



FOOTPRINT is the newsletter of **READING JOGGERS** Est. 1977

Issue 108

Summer 2016

Reading Joggers take over Parkrun by Steve Harlowe



With the hope of good weather I decided to organise our annual parkrun for the first weekend in July. As always I was overwhelmed by volunteers to cover the different roles at parkrun. We have gained a reputation amongst the parkrunners for our hospitality and cake baking skills and as you will see we didn't disappoint them

When I arrived at Thames Valley Park it was great to see that all the volunteers had arrived and the set up was well under way. Gina and Brian did a great job setting up the course. They discovered a fallen tree around the 1k point which was too big to hurdle. Lucky they were able to find an alternative path for the runners. Before I knew it I was due to give a run brief. This time I remembered to thank the Joggers for volunteering, an improvement on last time.



While the runners were on the course we embarked on building the finish funnel. It went well and before long we were ready to receive the runners.

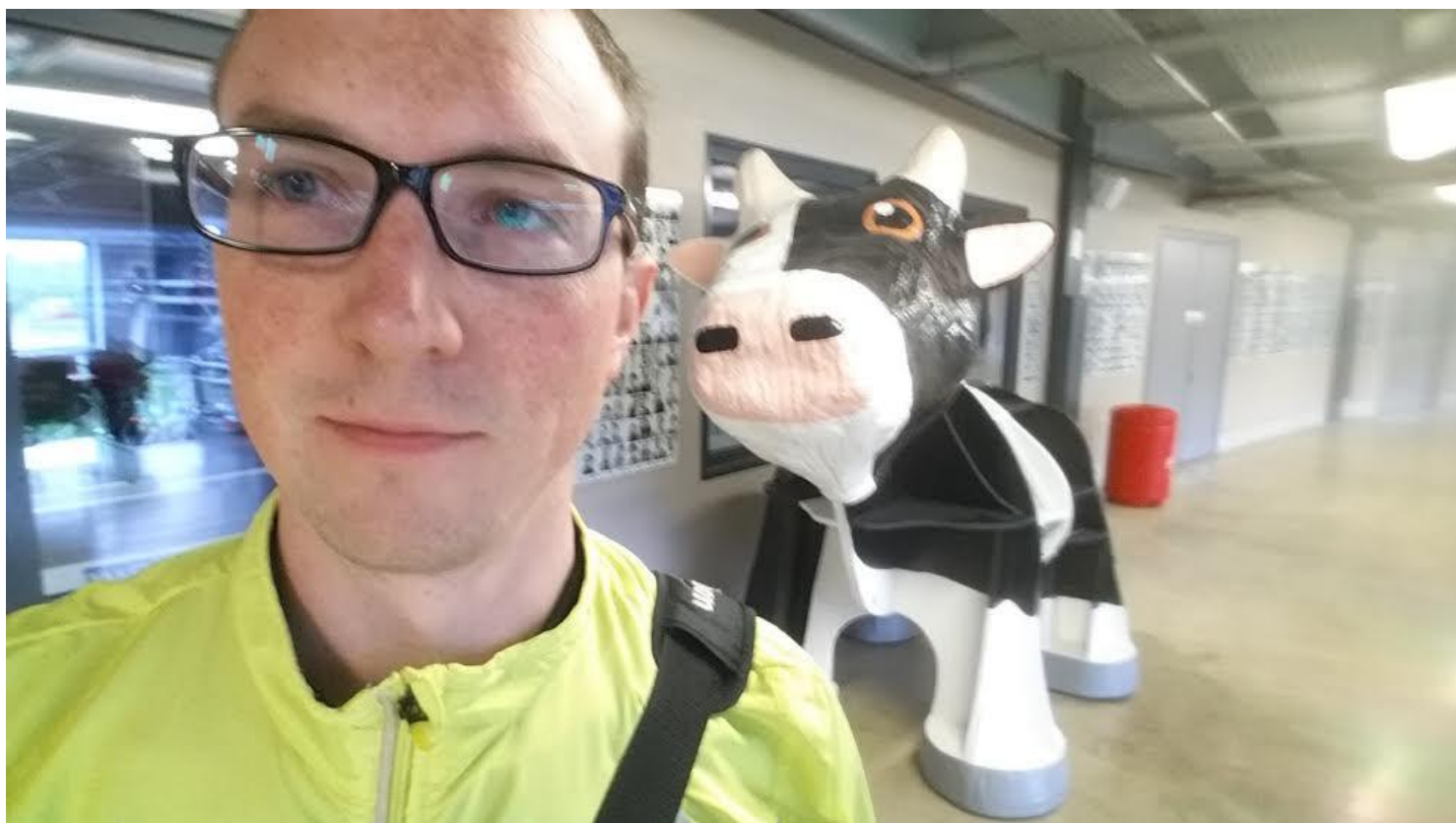
Great to celebrate another successful event with the Joggers. Very proud to be a member of our club.



