



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

Issue 109

Autumn 2016

# The Winter Handicap is upon us

It is only a few weeks until the start of Winter Handicap series and we need your help to mark the course before each event. It is a great way to warm up if you are running or a nice recovery walk in the woods if you don't fancy running. In a change to previous years we will not be marking everything with flour. We will be placing red and white at regular intervals to help guide the way.

Like parkrun these events can't go ahead with volunteers.

I will be advertising on the club Facebook page for volunteers.

**Steve Harlowe**



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# Running Blind

*By Mary Wilson*

Did you know that blind / visually impaired people can get involved and enjoy running just as much as people with perfect vision? Nor did I until I found myself on an England Athletics course in Eton and was learning all about 'guide running'! And what a great course it was, not only did it give me a greater understanding of the different types of visual impairment but we were also given a practical lesson on how to get involved and help people with a visual impairment get out running. You'd be surprised at just how much we unconsciously notice whilst running and it isn't until you do your first guided run that you realise just how many hazards there are that you need to either call out or run around!

A simple DBS check later (to ensure I wasn't a serial killer!), and my details were added to the England Athletics Guide Database. Here, visually impaired runners can be matched with an appropriate guide in their area, if there are any available. Willing guides will hopefully and helpfully have listed their times / speeds so that a perfect match can be made. It is worth mentioning that you really need to be able to converse at the speeds you put down as you will potentially be doing a lot of speaking, depending on the route you choose! Luckily, having spent many a happy mile conversing with Jayne, my talking game is better than my running game!



After registering, I sat in anticipation, waiting to be matched up with a willing partner and just before I went on holiday, I was contacted! Typical! On my return I arranged to meet with Tina in Prospect Park. Not only was it convenient for us both, but to my relief, it is traffic free and has relatively few hazards, or so I thought! I'm really familiar with all the roads around there and would say that they are generally obstacle free but having the responsibility of guiding made me see it in a very different light. Overhanging branches, kerbs, pot holes, broken pavements, bus stops, cars, pedestrians, other stuff stuck to the floor that we called 'tactile pavements' – it's amazing how many things that the majority of us unconsciously take in our stride that could be a real hazard to a visually impaired runner!

Tina is visually impaired but can see enough to be able to run solo if the light is good and she is familiar with the roads – she'll wear a hi-viz top to make herself visible so others can see her, even if she can't see them. I did wonder how much value I was adding by guiding her but with me there, she was able to venture out into parts of the park that she couldn't normally go to.

Tina and I have become regular running partners and I have ventured out around Tilehurst, to Cemetery Junction, through town and along the river (post Reading festival!).

My next victim was Simon, Simon has light / dark perception – which means he can tell if it is light or dark, and that's it. He can't see anything.

Simon already has a few Guide runners including another RJ, however, he wanted to extend his distance and was happy to run at a slower pace, my speciality! Running with Simon is different to Tina, as he is blind we need to run with a tether, or in our case a dog tug toy. He holds one end, and I hold the other, very tightly!

He has a loop he likes to run round so he is pretty familiar with the roads but still needs a guide.

We do chat whilst running, but I can use the tether to guide lefts, and rights – though through habit I still verbalise them. Simon needs careful guidance over speed humps, up curbs, down curbs, dropped curbs, onto grass, past loose dogs, small children and pushchairs.

Sometimes on an off day Simon's mind wanders and he doesn't pay much attention to what I say and he pushes me onto the grass or disappears off onto the grass on his side and we have a tug of war competition. I win!!

It's been really rewarding for me to be able to help out, and I'd really encourage anyone to complete the course and register. There's as much commitment as you want there to be and if you're going to be running anyway, what have you got to lose?

<http://www.englandathletics.org/disability-athletics/get-involved/sight-loss-awareness-and-guide-running-workshop>

[www.englandathletics.org/guide-runners](http://www.englandathletics.org/guide-runners)



# The Studland Stampede

If Carlsberg did trail runs then this would probably be it. Held in the beautiful location of Studland Bay in Dorset it is 12k undulating course across heath land and sandy beaches. There are stunning views of Old Harry Rocks, Brownsea Island and the Isle of Wight.



The race was really well organised with plenty of pre-race information and stress free number collection on the day. The race starts and finishes next to Knoll Beach cafe. This had great facilities but with 500 runners you need to get there early if you want a pre-race coffee.

