

NEWSLETTER

JUNE 2022



Roadrunners light up Endure



Dave Boulton, Sarah Dooley, Tony Page, Liang Guo and Ben Paviour finish 2nd small mixed team and 8th team overall at Wasing Park, running 195 miles in 24 hours.

Editor

David Clay

Hi everyone

Summer has arrived! Well, I'm sorry if I've jinxed it by the time you read this, but it's definitely pretty toasty this evening while I'm writing my intro. I know lots of people took part in Endure 24 over the weekend of 18-19 June and I've got the full team photo (or at least those who made the photo!) in the gallery at the end of the newsletter, but I hope you'll forgive me for featuring our supersonic mixed team of 5 on the front cover. Their total of 195 miles in 24 hours is very impressive and got me wondering what the individual records are for a 24-hour run. If Wikipedia is up to date, then the women's mark is 167.8 miles by Camille Herron (USA) and the men's is 192.2 miles by Aleksandr Sorokin (Lithuania). Mind-blowing really, though I'm guessing they didn't tackle 'Heartbreak Hill' on their chosen routes!

On a personal level, I was pleased to complete my own mini-challenge last weekend: Endure 0.5 😊 Not quite as taxing as the real thing, but I timed it to finish at 12.00pm on the Sunday so I could imagine finishing as a Solo runner! Maybe next year... For the time being my frustrating foot problem is stopping me from doing much running, but fingers crossed I'll be able to do a bit more over the coming weeks and months. I'm struggling to remember the last time I made it to track, but as it's a lovely smooth physio-approved surface I'll be looking to make an appearance at Palmer Park soon. It'll be good to see some of you there!

Many thanks to everyone who has contributed to the newsletter this month. Alongside our regular crew of writers who continue to provide us with great insights on what's going on within the club, we've also got a brilliant article from Matthew Davies about his experiences trying track racing. I'd love to feature some more articles from runners like Matt who are part of the wider membership of the club. If you would like to submit an article but you're not so sure what you could write about, here are a few suggestions to get you thinking:

- Race reports – our members do all sorts of races every week! Why not pen a write up of how it went and share it with the club? I know I've found reading past reports both informative and often pretty amusing!
- 'A blast from the past' – have you recently hit a 1 / 5 / 10+ year anniversary of a running race or other event which you remember fondly? Kind of like a belated race report, but looking back with a slightly different perspective!
- 'Before and after' – has running in general, or your experience of training for/completing a particular race or event, helped to make a positive difference to you physically or mentally? Maybe your story would really resonate with others.
- You might know the programme Saturday Live on Radio 4 and it's 'Thank you!' section where listeners share tales of someone who has helped them and made a difference in some way, big or small. Is there someone at the club you'd like to give a shout out to?

Obviously this is far from being an exhaustive list and anything running-related is very welcome! Please message me at newsletter@readingroadrunners.org if you would like to submit an article. The deadline for the next edition is Monday 25th July.

Cheers, David.

Chair

Sam Whalley



chair@readingroadrunners.org

It's been another busy month as a Reading Roadrunner. Firstly, I'd like to say how pleased I am at the variety of sessions and activities we are offering at the moment. This takes a lot of input from a lot of people, and just goes to show what a bit of teamwork can do.

Wednesday evenings have been buzzing with coached sessions, outruns, and now the strength and conditioning out in the park. We have had some very positive feedback, so thank you to all the coaches and LiRFs who are putting all this together; we are working on keeping the website as informative and up to date as we can too, so people know all the options in advance. Thank you to Paul Monaghan for all his work on this.

The Thursday pub runs and outruns continue to be popular, and it has been great to see so many different routes on offer, and to have the opportunity to investigate new areas too. I always enjoy these evenings; you can't beat a chatty run that ends in a pub. Thank you to everyone who has come forward to lead a run or walk, and to Caroline Jackson and Ian Giggs who have co-ordinated them.

Our last Track Friday 'Mile Special' event was a big success. It is always tricky when the usual race director is unavailable, but Jamie Smith did a fantastic job alongside Tony Canning, in Fergal Donnelly's absence. The club charity also benefits from the social aspect of these events too, with lots of people hanging around for the post-race tea and cake. Thank you to everyone who volunteers at these events.

This past weekend has been another busy one, and it has been great to see so many posts on social media, celebrating achievements and sharing how brilliant it is to be a green vest.

Coming up, we have the Ridgeway Relay, Runnymede Relays and remaining Vets Track & Field League fixtures to look forward to, all really good team events that are fun to be part of. Thank you to our team captains, Tony Page and Liz Johnson, for organising the relay teams, and to Chris Manton for all his input with the vets league.

Thanks to our social secretary, Kerri French, we have a busy programme of socials to balance out all the physical activity. If you want to attend any of these, it's really helpful to Kerri if you book onto the event as soon as you can, so she can finalise details with the venues, book transport, etc.

