



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

Issue 110

It's Christmas

December 2016



Pam Goddard, Robert Nethersole and some fast chap they met in Addis Ababa

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A FESTIVE MESSAGE AND A RARE INSIGHT INTO THE CHAIRMAN'S CHRISTMAS



Welcome to the Festive edition of Footprint. We hope you enjoy reading it. Don't forget to keep sending in your articles (long and short), thoughts about the Club, favourite races and plans for 2017.

Club members have had a busy year with runs both locally and internationally, and of all distances. As a club, we seem to be taking part in a greater variety of races than before, whether this is the weekly parkrun, 10ks and half marathons or marathons abroad as well as ultra marathons. I am always surprised by what we individually and collectively achieve undertaking something which is basically our 'hobby'.

Looking forward to 2017, we have the inaugural RJ Quiz Night in January as well as some events later in the year to celebrate the Club's 40th anniversary. I am sure Club members will keep up their running in 2017 and achieve as much as, or more than, this year.

This Spring our AGM will be at The Mansion House. Centrally located and with an opportunity for socialising afterwards it would be great if members could attend.

On behalf of the Committee, I wish you and your families a Merry Christmas and a Happy New Year.

**Simon
Chairman**



The Great Ethiopian Run by Cliff Marriott

In November Pam Goddard and I travelled out to Ethiopia for a couple of weeks of R&R. Our aims were to visit the Danakil Depression and trek in the Bale Mountains with a view to potentially seeing Ethiopian wolves. I won't bore you with tales of "What we did on our holidays" but I would say that despite being seasoned travelers and having spent a lot of time in Africa we were both absolutely blown away by this diverse and stunning country. In this buttoned down sanitized world we live in it was so refreshing to go places so wild and untamed. Just before leaving the UK I ran a shortened Halloween Night Run because of a bit of mist. A few days later I was standing on the rim of an active lava lake at midnight next to a bloke with an AK47.

Anyway after a couple of great weeks it was time to head back to Addis Ababa for the Piece De Resistance the Great Ethiopian Run. Started in 2001 by Haile Gebrselassie this annual 10K race now attracts 40,000 runners.

The day before the race we met up with Rob Nethersole who had also been travelling in Ethiopia and headed off to the Expo to collect our race packs. There are no chips or numbers to worry about you simply pick up a T Shirt that is identical to everyone else's. This is what guarantees you entry to the race.

That night we were privileged to be invited to a pasta party where we met the great man himself and then replete with carbs and St George beer we headed back for an early night.

Race day dawned and we all fortified ourselves with some excellent Ethiopian coffee before heading to the start which was close by. As we approached Meskel Square people emerged from every side street wearing their race T shirts and pretty soon it felt as if all 40,000 runners were there.



Pre-race stretch

There's always a slight buzz before most races with a mixture of anticipation and excitement. Here though it was more like one giant party. Pam and I had both done a training run in Addis the week before and noted, not surprisingly, that there were some seriously committed and fast runners. But on the day they were hugely outnumbered by those determined to just enjoy themselves. I was lined up in the faster start pen with Rob and the lady next to us had made a huge effort to accessorize her T shirt and make sure she'd brought her best handbag which presumably matched the cutoff denim shorts.



The DJ whipped the huge crowd into a frenzy and we were off. It was never going to be a fast start with so many runners but most gave it their all and shot off at lightening pace only to stop for a quick walk a few hundred metres later. My initial impression that all 40,000 runners were there and ready to go proved wrong as quite a few were lining the course and joined in when they felt like it.

Eventually after a kilometer or so I began to find a bit of space and could run at a nice pace helped by a downhill section. There was a lovely encouraging chap next to me who seemed to know an awful lot of people. After a while I asked him how so many of the spectators knew him? Turned out he was a national TV star. We ran together until 5km at which point I began to find the hills and the altitude, Addis is at 2300mtrs, tough going. We had spent the previous week at over 4000mtrs but still the air seemed thin. Add some hills, a little sun and enthusiastic vehicle emissions and it gets tough. I was flagging but the organisers had laid on a great shower half way round and music at every kilometer. Suitably refreshed I stopped for a boogie with some fellow runners at 7km before digging in for the final push.

With 500mtrs to go a chap who'd brought the T shirt, but didn't much fancy the run, joined me and we crossed the line together. Amazingly I finished pretty much with Rob so we were able to collect our medals before waiting to cheer on Pam. This gave us the opportunity to feature in lots of selfies with the other runners.



The Dolt

Rob "presenting medals"

So as always the question is "Would I recommend this race?" Well it's not chipped, you don't really get a time, it is hilly and busy so not really a PB course and I spotted 3 portaloos! And absolutely none of that matters at all. It is impossible to have more fun in any other race. I smiled all the way round and I fully intend running it again hopefully with a huge contingent of Reading Joggers.

