

NEWSLETTER

JULY 2022



Relay Miles, Summer Smiles



Roadrunners after finishing the Ridgeway Relays on 26 June (top) and at the Runnymede Relays on 2 July (bottom)

Editor

David Clay

Hi everyone

Last month I opened the newsletter by writing about how hot it was. Little did I know what was in store! Naturally the 40-degree heat arrived while I was working at the start of last week, replaced by slightly underwhelming cloudy averageness a few days later when I'd made it down to the coast for a mini-break. Typical eh. A glutton for punishment / slave to my training plan, I did make it out for a run late last Monday when BBC weather said it was still 32 degrees at 9pm 🤦‍♂️ Not especially fun and not really recommended! Those who took a day or two off definitely made the more sensible decision 🦉.

Running has been going a bit better for me over the past month. It's been a very slow process, starting off with a 20-minute session consisting of 5 x 2 minutes of easy running and 2 minutes of walking and working my way up gradually from there, but with no races on the horizon and a number 1 goal (for the time being) of just being able to run regularly without pain / injuries, I'm not in any rush and I'm trying to think more long term. Running for over 30 minutes without a walking break earlier this week was actually quite a nice little milestone to tick off. Not that I'm any kind of expert on this, but if anyone has been having a hard time with injuries and just fancies a bit of a chat about it then feel free to message me.

In stark contrast to my tentative run/walk efforts, it's been fantastic to watch the world's best athletes at the world athletics championships on TV recently. With the event being held on the West coast of America, I was initially a bit miffed that most of the finals were taking place in the middle of the night. However, with all the coverage available to watch on iPlayer the following morning, it actually worked out really well. I was able to skip through all the introductory blab and just watch the main action. For those of you who were keenly following the championships, have a go at the quiz I've put together on page 11 and test your knowledge!

Many thanks to those who have contributed to the newsletter this month. I can't say I've been inundated with articles after my suggestions in June's edition, so maybe they weren't very good ideas 😅 But anyway, if you would like to send me something running-related then please message me at newsletter@readingroadrunners.org and I can pretty much guarantee that a lot of people will find it an interesting read; you'll struggle to find a better audience for your running musings!

The newsletter will be taking a summer break in August, but it'll be back in September ahead of the autumn marathons and the start of the cross-country season. The deadline for the next edition is Monday 19th September. In the meantime, I hope you're able to take some time off to relax and unwind with your friends and family 😊

Cheers

David

Chair

Sam Whalley



chair@readingroadrunners.org

I don't think I can begin without mentioning the heatwave! Much as I love the sun, I have been very grateful for the opportunity to sit inside and watch athletics for half a day at a time. I hope everyone is keeping safe and using their common sense with regard to when and how to exercise.

The big news is that we have new kit in stock! Thanks to Dean Allaway and Jamie Smith, club kit will now be available to buy from Up & Running in Broad Street, Reading. This seems like a good solution for us, given the current storage situation at Palmer Park. Payment will be cash only, and you will need to show your membership card. While you're in there you might want to take advantage of the 10% discount they offer us on their other products.

Running wise, it's been another busy month. The highlights have been the various relays. The Vets team won best over 50s team at the Ridgeway Relay, with the A team second overall, and the Ladies team also third in their category. As usual it was very exciting to follow all the teams' progress throughout the day, and it was nice to get together for a pizza in Marlborough in the evening.

A great afternoon was had at the Runnymede Relays, and our best performing team just missed out on a podium place with fourth. There were lots of teams and solos at Endure24, and a prize for second place in the small teams category. Thanks to the team captains for all the admin and also to other members who make these events so much fun. More recently we have also had the more social Summer Relays in Woodford Park. Thanks to Kerri French and her team for race directing.

We have also had the final two fixtures of the Vets Track and Field League. Thanks again to Chris Manton for rallying the troops for these. I know the timings and locations do not suit everyone, but those who can fit them in really enjoy them and they are great to be a part of.

We were not able to attend the Hampshire XC League AGM this year, but a representative collected the medals for 3rd Placed Vet Women's team on our behalf. I can't be the only one already looking forward to the next XC season, and hoping for some rain before then, or we will be in Ashenbury Park in road shoes – unheard of!

As far as training goes, on Wednesdays and Fridays our coaches have continued to provide a wide variety of sessions on and off the track, so thank you to them for that.

We have continued our Thursday social runs, with both pub runs and outruns, the latter with an optional drink. Thanks to Caroline Jackson for co-ordinating the pub runs and to Ian Giggs for the outruns. There are plenty of gaps in the calendar going forward, so it would be great to get a few more names on the list. If you are able to fit a 'Thursday at 6.30' run into your training under the guise of a post-track recovery run, it would be great if you could invite a few others along, from a location that suits you.