The next event we host as a club will be the Summer Relays in Woodford Park. Kerri wears a different hat as Race Director for these. If you don't know anything about it, look at the website or our social media to find out more, and definitely check your email spam folder.

I always feel like these monthly reports are just a list of thank yous, and that pretty much sums it up. We are all working together to make this club what it is. Suggestions are always welcome.

Have a good month,

Sam

chair@readingroadrunners.org

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

Can a 24-hour running event be epic, brutal and relentless, and a lot of fun?

Well, yes, according to Endure 24 and I tend to agree, along with the 3,000 or so other participants across 800 teams running 5 mile laps of Wasing Park this year. The record laps were 42 laps (210 miles) and 24 laps (120 miles) for solos.

As ever there were lots of green vests with several mixed teams, 2 pairs and 10 going solo (listed in the results roundup); including **Ian Giggs**, **Dean Allaway** and **Pete Morris** and myself who were in the Roadrunners team at the first event (Run24) back in 2012.

There was some great running across all of the teams in adversity with runners dropping out (with **Ian Giggs**, **Gary Clarke** and **Angela Burley** doing extra laps) and some unseasonably cold weather on Saturday evening. A big thank you to **Stuart Lunn** for helping set up the camping, feeding us and keeping our spirits up. Well done to our mixed small team of **Sarah Dooley**, **Dave Boulton**, **Ben Paviour**, **Liang Guo** and myself, who managed 39 laps in 24 hours, coming 8th place overall and 2nd place out of 162 teams in our category.

There was also a good turn-out at latest club championship race at Newbury racecourse. Well done to all those who ran and in particular to new member, **Will Rankin** (5th place), and to **Alan Freer** (1st place, M65) and **Terry Dowling** (2nd, M55). **Dave Parton** (1st M50) and **Chris Webber** (2nd M50) look to be fighting it out for top M50 in the Barnes fitness summer 10k series, in race 2, behind **Nathan Davies** (3rd overall). It's always nice to see a team mate returning to good form, so well done **Chris Lucas** on winning 10k at Chiltern chase and also to **Richard Usher**, with an excellent 3:08 at Edinburgh marathon last month.



We've now had event 2 and 3 of the Vets track and field and was pleased with another good turn-out this week – we participated in every event apart from high jump last night – special thanks to **Kevin Brooker**, who made a 2-hour trip to come and was rewarded with 1st and 2nd place in M50 100m and 400m. Well done, Kevin.

We've got 4 teams in the Ridgeway Relay coming up this weekend, where we hope to retain the men's trophy so wish us luck and let's hope we don't get lost! Then Runnymede Relays the following weekend and the Summer Relays on 5th July. So, a busy few weeks ahead of us then.

Women's Captain

Liz Johnson



teamcaptains@readingroadrunners.org

I continue to be blown away by the women of Reading Roadrunners. Day in and day out I see so many of you out there running for fun, friendship, your sanity and last but by no means least, for competition and really testing yourselves.

Recently, plenty of this has been on show at the Hampshire Hoppit, Endure 24 and the Newbury Racecourse 10k, which was race 7 of our club champs series.

Sian James was first female V60 over the challenging half marathon route at the Hoppit whilst it seems **Kathy Tytler** and **Sarah Richmond-De'Voy** were using it as practice for their solo efforts at Endure 24 the following weekend.

Kathy Tytler (pictured, right), a stalwart of Endure 24 soloing over the years, reached the incredible milestone of 100 laps (500 miles in total) of Wasing Park whilst **Sarah Dooley** came away with a second-place trophy in the mixed small team category with fellow Roadrunners Tony Page, Dave Boulton, Liang Guo and Ben Paviour. Well done to all solo runners, duos and teams who coped with a particularly cold night and those slight undulations!

Over at Newbury the unstoppable **Katherine Streams** was first female, closely followed by **Helen Pool** in 2nd place and **Ruth Rogers** in 5th. A huge well done also to **Becky Mellor** who was taking part in her first ever 10k race, definitely proving that it's never too late to give something new a go. An attitude I wholeheartedly support.

Also at the weekend, the indefatigable **Christina Calderon** decided that a short trot from Carlisle to Newcastle along Hadrian's Wall was a good way to spend a Saturday, completing The Wall (70 miles) in just under 21 hours.

Up next is the Ridgeway Relays this Sunday which is always a highlight. As always, we have a great club turnout with four teams entered and I am really excited to see a lot of first-timers in the women's team. I can't say it enough, but taking part in a club or team event is a lot of fun. If you have never taken part in one of our team events before and have any questions, please give me a shout and I am more than happy to help. Catch me at track, email the club captains inbox, or ping me a message on the club facebook page.

Take care,
Liz



Social Stuff!

Kerri French, Social Secretary

A great night was had by all at The Grumpy Goat Cheese & Beer Tasting. It was a sell out with 20 of us learning about how to pair the right cheese with locally produced beers.



Also, by the time this newsletter is published, we will have already been to the next event Craft Theory Festival at 21 South Street. So I'll have to let you know how that went in the July newsletter.

