

NEWSLETTER

MAY 2023



Podium potential 🏆 🥈 🥉



Congratulations to Nikki Gray for 1st place at the Binfield 10k! Nikki's win was one of several overall and age group podiums for our runners this month 🙌

Editor's Intro

David Clay

Welcome to the May newsletter.

Many of you will already have read Sam's recent email about the sad passing of Sid Gibbs, a founder member and life member of Reading Roadrunners, aged 93. My condolences to everyone who got to know Sid over the years.

I hope your running has been going well in the past month or so. The good weather lately has certainly made it easier to get outdoors. I have been speed-restricted and distance-limited by my physio during May to give my ankle a bit more time to get better, and seeing as I've pretty much done as I've been told 🤖 I am hoping to negotiate an increased allowance as we head into June 🙏 I don't think my medical team is going to approve me running the Ridgeway Relays this year... but I hear great things about it, so speak to Tony or Chloe if you fancy a scenic off-road challenge!

Thanks to everyone who has sent in an article for this edition, especially Gary Clarke for his great account of the Rob Burrow Leeds Marathon on page 9 – my legs are tired just looking at the profile map! If you would like to contribute to the next newsletter, then please message me at newsletter@readingroadrunners.org by Monday 19th June.

Chair

Sam Whalley



chair@readingroadrunners.org

Finally, a bit of sunshine! Let's hope I haven't spoken too soon.

This month we have had one of our biggest events of the year – the Shinfield 10k and junior races. As you can imagine, organising a race is a huge operation, so we are very thankful to Colin Cottell, Tom Harrison, and their teams for their hard work in making sure that the two events were so successful. It was great to see so many green vests on the course too.

The vets (over 35s) track and field league is underway for this season, but they have been so unlucky with the weather! It is so nice to see people turn out for these events – there is always great team spirit.

I am sorry to not be able to get to the venues for that time of day this year. Thank you to Chris Manton for entering the teams, and good luck if you're competing.

Stuart Lunn has been doing a sterling job of co-ordinating the outruns and pub runs for the club. I appreciate there has been a degree of disgruntlement regarding our requirement to limit these to members, but, in this day and age, we have to be careful and ensure that we are covering ourselves. Thank you if you have signed up to lead one of these fantastic runs; I hope to be able to attend a couple during the summer.

The club championship races have continued, with Marlow 5 and Binfield 10k just gone. There has been a good showing of Roadrunners, although I've had to have a word with a few about their lack of club vest – Rule Number 1! Thankfully, following our move from Web Collect to myClubhouse, we have managed to

produce data in the format Bob Thomas needs to be able to calculate the champs scores. Phew! There are still plenty of races remaining, so it's not too late to get started.

There were lots of Roadrunners at the London Marathon last month, both running and marshalling, and much to celebrate. Thank you and well done to everyone who participated.

At Palmer Park, coaching is going well. It's been great to see a few more LiRFs getting involved, and there are many happy (red) faces on a Wednesday night. Thank you to those who are providing and supporting sessions, and to our coaching co-ordinator, Jamie Smith, for keeping track of it all.

We've just had a very dedicated team of volunteers clear out our temporary storage unit in Wargrave, declutter, and return everything to our container in Palmer Park. This was a big but very necessary undertaking, and we are very grateful to Stuart Lunn, Toni McQueen and their merry helpers who made it all happen.

On a lighter note, the social calendar is looking good. Thank you to Kerri French, social secretary, for keeping us entertained. Make sure you check out the events on myClubhouse, and sign up as soon as you can, to help with planning.

Writing these reports always highlights to me how many people it takes to keep this club running – thank you all.

Sam

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

At last, the summer seems to be finally here! It has been a busy month for me. I've been training for this weekend's Edinburgh marathon. Whilst I've come up short on mileage, there have been some gruelling races such as the Harland Heartbreaker, a 20 mile trail run on the North Devon coast. Not for the faint hearted! Other highlights have been running for my department in the Civil service 10K and watching some high-quality racing up close at the night of 10000m PBs in Hampstead.

At this time of year, the races are coming thick and fast. There's been races on the track with two fixtures of the Vets (35+) track and field league with one more in June and our home fixture at Palmer Park on Sunday 2nd July.