As usual Kerri has been busy organising the socials and getting things up and running on Web Collect. There seems to have been something for everyone this year, which is great, and I'm sure the upcoming summer barbecue will be a lot of fun.

Finally, thank you to all of the volunteers throughout the club who keep things running smoothly. It is much appreciated.

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

This time last month, I was looking forward to the Ridgeway and Runnymede Relays and they didn't disappoint!

There's a full-length write-up on the Ridgeway Relay on page 9.

The following weekend, we had 6 teams in Windsor great park for the Runnymede Relays, making us one of the largest teams and it was great to see some new faces running in a green vest for the first time.

Our Teams finished in 4th, 8th and 18th place, before a mass start for the remaining teams, and what a memorable finish to the day with everyone cheering **Tom Harrison** home. Tom even managed to run Sonning 10K, the next day. Well done, Tom!

Thank you to **David Dibben** for an advance copy of his monthly race round-up. I was surprised to see no PB's this month – can that be right? Do remember to email David with any PBs to results@readingroadrunners.org.

There was a good turnout at local events in Emmer Green with **Seb Briggs** (2nd) and **Alex Harris** (3rd) and the Sonning 10K, where we swept the board in the age categories with **Gavin Rennie** (1st M50), **Ed Dodwell** (1st M60), **David Leake** (1st M70) and **Tom Harrison** (1st M80). **Dave Parton** (2nd place) got the upper hand over **Chris Webber** for top spot in the M50 category in the Dinton Pastures 10K summer series – interesting to see what happens in the final race next month. Lastly, congratulations to **Alan Freer** (1st M60) and **Eddie Thorpe** (1st M70) at the Dorney 5K, as part of the Berkshire Road running championships.



On Friday night, we braved the rain for the final event in the vets track and field in Swindon, famous for the magic roundabout (not the one with Dougal and Zebedee!). This time, the Men's team for the 200m, 800m, 3000m and 4 x 200 relay were **Kevin Brooker**, **Ian Giggs**, **Fergal Donnelly** and myself. A full round up will follow but thanks to everyone who took part this year and special mention to **Kevin Brooker** and **Helen Pool** who were ever present.

I don't know about you but I've been glued to the World champs in Oregon this week. I was so pleased to see Jake Wightman win gold in 1500 metres. This brought back memories of my boyhood hero, Steve Cram's victory in 1983. It was somehow apt that Steve was commentating on Tuesday night. Jake had to bounce back from disappointment in the Tokyo Olympics last year and

this resonates with me as I've not been quite where I was last year, but have heeded advice that it's just not possible to hit the heights every year, so be kind to yourself and look to the future.

Next team event for us is the southern road relays on 25th September. I'll be looking to enter at least one Senior Men's team (of 6 runners) and a vet's team (of 4 runners) in each of the M40, M50 and M60 age categories. If you are interested, please let me know your name, age category and 5K PB.

Women's Captain (ft. club champs update)

Liz Johnson



teamcaptains@readingroadrunners.org

Summer is in full swing now and the usual lull in the racing calendar is upon us. There is still time however to take part in the Club Championships with 5 races still remaining, covering all the distances. After some uncertainty following the collapse of F3 Events, I'm delighted to say the Burnham Beeches Half in August is still going ahead. Unfortunately, despite RunThrough attempting to take over the Henley River Trail 10k and the Royal Windsor River Trail Half this year, these have both now been cancelled for 2022. I will aim to confirm the replacement races as soon as possible. The other two races are the Overton 5 on 4th September and the Cabbage Patch 10 miles on October 16th. Please see the club website for details.

Since the last newsletter it has been amazing to see so many of you take part in club team events – the Ridgeway Relays and Runnymede Relays immediately spring to mind. At the Ridgeway Relays our mostly men team finished second overall with great legs run by **Sarah Dooley** and **Carrie Hoskins**, whilst our veterans team, featuring **Ann Rostern** & **Julie Rainbow** took top spot in that category! Our mostly ladies team finished in a great 3rd place in that category, and 18th overall out of 37 clubs who took part. Overall, we had 15 women running across the 4 teams entered which made me a very happy women's captain.

It has always been my goal to get more women putting their hand up to take part in events for the club. Women face so many barriers to entry when it comes to sport that I sometimes forget because I see so many women at track and taking part in the administration of the club. I realise this Roadrunner bubble is very much not the norm for so many. This summer, we've seen incredible performances by female athletes; from the amazing Lionesses, heading to Wembley for the Euro Finals, to our track athletes [Ed – Liz did name them all, but I had to remove for quiz purposes 😊] doing great things out in Eugene. Ten years on from the London Olympics and the call to 'inspire a generation', I hope this summer inspires you and all women and girls to take part and maybe try something new whether that be coming down to one of our track sessions, entering a race, trying cross country.... the opportunities are endless.