We started on the beach and quickly started to climb onto the surrounding heathland. The views are awesome. Before you know you reach the halfway cp and then it is into the dunes and into the beach to finish. Quite a bit of soft sand in the last section. For more information have a look at this website [www.studlandstampede.co.uk](http://www.studlandstampede.co.uk)

Next year's race is on Sunday 15th Oct. Entry will open in the New Year. I am thinking about organising a Joggers away day to next year's race so please let me know if you are interested.

*Steve Harlowe*

# In the spotlight

*This issue Kramar Donachie shares his knowledge of lycra and armed guards*

CM When did you start running?

**KD: I dipped my toe into running about 4 years ago**

CM Why did you start?

**KD: The then acquaintance (Now current Mrs Donachie), suggested I went for a run with her – not wanting to pass up the opportunity of seeing her in lycra, I joined her. I honestly hated every second of it too – my legs were still very much in cycling mode and according to her, I ran “like a pony”, with a running style and stride that wouldn’t have been out of place on Monty Python’s Ministry of silly walks (Kids/people under 40 – ask your parents or YouTube it)**

CM When did you join Reading Joggers?

**KD: The end of 2014 I think**

CM How have you benefitted?

**KD: I have benefitted in that I have learned from the Chairman that a perma-tan is indeed possible all year round (something you never get taught at school - every day is a school day indeed...)**



CM What does running mean to you?

**KD: It’s an escape from real life. A Clark Kent change and you’re ready to go and can be pretty much done safely anywhere. Disclaimer: except when running at night in the woods and a troop of soldiers are on exercise and the sentry cocks his rifle (not a euphemism) and levels it at you just before you run into the middle of their camp**

CM What do you think makes Reading Joggers special?

**KD: At the risk of sounding a bit gooey, RJ’s are all really nice, approachable people. Even the older, more weathered, Cliff looking types**



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

**KD: Don't run before you can jog, start steady and build yourself up. Have fun and enjoy it, don't be too hard on yourself**

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

**KD: I do the odd Parkrun at Woodley with the buggy and want to get under the 20 minute time (yes, I know it's a run, but you can still race it)**

CM What has been your most memorable running experience?

**KD: In the short time I've been running, I've been lucky enough to do some amazing events in the Brecons, Snowdonia and along the South Downs Way – all of which have challenged me in different ways. For me, it's the people I've met along the way, some of them you're happy to run with, the others, well you can just run away from them (or push them in the river if you're conveniently running along a tow path)**


## Rocking out with Geoff White

I think it's generally accepted that I have excellent taste in running music but a couple of Joggers felt that my selections could be improved upon. Geoff White, our own Tommy Vance, threw down the gauntlet and said he'd educate all of us in some Blues, Prog Rock and a drop of the hard stuff. I've had a listen and suggest you might want to too.