On the road, we've had Shinfield 10k and club championship races at Marlow 5 and Binfield 10K. Shinfield was a great success – well done to **Colin Cottell** and his team and all of our volunteers. It was a high-quality race with the top 3 runners all coming in sub 33 minutes. Our top 3 were not far behind with **Chris Lucas** (34.54) in 5th, followed by **Nathan Davies** (35.50) and **Jeff Armstrong** (35.51).

It is pleasing that we are beginning to see real strength in depth in our senior runners with top 25 finishes from **Callum Evans** (36.31 PB), **Brendan Russell** (37.07 PB) and **James Armstrong** (37.16). So, there will be

competition for places for our teams in the **South of England Athletics Association Road Relays** this September.

We've also had a lot of success across our membership with age group wins at Marlow 5, Bracknell half and Binfield 10K. Well done to **Mark Worringham** (1.14.32) (2nd and 1st M45) and **Joe Blair** (1st M65) at Bracknell half marathon, **Ben Paviour** (27.17) and **Lance Nortcliff** (28.55) 1st and 3rd M50 at Marlow 5 and **Jon Kew** (1st M50), and **Eddie Thorpe** (1st M70) at Binfield.

Next month is the **Ridgeway Relay**, one of my favourite races. Watch this space as Chloe and I will be announcing the teams next week.

Women's Captain

Chloe Lloyd



teamcaptains@readingroadrunners.org

And just like that another month has passed. In my spare time, I quite enjoy a bit of decorating but the one thing I hate is painting ceilings, and that is exactly what I am taking a break from to write this report! I am still making a comeback post knee troubles, but things seem to be finally heading in the right direction.

The summer appears to have arrived (hurrah) and seemingly all our major races this month have taken place in the sunshine. On the first (of many) bank holidays, Reading Roadrunners hosted their second event of the year, the Shinfield 10k. Kudos to Fergal, Colin and Tom, and all those that volunteered. More than 50 Roadrunners ran, and personal bests were set by **Katherine Streams** (38:46), **Flo Ledger** (39:37) and **Sarah McDade** (40:51). Katherine was also second lady home, followed by **Nikki Gray** (39:13), a close third. **Sarah Dooley** came second in her age category (W40, 42:38).

Marlow 5, our fourth race in the Club Championship, organised by Handycross Runners, was another successful and popular event with a total of 38 Roadrunners crossing the finishing line. For one reason or another, this race is a firm favourite of mine. **Katherine Streams** (1st RR) was third female overall in a respectable time of 30:34 and was awarded 1st place in the W50 category. She also broke her own 5 mile club record! **Carrie Hoksins**, recently back from injury, came third in her age category (W50, 32:35) as did **Helen Pool** (W40, 32:57). Well done to all those that ran, some really strong efforts from both the men and women on what turned out to be a very warm day!

Binfield 10k, our fifth event and second 10k race took place a week later, and saw **Nikki Gray** stand on the podium. She was the first lady to cross the line in a fantastic time of 39:24. If you want to stay in contention in the Club Championships, you will need to run at Yateley on Wednesday 2nd August. I understand this is a pb potential race too - I am going to give it a go!

The Ridgeway Relay beckons and I am looking forward to seeing how our strong teams fair up against the rest. We have raced well in recent years, so come on green vests, we can do this! Remember to recce your leg before the day in order to stay ahead of the competition.

I cannot put it off any longer - back to the decorating!

Chloe

Social Stuff!

Kerri French, Social Secretary

A group of us enjoyed going to the King's Coronation Concert at the Abbey Ruins recently. It was nice to let our hair down and belt out some tunes in the sunshine!

I have some more events planned in My Club House for the rest of the year.

Please take a look and sign up.

I'm particularly keen to get 30 people to sign up for the Day out to Bognor Regis but I'm way off that currently. I'm afraid without enough desire for a Coach it's just not financially viable to book one. So can I make a plea to get this booked if you want the trip to go ahead.

Do let me know if you have any ideas for future socials by dropping me an email.

Kerri, socialsec@readingroadrunners.org



Reading Roadrunners Committee Meeting

Tuesday 16 May, 7pm (by video call)

The Committee

Sam Whalley	(Chair)
Chris Burt	(Treasurer)
Kerri French	(Social secretary)
Kayleigh Forbes	(Website/social media)
Chris Manton	(Ex officio)
Stuart Lunn	(Ex officio)
Angharad Ross	(Ex officio)

Apologies for absence

David Fiddes	(General secretary)
Ian Giggs	(Membership secretary)
Art Atwal	(Coaching liaison)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Stuart and Toni McQueen led a great team and the consolidation of storage is now complete. Notice was given on the Wargrave unit. Race directors to be encouraged to continue to declutter on a regular basis.