However, there are still improvements race organisers can make to allow women to feel included. It was heartening to see that the London Marathon has drastically improved its treatment of pregnant and post-partum runners but smaller things such as better sanitary provisions or t-shirts that actually fit (women are not just small men) would be small steps to making women not feel like an afterthought at events.

Anyway, I will get off my soap box now and wish you all a lovely summer!

Take care,
Liz

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, just a short update to advise the current status of fundraising for Club Charity of the year, Herbie Hedgehog Rescue. So far, the amount banked into the charity account is a fantastic **£1815.40** and in addition to this we also have the RR relays donation of **£177**, a big thanks to Kerri French and team for a successful event, and great amount raised for the hedgehogs.

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

As I am writing this report, we are due to hold our first Herbie Hedgehog Raffle at the Summer BBQ to be held on Saturday 30th July, and I would like to say thank you to everyone that has donated prizes. Will look forward to providing an update on this in my next report 😊

We have also been able to set up our fundraising link for the RR Charity of the year. Details as follows:
<https://www.peoplesfundraising.com/fundraising/reading-roadrunners-2022-charity>

Ways in which RR members can help in August

- 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 via HHR's website: <https://www.herbiehedgehogrescue.com/>

I am currently in the process of planning some fundraising events, to include a HHR bake-off, quiz night and one or two other 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

With summer in full swing, please keep an eye on any form of netting in your garden. Please tidy up football nets when not in use and garden netting to be placed 1 ft above ground so that the hedgehog going on their adventures don't get caught in the netting.

If you find a hedgehog caught in netting, please cut it free from the netting carefully and take it to your local rescue as many constriction injuries are not visible initially. Injuries can range from bruises to broken legs hence it will need rescuing.

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!

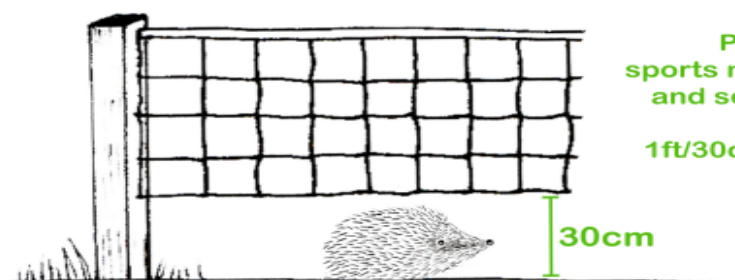
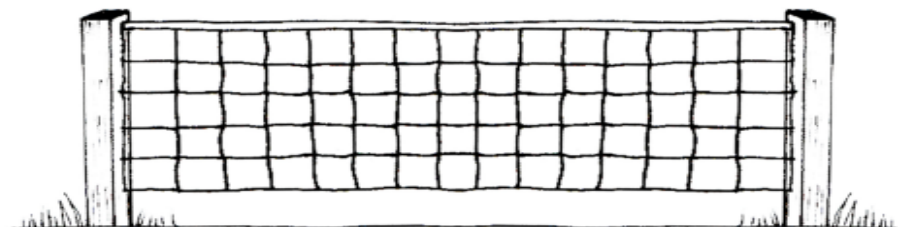


www.herbiehedgehogrescue.com

HELP OUR HEDGEHOGS

Netting Safety

Hedgehogs can get trapped and tangled in unsecured netting.



Please tidy away sports netting when not in use and secure garden netting at least 1ft/30cm above the ground.

If you find a hedgehog trapped or tangled in netting, it must be taken to a rescue to check for constriction injuries. Please contact your local hedgehog rescue for advice.

Herbie Hedgehog Rescue  Call: 07598794442
Rehabilitation centre for sick/injured wild hedgehogs based out of Reading, Berkshire.
Poster Designed by F.Scott. 2022

Social Stuff!

Kerri French, Social Secretary

Fun times were had at the [Craft Theory Festival](#) social. Everyone had a good time, enjoying the beers & music.

There was a great selection of local beers & brewers to sample. We danced the night away to 90's tunes and this is definitely a night for next year's calendar!



The next event is **Sold Out** - Saturday 30th July - Summer BBQ is on at The Heron on the Ford.

Upcoming Events on Webcollect - Book in to avoid disappointment!

Saturday 13th August - Day trip to Bournemouth parkrun and beach. (6 places left at the time of writing these notes for the newsletter)

Saturday 24th September - Stanlake Wine Estates Tour

Dates for your diaries

Saturday 17th December - Christmas Party at The Meadow Suite University

Saturday 25th March – Oscars/Annual Awards night at the Penta Hotel

If you have any suggestions or questions then you can contact me at socialsec@readingroadrunners.org.
Kerri French.

