Marlow 5 – 11am Post Race Meet/Brunch - The Old Brewery 84 High Street SL7 1AX

Table booked in my name

Saturday 14th May

Night of 10k PBs

Parliament Hill Track – Parliament Hill, London NW3 2JP [Website](#)

Exact time to be confirmed (as waiting to see if any of our athletes are entering). We will get the train from Reading Station into London and arrange a time to meet.

Please drop me an email if you'd like to come along to this event and I'll keep you posted on all of the timings and logistics.

socialsec@readingroadrunners.org

Sunday 5th June - proposed

Cheese tasting - Upstairs at the Grumpy Goat, 7 Union Street RG1 1EU

Website for info is:

<https://www.thegrumpygoat.co.uk/>

Exact details coming soon

Friday 1st July

Craft Theory – Beer & Music Festival

6pm – 11pm, 21 South Street Reading

£15 per ticket

Website for more information-
<http://crafttheoryfestival.co.uk/>

Drop me an email by 1st June if you want to attend so I can get you a ticket before they sell out.

socialsec@readingroadrunners.org

Saturday 2nd July**Runnymede Relays – Picnic**

Family and children welcome.

Exact details TBC nearer the time

Saturday 30th July

Summer BBQ (Exact details TBC nearer the time)

Saturday 13th August

Day trip to Bournemouth parkrun and beach

Depart Reading approx. 6.30am and return around 5.30pm. I'm currently getting quotes for a coach. Exact details coming soon

Sunday 5th Sept**Overton 5 - Post Race Meet/Brunch**

Saturday 24th September**Stanlake Vineyard & Wine Tour, Twyford**

Exact details TBC nearer the time

Sunday 9th October**Dinton Pastures – Walk and Café meet up (10am)**

Sunday 16th October**Cabbage Patch 10 – Post race meet up**

Exact details TBC nearer the time

Saturday 19th November**Spinners Indoor Sports Tournament – Crazy Golf, Electro Darts and Bowling**

Approx £26 per person - From 6.30pm

Website or info <https://spinnersuk.com/>

Drop me an email by Oct 30th if you want to attend so I can make the booking.

socialsec@readingroadrunners.org

Saturday 17th December**Christmas Party**

Exact details TBC nearer the time

Coach's Interval Session of the Month

Peter Higgs

1,2,3,4,5 Running Workout

What makes this great is that it has speedwork mixed in with endurance. You can even turn it into a ladder. It's simple yet challenging.

Start off with a 10 - 15 minute warm up. Then do a 1-minute interval at 5k to 10k pace. Recovery is 2 minutes at a slow jog (in this workout you'll do a 2-minute recovery after each repetition).

Next up is a 2-minute interval (again at 5k to 10k pace) and recover. Then it's 3 minutes at tempo pace and recover. Your 4-minute interval will be at goal race pace. The same for your 5-minute set.

You can then come back down, repeat it or just do one set. It's your call. In the end, it's a great, doable workout with lactic threshold and recovery benefits.

Many Hands Make Delightful Work

Sam Whalley

It may seem like we are always banging on about volunteers, but in fact we mostly need them for the following events that we host:

Bramley 20/10 road race – February

Shinfield 10k – May

Woodford Park Relays – July

TVXC home fixture – December

Track Fridays – monthly at most

Gate & greet at the track – weekly

Recently a volunteer pointed out, that in a club of over 450 members, we'd easily have our events covered if we each considered volunteering just once a year - imagine that! Organisers could relax, and members could feel less nagged.

A little bit of googling tells us that volunteering can benefit both physical and mental health, help you forget your own problems, give you a sense of purpose, and boost your self-confidence and self-esteem. No wonder some of us enjoy being in hi-vis so much.

Why don't you give it a go?

Sam



Reading Roadrunners Committee Meeting

Tuesday 12 April, 7pm (by video call)

The Committee

Sam Whalley	(Chair)
Chris Burt	(Treasurer)
Kerri French	(Social Secretary)
Sarah Dooley	(Membership Sec)
Ian Giggs	(Ex officio)
Angharad Ross	(Ex officio)
Chris Manton	(Ex officio)
Paul Monaghan	(Social networks/Web)
Art Atwal	(Coaching liaison)
David Fiddes	(General Secretary)

Apologies for absence

Art, David

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Storage. Temporary off-site storage has been organised at Sheeplands Self-Storage in Wargrave, and a team of volunteers has moved equipment from Palmer Park.