The price of second-claim membership fee was increased to £36, to be consistent with the non-EA subscription cost.

Chair's Report

Sam reported that the biggest event since the last meeting had been Shinfield 10k and junior races, which had been great success, with high numbers and a profit. Well done to all involved.

The vets league has had a good turnout so far, but bad weather. Thank you to Chris M for organising the teams.

Outruns and pub runs have continued as usual, and been well attended. Thank you to Stuart for co-ordinating.

Club champs races have continued, with Marlow 5 just gone, and Binfield 10k coming up. There has been a good showing of Roadrunners, and Bob now has the format he needs to be able to calculate the scores. Thank you, Bob.

There were plenty of Roadrunners at the London marathon, both running and marshalling, with lots to celebrate. Thank you and well done to everyone who participated.

Coaching is going well. Thank you to those who are providing and supporting sessions.

The social calendar is looking good. Thank you to Kerri for keeping us entertained.

General Secretary's Report

Update on the London Marathon runners' bus was that 20 people travelled to London but only four used it to come back in the evening, two of which were non-runners.

There was a financial loss on this so there was some discussion around future options, namely, to try and team up with other local clubs.

Treasurer's Report

Chris provided the following extract of the club's accounts for the period Jan-Apr (thus to cover the year to date). This shows:

- A surplus over the 4 months of £7.6k (although please note, with Shinfield 10k income and expenses falling across April and May, it can be a bit messy timing wise to take a read on the accounts. Usually after May we can get a truer position on the year to date. For info, and whilst the

figures still require my review, Colin C believes from his draft race accounts we generated a surplus of c.£5k from Shinfield 10k. This will be donated between the selected charities once reconciled)

- Bramley income and expenses now broadly trued-up in the accounts below, with a profit for 2023 of £8.6k. This is great news and goes some way to offset the prior year's deficits (Hilary has advised the 2024 race budget will soon be forthcoming for our review/comment)
- Social events primarily the costs of Xmas do (paid in Jan) and Annual awards evening
- Bulk of EA fees have now been paid by Ian (note around £3k of the below figure is the carryover from 2022 as EA year runs into 2023)
- IT software includes c.£1k for myClubhouse set up and fees
- Misc. mainly storage at Sheeplands

Membership Secretary's Report

Ian reported that, in April, we had 18 people register on myClubhouse, to bring the total membership to 449 to the end of April.

Social Secretary's Report

Kerri reported as follows:

My focus this month has been promoting sign ups to the calendar of events I have planned.

- - Kings Coronation Concert attended by 15 of us, and despite very high bar prices

most people seemed to enjoy the tribute bands and the weather was on our side.

Future events

- - Day out to Bognor Regis by Coach, 13 people signed up so far - I won't book a coach until 30 commit and then work out a price to pay.
- - Ascot Races, a way off but in the calendar nevertheless.
- - Awards night 2024 - had no further feedback. Will need to push any actions into next month.

Summer Relays Race Budget/Plans

- The only cost is room hire for the Oakwood Centre
- I have opted for their cheapest room - Brunel Room from 6-9pm Total cost £41.40
- Plan is to keep entries the same £5 per person (£15 per team)
- So we only need 9 people to enter to put the race into profit. We had 25 teams last year - 75 entries
- Starting to organise a volunteer team, will reccy the course by end of May and open for advance entries the week after.

Coaching Report

Business As Usual, nothing new to report and no requests or questions from the coaches for this month. There followed a discussion on Kerri's proposal for a beginners' running course, for six weeks, starting in August. This was approved.

Website/Social Media

Kayleigh reported that she was finding her way around the social media accounts, and had some ideas in mind to celebrate and promote the club.

Kayleigh will also carry out a website audit, to see how clarity and navigation could be improved.

AOB

- **Welfare officers**

Art confirmed these as Nicola & Tom, and reported that we should ideally have a trained lead welfare officer.

The safeguarding course is £10 - so we may need to budget for this.

Signposting 'Welfare' on our website could probably be improved for instance Tom's details are there, Nicola's are not.