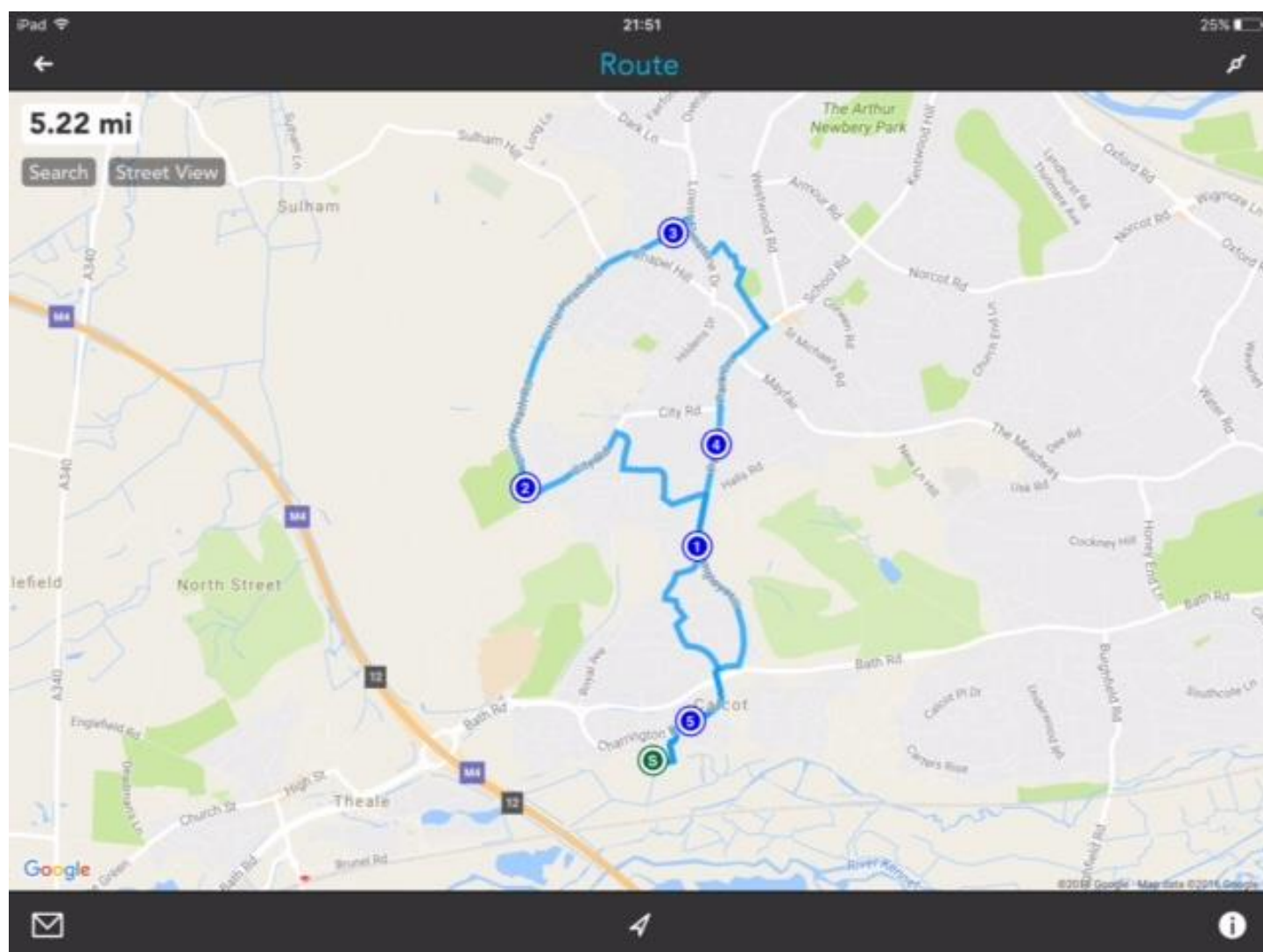
- 1) Led Zeppelin - Communication Breakdown. About 3:30 minutes of sheer joy. As close to heavy metal as Zep ever got. Robert Plant's vocals are at their razor sharp best, so sharp you could cut yourself on them. Jimmy Page's guitar solo is truly electric.
- 2) Rory Gallagher - A Million Miles Away. One of the best musicians to come out of Ireland. Could have chosen several songs by him but this is my favourite.
- 3) Stevie Ray Vaughan - Texas Flood. You just cannot go wrong with Stevie Ray Vaughan. Pick any track and you'll want to listen to it again and again. I could have gone for his stunning version of Little Wing but just love listening to this.
- 4) Joanne Shaw Taylor - Tried, Tested & True. Great guitarist; great voice and this is a really enjoyable song to listen to.
- 5) Wilko Johnson & Roger Daltrey - I keep it to myself. Taken from the brilliant CD they put out a couple of years back. When I got it, I could not stop playing it. This is just one great song from a CD of great songs.
- 6) Free - Mr Big. Four great musicians making some wonderful music together. This is a favourite not just because it has some great guitar work from Paul Kossoff or it has Paul Rodgers immense voice but because of some staggering bass guitar play by Andy Fraser.
- 7) Lynyrd Skynyrd - Call Me The Breeze. Not Sweet Home Alabama or Freebird! This is a favourite of mine. The highlight is a staggering piano solo by Billy Powell.
- 8) Marillion - Easter. Just a stunningly beautiful piece of music. I was into Marillion back in the 80's and am just rediscovering them again.
- 9) Pink Floyd - Wish You Were Here. Could have gone for pretty near anything really. I love Dave Gilmour's guitar play.
- 10) Twelfth Night - We Are Sane. Many a happy night as a teenager spent seeing these guys live. Tried to introduce my metal head daughter to them when driving her to Uni. She had a choice of Twelfth Night or a Take That CD my wife had left in the car. We were not off the M25 and she was begging me to put Take That on.
- 11) Radiohead - Pretty near anything off of OK Computer. Just love that album.
- 12) Thin Lizzy - Rosalie. Ireland's greatest rock band. I could listen to Live & Dangerous constantly & this little gem of a cover of a Bob Seger song is the one that stands above the rest in my opinion.
- 13) UFO - Natural Thing/Out In The Street - Cheating I know but the two songs merge together in the classic live album Strangers In The Night.
- 14) Thunder - Love Walked In. Finish with a power ballad. Great song and Danny Bowes has a great voice.