Bramley Finances. Hilary and Adele attended the meeting to explain the current position, and options for next year's race. There was some discussion regarding rolling over entries or investing other opportunities to generate income.

Membership Renewals. A final reminder was emailed out to those still to renew in March.

XC Championship. The rules for a combined TVXC and HantsXC Champs have been documented and will be available on the website.

Friday Bookings. There has been communication with RAC regarding a potential overlap, and this will be monitored.

Chair's report

Sam welcomed everyone to the new committee, and reminded them to provide a profile picture and some text for the website.

Sam also shared that Bob has agreed to continue in a non-committee admin role, dealing mostly with Web Collect.

Sam was pleased to announce that David Clay has come forward for the role of newsletter editor. David has already been in touch with regular contributors and any other articles are welcome via newsletter@readingroadrunners.org.

Sam explained that we still have a vacancy for a Mental Health Champion, which is an important role to fill, and which really involves just making people aware that there is someone to talk to if they need it. A couple of names were suggested.

Since the AGM we have seen a return of the Club Championship, with Goring 10k and Reading Half Marathon. Both were really good days out, followed by socials. Sam thanked Bob for continuing to manage the championship, and Kerri for co-ordinating the socials. The RHM results were also challenging, so well done to Bob for extracting the correct information from those.

Sam referred to the upcoming champs races, Maidenhead 10, which was also a Berkshire Road Running Championship race, the Hurstbourne 5, and Marlow 5. The Club had been given two places for Maidenhead by Maidenhead AC, which were awarded after a draw.

Sam said we were looking forward to the Vets Track and Field League, for which dates have now been published, and thanked Chris Manton for overseeing.

Also coming up is Shinfield 10k, for which the number of emails suggest that numbers are down and volunteers are in short supply, which is unfortunate.

This month Sam has also collected the trophy won by the senior women's team at the Berkshire XC Champs in December, which has now been

engraved. This will be kept safe until the building work at Palmer Park is complete.

Sam informed everyone that the leisure centre will be closing on 25th April until October, while the interior of the building and the stands are revamped. An email will be sent out about this and the closure of the track on Good Friday.

Treasurer's report

Chris summarised the Club's financial position, noting in particular the outgoing payments to EA, the dinner dance and Bramley 20/10.

A decision will be made next month regarding how to cover Bramley costs; there was a brief discussion about this.

General Secretary's Report

London Marathon Events. In the absence of the Gen Sec, Sam raised the emails from Carl regarding requests for marshals. The committee had decided that it would not be possible to send marshal to the Westminster Mile and the Vitality 10000 due to their clash with Shinfield 10k. However, it was agreed that Carl could proceed with appealing for marshals for the Great City Race on Tuesday 19th July, and that a coach would be provided by the organisers.

Membership Secretary's Report

Sarah reported that she had finished processing the EA affiliations for 398 members. There were 9 new members in March and 4 in April.

Anyone who has not now renewed will be removed from the Facebook group.

Social Secretary's Report

Kerri presented the results of the survey she had sent out, and will now follow up costs, numbers and bookings for the most popular events and activities.

Some events have already been set up on the Facebook page.

Coaching Report

In the absence of Art and David, Sam read the coaching report from Peter.

Coaches have been offering four sessions each week, plus one outrun and one C25K session. There is an expectation that more sessions will move out to the park and for outruns to be more popular. Angharad fed back that a friend of hers had found the C25K very accessible and would not previously have considered coming to the track before being able to run the distance.

One coach has been offering sessions on a Friday, and another has shown interest in doing so. There was some discussion as to how to publicise these sessions.

One coach has shown an interesting in returning in May for some ad hoc shorter sessions; no other coaches have shown an interest in returning. Sam expressed that this is disappointing considering the recent take-up for the first aid course.

One LiRF is working through their CiRF qualification and a long-standing member would like to train to be a LiRF; the committee gave their approval for this.

The Team Captains would also like to offer an additional training group on Wednesdays, to focus on preparing teams for the SEAA Road Relays in September. The coaching co-ordinators look forward to working with them on the project. They are also looking into the viability of offering off-road sessions to prepare for the Ridgeway Relay. There followed a suggestion to approach experienced navigators who might be able to offer hints and tips for this.

Paul would like all sessions for Wednesdays and Fridays to be emailed to him for the website.