Future events

Saturday 30th July - Summer BBQ at The Heron on the Ford. I'm waiting confirmation on costs and will put it on Webcollect once finalised.

Saturday 13th August - Day trip to Bournemouth. The Coach is booked & there are a few seats left - so don't delay in booking your place!

Saturday 24th September - Stanlake Wine Estates - is booked and on Webcollect. Numbers will be confirmed two weeks before. I'm also doing a raffle for the club charity at this event for a bottle of wine (worth £14) when you book. Extra tickets can be bought too.

Christmas Party & DJ is booked - **Saturday 17th Dec** at The Meadow Suite University.

Annual Awards night is booked for **Saturday 25th March 2023** at The Penta Hotel (formerly known as Ramada. After many years at Sonning Golf Club the feedback from members was that it would be good to give another venue a go. The location of Penta means people have more choice in either driving (as they have a car park next door in Broad Street mall), or people can travel very easily on public transport (instead of costly taxis). Many of our members who live further afield like Shinfield, Wokingham & Sonning Common for example have to shell out taxis costing £20 each way just to attend.

2023 will see a price increase in the cost of the evening but I'll definitely be keeping the budget around £45 per head. I'm also negotiating a room rate for those that want to stay over. The evening will be no different with a 3 course exquisite formal served dinner, and attendees dressed up in all their finery! Our favourite band Pink Fish are also booked too. They play a bit of everything for everyone, and get us all dancing.

So there's lots of choice with the events on offer. Do let me know if there's anything you fancy doing into 2023. Drop me an email socialsec@readingroadrunners.org. Kerri French.

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

Hello all, I would like to provide an update on this month's fundraising in aid of Herbie Hedgehog Rescue. We have received a donation from the Shinfield 10K of £470.34, this is an amazing amount raised and we would like to say a big thank you to Colin, Tom, the Shinfield committee and all the volunteers on the day for all their work. It was great to see the return of the Shinfield 10K.

The following events have also taken place, to which donations for the RR club charity account are as follows:

- Track Friday May refreshments £60.60 Thanks to the Track Friday team.
- Sam's Bingo run £70 Thanks to Sam for kindly organising a fun morning of running, with proceeds going to Herbie Hedgehog Rescue.

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 June

Raffle Prizes required

- **We would like to organise a Raffle at the Heron on the Ford Summer BBQ on Saturday 30th July and would welcome donations of raffle items , a bottle of something, chocolates, sweeties, other food related items, unwanted smellies/gifts, homemade pickles, jams etc. If you have any of the above items or suitable alternatives (Hedgehog themed items are also welcome!) it will be really appreciated if you could please consider donating them for the Herbie Hedgehog raffle. If you have any questions, please feel free to contact me directly via PM on Facebook messenger, email charity@readingroadrunners.org or I am at the track most Wednesdays. Thank you in advance 😊**
- Herbie Hedgehog Rescue always welcomes donations of food items (cat/kitten biscuits), even more so at this time of year with a rise in admissions due to sickness and injuries, and with hoglet season upon us this also adds extra strain to the rescue and supplies. For example, medical items - syringes, sample slides, gloves, and other items. Details can be viewed on the HHR Amazon Wishlist: <https://amzn.to/30Yjs6j> 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/>

I am currently in the process of planning some fundraising events; more information to follow soon! Watch this space...

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

Herbie Hedgehog Rescue - Tip of the month

A hedgehog can be seen out during the day which is most likely a sign of it being unwell or injured. Some of the reasons a hedgehog can be seen out in the day are highlighted in the poster on the page below. Please contact your nearest hedgehog or wildlife rescue for advice.

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!



www.herbiehedgehogrescue.com



WHEN to HELP

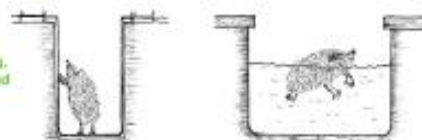
Hedgehogs should not be sunbathing or out in daylight. Except for Hedgehogs gathering nesting materials, or they are foraging before dark on late summer evenings.

LEthargic



Trapped

Has the Hedgehog been caught in netting, fallen down a hole/drain or into water/pond unable to climb out. Hedgehogs will need help and may have injuries.



Baby Hedgehogs should not be alone or out alone in daylight. Do you hear a high pitched call, it may have lost contact with its mother. Hoglets will need specialist care.

Hoglets alone



Injured

Is the Hedgehog limping, dragging its legs, unable to walk? Can you see a wound? If there is a strong smell, there might be a wound you can't see.



Flies Hovering

If flies are hovering over a Hedgehog, it is an emergency and needs help. Flies lay eggs on a sick/injured Hedgehog which will hatch into maggots within hours.

There is something wrong if the Hedgehog is wobbly as they walk.

WOobbly



Not Sure what to do? Call your local Hedgehog Rescue for help and advice.