In the spotlight

This issue the inspirational Steve Green shares his knowledge of 40 years of running and why Golf ruins a good walk

CM When did you start running?

SG About 25 years ago.

CM Why did you start?

SG The realisation I suppose that having turned 40 it was about time I started doing something to ensure I stayed healthy into my next 40 years. This coincided with my son Jonathan, who was 7 at the time, wanting to enter the Reading mini marathon. I suggested maybe we go out for some short runs in the weeks leading up to the race to be sure he was race fit. Although we probably only ran about a mile each time, I actually really enjoyed it. I mentioned this to a friend of mine who was a regular runner and he suggested I join his running club which just happened to be Reading Joggers. Jonathan subsequently went on to achieve a very respectable time in the mini marathon.

CM When did you join Reading Joggers?

SG I can't give you an exact date but it must have been about 1996.

CM How have you benefitted?

SG Physically I believe it has been a great benefit, plus joining Reading Joggers has also meant that I meet up with like minded people twice a week and this makes it far easier to resist the temptation to 'give it a miss' from time to time because of the weather, not being in the mood etc.

CM What does running mean to you?

SG Quite a lot to be honest. Going for a run is a great way to unwind and clear your head.

CM What do you think makes Reading Joggers special?

SG Having been a member of Reading Joggers for so long, I never cease to be amazed at the enthusiasm of our fellow members. At the risk of repeating what everyone else has written, the club is very welcoming and supportive of new runners, whilst at the same time being really tolerant of some of our, how shall I say, more senior members. Not once has it been suggested to me that maybe at my advanced years I might want to give up running and take up golf!

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

SG 1) Listen to your body 2) Don't increase your mileage too quickly 3) Leave your watch at home

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

SG I don't really have any targets now, but I would like to maintain my WAVA and above all just stay fit so I can keep running.

CM What has been your most memorable running experience?

SG Completing my first half marathon. It was something I thought I would never be fit enough to do and it made me realise that if you put in the effort you can achieve things you might have thought were unattainable.



11,000 Miles for a Mars Bar *by Margaret Husein*

With 6wks to explore Australia and NZ it was a no brainer: Enter two marathons and book some apartments that just happen to be conveniently close to park runs.

Highlights included -

- Jet lagged and unable to sleep why not run through the parks and botanical gardens of Sydney at 6.00am. Scent from spring flowering trees and morning chorus courtesy of white screeching cockatoos. Aim for the iconic harbour, pound round towards the Opera House, running up the empty steps (aka Rocky) before circling past the cruise ships to get to the Harbour Bridge. Lots of runners and early commuters but no tourists. It doesn't cure jet lag but what a start to the day and the holiday.
- Melbourne Medibank Marathon. This is a flat fast course, I had high hopes (fatal) ... battling cross winds particularly on long out and back sections of St Kilda bay took a lot out of me. About 7000 runners. Few people on the streets, easily spotted Mahmud. Long snaking section through Albert Park so big it encompasses the Grand Prix circuit. No charity runners, only one live band. Then back in city centre where it suddenly came alive as headed for the end in the MCG. The stadium finish was quite something. Good massage and went away very happy.



- Parkruns in Melbourne round a stunning lake, Adelaide up and down a river, Cairns (start 7am!) along sea shore and Whangaria NZ where swing bridge opened mid run - were all welcoming and you know you'll meet some like-minded runners and have company for a post run brekkie.

- 62nd Moa Feilding Marathon NZ. Only 35 runners though a lot more for other distances. So my highest ever finishing position but also one of my slowest. Committee hadn't got round to organising medals..... so no bling!!!! Rural road race, out and back, only one supporter entire course, lovely marshals and water station folk but no isotonic. Blustery conditions. Saw a lot of sheep and cows. Came into finish to find 4 officials and Mahmud, though why the loudspeaker was necessary I don't know as everyone else had gone home to shower!! We all reassembled later for presentations. The usual cups then about 100 spot prizes from assorted sponsors handed out for almost anything, it took hours. I got one for being only UK entrya portable garden spike with 2 electric sockets (not UK compatible).... " its the thought that counts"!! Later I got another containing a bottle of isotonic (how ironic) and a mars bar. They were lovely people and the hot buffet after for marathon runners was very welcome.

- In our six wks I ran on deserted beaches, wooded trails, rivers, harbours and quays but my favourite run was a short evening one among the giant Redwoods in Whakarewarera forest in Roturua NZ. Absolutely stunning - these majestic giants with an understorey of fabulous tree ferns and tropical undergrowth. Added bonus - I had the trail all to myself.....magic. If I win the lottery I'm certainly going back to enter their marathon/50km event.