WEBSITE. Some updates are needed for the website. Details to be provided to Paul as and when noticed. Sam mentioned that a new member had offered to help with the website. This might be worth pursuing as someone to deputise for Paul when he is away.

Any other business

Club Kit. The Club has been approached by the Up & Running with a view to stocking our kit in their shop in Reading. Dean and Sam have been talking to the manager and will now take back the issues raised by the committee.

Publicity for Races. Angharad asked for clarification as to her role with regard to publicising our events. Kerri confirmed that she should just be posting on the RR Races Facebook page. Sam also mentioned that race directors should be mindful that they have permission to use the photos in their flyers.

Pub Runs. Paul mentioned that Caroline has started appealing for members to lead these, and dates should be out soon.

Vacancies

Members who would like to know more about this role are invited to contact Sam in the first instance, email to:

chair@readingroadrunners.org

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 Tuesday, 10 May by video call.

Main Club contact points:

Chair, Sam:
chair@readingroadrunners.org

Membership Secretary, Sarah:
membership@readingroadrunners.org

Secretary, David:
gensec@readingroadrunners.org

Treasurer, Chris:
treasurer@readingroadrunners.org

Social Secretary, Kerri:
socialsec@readingroadrunners.org

Coaching Co-ordinators, Pete & Sarah:
coach@readingroadrunners.org

Website / Media, Paul:
webmaster@readingroadrunners.org

Team Captains, Liz & Tony:
teamcaptains@readingroadrunners.org

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

Welfare Officer: Nikki Gillard:
nicolagillard@hotmail.com

Mental Health Champion, TBD

Kit Manager, Dean Allaway
dean.allaway@yahoo.co.uk

Roadrunners' Race Results

David Dibben

Here's an image that always goes down well... a Green Vest breasting a tape! The triumphant Roadrunner was 16-year-old Brendan Russell, pictured winning the Green Park challenge race on Reading Half Marathon day.

It was the perfect follow-up to his 5k PB at Dorney last month, where he ran 18.43.

His dad, Keith, also had a good run on Reading HM day! In fact he had a sensational run, putting behind him a long, debilitating illness to finish the Manchester Marathon in 2hrs 35.

A second Roadrunner to podium in Manchester was Katherine Streams, who crashed under the 3hr barrier with a stunning 2:58.

I'm afraid I couldn't pick up any data for the Paris Marathon, but I understand Sian James, Catherine Leather, Dan Rickett and Brian Grieves all got round in good order.



April 3rd

Reading Half Marathon (club champs)

Pos	Name	Chip			
41	Seb Briggs	1:15.03	286	Ollie Boddie	1:31.32
48	Brendan Morris	1:16.06	300	Holly Sedgwick	1:32.13 PB
60	Ben Ashby	1:17.39 PB	360	David McCoy	1:34.02
76	Matthew Sarjent	1:18.06 PB	385	Ian Giggs	1:34.57
90	Jack Gregory	1:21.18	425	Liang Guo	1:32.56
91	Markus Orgill	1:21.45 PB	436	Sophie Hoskins	1:36.20
104	Alex Harris	1:22.24	447	Ryan Faulkner	1:36.24
112	Gareth Goodall	1:22.56	448	Agnieszka Faulkner	1:36.24 PB
114	Jake Dellow	1:23.07 PB	450	Daniel Worthey	1:36.29
126	Nathan Davies	1:22.39 PB	480	Sam Brown	1:37.15
138	David Parton	1:25.39	486	Eion McLeod	1:37.36
145	Carrie Hoskins	1:26.09	484	Chris James	1:37.12
147	James Armstrong	1:24.40	533	Ann Rostern	1:35.49
151	Stephen Ridley	1:26.44	546	Paul Billing	1:39.20
165	Richard Usher	1:27.39	567	Dave Thornton	1:39.34
178	Chris Webber	1:26.49	577	Michael Hibberd	1:39.57
183	Pete Jewell	1:27.01	642	Bruce Sarjent	1:41.50
198	Gavin Rennie	1:27.41	645	Roger Ganpatsingh	1:41.54
221	Nikki Gray	1:28.18	651	David Walkley	1:42.17
236	Hannah Green	1:28.48 PB	706	David Fiddes	1:43.41
256	David Ferguson	1:29.37	722	Martin Douglas	1:41.08
257	Sarah Dooley	1:29.42	727	Peter Rennie	1:43.57
276	James Chandler	1:30.56	728	Ruth Rogers	1:44.11
			790	Ivan Harding	1:43.07