- **Why do we train & what are we training for?**

Art had wanted to raise:

Data - is there an easy way to track/monitor who trains on Weds/Fri?

Data - is there an easy way to track/monitor who races as an RR member?

This would then help coaches and captains plan training & events - at present it's guesswork or major races such as Reading Half that we're aware people have planned.

In his absence it was difficult to discuss, but Angharad will look into the Teams feature on myClubhouse to see if track attendance can be monitored.

- **Summer relays budget**

The £41.40 room hire was considered to be reasonable, and the budget therefore approved.

Next Meeting: 19:00 Tuesday, 13th June by video call.

Main Club contact points:

Chair, Sam:

chair@readingroadrunners.org

Membership Secretary, Ian:

membership@readingroadrunners.org

Secretary, David:

gensec@readingroadrunners.org

Treasurer, Chris:

treasurer@readingroadrunners.org

Social Secretary, Kerri:

socialsec@readingroadrunners.org

Coaching Liaison, Art:

coach@readingroadrunners.org

Website, Paul:

webmaster@readingroadrunners.org

Team Captains, Chloe & Tony:

teamcaptains@readingroadrunners.org

Welfare Officer, Tom Harrison:

tom.harrison13w@btinternet.com

Welfare Officer: Nikki Gillard:

nicolagillard@hotmail.com

Mental Health Champion, Laura Lou:

goodtotalk@readingroadrunners.org

Kit Manager, Dean Allaway:

dean.allaway@yahoo.co.uk

Outrun / Pubrun / Walks / Meals – Dates for June

Stuart Lunn

The weather forecast is great for June and we've four lovely outruns for you, three of which have food and walking options. The first of which is next week when Tina Woffington is organising the ever popular outrun / walk / meal from Theale.

Please keep an eye on Facebook, My Clubhouse & Our website for more information as we finalise exact details. I'm always looking for enthusiastic run organisers, so if you have run route ideas please do get in touch.

Stuart Lunn (Outrun and Pub Run / Walk Coordinator)

Date	Start Time	Meal	Walking Option	Meeting Point	Organiser	Type
Thursday 1 st June	7.00pm	Yes	Yes	Theale. The Bull Pub.	Tina Woffington	Trail run.
Thursday 8 th June	6.30pm	No	No	Burghfield. The Cuning Man	Stuart Lunn	Kennett riverside run.
Thursday 15 th June	7.00pm	Yes	Yes	Aborfield / Barkham (TBC)	Gill Gillard & Adele Graham	Trail run (some hills)
Thursday 29 th June	7.00pm	Yes	Yes	Tilehurst (TBC)	Pete Higgs & June Bilsby	River, parkland, hills, part urban

Leeds Marathon

Gary Clarke

I run one marathon per year, and I am rather specific regarding what sort of marathon that I want to run. My criteria are: Spring marathon as a I don't like marathon training in the summer, single loop course, "big city" marathon with lots of support and the rather vague "looks like a good one". This year I picked Leeds Marathon which satisfied all those criteria. I also noted that this was a new marathon.

Leeds had previously had a marathon which was first run in 1981 and continued for 23 years until 2003; from 1985 to 1993 it was known as the Trimoco Leads Marathon after its major sponsor, a local motor dealer.

A few weeks after entering it became apparent from the weekly emails that I received that I had entered the "first ever Rob Burrow Leeds Marathon" (to give it its full name) and that my support for Rob and this new event is much appreciated and they couldn't wait to see me on the start line." Not being a follower of Rugby League, I did not know who Rob Burrow was, and why the marathon was named after him. But I very soon found out about Rob Burrow, his former team-mate in the Leeds Rhinos rugby league team, Kevin Sinfield, and why it was the Rob Burrow Leeds Marathon.

As I expect many of you are aware, especially as unusually for a marathon that isn't London, the Leeds marathon made the national news headlines on the day of the marathon. Kevin Sinfield and Rob Burrow were teammates and close friends when they played rugby league for Leeds Rhinos. In January 2020, Rob Burrow revealed he had been diagnosed with MND (Motor Neurone Disease) and in December 2020 Kevin Sinfield started running in his honour and to raise money for everyone affected by the disease. Kevin Sinfield has raised more than £8m with challenges that have included running seven marathons in seven days and then seven ultramarathons in seven days. The seven reflects the fact that Rob Burrow wore the number seven shirt at Leeds. Sunday's marathon was initially meant to have 7,777 places available, but demand was such that organisers decided to allow more people to take part. The Rob Burrow Leeds Marathon is the latest in the series of challenges that Kevin Sinfield has undertaken but the difference being this one included thousands of ordinary runners as well. More about Kevin Sinfield and Rob Burrow later.