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Milton Keynes Half Marathon - Tom Robinson



After Reading was over I found myself looking around for other half marathons and came across Milton Keynes. I remember going there as a child, and couldn't remember any hills in the shopping centre, so signed up.

You can spend the time before the race loitering in the stadium - there were hot drinks available, plenty of toilets, and a "concrete cow" (made of wood). It was a pretty chilly start but soon warmed up.

As I stood on the start line and the sun started to come out I thought "I know, I'll turn up the brightness on my phone" - which somehow ended up with my phone going completely black. Rather than relaxing at the start line I spent 20 minutes removing various parts from my phone to try and get the damn thing back on again - no luck, nevermind. I knew my wife would be spectating somewhere around mile 3 and would have her phone in her hand so came up with the cunning plan of nabbing it as I ran past.

The start was... interesting. Unfortunately due to a mix up the pacers for my pen set off with the pen in front, somewhat dashing my hopes of just blindly following the pacer round. As I watched my pacer disappear over the horizon our pen was then released to the start line. Nobody in our pen was sure whether we were meant to just start running, or if we had to wait for the horn (ooh err!). About 20 metres past the start line we discovered it was the latter so had to double-back, reset our watches and wonder if the timing system would be as confused as we were.

I got off to a good (i.e. too fast) start, running with Andy Lambourne who I bumped into just before we started. As we cruised up the dual carriageway I noticed I'd just trodden on something extremely squishy - I looked round to see a hedgehog (dead I presume/hope). Ironically on the first day of Hedgehog Awareness Week!

Somewhere around mile 5 I got a slight stitch and parted ways with Andy as I attempted to slow down to a more sensible pace. There's some nice scenery along the latter stage of the route, all a bit artificial but nice enough. I particularly enjoyed running past a nice village church while a live DJ was banging out some techno (I'm not sure all the villagers were that impressed).

The later stages of the race were my undoing. My "A33 Relief Road" moment occurred after 10 miles, in Ouzel Valley Park, and the walk/running phase began. As I watched my average pace increase I began to switch to survival mode, picking up discarded water bottles and foraging for jelly babies. To my surprise I'd actually ended up in front of the prematurely released 2 hour pacer. As he passed me with "Highway to Hell" playing from his bum bag another short burst of running occurred. The same happened with the 2:05 pacer and 2:10 pacer by which point I was almost there and managed to shuffle to the finish line in 2:11:54 - a few seconds quicker than Reading.

Would I do it again? Moo-aybe!

In the spotlight

This issue Salome Maybanks shares her running secrets. There was a time I use to finish a race about the same time as Salome. That's not the case now so I was keen to find out the secrets of the speedy one.

CM When did you start running?

In my final year at University (around 2001), it was a way to lose weight from drinking excessively and also to pick up guys (I am not going to lie).

CM Why did you start?

To pick up guys 😊 I also started going to the gym and this combined with running helped with my goal.

It turns out my running is better than my choice in men!

CM When did you join Reading Joggers?

About 2009, when I moved to Reading because of a guy I was dating (lols no surprise there!). Previously I was a member of the Datchet Dashers for about 6 years.

CM How have you benefitted?

Other than all the usual things like weight loss / management, running helps me keep focused. I work better, I sleep better and generally running makes me a better person!!

CM What does running mean to you?

Everything. When life throws me a curve ball I go for a run. I have recently had a change in personal circumstance and since then I have focused on my running and its helped me overcome a lot of things.

I love getting better, I love getting faster and it helps fuel my competitive streak!!

CM What do you think makes Reading Joggers special?

Its members. Everyone is really friendly and welcoming, no one is left out or left behind and we do some really fun social things too!

CM What advice would you give to anyone starting out running?

To a woman I would say – 'get a good sports bra'!! Buy a proper one not a cheap one from Tesco or Primark, remember there should be no bounce in that area!!

And, just remember to go at your own pace and not to give up. No one who starts running can automatically run 5k, it takes time and practice, build up your time and distance gradually.

CM What running related targets do you have for the future?

To get faster. I am focusing on 5ks and 10ks at the moment. I am finding that I prefer shorter distances (up to 10 miles), I have no inclination to do a marathon or further, that's just not for me.

I am also planning on travelling abroad to race at least once a year, I had such a great experience in Latvia this year that I am planning on going to Poland with the club next year!

CM What has been your most memorable running experience?

Oh god, there are so many! My first 5k (women's race for life in Hyde Park), my first half marathon (Bracknell), my first (and only) marathon (London 2006). I cried at the end of each of them. More recently Riga Half Marathon (Latvia) this month – I loved every minute of it and my running was on form.