830	Tom Patmore	1:43.26
850	Kaja Milczewska	1:44.13
886	Mo Fassihinia	1:44.48
902	Mike Saxton	1:44.53
937	Kate Rennie	1:48.44
944	Lorna McLeod	1:48.58
969	Sarah Alsford	1:46.26
983	Calum Baugh	1:49.43
984	Naomi Gardner	1:47.01
1038	Angela Burley	1:47.59
1049	Paloma Crayford	1:48.16
1065	Stuart Wylie	1:48.40s
1074	Brian Fennelly	1:48.42
1077	Liz Ganpatsingh	1:48.40
1081	Art Atwal	1:47.56
1106	Julie Kramek	1:52.18
1119	Graeme Milligan	1:46.20
1120	Ben Fasham	1:49.32
1128	Steve Dellow	1:49.43
1148	Dean Allaway	1:49.55
1293	Nelesh Kotecha	1:53.11
1301	Jack Steadman	1:53.08
1316	Colin McCarlie	1:53.39
1379	Andrew Gregg	1:54.46
1393	Bryan Curtayne	1:54.52
1397	Tony Long	1:48.00
1521	George Nyamie	1:56.40
1541	Matthew Brown	1:57.35
1580	Sapna Odlin	1:57.46
1618	Eddie Thorpe	1:59.03
1664	Terry Dawes	1:56.58 PB
1757	Sarah Bate	2:01.20
1770	Sam Whalley	1:58.46
1799	Martin Gould	1:59.07
1852	Rob Bursell	1:59.40
1865	David Leake	2:02.29
1881	Taryn Milligan	2:00.18
1842	Sahan Jinadasa	1:59.02
2056	Chloe Ryce	2:04.29
2092	Alex Bennell	2:01.56
2130	Andrew Butler	2:05.45
2163	Stewart Wing	2:02.47
2193	Simon Riviere	2:07.25
2295	Angahard Ross	2:09.40
2345	Phil Sharman	2:11.03
2358	Donna Saunders	2:11.14
2378	Sarah Harford	2:13.52
2421	Sarah Richmond-Devoy	2:08.23
2451	Gary Clarke	2:09.22
2510	Vroni Royle	2:11.26
2511	Lee Hinton	2:11.26

2522	Chris Smith	2:08.30
2576	Rita Dykes	2:17.25
2615	Fiona Burt	2:13.56
2641	Pete Morris	2:14.45
2651	Michelle Dean	2:11.39
2655	Stuart Lunn	2:15.14
2713	Joanne Gill	2:16.42
2841	Liz Atkinson	2:24.55
2842	Andy Atkinson	2:20.00
2848	Mark Smith	2:17.0
2853	Amanda Rosser	2:25.09
3005	Katie Macauley	2:22.31
3009	Justin Watkins	2:22.34
3028	Andrew Small	2:23.30
3093	Marie Gratton	2:29.53
3106	Gary Brampton	2:30.52
3145	Peter Higgs	2:28.20
3156	Anas Bakhit	2:46.08
3202	Trisha Arnold	2:32.44
3216	Linda Wright	2:37.06
3323	Cathrin Westerwelle	2:40.35
3324	Clive Bate	2:40.35
3344	Lorraine Bailey	2:41.52
3431	Kerri French	2:47.49
3432	Becky Mellor	2:47.51 PB
3453	Rachel Allaway	2:48.56
3486	Colin Wilson	2:53.56
3535	Celia Hoskins	3:03.23
3567	Kathy Tytler	3:13.51
3572	Julie Wing	3:17.07

Manchester Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
96	Keith Russell (2nd M45)	2:35.06
1016	Calum Pratt	2:57.39 PB
1103	Katherine Streams (3rd W50, pictured next page)	2:58.22 PB
2503	Grant Hopkins	3:19.22
2927	Tony Streams	3:24.21
4803	Nora Holford	3:42.34 PB
5187	Caroline Jackson	3:46.24
5968	Jon Green	3:53.08 PB
8745	Julie Sugden	4:18.27 PB
9346	Claire Raynor	4:25.01
10027	Kira Moffat	4:32.41
11712	Christina Calderon	4:57.10
12116	Stephanie Cook	5:05.15
12572	Phil Reay	5:17.33