GET HELP



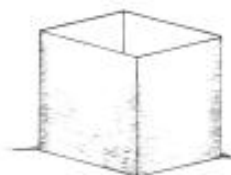
A Hedgehog spinning in circles needs help.

Spinning



What you can do before help arrives

- Prepare a box with high sides, line the base of the box with newspapers or old tea towels.
- Wear thick gloves, gently pick up the hedgehog with both hands and gently lower the Hedgehog into the box.
- Bring the box with the Hedgehog indoors into a warm, quiet room away from noise.
- Place a shallow bowl of water in the box; no food must be given.
- Call for help and advice.



Herbie Hedgehog Rescue  Call: 07598 794442

Rehabilitation centre for sick/injured wild Hedgehogs based out of Reading, Berkshire.

Trying Track Racing

Matthew Davies

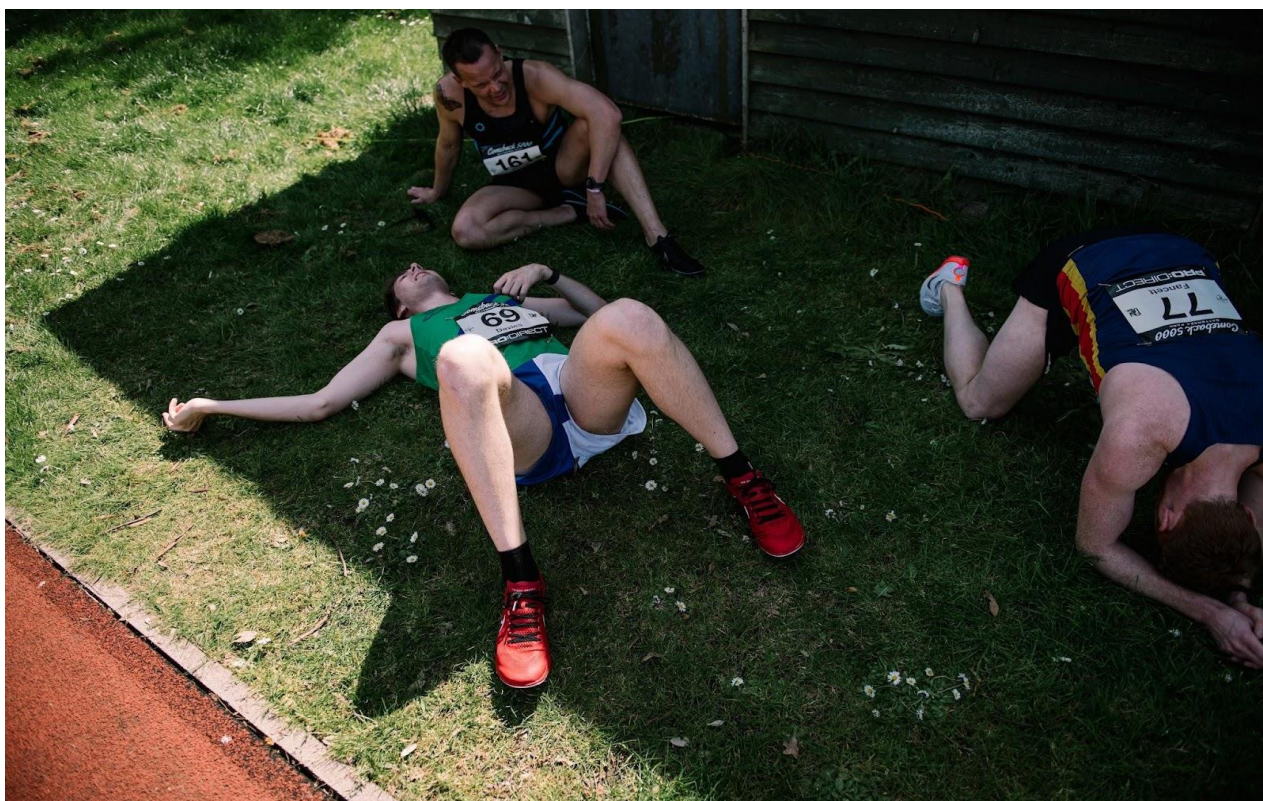
Part 1 – My Experience

On the 5th April I wrote on strava my next goal would be 4.59 for the Mile at the Iffley Road Festival of Miles. Long story short, I did it (4.59.5 officially), I broke 5 minutes in the mile at an iconic running track. I've been asked to write a (medium length!) version of this story, to cover my experiences, why and how I did some track racing, and tips for you if you're interested to try this too.

Since 2020 running was frustrating for me. I've not broken any PB's or been at the level I was at. Motivation was a struggle and I wondered if this plateau was forever. At the 2021 London Marathon I came within one second of my PB, then set out to build on that and train well for Seville Marathon in February. The first half of the training block went great, coming within a few seconds of my parkrun PB in January, then something was not clicking for me. In Seville I pulled out halfway, limping, knowing it was not my day and it was wiser to save something for another day.