Impressive running fuelled by Latvian Mojitos

Hot Bracknell Half. Sunil Fernandez

"Hotter than Ibiza" the papers said, but then again they said it would snow for London Marathon. Unfortunately this time they got it right. The temp was close to 18 deg at 8 AM and it was forecasted to reach 25 deg by mid day. Running 13.1 miles was going to be fun.

I met up with Mike Wheeler & Simon Perolta before the race and we bumped into Heidi who was in her usual mad rush to collect her number 2 minutes before the start.

I saw Peter Reilly from parkrun at the start line and he said '*Watch out for those bloody hills*'. Hills? What hills? I didn't know there were hills in Bracknell. I have to admit I had entered Bracknell half without checking the route or the terrain. Earlier in the week when had I mentioned Bracknell half on Facebook everyone said there are lots of tunnel's, no one mentioned hills.

The race started well and I was running along at a comfortable pace keeping up with the big boys. But, this is where I made my second mistake. I had miscalculated my pace and instead of running at half marathon pace I was foolishly running at my parkrun pace (face-palm). I realised my mistake when I finished the first 5K in under 22 minutes. "*If you run too fast early in the race, you almost always pay for it later*". I was going to learn this the hard way.

Needless to say every mile from then on was a struggle. It got hotter and hotter and I got slower and slower, and the hills... they kept coming.

The first hill appeared at 6 miles and went on for 2 miles then at mile 8 it got bigger and steeper. I almost gave up at mile 10 when I saw another hill starting right at me. At this point the 1:40 pacer happily passed me up the hilling blurting 'looking good guys'. I wanted to trip him over for his profanity, but I had no strength left. When Heidi passed me by raising 3 fingers I almost cried. I had beaten Heidi by 3 minutes at Reading half marathon and now it was payback time.

Crawling my way up the hill I caught up with Simon, we played cat and mouse for some time but then decided both of us were worse off so might as well give each other company and finish the race together. We both crossed the finish line together hand in hand, brothers in arms.



Despite the never ending hill from mile it's a brilliant race, lots of wooded area and 6 water stations. Very well marshalled, free parking at start, finishers technical T-shirt, nice bling and a free massage to top. Even the Mayor of Bracknell was on the road cheering the runners.

Would I do it again? .. well there is a hill that needs to be tamed at mile 10 in 2017.

Getting on a bit or wives can be so cruel. Cliff Marriott

As many of you already know a group of Reading Joggers went to Latvia in May this year to run either the Riga 10K or Half Marathon. Some of you may also know I had a big birthday in June.

At the Riga Expo they scanned your chip as you left to check it worked. Imagine my surprise to find I'd already entered a new age bracket. I queried this. The reply from the very young person "Were you born in 1966?" Me "Yes but not till June." Adolescent "It doesn't matter". Me, muttering under breath, "Bloody well matters to me."

Having reached my new great age I was travelling by Tube with Pam Goddard. Pam was sat down whereas despite there being empty seats I'd opted to stand, an obvious choice for an athlete in his prime. A very young lady gets on the Tube and asks me "Would you like to sit down?" Me, through gritted teeth "No I'm fine". I glanced across at my good lady hoping she hadn't heard this exchange. No such luck and I don't think I'll be allowed to forget it anytime soon.

Top Running Tunes

As you probably know I do like to listen to music when running. I thought each issue I'd share some of my playlist. To motivate the legs they do tend to be fast and furious. Some may be familiar and some less so but all are available on YouTube etc.

1. The Godfathers. I Want Everything. One of the all time great guitar riffs
2. The Stranglers. No More Heroes. Probably the best tune by the best band of the Punk era
3. Jesus & Mary Chain. Never Understand. White Noise from the sublime Psychocandy
4. My Bloody Valentine. You Made me Realise
5. The Fall. Hit the North. Mark E Smith. Genius or lunatic?

Dates for the Diary

The Reading Joggers Summer Barbeque

Saturday the 20th of August

The Round Reading Relay

Sunday the 18th of September

The Christmas Runout

Sunday 18th of December at Rushall Manor Farm

Winter training in the Algarve.

Saturday 18th February to Saturday 25th February 2017

Reading Joggers are planning their fourth visit to the Alvor area of Algarve. 12 individuals have already signed up (7 runners and 5 walkers). This year we return to Alto Golf and Country Club in three & two bedroom apartments. Total budget is £400 including flights, car hire, accommodation, food and refreshments. Please contact Vyv James for more information on vyv@vyvjames.com
We need multiples of four people to ensure car hire and accommodation work out efficiently
Nice photo of the beaches and estuary that provides most of the easy running routes.