London Landmarks Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
10345	Dan Manton	2:51.47 PB
10346	Gill Manton	2:51.47 PB

Winchester Open 1500m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
8	Matthew Davies	4:47.12

April 9thSouth Downs Way 50

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
52	Gary Tuttle	8:29.42
68	Gemma Buley	8:47.03

April 10thBrighton Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
183	Chris Burt	2:58.33 PB
6026	Donald Scott-Collett	4:52.25
6038	Pete Morris	4:52.41

White Horse Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Mark Worringham	1:14.17

Rotterdam Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3066	Swinda Falkena	3:36.21 PB

Kew Gardens Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2242	Linda Wright	3:05.13

Highworth 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
40	Helen Pool (2nd W45)	33.09 PB
51	Pete Jewell (2nd W60)	33.52
112	Chris James	38.47
173	Eddie Thorpe	43.03
255	Sandy Sheppard	52.20

April 15thMaidenhead 10 (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
51	Alex Harris	1:02.29
58	Will Rankin	1:03.23
70	Caroline Hoskins (1st W50)	1:04.22
74	Fergal Donnelly	1:04.42
76	Terry Dowling	1:04.43
84	Gavin Rennie	1:05.33
89	Katherine Streams (2nd W50)	1:05.52
97	Nikki Gray (2nd W senior)	1:06.40
100	Chris Webber	1:06.48
106	Richard Usher	1:07.32
108	Sarah Dooley (3rd W40)	1:07.36 PB
120	James Chandler	1:08.07
132	Helen Pool	1:09.09 PB

146	Justin Simons	1:09.54
166	Jamie Smith	1:11.33
171	Tony Streams	1:11.41
175	Ann Rostern	1:12.03
183	Alan Freer	1:12.38
209	Caroline Jackson	1:13.57
215	Chloe Lloyd	1:15.00 PB
218	Chris James	1:14.46
240	Andrew Butler	1:16.27
241	Bruce Sarjent	1:16.19
242	Jon Green	1:16.26
245	David McCoy	1:16.41
247	David Walkley	1:16.42
257	Ruth Rogers	1:16.59
261	Mo Fassihinia	1:17.09
268	Peter Rennie	1:17.52
271	Julie Rainbow	1:18.05
292	Claire Marks	1:19.50
310	Liz Jones	1:20.54
	(2nd W60)	
315	Melanie Shaw	1:21.28
362	Pete Morris	1:24.14
368	Katie Rennie	1:24.14
378	Nora Holford	1:24.44
381	Bryan Curtaayne	1:24.38
394	Gary Clarke	1:25.45
404	Colin McCarlie	1:26.43
445	George Nyamie	1:28.34
451	Phil Sharman	1:29.00
472	Tim Miller	1:30.11
480	Joe Blair	1:30.15
481	Eddie Thorpe	1:30.25
510	Sarah Bate	1:32.15
515	Claire Seymour	1:32.19
518	Andy Atkinson	1:32.18
532	Claire Raynor	1:33.39
549	Jim Kiddie	1:34.21
566	Alex Bennell	1:36.11
576	Shweta Saikumar	1:36.54
598	Rebecca Simons	1:38.42
624	Christina Calderon	1:42.17
625	Phil Reay	1:42.17
626	Stephanie Smith	1:42.22
632	Stuart Lunn	1:42.35
649	Sarah Richmond-Devoy	1:44.35
670	Caroline Hargreaves	1:47.51
684	Liz Atkinson	1:49.02
695	Amelia Busby	1:50.02
711	Yvonne Edwards	1:53.37
712	Andrea Marnoch	1:53.38
724	Justin Watkins	1:56.34

727	John Bailey	1:58.17
729	Lorraine Bailey	1:58.41
732	Nick Adley	1:58.55
745	Becky Mellor	2:05.26 PB
746	Linda Wright	2:05.50
763	Julie Wing	2:25.08
765	Patricia Seabrook	2:25.23



Comeback 500 (Battersea Park)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
11	Matt Davies	17.29.48 PB

April 18th

Boston Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5612	Tony Page	3:11.42
7306	Brooke Johnson	3:18.25
17468	Lorna McLeod	4:00.26
18812	Carmen Fuentes	4:10.08
19779	Angela Burley	4:18.14
19839	Fleur Denton	4:18.48

Boston Marathon (Lincs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
611	Anthony Eastaway	6:10.30