So that's the background to the Leeds marathon; what was it like to run it. In short, tough but very enjoyable. Probably nothing can compare to your first marathon in terms of the overall experience, but Leeds marathon comes a close second for me.

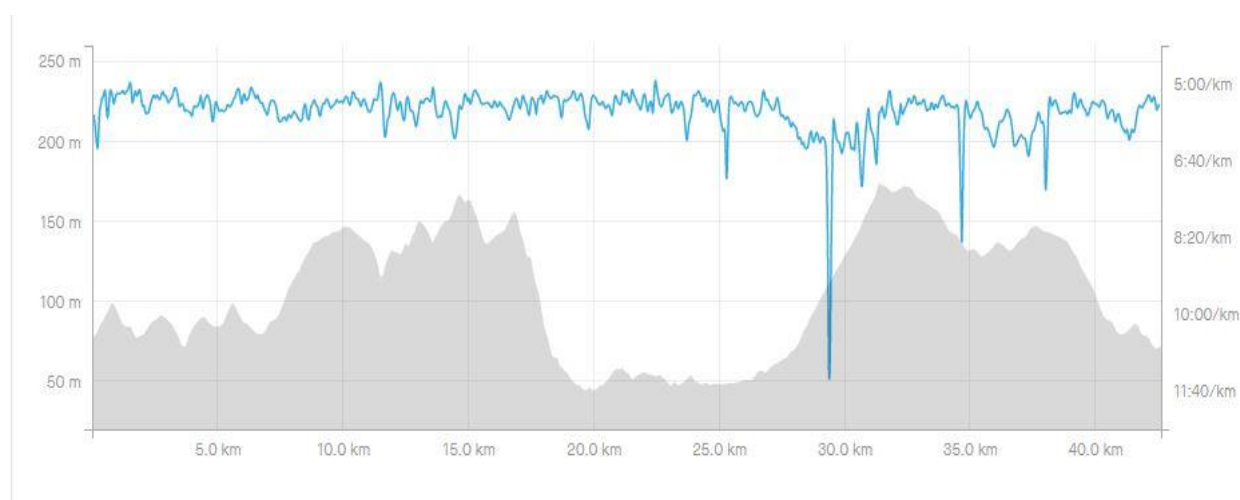
The marathon started alongside Headingley stadium, or stadiums to be precise as the rugby stadium is right next to the cricket "stadium". The race started about 15 minutes late; I suspect this was due to the excessive backlog of people still queueing for the bag drop and the toilets in the stadium. As above, it was the first year of this marathon and there were bound to be a few logistical issues. They definitely need a bigger more accessible bag drop – trying to funnel about 10,000 runners along a narrow corridor to get to the (too small) bag drop room just didn't work well. Anyway, off we went, and I was almost immediately struck by the large number of spectators. The people of Leeds were certainly out in force to cheer on the runners. The route initially took us from Headingley towards the city centre which included the first of many small and medium hills, it did a circuit of Hyde Park before retracing the route back to Headingley and then out towards the northern suburbs of Weetwood and Lawnswood. At 7 miles, the route branched off into the countryside and while I do favour running city streets with lots of spectators it was a very pleasant section running along shady wooded country lanes. And surprisingly there was still a fair number of spectators at points along this section and there were hills – lots of them, nothing "serious" but enough for you to realise that you were climbing.

The route briefly re-joined the main road - the Otley Road / Leeds Road depending on where you are on it - at the village of Bramhope before again branching off into the countryside for a much-needed downhill section which took us down to Wharfedale. It was now beginning to get quite warm so at each water station, for me, it was drink half the water and pour the other half over my head. In Wharfedale, the route briefly went east to the village of Arthington, which was roughly the halfway point, before reversing direction and following the A659 for 4 miles to Otley via Pool. We were now on the 13 to 17 mile section which I have found is the part of the marathon where you need to focus on maintaining the pace; you are definitely too far from the finish to get any sort of “nearly there” boost. And a note on my pace, at the 17 mile point my average pace was 5:27 mpkm, which I was happy with and roughly on course for my optimistic finish time. But I knew that was about to all change.