Gavin and pacy! Roadrunners vets prove the old ones are the best*

Sam Whalley

Roadrunners' Vets walked away with first place at last weekend's Ridgeway Relay, for the first time since 2015. Then they were the only vets team, and finished last out of 42 teams, so also took home the wooden spoon!

This year's over 50s were in a league of their own, coming 13th overall, out of 37 teams, and completing the 86.5 mile race from Ivinghoe Beacon in Buckinghamshire to Marlborough in Wiltshire in 12 hours and 46 seconds. The second placed vets team was 24th, one hour and 40 minutes behind.

Gavin Rennie got the vets into a strong position from the off, finishing leg one in 16th place, and first vets team. The vets position was never in doubt, but the overall placing moved up to 11th and 12th after strong runs from **Julie Rainbow** (leg four, tenth fastest for that leg), **Chris Webber** (leg five, seventh fastest), and **Ian Gosling** (below, leg seven, ninth fastest), before settling into 13th until the end.



The remainder of this superstar vets team was made up by **Eoin McLeod** (leg two), **Ann Rostern** (leg three, gaining four places), **Alan Freer** (leg six), **Peter Rennie** (leg eight), **David Fiddes** (leg nine) and **Pete Jewell** (pictured below, leg ten). Congratulations to them all – truly inspirational.

Meanwhile the Mostly Men's A team had to settle for second place behind Newbury AC after switching between first and third since **Dave Boulton** set the team off in the lead on leg one.

There were some fantastic runs throughout the day, most notably from **Carrie Hoskins** (leg four, gaining one place, second fastest for that leg), **Ben Paviour** (leg five, gaining one place, third fastest), and **Chris Lucas**, who ran the fastest time for leg six.

The rest of the team was made up of **Sarah Dooley** (leg two, sixth fastest), **Tony Page** (leg three, fourth fastest), **Matthew Sarjent** (leg seven, third fastest), **Dave Parton** (leg eight, third fastest), **Mark Worringham** (leg nine, second fastest) and **Sibrand Rinzema** (leg ten, fifth fastest). Sibrand was running his last race as a Reading Roadrunner before returning home to the Netherlands.



The Mostly Ladies team managed its highest ever placing with 19th, and third ladies team, thanks in particular to excellent runs from **Dimi Gospodinov** – one of the two permitted men – finishing in 11th place on leg one, **Holly Sedgwick** (leg seven, gaining three places) and **Aga Faulkner** (leg eight, gaining two places) and despite a couple of fallers among the rest of the team, made up of **Mel Shaw** (leg two), **Sam Whalley** (leg three), **Alice Carpenter-Cave** (leg four), **Belinda Tull** (leg five), **Swinda Falkena** (leg six – also returning to the Netherlands soon), **Brooke Johnson** (leg 9) and **Liz Johnson** (leg ten).

The Mostly Men's B team finished in 30th, with **Jamie Smith** getting the team off to a great start in 15th and brilliant runs by **Mike Worsfold** (leg two, gaining three places, ninth fastest for that leg), **Sophie Mures** (leg four, gaining six places, fourth fastest), **Lance Nortcliff** (leg seven, gaining one place, seventh fastest), **Fergal Donnelly** (right, leg nine, gaining two places, sixth fastest) and **Alix Eyles** (leg ten, gaining one place).

Completing the team were **Peter Higgs** (leg five), **Pete Morris** (leg six), **Claire Seymour** (leg eight) and **Jon Green**, who added two miles to leg three by taking the wrong path through a corn field.



Congratulations to all those who took part and many thanks to the captains for putting the teams together. Thanks also to Barry Cornelius for the images of our guys toughing it out.

For more information on the route of the Ridgeway Relay, and to whet your appetite for next year, read this: http://www.marlboroughrunningclub.org.uk/uploads/files/documents/RidgewayRelay/Ridgeway_relay_information_pack_2022.pdf

Draft results can be found here:

<http://www.marlboroughrunningclub.org.uk/uploads/files/documents/RidgewayRelay/MRCRidgewayRelay2022DraftResults.pdf>

Photos from leg five onwards can be found here:

<https://www.flickr.com/photos/barrycorneliusox/sets/72177720300127853/>

*[Ed – the article credit goes to **Sam Whalley**, but I think I have to credit **David Dibben** with the headline!]

World Athletics Quiz

David Clay

I thought I'd put together a little quiz for those who racked up the hours watching the action in Oregon over the past couple of weeks. Answers are at the end of the newsletter. No prizes, just bragging rights!