## A route for the half past ten group. 5.22miles with a bit of a hill.

Leave Beansheaf ➡ □ Charrington Road □ Old Bath Rd □ Royal Avenue ➡ □ Garston Crescent ➡ □ footpath by garages to

Poppy Way □ Poppy Way □ Yew Tree Rise ➡ □ Bay Tree Rise  footpath to Langley Hill □ Langley Hill □ Firs Road ➡  
□ footpath to Partridge Drive ➡ □ Partridge Drive ➡ □ Goldcrest Way □ City Road ➡ □ Little Heath Road □ Westwood Glen ➡ □  
Lower Elmstone Drive □ Elmstone Drive ➡ □ footpath to Downing Road passing Royal British Legion ↑ □ Downing Road ➡ □  
Park Lane ↑ □ Langley Hill ↑ □ Charrington Road back to Beansheaf

Key   ➡ □ Right   □ Left   ↑ □ Straight ahead



## Bling Corner

What do you race for? Well, I enter races and they give me bling. Now I'm not a bling girl...I know strange hey!! But I thought I'd share for those that covet the bling.

Race: The Snickerthon (geddit?)

Who: How hard can it be events, Denzil, created this for Jo Yarnall's 100<sup>th</sup> marathon

When: July 2016

Where: Chase Water Country Park (WS8 7NL)

Course: A pretty off road looped run round the lake. Different distances were available.

Next up: Saturday 1<sup>st</sup> July 2017

Would I do it again: Yes I would, it was well organised, friendly and a scenic course.

<http://codrc.co.uk/snickerthon>



**Do you have a favourite medal you'd like to share?**

## WHAT IS THE CONSISTENCY LEAGUE?

*CLIFF MARRIOTT*

It recently occurred to me that I didn't have much of a clue what the consistency league was all about. Chatting to a few Joggers I realised I wasn't alone. A quick Google search would suggest it's an event that Reading Joggers along with Overton Harriers do but that's about it. I'm not sure who nicked whose idea.



## The website says

- Reading Joggers Consistency League runs from April to March.
- The League will consist of local events spread reasonably evenly throughout the year (16 in total).
- The league recognises sustained performance over a number of events and distances, rather than one outstanding performance during the period.
- Everybody gets a WAVA (World Association of Veteran Athletes) score and the member with the highest score wins.
- The winner of each race is given 50 points and then down with second given 49 points, third 48 points and so on.
- Each member can do as many races in the consistency league as they like, but only their best seven will count towards their final score.
- Members are advised to wear their club colours to be eligible for points.

The races are: 10 10K races: Shinfield and Royal Berkshire (May), Wargrave (June), Thames (July), Englefield (August), Pangbourne & Mortimer (September), O2O (October), Woodcote (January) & Goring (March). There are also 2 Half Marathons: Henley (October) and Reading (March) and a Full Marathon: Saturday Night Fever (July). The final 3 races consist of the Tadley Christmas Cross Country run which is approximately 5 miles in December, the first of our Winter Handicap Cross Country runs in October and finally the Bramley 20/10 in February. This last race gives you the option to run either 10 or 20 miles.

The idea is for a nice spread of race distances. At first glance it may seem a tad 10K heavy but then not everyone is able or willing to run halves or marathons. Remember Arthur sorts out the WAVA scores so being old is no disadvantage. In fact it could be argued that being mature and fast is the way to go!

## LAST ORDERS FOR READING JOGGERS T SHIRTS & VESTS

Remaining Stock			<p>Want to look as lovely as the folk below? Then order your RJ T Shirt or Vest today. Both are £17 each if you buy from the remaining stock.</p> <p>When we order again they're likely to be £28 each.</p>
Women's	Vest	T-shirt	
Small	4	2	
Medium	1		
Large	3	3	
Men's			
Small	1		
Medium	1		
XL	2	1	





# New Members

A big welcome to Paul Beechey, Jack Harlowe, Richard Irwin, Kristian Kolb, Maddy Makepeace & Jon Williams. Looking forward to running with you all in the future.