© Bruno Fonseca/Ramiro Spinedi
Facebook: Portimão, Você Está Aqui

CAPTION COMPETITION



Please send your caption to pamandcliff66@gmail.com The Winner will receive this industrial sized bottle of fake tan. You can choose your own shade but we recommend Antique Chair



Anyone got a caption for this picture of a lady about to sample the beer, whilst carrying a wine glass and an empty bottle, at 9.30am. Answers to pamandcliff66@gmail.com to win a bottle of Lambrini

SUNIL'S TWITTER BEST BITS

READING JOGGERS twitter tweets

Reading Joggers @ReadingJoggers

Well done #ReadingJoggers on finishing you @RigasMaratons #lattelecomrigasmaratons #HalfMarathon



1
1:20 PM - 15 May 2016

Salome Maybanks and cliff marriott

Reply to @RigasMaratons

Lattelecom Marathon @RigasMaratons · 3h
@ReadingJoggers @salome_maybanks @Rushallfarm Cheerst And thank you for visiting Riga!

Caroline @Carolin27399030

My husband Andrew running in the Woodley 10K on Sunday @ReadingJoggers



1
4
9:11 AM - 10 May 2016

Tom Robinson @tjrobinson

Broke the 50 minute 10K barrier with a 49:02 at @royalberks10k #rb10k! #wellhappy #newPB

10
1:14 PM - 15 May 2016

Reply to @tjrobinson @royalberks10k

Reading Joggers @ReadingJoggers · 20h
Well done @tjrobinson ! 45 minute next :) @royalberks10k

Tom Robinson @tjrobinson · 20h
@ReadingJoggers are there any downhill races that are fully air conditioned?

Reading Joggers @ReadingJoggers · 20h
@tjrobinson Yeap. #SummerHandicap this Thur 😊

Melissa Tucker @melissajtucker · Jun 13
Time to reflect on Endure24
I'm broken and didn't even run.

Worked out I was 32 hours awake, 24 hours...



Donate to Melissa Jayne's JustGiving page
Melissa is fundraising for Macmillan Cancer Support on JustGiving justgiving.com

Reading Joggers @ReadingJoggers

Thanks @melissajtucker for your Marathon effort this weekend and enthusiasm to keep us all moving. You were #amazing. #MagicHands

11:16 AM - 13 Jun 2016



Reading Joggers
@ReadingJoggers

Great to see our friend @camelhumphrey running @Shinfield10k this morning.
#fastcamel



RETWEET
1

LIKES
8



2:22 PM - 2 May 2016



Sunil Fernandes @sunilbrian · Jul 2
First #Marathon done. Thanks @SatNightRun @ReadingJoggers



RETWEET 1 LIKES 7



Reading Joggers
@ReadingJoggers

Congratulation @sunilbrian on completing your first marathon @SatNightRun. when is the next one? 🤪

RETWEET
1

LIKES
8



11:49 PM - 2 Jul 2016



Reading Joggers
@ReadingJoggers

Thanks for your hard work at Endure24 @melissajtucker. Good luck for #EverestBaseCamp #Himalayas :)



RETWEETS
4

LIKES
7



10:41 PM - 20 Jun 2016

Richmond, VA

Laura McBride, Tom Robinson, Pam Goddard and 4 others



Reading Joggers
@ReadingJoggers

Good luck to @UltraAvon with the Monarch's Way challenge. You can support Paul at justgiving.com/paulali2016/ #MW615



Donate to Paul Ali's JustGiving page

Paul is fundraising for Alexander Devine Children's Hospice Service on JustGiving justgiving.com

RETWEETS
6

LIKES
6



10:51 AM - 27 May 2016



You can follow Reading Joggers on Twitter at: <https://twitter.com/ReadingJoggers>

READING JOGGERS FACEBOOK ROUNDUP (A REMINDER OF WHAT YOU MAY HAVE MISSED)



A young ladybird



The Flying Welshman



"So this is how I keep 2 ladies smiling at once"



The Endure 24 team. Aching limbs soothed by Melissa Tucker



Johnson, Farage, Cameron & Evans
gone but the Guv remains

New Members

A big welcome to Grant Abbott, Natalie Beresford-Bolton, Katherine Dewis, Steve Gault, Emma Gennard, Simon Nutbrown, Alix Nuttall, Gabrielle Sleeman & Mark Sleeman. Looking forward to running with you all in the future.

Next issue of Footprint

A huge thank you to all the contributors for this issue, keep them articles coming. The next Footprint edition will be in the autumn. Deadline for submissions will be on Friday 30th of September. Remember it's your newsletter, please do contribute.

Please email anything you want included to pamandcliff66@gmail.com or use Facebook messenger or my mobile is 07951 316145. Please try and use no spacing rather than normal and if you email then an attachment in word tends to work better than the body of the email. Many thanks Cliff.