The number of spectators in Otley was quite amazing for a small town. The encouragement from the spectators was great; they obviously knew what was coming next as did most runners. And next was the “big hill” - Chevin. Chatting to other runners along the way, the common subject of discussion was the “big hill”. Also, Stuart Lunn had warned me about it and I had spotted it on the course profile diagram, but nothing can quite prepare you to run up it 17 miles into a marathon. It is 3 miles long and has an elevation gain of 125m. It's not so steep that you can't run up it, but it is 3 miles long! So, the only thing you can do is reduce your pace and just keep going.



I did walk through the water station at mile 18, part way up the hill, primarily because I wanted to get a decent drink of water rather than sloshing most of it over my face. Getting to the top of the hill, you get some great views down into Wharfedale from where you have just come. In the end, running up Chevin wasn't as bad as I thought it would be but it did take quite a lot “out of me”.



The relief/sense of achievement of getting to the top of the hill was short lived because there were more hills! They were just small ups and downs but after the effort of conquering Chevin I didn't have much left. Chevin had taken my average pace down to 5:33 mpkm and I maintained roughly that pace for the rest of the race. I could have "pushed it" a bit but decided not to because of my experience of a previous marathon when I pushed myself too far and collapsed on the finish line.

So, the route was now effectively 6 miles down one road – Leeds Road / Otley Road to the finish. There was a final small hill before we made the final turn to the stadium. I knew that I was on for a sub 4-hour finish and I was feeling fully in control. I do like a stadium finish and the Leeds Marathon finish was on the pitch at the Leeds rugby league stadium. I crossed the finish line in a time of 3:58:28 and considering how hilly the Leeds marathon was I was very happy with that.



Almost immediately my foot started cramping, I collected my medal, water and a "goodie bag" and then all my leg muscles went into spasm. I leaned against the pitch side advertising hoarding and after a few minutes I was OK and able to walk around to the terraces where I sat down to have a rest.

It was then announced that Kevin Sinfield and Rob Burrow were close to the finish of the marathon. I stood up and saw them enter the stadium although as I'm a bit short sighted and I was on the other side of the stadium I couldn't see exactly what was happening. But I was there when they finished the marathon, and in 4:10:10 – incredible, it was enough of an effort running that hilly course let alone pushing a wheelchair around. I later saw what you probably all saw on TV or news websites – Kevin Sinfield stopping the wheelchair just before the finish line and then carrying Rob Burrow over the line. It was quite a special moment which will make Leeds marathon one that I will always remember.

Also running Leeds marathon was Reading Roadrunner Becky Mellor. It was her first marathon, and she certainly picked a tough one! Becky finished in a time of 5:48:07. Well done Becky. She commented "I knew there was a big hill coming at mile 18 but the rollercoaster of smaller ones to get to it were a surprise". And I would add "and the smaller ones after the big hill". I'm sure the trail runners among you will regard Leeds marathon as "just a few inclines" but for a road marathon - it's a hilly one.

Overall, Leeds was a really good marathon; it had the best support from the spectators that I have experienced at a marathon (Stuart Lunn had also said that I would enjoy "great Yorkshire support") and the course was a nice combination of suburban roads and scenic countryside. I recommend Leeds marathon to anyone looking for a marathon to run in 2024, but you've got to be happy running up hills! Because running up Chevin is something that you are never going to forget.



Roadrunners' Race Results

David Dibben

It's that time of year again for plenty of track and field action plus events in the club championships. Big kudos to Nikki Gray for her win at the Binfield 10k.

April 24th

Vets Track & Field League (Horspath, meeting 1)

W35A 100 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
5	Ruth Rogers	18.7

W60 100 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
2	Adele Graham	19.0

W35 long jump

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Kerri French	2.06m

W50 long jump

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Adele Graham	2.21m

W35 hammer

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Adele Graham	11.39m

W50 hammer

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Gill Manton	17.46m

W50 400 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
4	Adele Graham	1.45.6

W35 javelin

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
4	Gill Manton	10.15m

W60 javelin

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
2	Tina Woffington	15.23m

RR women: 5th.