## READING JOGGERS twitter tweets

follow us on twitter at <https://twitter.com/ReadingJoggers>

**Reading Joggers**  
@ReadingJoggers

#faries of #Endure1250 #run24 @run24uk



1:44 a.m. · 17 Jul 16 from Beale Park

VIEW TWEET ACTIVITY

2 LIKES

**Reading Joggers**  
@ReadingJoggers

Well done Margaret! 1st in the VW60 category of the Blueiron Reading 020 10K



10:28 a.m. · 02 Oct 16 from Reading, England

VIEW TWEET ACTIVITY

5 LIKES

**Reading Joggers**  
@ReadingJoggers

Well done @UltraAvon, @wendy\_shaw & Mark for winning their respective category at #Endure1250 @run24uk



Wendy Shaw and Paul Ali

10:49 a.m. · 17 Jul 16 from Pangbourne, England

VIEW TWEET ACTIVITY

2 RETWEETS 5 LIKES

**Reading Joggers**  
@ReadingJoggers

Good luck if you're racing today at @Mortimer10K, @WinchesterHalf, @BristolHalf, @windsorhm and any others. Have a good run! Tweet pics!

7:45 a.m. · 25 Sep 16

VIEW TWEET ACTIVITY

3 RETWEETS 8 LIKES

**Nicola**  
@Nicolagee91

@ReadingJoggers thanks for a great @Readingparkrun today. I work in London so can't make it to your running sessions otherwise I'd join 😊

12:32 p.m. · 09 Jul 16

1 LIKE



**Reading Joggers** @ReadingJoggers 4d

@Nicolagee91 glad you enjoyed @Readingparkrun





**Reading Joggers**  
@ReadingJoggers

Fiona & Andy doing their bit for  
#IAmTeamGB to celebrate their  
#100th #parkrun. @Readingparkrun  
#loveparkrun



9:12 a.m. · 27 Aug 16 from Thames Valley Park

VIEW TWEET ACTIVITY

1 RETWEET 6 LIKES



**andy patrick** @Andypatrick64 28 Aug  
@ReadingJoggers @Readingparkrun  
congrats both of you 🇬🇧🏆



**Reading Joggers**  
@ReadingJoggers

Well done #ReadingJoggers  
on your #Bournemouth10k  
@RunBournemouth  
#bournemouthmarathonFestival



6:00 p.m. · 01 Oct 16 from Reading, England

VIEW TWEET ACTIVITY

3 LIKES



**Reading Joggers**  
@ReadingJoggers

Morning Joggers, parkrun o'clock.  
It is our volunteer day 🍰🍰🍰  
@Readingparkrun #loveparkrun #dfyb

7:45 a.m. · 09 Jul 16

VIEW TWEET ACTIVITY

1 RETWEET 5 LIKES



**Reading Joggers** @ReadingJoggers 1d  
@Readingparkrun cakes and #parkrun  
perfect combination



**Reading parkrun** @Readingparkrun 1d  
@ReadingJoggers Couldn't agree  
more. Thanks for the takeover.



**Reading Joggers**  
@ReadingJoggers

Thanks for a lovely #parkrun  
@richmondparkrun #loveparkrun



11:21 a.m. · 13 Aug 16

VIEW TWEET ACTIVITY

6 LIKES



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



Well done the Oxford Half team and congratulations on the PBs



Well done to the Bournemouth crew.  
Despite having a floppy head Gina Hopkins was still faster than the Chairman

# Next issue of Footprint

A huge thank you to all the contributors for this issue, keep them articles coming. There will be a Christmas Footprint. Deadline for submissions will be on Friday 9<sup>th</sup> of December. Remember it's your newsletter, please do contribute.

Please email anything you want included to [pamandcliff66@gmail.com](mailto: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.

## Dates for the Diary

**The Christmas Runout**

**Sunday 18<sup>th</sup> of December at Rushall Manor Farm**

**Reading Joggers Quiz Night**

**Friday 20<sup>th</sup> of January 2017. Venue to be arranged.**

**Winter training in the Algarve.**

**Saturday 18<sup>th</sup> February to Saturday 25<sup>th</sup> 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](mailto: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.