That gave me the idea to try something different, to mix up running rather than trying to force another marathon, or half, or something longer. I decided I would try some track races. I like the idea of finding out if I had undiscovered speed over a shorter distance.

Since then I have raced a 1500, 2 mile races, a 3000 and a 5000. I found the races helped me practice tactics. Most races were graded, meaning you're racing people with similar target times to you, so I practiced different race situations. In some races it was better to stay with the group, at other times it was wiser to know when the pace was too hot so to let a group go. In the first 1500 I did, I made the mistake of letting a group go at the start, then spending 3 laps hanging 10 meters behind, working harder to go the same speed.



Comeback 5000 was a fun race in Battersea park - with a livestream and crowd. There was also a free bar and elite races to watch after. It was on the sunny Good Friday, but hot to race in. I cooked in the last mile. Pro direct running photographer got a pic of me laying in the tiny bit of shade post race (on the page above). I managed 17.29 which was the slower end of my goal range. But I knew that in spikes on a hot day it was good to be within 12 seconds of my road PB.

The Iffley Festival of Miles - I got to the track about an hour before my race. The track is where Roger Bannister ran the first sub 4 minute mile in 1954. The event was aiming to add more sub 4 miles to the track record books. There were graded races through the afternoon, and two elite races. I warmed up with a (longer than usual) 4k run round the nearby streets, then got into my spikes and did some drills and strides on the infield. For the race the pace was very strong for the start, I came through 409m in last place and in 71 seconds (about 4.40 mile pace). Knowing I was not going to set a 28 second PB I stayed at the back, but keeping contact as there was a blustery headwind on the back straight. Coming into the last 200m I knew it was close. Glancing at the clock I knew the last 200 needed to be about 34 seconds which was fast but doable. Coming out the last corner, as the wind turned, I kicked past the two guys I had been tucked in behind all race, then down the home straight I squeezed it on and saw the clock still under 5 mins as I crossed the line. I had forgotten the buzz as runners that we love, of seeing the clock showing something you have not done before and did not fully believe you could do.

I have enjoyed my block of track racing. I liked feeling fit again, but also fresher. I am satisfied to have achieved my goal, and confident I can get faster in the next few years.

Part 2 – Tips and Advice

I hope this write up has inspired some of you to try some track races. I have found it a fun running project, and I think it will help my road times long term. I have written some tips below and information on how I found races, as this can be a little trickier than road races. I hope to see some of your track results in the results pages soon.

How to find track races?

This can be hard, but there are 3 ways I found my races:

1 - Instagram or word of mouth

This was for Comeback 5000 and the Iffley Festival of Miles. Most have entry information on their websites, or a link to a third party entry system like opentrack.

2 - Opentrack

This is a website which manages results and entries for the events. It does not have all events, but it was the best entry system I experienced, and you can search by meets or events.

3 - UK Athletics/England Athletics calendar.

I found this the least user-friendly way. On UKA's website there is a spreadsheet which is a list of licenced events, then I found dates I was free, and googled the events to see if they were open to me, and if they had a distance I wanted to race. <https://www.englandathletics.org/athletics-and-running/england-competitions/licensed-competitions/>

What events to try?

Any - with races graded, you will often be with people at a similar level, so you can get competitive, while trying new things. That said, I probably would need some instruction before I try pole vault.

Tips

- Bring a watch. At a road race you can get away with following the crowd, but when your heat starts at 14.28, it's handy to know the time.
- Do not stress about training or feeling ready to race on track (at least at first). A 1500 is not like a marathon where going in under prepared will leave you in a world of pain. Once you get started, you can learn and improve for next time. It is also a bonus that you recover quicker from shorter races.
- Pick up your numbers when you get to the track, then you are all set, you can get your bearings and do your pre-race business, without having to be anywhere else until your start time.
- If you have any other questions feel free to reach out - I know it can feel like a strange new world.



Reading Roadrunners Committee Meeting

Tuesday 14 June, 7pm (by video call)

The Committee

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

Apologies for absence

Paul Monaghan

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Christmas Party

The minutes were updated to reflect that the party was downsized rather than cancelled. There might have been wine and cheese served, but there were no lockdown breaches.

Race Budgets

A process is required to ensure that race committees operate in accordance with an approved budget. David to draft.

Kerri said that the hall was already booked for the July 5th summer relay. The only other expenses would be for a marker pen and numbers.

Chair's report

Sam reported that the club championships are progressing with good attendance.

Thanks to Chris Manton for organising the team for the second Vets Track and Field league meeting, which had an improved attendance over the first meeting.

Thanks to Fergal Donnelly and Tony Canning for organising the May Track Friday event, which was a mile event with four separate races.

Thanks to Peter Higgs and Stuart Lunn for leading the latest couple of pub runs.

Thanks to Ian Giggs who has organised a schedule of Thursday outruns for non-pub run weeks. Ian led the first of these, and Claire Seymour led the second.

The new strength and conditioning group has started. Thanks to Cathrin Westerwelle and Justin Watkins for leading the first couple of sessions.