M35A 100 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
6	St John Ford	13.9

M50 100 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
6	David Fiddes	16.5

M50 shot putt

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
3	St John Ford	9.34m

M50 3000m steeplechase

<i>Pos</i>	<i>Name</i>	<i>Time</i>
2	David Fiddes	14.35.6

M35A 400 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
6	St John Ford	72.7

M50 400 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
4	Eddie Thorpe	1.50.5

M50 1500 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
7	Eddie Thorpe	7.39.4

M60 1500 metres

<i>Pos</i>	<i>Name</i>	<i>Time</i>
6	Ashley Pinder	7.54.4

RR men: 8th

April 28th

Serpentine Last Friday 5k

<i>Pos</i>	<i>Name</i>	<i>Time</i>
62	Helen Pool	20.09

April 29th

Hurstbourne 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
64	Mark Allen	44.54
128	Jim Kiddie (1 st M75)	52.44
139	Tina Woffington (1 st W65)	54.31

April 30thHartland Heartbreaker (full)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Tony Page	3:22.45

Hartland Heartbreaker (half)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
63	Sam Whalley	2:31.53

May 1stShinfield 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Chris Lucas	34.51
10	Nathan Davies	35.50
17	Callum Evans	36.31 PB
19	Chris Moseley	36.44
	(3rd M40)	
22	Brendan Russell	37.06 PB
24	James Armstrong	37.16
41	Mike Turner-Hibberd	38.43
42	Katherine Streams	38.46 PB
	(2nd lady, 1st W50)	
49	Nikki Gray	39.13
	(3rd lady)	
54	Florence Ledger	39.37 PB
57	Dan Worthy	39.22
61	Chris Webber	39.50
74	Chris Stitt	40.26
83	Sarah McDade	40.51 PB
96	Richard Hallam-Baker	41.29
110	Sarah Dooley	42.38
	(2nd W40)	
152	Robert Houghton	45.02
171	Jon Green	46.00
173	David Caswell	46.04
192	Nigel Hoult	46.33
199	Justin May	46.35
213	Claire Marks	47.12
225	Bryan Curtayne	47.52
226	Ruth Rogers	47.31
254	Mireia Garcia	48.47
258	Amy Williamson	49.52
279	Celia Meacham	49.52
286	Joe Blair	50.12
289	Paul Carter	50.19
310	Andrew Greggan	51.06
334	Gary Clarke	51.56 PB
368	Eddie Thorpe	53.16
	(3rd M70)	
386	Sajjad Baig	53.37
396	Sarah Harford	53.59

403	Sahan Jinadasa	55.54
419	Sauna Odlin	56.14
465	Ellis Breese	56.25
490	Andrea Bennett	57.54
538	Amanda Busby	58.41
553	Sarah Richmond-Devoy	59.58
572	Sally Caldwell	1:02.22
594	Kevin Strong	1:02.17
601	Lucy Radburn	1:02.25
623	Angharad Ross	1:04.16
643	Leo French	1:04.34
647	Pete Morris	1:04.58
652	Ashley Pinder	1:05.22
675	Jen Gale	1:06.22
677	Natasha Hall	1:06.34
710	Linda Wright	1:10.35
714	Suzanne Bate	1:10.40
746	Kerri French	1:17.57
756	Julie Wing	1:23.11

Milton Keynes Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
925	Christina Reay	4:38.34
1056	Katie Macaulay	4:51.51
1166	Phil Reay	5:08.17
1297	Justin Watkins	5:38.31

Milton Keynes Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
957	Amanda Rosser	2:19.39

May 5thBasingstoke Coronation Open 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
40	Matt Davies	2:26.35 PB

Basingstoke Coronation Open Mile

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
8	Matt Davies	5:23.44

May 6thThames Path 100

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
189	Jo Sollesse	27:28.25

May 7thCuxhaven Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
637	Pete Morris	5:07.57

May 9thVets Track & Field League (Abingdon, meeting 2)M35A 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
8	Ian Giggs	30.2