Q 1 – What is the name of the famous stadium at which the championships were held?

Q 2 – Great Britain's Chris Thompson qualified for the marathon but was unable to compete. Why?

Q 3 – Which US sprinter won the men's 100m?

Q 4 – Which Kenyan athlete won the women's 1500m?

Q 5 – Sydney McLaughlin smashed her own world record in the women's 400m hurdles, running an incredible 50.68 seconds and winning by over 1.5 seconds. Which Dutch athlete finished in second place?

Q 6 – Jake Wightman won Great Britain's only gold medal of the championships with a superb run in the men's 1500m. Which Norwegian superstar did he beat into second place?

Q 7 – Which US athlete pipped Keely Hodgkinson to a gold medal in the women's 800m?

Q 8 – Which Nigerian athlete set a new world record of 12.12 seconds in the women's 100m hurdles, breaking the record previously held by American Kendra 'Keni' Harrison?

Q 9 – The final action of the championships saw Swedish sensation Armand 'Mondo' Duplantis break his own world record in the men's pole vault. What height did he clear to set the new mark?

Q 10 – How many medals (assuming a relay still = 1 medal) did Great Britain win in total at the championships? And for a bonus point... in which events were those medals won?

Your Score...

0 / 1 Injured in the warm-up

2 / 3 Knocked out in the heats

4 / 5 Scraped through to the semis

6 / 7 Made it to the final

8 Bronze medal

9 Silver medal

10 Gold medal

11 New world record! (or 4-year doping ban 😊)

Reading Roadrunners Committee Meeting

Tuesday 12 July, 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)
Paul Monaghan	(Website)

Guests

Hilary Rennie, Adele Graham representing Bramley 20/10 race committee

Apologies for absence

None

Bramley Budget

Adele and Hilary presented the Bramley 20/10 race budget. Following three years of cancellations it has been a challenge to make this balance. The key points were:

- £2 increase in entry costs, which still represents good value compared to other similar events
- £10 voucher rather than deferral for cancelled 2022 entries
- Reduction in value of prizes and goody bags

This leads to a predicted small surplus. The figures are based on the event being a sell out and all vouchers being redeemed. Contingency considers inflation including further fuel price rises.

Additional sponsorship is being looked into, but it has been difficult to get big sponsors to sponsor smaller events recently.

Minutes of the previous meeting

Correction: "We are waiting on delivery of new kit from Up & Running" should be "We are waiting on delivery of new kit from 2XU".

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

Matters arising from the minutes of the previous meeting

Race Budgets

It was agreed that race committees should present budgets to the committee at monthly committee meetings for agreement. This started with the Bramley 20/10 race at this meeting. The schedule will be communicated by David.

Chair's report

Sam reported that it was another busy month. Particularly for relay events. There was success at the Ridgeway Relay with the vets team winning their category, the A team coming second overall, and the ladies finishing third in their category.

Six teams competed for Roadrunners at the Runnymede Relay. The A Team finished fourth overall and the B Team were eighth.

Thanks to Kerri for organising the Summer Relay.

There were also lots of teams at Endure24. The most enduring RRR team were Sarah Dooley, Liang Guo, Tony Page, David Boulton, and Ben Paviour who managed 39 laps and second place in small mixed team category.

Thanks to Chris Manton for organising the team for the third Vets Track and Field league meeting. The final meeting will be in Swindon on the 22nd July.

Thanks to the pub run and Thursday outrun leaders, which remain popular.

General Secretary's Report

Nothing to report this month.

Treasurer's Report

Chris presented the monthly budget. There is a £3000 monthly deficit, which Chris isn't overly concerned about with where we are in the annual budgetary cycle. However, we are still predicting an annual loss due to the impact of the cancellation of Bramley.

Membership Secretary's Report

Sarah reported 7 new members this month. The good weather is encouraging a lot of potential new members.

Social Secretary's Report

10 people attended Craft Theory. It was a great evening that everyone enjoyed. It was great to support a small local event and local businesses.

Summer BBQ - 10 tickets sold so far

Bournemouth Day Out - 22 places on the Coach have been sold so far

Kerri will be encouraging the membership to book up before the relevant deadlines.

Summer Relay

Was a fantastic evening, special thanks go to Toni McQueen, Alan McDonald, Alice Carpenter-Cave, Peter Cave and the many volunteers who helped deliver the event on the night. It made £177 profit and Mark Apsey donated his entry which was gifted by Sandy Shepperd.

Future events

Saturday 30th July - Summer BBQ is on at The Heron on the Ford.

Saturday 13th August - Day trip to Bournemouth parkrun and beach.