We are waiting on delivery of new kit from Up & Running.

General Secretary's Report

David has booked a couple of Wednesday evening extensions at Palmer Park for track and field practice. These are scheduled to occur the Wednesday before Vets Track and Field meetings, i.e., on the 15th June and 20th July. Palmer Park have instructed that only one throwing discipline should be happening at a time and no one should be running in the back straight whilst throws are happening in the cage.

Bob Thomas reported that he appeared to still be the nominated contact for the club for EA. David has contacted EA, and this has been rectified.

Finch Coasters have been in touch about using our October Track Friday session as part of their club championships. Fergal will be confirming which distance this will be over shortly.

Treasurer's Report

Nothing to report this month.

Membership Secretary's Report

Sarah reported 14 new members this month. There has been positive feedback on the welcoming email.

There have been a few issues with EA membership.

Social Secretary's Report

Great night had by all at The Grumpy Goat Cheese & Beer Tasting. It was a sell out with 20 of us learning about how to pair the right cheese with locally produced beers.

The next event is Craft Theory Festival at 21 South Street- Friday 1st July 6pm. I've purchased a group ticket & individual members are paying me back. Additional tickets are still available from the Reading Arts & Venues website.

Future events

Saturday 30th July - Summer BBQ is on at The Heron on the Ford. I'm waiting confirmation on costs and will put it on Webcollect once finalised.

Saturday 13th August - Day trip to Bournemouth. The Coach is booked & currently half full. I'll endeavour to sell all seats to avoid any additional costs to the club. But I understand the club can support the costs of socials events in special circumstances like this.

Saturday 24th September- Stanlake Wine Estates - is booked and on Webcollect. Numbers will be confirmed 2 two weeks before. I'm also doing a raffle for the club charity at this event for a bottle of wine (worth £14) when you book. Extra tickets can be bought too.

Christmas Party & DJ is booked - Saturday 17th Dec at The Meadow Suite University

Oscars - Annual Awards night booked / Saturday 25th March at The Penta Hotel (formerly known as Ramada. I've enquired with Alison Wrigley to book the band Pink Fish as they play a bit of everything for everyone and get us all dancing.

Coaching Report

Art reported that Jamie Smith has started a new coaching group. This is a race targeted group that is focussed on a specific race. The initial focus will be the SEAA road relays in late September.

AOB

Widening Membership

Rachel Helsby had prepared a report on widening the club membership that was presented to the committee. The report suggested enhanced promotion of the club online, at Palmer Park, and wider. The report was well received, but with some

caution that we don't overwhelm the club with an influx of new members.

Initial thoughts were that we should look at improving the promotion of the couch to 5K training group and the Friday night sessions. Starting by reviewing the web site, which could reference the C25K sessions more prominently.

Sarah was tasked with discussing this further with Helen.

Friday Session Attendance

There was a discussion on attendance at Friday evening sessions at Palmer Park. Numbers remain low and there are often more Reading University students than club members in attendance.

The financial situation with Reading University attendees needs to be confirmed.

Art mentioned that smaller numbers on a Friday did give opportunities for more individual coaching.

Continued promotion during Wednesday night briefings and improvements to the web site were recommended.

Next Meeting: 19:00 Tuesday, 12 July 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

Massive kudos to Sarah Dooley, Dave Boulton, Liang Guo, Tony Page and Ben Paviour for finishing second small mixed team at Endure.

Another Roadrunner on the podium this month was Chris Lucas at the Chiltern Chase 10k. Our pic shows Chris being congratulated on his win by third-placed finisher Brendan Morris, RR second-claimer.



May 28th

Luxembourg Night Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Christina Calderon	5:32.38
-	Phil Reay	5:32.38

May 29th

Edinburgh Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
494	Richard Usher	3:08.14
1890	Florence Ledger	3:41.44
1979	Mo Fassihinia	3:43.30
2413	Mary Janssen	3:49.49
2599	Bruce Sarjent	3:52.26
5471	Kaja Milczewska	4:33.02
6012	Dan Rickett	4:42.35
6270	Linda Flintoff	4:47.52
7268	Grant Flintoff	5:12.07
7999	Andy Atkinson	5:39.59
8000	Liz Atkinson	5:40.00

Edinburgh Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
45	Marcus Fletcher	1:15.24
221	Robbie Usher	1:22.52

897	Mark Andrew	1:35.35
8996	John Bailey	2:36.30
8997	Lorraine Bailey	2:36.30
9690	Linda Wright	2:58.35

South Downs 100k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
50	Swinda Falkena	14:01.46

Kempton Park Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
122	Alice Carpenter	2:13.57

Kempton Park 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Helen Pool (2nd lady)	41.48

May 31st

Vets Track and Field League (meeting 2)

Mens M50 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Kevin Brooker	26.6 PB

Mens M60 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Nigel Hoult	41.5

Mens M35A 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
8	Ian Giggs	30.5 PB

Mens M35B 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	Chris Manton	40.7