Beaconsfield 5

Pos	Name	Chip
65	Nigel Hoult	41.15
192	Kerry Eastwood	51.31
240	Justin Watkins	56.14
271	Cecilia Csemiczky	1:01.03
275	Sue Jones	1:01.55
276	Ray Jones	1:01.56
291	Lucy Bolton	1:04.33
310	Nick Adley	1:11.53

April 22ndTrack 3k, race 1

Pos	Name	Timing
1	Nick Adley	12.15
2	Tom Morrison (Joggers)	14.04
3	Pete Morris	14.05
4	Darius Keeley	15.30
5	Mark Keen	15.34
6	Rebecca Simons	15.53

Track 3k, race 2

Pos	Name	Timing
1	Jamie Smith	11.28
2	Liang Guo	11.39
3	Eion McLeod	11.56
4	Mike Hale (Finch)	12.14
5	Rebecca Hall (Finch)	12.14
6	Leo Ashton (Joggers)	12.21
7	Alan Freer	12.24
8	Chris James	12.25
9	Ruth Rogers	12.52
10	Andrew Greggan	12.57
11	Charlotte Haines (Jog)	12.59
12	Mo Fassihinia	13.01
13	Chris Manton	13.15
14	Darrell Lansdell (Jog)	13.26
15	Dan Manton	14.11

Track 3k, race 3 (pictured below)

Pos	Name	Timing
1	Oliver Atwal	9.52
2	Ben Ashby	9.53
3	Jacob Atwal	10.05
4	Tony Page	10.18
5	Oliver Watts	10.21
6	Chris Webber	10.59
7	Hannah Green	11.07
8	Ian Giggs	11.36
9	Justin Simons	11.41
10	Helen Pool	11.48

April 24thSouthampton 10k

Pos	Name	Chip
7	Matt Davies	37.16

Southampton Half Marathon

Pos	Name	Chip
408	Katie Rennie	1:46.00 PB

Southampton Marathon

Pos	Name	Chip
50	Jake Dellow	3:13.28 PB

Shakespeare Marathon

Pos	Name	Chip
63	Dan Brock	3:30.10

Hamburg Marathon

Pos	Name	Chip
355	Matt Sarjent	2:59.39 PB

Dorney Marathons

Pos	Name	Chip
29	Phil Woolfall	3:03.13



Club Championships are up and running

Bob Thomas, Championship Organiser

After three Road & Multi-terrain Championship races have taken place, we have an initial leaderboard based on the results of the Goring 10K, Reading Half Marathon, and Maidenhead Easter 10, and we've recorded results that count towards the Marathon Championship from five races taking place in four countries.

For both championships, members are competing solely with other members in the same age-gender category; and trophies are awarded for 1st, 2nd and 3rd placings in each category.

The rules for the competitions are laid out on the Club website in the championship section. Members don't need to register to take part: if an entry appears in the Club Results listings, it will be used as an entry in the relevant Championship.

The leaderboard for each competition is laid out here; the full set of results are available on the Club website.

Championship races scheduled for the next month: the rather challenging, off-road 5-mile race at Hurstbourne Tarrant, the ever-popular (and PB-inspiring) Marlow 5, and the Hook 10.

One rule that does need a mention is the requirement to run in a Club vest. Six members didn't score at the Goring 10K, and 26 members didn't score at the Reading HM owing to not wearing a Club vest. If these were conscious decisions not to take part in the competition, that's fine, but it's a shame if it was because members were unaware of the rule, which we always apply when we're aware of non-compliance.

There are three races in each of the distances, HM, 10M, 10K and 5M. All you need to do to appear on the final scoreboard is run at least one of the nominated races in each distance category, whilst wearing your Club vest.

Races are still available in each of the distance categories, so everyone can still take part in the competition.

The Age Grade category may not be obvious to everyone. It's a widely used approach for comparing the performance of athletes having tried to eliminate the adverse effects of ageing from the equation. For the Championship, we convert the raw percentage age grade to points 50, 49, ...

In principle, if a runner remains active in the sport, their age grade needn't deteriorate as s/he ages, though their raw performance obviously will.