Beachy Head Marathon - 29th October. *Jayne Woodhouse*

Beachy head marathon is popular with a challenging route through the South Downs National Park countryside. Steve, Alex, Mary and myself decided to take on the challenge (I blame the wine!). Alex knew what to expect as he had run it previously. Seeing the start point made me think I was in for a surprise, there looming was a hill worse than Arthur's Kenyan hills! The first 5 miles were quite congested and made it difficult to gain any momentum. The weather forecast predicted cloud, with a light wind. The higher we climbed (and boy did we climb!) the lower the clouds so visibility became really poor and then it rained.. A great shame but nothing we could do. Eventually the cloud lifted and as we came out of Seven Sisters country park the view was stunning. Miles 20-25 involved running across the peaks.

This was the first time I had been to Eastbourne and totally underestimated the gradient. It was like being on a roller coaster, you get to the top of the hill look across and think that's not too bad but as you move over the brow you suddenly realise it's a

hell of a way down and back up again. The last mile was downhill which was a huge relief. Crossing the finish line was incredible, I managed 6:14:55 and was pretty impressed with that. The price also included food & drinks at the check points and a meal at the finish, very much appreciated.

We all did well, Alex achieved a PB 3:24, absolutely amazing. Steve 5:31, wow impressive. Mary 7:30, brilliant, as she is just coming back from injury. My overall impression is if you want a marathon with stunning views and hills this is the one for you. Would I run it again, most definitely.



2016 Race Round Up. Simon Riviere

Here is a selection of races I've run in 2016 and my review of them.

Shinfield 10k. Always a good local race, reasonably scenic, well organised by Reading Roadrunners and relatively flat. Score: 4/5.

Thames 10k. Another scenic local race that is set within Beale Park and along the Thames. Always well supported and organised. Can be quite tough as it's a mid-week race, after a day at work. Score: 4/5.

Englefield 10k. This race takes place in the Englefield estate which is surprisingly 'undulating' for being on the outskirts of Reading. A good scenic course but not an easy one. Made more difficult this year as the weather was torrential. Score: 4/5.

Endure 24. This weekend of running is rapidly becoming a fixture in most RJ members' calendars. It has been described as "Glastonbury for runners". Whilst I wouldn't go that far, it is a unique concept (or was until relatively recently when some similar races have been set up). I'm in two minds about this race; whilst I love the festival atmosphere and the fact that a lot of RJs take part, as well as a lot of other runners I know, I'm not keen on camping. There can also be a lot of hanging around if you're in a group, waiting to go out and run. For this reason, my score is 2/5.

Bramley 20/10. A race that is well worth doing, held in the countryside just south of Reading. Quite a hilly course and it's not traffic free. Otherwise an interesting route and a firm favourite for those members wanting to get 20 miles under their belt before London or other Spring marathons. Not one of my favourites, but I do it every year. Score: 3/5.

Great Team Relay. This is a 5k relay race that I run with work colleagues. It's a corporate event with hundreds of teams from different companies taking part. It's held at the Queen Elizabeth Olympic Park i.e. at the Olympic Stadium. Each team member runs 5k before handing over the baton to the next member. The race starts and finishes in the Olympic Stadium and runs around the Olympic Park. It is an iconic venue and good fun. For this reason, my score is 5/5.

Bournemouth Half Marathon. This is one of my all time favourite half marathons. The location is fantastic and the course itself is really scenic. Each year I have run it, the weather has been superb – clear blue skies and sunshine. Not bad for early October. The finish is the best part of this race; you run the final stretch between the two piers (Boscombe and Bournemouth) and finish by running round Bournemouth pier and into the Winter gardens. A relatively flat course, a couple of loops, one small but brutal incline. There is also a 5k, 10k and Marathon over the same weekend of running. The only slight problem with the race is the start time – 8am. This means either an early start to drive down on the day or staying overnight which can be expensive on top of the race entry fee. Otherwise a great race. Score: 5/5.

Halloween 5 Nite Run. An interesting 5k race held on the evening of 31 October, down by the Thames. Runners dress up in a variety of outlandish and scary outfits; there's music and a great atmosphere. The course itself runs along the Thames and into some woodland. As it's a night run, headlight are compulsory. Unfortunately, this year, the course was cut short because it was considered 'too misty' to be run safely. As a result, it was a 1 mile race instead. Disappointing. Not even the free pumpkin soup and fresh bread at the end made up for the shortened course. For that reason, my score is: 3/5.

Mapledurham 10k. A hilly, local race with the choice of 10 miles or 10k (although one RJ ran 8.5 miles..). It's a scenic course, starting and finishing at Mapledurham Water Mill alongside the Thames. There are hills and mud. Well organised and clearly signed (bizarrely in both English and Welsh). Huge fun. Score 5/5.