Womens M50 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
7	Adele Graham	48.1

Mens M50 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
7	David Fiddes	2:51.7

Mens M35A 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
7	Ian Giggs	2:32.5

Mens M35B 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Chris Manton	2:56.0

Womens W35 5000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Helen Pool	19.56.7 PB

Womens W50 5000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Ann Rostern	21.10.7

Womens W35 Triple Jump

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Kerry Eastwood	7.36m PB

Womens W35 Shot Putt

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
3	Kerri French	5.77m

Womens W50 Shot Putt

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Adele Graham	5.79m

Womens W35 Discus

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Kerry Eastwood	12.26m PB

Womens W50 Discus

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
5	Adele Graham	12.39M

Meeting positions: RR women 6th, RR men 7th

June 1stYateley 10k (race 1)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
12	Keith Russell (3rd M40)	35.28
29	Tony Page (3rd M50)	37.56
34	Dimitar Gospodinov	38.12
53	Chris Webber	39.44
62	Brendan Russell	40.31
68	Pete Jewell	40.43
89	Sarah Dooley (3rd W45)	42.02
97	Gareth Griffiths	42.15
123	Jon Green	44.23 PB
144	Ian Giggs	45.28
154	Collette Callanan	45.57
158	Sam Hammond	46.00
173	George Mitchell	46.12
210	Martin Douglas	47.28
222	Paul Carter	48.13

359	Alex Bennell	54.19
469	Andrea Marnoch	59.36
554	Trisha Arnold	65.10

June 4thIffley Festival Open Mile

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Matt Davies	4.59.50 PB

June 5thRace for Men 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
129	Linda Wright (1st W65)	1:35.27

June 9thBarnes Summer Series 10k (race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Nathan Davies	36.34
5	David Parton (1st M50)	38.46
8	Chris Webber (2nd M50)	40.47
10	Richard Hallam-Baker	41.29
22	Richard Charley	45.44
37	Nicki Parton (2nd W40)	49.21
49	Chris Manton	51.09
51	Julie Sugden	51.16
56	Andy Bennett	51.47
61	Sian James (2nd W60)	53.07

Barnes Summer Series 5k (race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
29	Matthew Brown	25.52
39	Dan Manton (3rd U20)	28.33
48	Adele Graham (3rd W50)	30.21
52	Sandy Sheppard (1st W60)	31.09
99	Gill Manton	42.18

June 11thSouth Downs Way 100

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
40	Gary Tuttle	20:33.40

June 12thDorney 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Katherine Streams (1st lady)	39.40
9	Ryan Faulkner	39.47
17	Grant Hopkins	42.42
22	Tony Streams (1st M60)	45.28

Hungerford Harey 8

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
15	Brian Kirsopp (1st M60)	56.13
17	Richard Usher	56.56

Hampshire Hoppit Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Dan Brock	3:57.39

Hampshire Hoppit Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
88	Sian James (1st W60)	2:06.50
130	Liz Ganpatsingh	2:16.16
224	Sarah Richmond-Devoy	2:38.17
284	Kathy Tytler	3:43.10
287	Linda Wright	3:48.03
33	Pete Morris	4:07.30

Chiltern Chase 15K

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7	Fergal Donnelly	1:02.03
22	Ann Rostern (2nd lady)	1:08.20
60	Joe Blair	1:24.31

Chiltern Chase 10K

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Chris Lucas	35.19
69	Bryan Curtayne	54.37

June 19thNewbury Racecourse 10k (Club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Will Rankin (1st M senior)	38.24
8	Terry Dowling (2nd M55)	39.55
9	Katherine Streams (1st lady)	40.20

13	Chris Webber	40.49
15	Helen Pool (2nd lady)	41.59
21	Eoin McLeod	43.48
22	Jake Dellow	44.08
24	Chris James	44.16
26	Alan Freer (1st M65)	44.45
27	Tony Streams	45.15
28	Bruce Sarjent	45.34
31	Tom Wright	46.28
36	Ruth Rogers	47.29
42	David Fiddes	48.23
43	Steve Dellow	48.37
53	Lorna McLeod	51.24
59	George Nyamie	52.38
66	Catherine Leather	53.36
76	Eddie Thorpe	54.54
119	Heather Bowley (1st W70)	1:04.48
139	Linda Wright (1st W65)	1:11.02
153	Becky Mellor	1:15.25 PB
162	Julie Wing	1:31.28
163	Stephen Wing	1:42.08

Checkendon 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
25	Dan Coleman	52.04
30	Liz Jones (1st W60)	52.17
51	Bryan Curtayne	63.06

Checkendon 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Mirian Coleman	30.15

Endure Singles (ladies)

<i>Pos</i>	<i>Name</i>	<i>Laps</i>
12	Joanne Sollesse	17
34	Donna Saunders	13
57	Kathy Tytler	10
69	Sarah Richmond-Devoy	9

Endure Singles (men)

<i>Pos</i>	<i>Name</i>	<i>Laps</i>
70	Phil Sharman	14
89	Donald Scott-Collett	13
94	Wayne Farrugia	12

Club Championships

Bob Thomas, Championship Organiser

Here is the current leaderboard in the Marathon Championship, RR members having taken part in 21 races to date. Full results are available on the website.