Saturday 24th September- Stanlake Wine Estates

Saturday 17th December - Christmas Party at The Meadow Suite University

Saturday 25th March – Oscars/Annual Awards night at the Penta Hotel

Coaching Report

Jamie's and Catherine's sessions are well established. Art is looking for LIRFs to return.

Website

Paul to buy a Zettle machine to accept contactless payments.

AOB

Membership Cards

Membership cards are or have been used for entry to track sessions, entry through the Palmer Park turnstiles, and as discount cards at certain shops. There was a discussion on whether they need to be cards or whether wristbands could be issued instead, and whether they needed photos or barcodes. Angharad agreed to consider requirements and options.

Contactless payments at track

Prior to re-introducing track fees, the options for payment were discussed. Options are cash, WebCollect, or contactless payments through a Zettle machine. The pros and cons of each were discussed. The main issue with contactless is ensuring that the machine was present for each session. The option of a small locker at the reopened Palmer Park stadium building was discussed. To be continued...

TVXC payments

It was agreed that we should continue to charge members for entry to TVXC events.

Payments to continue via WebCollect with contactless and cash as a possible backup to not discourage last minute attendance.

Coaching apparel budget and eligibility

Need to decide on requirements – LIRFs might need hi viz running tops. Track coaches probably need something more suited to standing by the side of the track in all weather and shouting at people.

Eligibility – coaches who are currently offering regular sessions.

Coaches are expected to run at least 12 sessions over two years.

Next Meeting: 19:00 Tuesday, 9 August 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

Well, here's a first! A weekend in midsummer without any Reading Roadrunners competing! So, *chapeau* to the six doughty souls who made it down to Swindon on Friday night to represent the club in the Vets Track and Field League.

June 18th

The Wall (Carlisle-Newcastle)

Pos	Name	Chip
-	Christina Calderon	20:51.04
-	Phil Reay	20:51.06

June 20th

Vets Track and Field League (Abingdon)

Womens 35 Long Jump

Pos	Name	Distance
5	Kerry Eastwood	3.11

Womens 50 100metres

Pos	Name	Timing
7	Adele Graham	20.6

Womens 35 Javelin

Pos	Name	Distance
4	Kerry Eastwood	12.11

Womens 50 Javelin

Pos	Name	Distance
6	Adele Graham	9.05

Womens 35 1500m

Pos	Name	Timing
3	Helen Pool	5.39.1

Womens 50 400m

Pos	Name	Timing
6	Adele Graham	1.46.1

Womens 50 Hammer

Pos	Name	Distance
6	Adele Graham	13.46

Womens 35 Hammer

Pos	Name	Distance
3	Kerry Eastwood	14.98

Mens 35 100m

Pos	Name	Timing
8	Chris Manton	16.2

Mens 50 100m

Pos	Name	Timing
1	Kevin Brooker	13.1

Mens 35 1500m

Pos	Name	Timing
5	Mark Worringham	4.49.0

Mens 50 1500m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Tony Page	5.06.5

Mens 35 Long Jump

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
5	St John Ford	3.91

Mens 35 400m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Chris Manton	1.16.2

Mens 50 400m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Kevin Brooker	1.01.1

Mens 35 Shot Putt

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
2	St John Ford	9.29

Mens 35A 5000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Mark Worringham	17.25.3

Mens 35B 5000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Fergal Donnelly	17.51.1

June 25thBracknell Samaritans 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Chris Buley	19.02
33	Steve Dellow	25.04

Bracknell Samaritans 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Richard Hallam-Baker	42.02
69	Nigel Hoult	55.55
110	Tim Miller	65.17

June 26thEmmer Green 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Seb Briggs	37.15
3	Alex Harris	39.02
	(1st M50)	
12	Jake Dellow	43.45
39	Mo Fassihinia	48.42
	(1st M60)	
52	Steve Dellow	50.26

60	Florence Ledger	52.15
74	Lorna McLeod	54.16
91	George Nyamie	57.55
171	Paul Young	76.52

Gibbet Challenge 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Richard Usher	47.32
29	Brian Kirsopp	54.50
35	Chris Cutting	56.25
60	Katie Gumbrell	64.22

Midsummer Murder Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	Alan Thomas	2:18.00

Midsummer Murder 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
12	Paul Billing	1:32.50
	(1st M50)	
18	Dean Allaway	1:38.47
90	Linda Wright	2:46.54

Ridgeway RelayReading Roadrunners A

<i>Leg pos</i>	<i>Name</i>	<i>Time</i>
1	Dave Boulton	1:09.23
6	Sarah Dooley	49.09
4	Tony Page	1:05.18
2	Carrie Hoskins	38.28
3	Ben Paviour	1:06.42
1	Chris Lucas	1:05.22
3	Matt Sarjent	58.41
3	David Parton	52.20
2	Mark Worringham	1:09.46
5	Sibrand Rinzema	1:02.56