M35B 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Stuart Lunn	37.9

M50 200m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	David Fiddes	33.6

M35A 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
6	Ian Giggs	2.39.6

M50 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
7	David Fiddes	2.53.1

M60 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Ashley Pinder	3.50.3

W35A 800m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Ruth Rogers	3.13.1

W35A 5000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Helen Pool	20.14.1

W50 5000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Ann Rostern	21.13.6

M35 2000m walk

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Ian Giggs	17.36.1

M50 Triple Jump

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
5	David Fiddes	6.60m

W35 Shot Putt

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
6	Ruth Rogers	5.32m

W50 Shot Putt

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
5	Kerri French	6.05m PB

M35 Javelin

<i>Pos</i>	<i>Name</i>	<i>Distance</i>
7	Stuart Lunn	8.42m

RR women: 5th. RR men: 7th**May 10th**Civil Service 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
36	Tony Page	39.51

May 14thMarlow 5 (club champs, round 4)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
9	Ben Paviour (1st M50)	27.17
21	Dan Moore	28.45
22	Chris Moseley	28.50
25	Lance Nortcliff (3rd M50)	28.55
27	Callum Evans	29.16
36	Katherine Streams (3rd lady, 1st W50)	30.34 PB
37	Fergal Donnelly	30.28
48	Chris Webber	31.16
49	Chris Stitt	31.14
72	Carrie Hoskins (3rd W50)	32.35
75	Helen Pool (3rd W40)	32.57
84	Clive Anderson (3rd M60)	33.28
89	Sarah Dooley	33.55
91	Ann Rostern	34.04
115	Chloe Lloyd	35.11
117	Mark Andrew	35.04
133	Chris James	35.33
141	Robert Houghton	36.05
142	Tony Streams	36.08
157	Mark Allen	36.39
164	Andrew Webber	36.52
191	Ruth Rogers	37.34
192	Nigel Hault	37.40
324	Sam Whalley	42.22
326	Eddie Thorpe	42.44
341	George Nyamie	42.50
372	Tim Miller	42.18
388	Pete Morris	42.41

402	Christina Reay	44.09
407	Jim Kiddie	44.27
431	Claire Seymour	45.24
435	Sarah Richmond-Devoy	45.31
533	Phil Reay	48.31
550	Mark Smith	48.32
591	Stephanie Smith	50.36
654	Helen Wing	53.04
696	Cecilia Csemiczky	55.17
706	Linda Wright	56.51
767	Julie Wing	66.59
776	Stephen Wing	72.48

Bracknell Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Mark Worringham (1st M45)	1:14.32
35	Eoin McLeod	1:31.24
41	David McCoy	1:32.56
264	Joe Blair (1st M65)	1:54.35

Rob Burrow Leeds Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1501	Gary Clarke	3:58.28
7376	Becky Mellor	5:48.07 PB

Oxford Town & Gown 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
212	Jane Copland	40.43

Goring Gap Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Paul Billing	1:49.18

Goring Gap Ultra

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
157	Emma Hopkins	6:37.33

Hairy Legs Challenge

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Chris Lucas	47.29
27	Dan Stockwell	1:06.58
29	David Caswell	1:07.43
68	Wendy Davies	1:22.31

May 21stRoyal Windsor Trail Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Dan Brock (1st M50)	3:25.27

Beer Lovers' Marathon (Liege)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
920	Dean Allaway	6:50.06
1449	Pete Morris	7.30.00

Binfield 10k (club champs, round 5)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
15	Jon Kew (1st M50)	39.21
16	Nikki Gray (1st lady)	39.24
20	Tony Page (2nd M50)	39.36
34	Dan Zagya	41.42
44	Andrew Butler	42.52
49	Alan Freer (2nd M60)	43.22
59	Mark Andrew	44.16
61	Mike Worsfold	44.24
91	Saba Reeves	46.41
98	Mark Allen	47.02
149	Martin Douglas	50.06
165	Joe Blair	50.34
243	George Nyamie	53.44
270	Chris Manton	54.25
291	Eddie Thorpe (1st M70)	55.14
326	Jim Kiddie (2nd M70)	56.29
347	Catherine Leather	56.49
353	Sarah Richmond-Devoy	57.13
411	Sally Caldwell	59.44
418	Paul Carter	1:00.05
434	Gill Gillard	1:00.27
464	Ken Beck	1:02.05
510	Adele Graham	1:04.26
607	Cecilia Csemiczky	1:10.21
649	David Caswell	1:18.29

Nettlebed Stinger

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Ben Saviour (1st M50)	37.49
14	Mike Turner-Hibberd	41.20
19	Ollie Watts	42.54
133	Liz Jones	56.29
256	Maureen Sweeney	1:17.19