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.

Marathon Age Category Scores					
Senior Women	Pos	Time	Runs	Event	Date
Swinda Falkena	1	03:36:21	1	Rotterdam	10Apr22
Flo Ledger	2	03:41:44	1	Edinburgh	29May22
Julie Sugden	3	04:18:27	1	Manchester	02Apr22
Women Vet 40	Pos	Time	Runs	Event	Date
Sarah Dooley	1	03:09:25	1	Seville	20Feb22
Caroline Jackson	2	03:40:58	5	Riga	14May22
Carmen Fuentes-Vilchez	3	03:43:26	2	Seville	20Feb22
Women Vet 50	Pos	Time	Runs	Event	Date
Katherine Streams	1	02:58:22	1	Manchester	02Apr22
Nora Holford	2	03:42:34	1	Manchester	02Apr22
Mary Janssen	3	03:49:49	1	Edinburgh	29May22
Women Vet 60	Pos	Time	Runs	Event	Date
Linda Flintoff	1	04:47:52	1	Edinburgh	29May22
Liz Atkinson	2	05:40:00	1	Edinburgh	29May22
Senior Men	Pos	Time	Runs	Event	Date
Chris Burt	1	02:58:33	1	Brighton	10Apr22
Matt Sarjent	2	02:59:39	1	Hamburg	24Apr22
Jake Dellow	3	03:13:28	1	Southampton	24Apr22
Men Vet 40	Pos	Time	Runs	Event	Date
Keith Russell	1	02:35:06	1	Manchester	02Apr22
Phil Woolfall	2	03:03:13	1	Dorney	24Apr22
Richard Usher	3	03:08:14	1	Edinburgh	29May22

Men Vet 50	Pos	Time	Runs	Event	Date
Chris Webber	1	03:08:21	1	Seville	20Feb22
Brian Grieves	2	03:28:36	1	Paris	02Apr22
Bruce Sarjent	3	03:52:26	1	Edinburgh	29May22
Men Vet 60	Pos	Time	Runs	Event	Date
Tony Streams	1	03:24:21	1	Manchester	02Apr22
Paul Bandy	2	03:43:17	1	Milton Keynes	02May22
Mo Fassihinia	3	03:43:30	1	Edinburgh	29May22
Men Vet 70	Pos	Time	Runs	Event	Date
Andy Atkinson	1	05:39:59	1	Edinburgh	29May22
<i>Standing on 12Jun22 after 53 members have returned 73 results from 21 races, having accumulated 3,066Km</i>					

The Road & Multi-terrain Championship leaderboard is below.

Detailed scores are available on the website.

Category & Member	Position	Total Score
Senior Women		
Ruth Rogers	1	191
Donna Saunders	2	186
Nikki Gray	3	100
Women Vet 40		
Alex Bennell	1	193
Sarah Richmond-De'Voy	2	182
Sarah Dooley	3	150
Women Vet 50		
Ann Rostern	1	195
Lorna McLeod	2	192
Becky Mellor	3	177
Women Vet 60		
Sarah Bate	1	197
Linda Wright	2 =	192
Liz Atkinson	2 =	192

Women Vet 70		
Heather Bowley	1	150
Julie Wing	2	148
Cecilia Csemiczky	3	100
Senior Men		
Jake Dellow	1	145
James Chandler	2	141
Brendan Morris	3 =	100
Will Rankin	3 =	100
Men Vet 40		
Chris James	1	192
Eoin McLeod	2	191
Andrew Butler	3	179
Men Vet 50		
Chris Webber	1	198
Bruce Sarjent	2 =	189
David Fiddes	2 =	189

Category & Member	Position	Total Score
Men Vet 60		
Gary Clarke	1	188
Alan Freer	2	149
Tony Streams	3	148
Men Vet 70		
Eddie Thorpe	1	200
Andy Atkinson	2	196
Jim Kiddie	3	146

By Age Grade		
Chris Webber	1	189
Ann Rostern	2	184
Eddie Thorpe	3	161

Note that there is now only one race left in each of the 10M, 10K, and 5M categories, so if you haven't yet run one of these distances and you want to complete the Championship, you need to enter the remaining race:

10M	—	16Oct	Cabbage Patch
10K	—	11Sep	Henley Trail
5K	—	04Sep	Overton

Photo Gallery



▲ Pub run from The Packhorse, Mapledurham on 16 June



▲ Sarah Walters marshalling at Endure & Sam Whalley completing her 250th parkrun on 4 June

▼ Team photo at Endure on 18 June





▲ Vets track and field meeting at Tilsley Park, Abingdon on 31 May

▼ ...and the following evening, club members after finishing the first Yateley 10k series race on 1 June