Team placing: 2ndReading Roadrunners B

<i>Leg pos</i>	<i>Name</i>	<i>Time</i>
15	Jamie Smith	1:20.33
9	Mike Worsfold	51.11
35	Jon Green	1:45.57
4	Sophie Mures	41.45
36	Peter Higgs	2:13.02
35	Pete Morris	2:06.45
7	Lance Nortcliff	1:03.00
31	Claire Seymour	1:20.04
6	Fergal Donnelly	1:15.26
24	Alix Eyles	1:23.56

Team placing: 30th

Reading Roadrunners Ladies

<u>Leg pos</u>	<u>Name</u>	<u>Time</u>
11	Dimi Gospodinov	1:13.45
23	Mel Shaw	58.13
31	Sam Whalley	1:31.55
28	Alice Carpenter	56.47
26	Belinda Tull	1:30.55
24	Swinda Falkena	1:36.59
13	Holly Sedgwick	1:07.30
16	Aga Faulkner	1:02.02
11	Brooke Johnson	1:21.08
23	Liz Johnson	1:23.55

Team placing: 18thReading Roadrunners Vets

<u>Leg pos</u>	<u>Name</u>	<u>Time</u>
16	Gavin Rennie	1:20.40
20	Eoin McLeod	56.38
17	Ann Rostern	1:17.18
10	Julie Rainbow	43.58
7	Chris Webber	1:14.37
17	Alan Freer	1:26.59
9	Ian Gosling	1:04.54
18	Peter Rennie	1:05.44
29	David Fiddes	1:41.28
12	Pete Jewell	1:08.10

Team placing: 13th**July 2nd**Runnymede Relays — Roadrunners 1

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Ben Ashby	22.23
2	Chris Burt	21.32
3	Hannah Green	25.35
4	Tony Page	22.45
5	Ollie Watts	22.48
6	Mark Worringham	20.45

Team placing: 4thRunnymede Relays — Roadrunners 2

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Katherine Streams	23.54
2	Ian Giggs	25.00
3	Tony Streams	24.16
4	Pete Jewell	27.43
5	Chris Webber	23.35
6	James Chandler	24.46

Team placing: 8thRunnymede Relays — Roadrunners 3

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Lance Nortciff	22.51
2	Dan Rickett	29.53
3	Sam Whalley	30.24
4	Toni McQueen	32.21
5	Claire Seymour	33.41
6	Mike Worsfold	25.42

Team placing: 18thRunnymede Relays — Roadrunners 4

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Chris Manton	30.14
2	Gill Manton	52.44
3	Dan Manton	36.28
4	Alix Eyles	30.46
5	Jackie Smith	28.20
6	Mark Smith	27.30

Team placing: 24thRunnymede Relays — Roadrunners 5

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Eddie Thorpe	36.18
2	Kaja Miczewska	28.42
3	Pete Morris	30.02
4	Tom Harrison	44.18
5	Linda Wright	47.36
6	Colin Cottell	28.15

Team placing: 25thRunnymede Relays — Roadrunners 6

<u>Leg</u>	<u>Name</u>	<u>Time</u>
1	Liz Atkinson	39.56
2	Sophie Higgs	50.36
3	Suzanne Bate	43.45
4	Peter Higgs	37.23
5	Clive Bate	34.31
6	Andy Atkinson	33.51

Team placing: 26th**July 3rd**Sonning 10k

<u>Pos</u>	<u>Name</u>	<u>Chip</u>
4	Adam Lewis	38.29
7	Phil Woolfall	39.29
11	Gavin Rennie (1st M50)	40.50
22	Ed Dodwell (1st M60)	44.09
36	Bruce Sarjent	45.53
53	Claire Marks	48.10

	(1st W50)	
57	Ruth Rogers	48.15
75	David Caswell	50.55
81	David Leake	51.58
	(1st M70)	
90	Pete Morris	52.55
93	Andrew Bennett	53.06
142	Bryan Curtayne	1:00.42
146	Rabea Hands	1:01.25
197	Tom Harrison	1:13.39
	(1st M80)	
206	Julie Wing	1:33.12

Sonning 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Colin Cottell	22.58
	(1st M60)	
30	Helen Wing	34.15
36	Linda Wright	37.42
46	Stephen Wing	48.58

Burford Bolt 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
39	Sam Whalley	1:01.37