Category & Member	Pos	Reading	Maidenhead	Goring	Total score
Senior Women					
Nikki Gray	1	50	50		100
Amelia Busby	2		45	50	95
Ruth Rogers	3	45	48		93
Women Vet 40					
Sarah Dooley	1	50	50	50	150
Alex Bennell	2	45	45	48	138
Sarah Richmond-DeVoy	3	44	42	47	133
Women Vet 50					
Ann Rostern	1	49	48	49	146
Caroline Hoskins	2	50	50		100
Katherine Streams	3		49	50	99
Women Vet 60					
Sarah Bate	1	50	49	48	147
Liz Atkinson	2	49	48	46	143
Linda Wright	3	47	45	45	137
Women Vet 70					
Julie Wing	1	49	50	49	148
Cecilia Csemiczky	2 =			50	50
Rita Dykes	2 =	50			50
Senior Men					
James Chandler	1	44	49	48	141
Brendan Morris	2	50		50	100
Jake Dellow	3	46		49	95
Men Vet 40					
Chris James	1	45	47	48	140
Andrew Butler	2	35	46	49	130
Richard Usher	3	49	49		98
Men Vet 50					
Bruce Sarjent	1	45	46	49	140
Alex Harris	2	50	50		100
Terry Dowling	3		49	50	99
Men Vet 60					
Gary Clarke	1	46	46	47	139
Tony Streams	2		50	49	99
Mo Fassihinia	3	49	48		97
Men Vet 70					
Eddie Thorpe	1	50	50	48	148
Andy Atkinson	2	48	49	49	146
David Leake	3	49		50	99
All runners positioned by Age Grade					
Ann Rostern	1	46	46	45	137
Sarah Dooley	2	43	43	44	130
Eddie Thorpe	3	40	35	40	115

The remaining races in the Championship comprise:

30 Apr	Hurstbourne 5	4 Sep	Overton 5
8 May	Marlow 5	11 Sep	Henley Trail 10K
15 May	Hook 10	2 Oct	Windsor River HM
19 Jun	Newbury Racecourse 10K	16 Oct	Cabbage Patch 10
14 Aug	Burnham Beeches HM		

Marathon Age Category Scores					
Women Vet 40	Pos	Time	Runs	Event	Date
Sarah Dooley	1	03:09:25	1	Seville	20Feb22
Carmen Fuentes-Vilchez	2	03:43:26	1	Seville	20Feb22
Elizabeth Johnson	3	03:49:10	1	Seville	20Feb22
Caroline Jackson	4	03:51:04	3	Seville	20Feb22
Christina Calderon	5	05:07:08	1	Seville	20Feb22
Caroline Hargreaves	6	05:35:07	1	Rome	27Mar22
Women Vet 50	Pos	Time	Runs	Event	Date
Paloma Crayford	1	03:51:02	1	Seville	20Feb22
Angela Burley	2	03:59:38	1	Seville	20Feb22
Senior Men	Pos	Time	Runs	Event	Date
David Clay	1	03:21:09	1	Seville	20Feb22
Men Vet 40	Pos	Time	Runs	Event	Date
Brooke Johnson	1	03:13:17	1	Seville	20Feb22
Dan Brock	2	03:20:45	2	Seville	20Feb22
Justin Simons	3	03:32:54	1	Paphos	13Mar22
Andrew Butler	4	03:55:45	1	Rome	27Mar22
Philip Reay	5	05:07:07	1	Seville	20Feb22
Men Vet 50	Pos	Time	Runs	Event	Date
Chris Webber	1	03:08:21	1	Seville	20Feb22
Men Vet 60	Pos	Time	Runs	Event	Date
Martin Bush	1	05:00:56	2	Seville	20Feb22
<i>Standing on 27Mar22 after 16 members have returned 20 results from 5 races, having accumulated 840Km</i>					

Here's how the Marathon Championship scoreboard looked at the end of March.

For this competition, all you need to do to appear on the final scoreboard is to run at least one marathon anywhere in the world and have your result published in the Club Results listing. Your best result recorded during 2022 will be used to assign your position within your age-gender category. Running in a Club vest is not required for this competition.

As you can see, Caroline has already run three marathons this year. The largest number recorded by one member in 2019, the last time the Championship took place, was 21, by Martin Bush, naturally.

Photo Gallery



▲ Celebrating in the Oakford Social Club after the Reading Half Marathon on 3 April.

▼ Beers after the Goring 10k on 20 March.



▼ Linda Wright at Linford Wood parkrun on 23 April





▲ Phil Reay and Christina Calderon in Ibiza | Carl and Tina Woffington at Stratford-upon-Avon parkrun

▼ Drinks after Track Friday on 22 April