July 6thYateley 10k (race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
9	Chris Lucas	35.20
29	Tony Page	39.24
44	Dimitar Gospodinov	40.14
51	Chris Webber	40.31
64	Gareth Griffiths	41.33
77	Sarah Dooley	42.18
	(2nd F45)	
111	Ian Giggs	44.42
124	Sam Hammond	45.21
130	Jon Green	45.45
161	Collette Callanan	47.12
162	George Mitchell	46.50
177	Paul Carter	48.06
202	Martin Douglas	49.03
560	Trisha Arnold	68.21

July 8thLangley Burrell 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
87	Kerry Eastwood	63.33

July 9thMK PB 5000 Special, Race F

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
15	Ben Paviour	16.15

July 10thBarnstaple 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
61	Sam Whalley	53.54

Snowdonia Trail Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Jennifer Holmes	6:35.55

Snowdonia Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
94	Ian Giggs	3:11.42
225	Chris Mortimer	4:02.01

Lundy Island Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
144	David Walkley	3:23.43

July 14thDinton Summer Series 5k (race 3)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Tom Wright	21.56
31	Pete Morris	24.25
57	Dan Manton	29.28
74	Adele Graham	31.22
127	Gill Manton	48.01

Dinton Summer Series 10k (race 3)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	David Parton	38.16
8	Chris Webber	41.06
	(1st M50)	
10	Richard Hallam-Baker	41.24
38	Ian Giggs	49.50
45	Julie Sugden	50.34
50	Andy Bennett	51.37
54	Chris Manton	52.20
55	Nicki Parton	52.18
57	Sian James	52.13
	(1st W60)	
95	Hannah Phelps	63.52
111	Trisha Arnold	70.39
	(1st W70)	

July 15thIpswich Twilight 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
33	Fergal Donnelly	37.57
112	Helen Pool	43.01
	(1st W45)	

**July 17th**Dorney 5k (county champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Chris Buley	18.50
19	Alan Freer	21.35
	(1st M60)	
28	Nora Holford	24.17
	(2nd W50)	
36	Eddie Thorpe	27.05
	(1st M70)	

Dorney 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Michael Hibberd	41.40

Dorney Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
110	Phil Sharman	2:09.16

July 22ndVets Track and Field League (Swindon, left)Womens 35A 3000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Helen Pool	11.56.5

Mens 35A 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
7	Ian Giggs	31.8

Mens 35A 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Kevin Brooker	26.8

Mens 35A 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	Ian Giggs	2.38.9

Mens 50 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Tony Page	2.33.0

Mens 35A 3000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Fergal Donnelly	10.22.2

Mens 35B 3000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Tony Page	11.00.2

Photo Gallery



▲ Pub run from Henley on 14 July

▼ Ridgeway Relay – leg 1 runners (Jamie Smith, Gavin Rennie, Dimi Gospodinov, Dave Boulton)





▲ Ridgeway Relays – leg 2 runners (Eoin McLeod, Mel Shaw, Sarah Dooley, Mike Worsfold)

▼ Sibrand Rinzema finishing leg 10 of Ridgeway Relays for our A Team. This was Sibrand's last race for the club before moving back to the Netherlands. Thanks for representing us, Sibrand, and good luck!



Quiz answers

David Clay

Q 1 – What is the name of the famous stadium at which the championships were held? **Hayward Field.**

Q 2 – Britain's Chris Thompson qualified for the marathon but was unable to compete. Why? **He was unable to get a US visa in time.**

Q 3 – Which US sprinter won the men's 100m? **Fred Kerley**

Q 4 – Which Kenyan athlete won the women's 1500m? **Faith Kipyegon**

Q 5 – Sydney McLaughlin smashed her own world record in the women's 400m hurdles, running an incredible 50.68 seconds and winning by over 1.5 seconds. Which Dutch athlete finished in second place? **Femke Bol**

Q 6 – Jake Wightman won Britain's only gold medal of the championships with a superb run in the men's 1500m. Which Norwegian star did he beat into second place? **Jakob Ingebrigtsen**

Q 7 – Which US athlete pipped Keely Hodgkinson to a gold medal in the women's 800m? **Athing Mu**

Q 8 – Which Nigerian athlete set a new world record of 12.12 seconds in the women's 100m hurdles, breaking the record previously held by American Kendra 'Keni' Harrison? **Tobi Amusan**

Q 9 – The final action of the championships saw Swedish sensation Armand 'Mondo' Duplantis break his own world record in the men's pole vault. What height did he clear to set the new mark? **6.21m**

Q 10 – How many medals (assuming a relay still = 1 medal) did Great Britain win in total at the championships? And for a bonus point... in which events were those medals won? **7 (women's 200m, men's 400m, women's 800m, men's 1500m, women's 1500m, men's 4 x 100m relay, women's 4 x 400m relay)**