Tadley Runners Christmas X-Country. Another hilly, local race which is always worth running. The course is through woods, across fields and bridges, through water. Did I mention mud? This year was muddy and wet. Did I mention hills? Lots of fun and the memento is a coffee cup; nothing flash or old school like a medal with this race. Still, it's useful for the post-race soup. Score 4.5/5.

STEVE HARLOWE: TAKES OUR BREATH AWAY



Race: Top Grun

Who: Phoenix Running, Rik Vercoe created this medal for the 30th anniversary of the Top Gun movie.

When: May 2016

Where: Thames path, Walton on Thames
Course: 3.28 mile flat out and back. You run as many laps as you want in 6 hours. One lap gets you the bling.

Would I do it again: yes, already signed up for another film themed event in 2017

TOWIE. The Leigh on Sea 10K October 2016 *by Cliff Marriott*

So I know you're finking "That Cliff went to Essex to race SHUT UP I am so Well Jel". Actually the race was at Leigh on Sea which is much posher that you might think and nowadays you hardly ever see a shell suit.

Representing Reading were Sam Bayle, Pam Goddard and me. We started by the Driving Range in driving rain before turning at the station and heading up hill for lovely views out over the estuary. Soon the race turned back downhill before entering quaint Old Leigh. Then it was past the pubs and over the cobbles before hitting the path out towards the coast. This bit did seem a bit long and was not helped by a headwind. It would have been nice to have the sea to your right but as usual it was an expanse of mudflats.

Eventually we turned inland as we approached Chalkwell. Another turn towards Chalkwell Station and we were heading for home. At 7km I spotted my mum and dad with Mavis & Brian the dogs. The Old Man was being hugely encouraging and telling all the runners that "it's all downhill from here". At which point we all turned a corner to be faced by a hill. Thanks dad.

After a kilometre or so we did start to descend and then it was simply a flat run past the cockle sheds and a finish with a short off road section to be greeted by a bevy of lovely ladies handing out Prosecco. Lovely touch.

A really lovely and well organised race that I'd highly recommend.



Be Safe. *Arthur Abbott*

The sad event of Tuesday November 8, in which two young talented athletes of Aldershot, Farnham and District AC were tragically struck down by a car while out on a training run only goes to highlight the need to remain as visible as possible during these dark evenings.

A man has been arrested on charges of causing death by dangerous driving, drink-driving and careless driving through drink or drugs.

Although there was no suggestion that Stacey Burrows (16) and Lucy Pygott (17) were at fault, it is a chance to remind all our club members and guests to be safe on the roads, not only during the dark evening but also during the summer months.

It is obvious to say that everybody should make sure they are visible at night by wearing visible clothing, preferably reflective garments, that reflect any light. There is also a growing trend of athletes wearing flashing lights either on their arms or legs.

The reflective bibs are light and easy to put on and can be had for as little as £2.00. If running on country lanes make sure you face oncoming traffic if there is no pavement.

Besides making sure you can be seen, the following applies to both winter and summer running. We all tend to take chances when running by crossing the road without looking properly. This is especially more likely to happen when running in a group as the road might be clear when the leaders cross but not clear when the later ones in the group blindly cross the road and assume it must still be clear without taking a proper look. This also applies to zebra crossings and light controlled crossings.

When a group is crossing a road it is safer for the group to gather together before crossing.

Also bear in mind that wearing headphones also highlights the risks.

Finally, always carry identification and contact details in case of any problems and if you are taking any medication mention this as well. (A small plastic covered credit size card will fit in any small pocket).

Remember that the cost of any visible equipment is very small compared with the price of new running shoes.

SO BE SAFE AND ENJOY YOUR RUNNING.

Top Running Tunes

Normally at this time of year I go for some festive tunes and I was very tempted by the 1986 Christmas Number One “Caravan of Love by The Housemartins” as I know it’s a firm favourite of our Chairman.

But then I thought “I’ve had a fantastic couple of months including going to see The Pixies who are of course the best band in the world”.

So Happy Christmas and here are 5 great Pixie tracks you really should listen to but maybe when the kids aren’t about.

Tame
Debaser
Where is my Mind?
Monkey Gone to Heaven
Caribou

Ultra Corner

We have a few Ultra Runners in the club but I think it’s fair to say no one puts in the miles like Paul Ali. I’ve been struggling to download the photos from Paul’s blog but as always his latest exploits make for a great read. <https://ultraavon.com/>



Paul Ali
Ultra Runner

Upcoming events

Sunday December 18th is the Christmas Run Out from Rushall Manor Farm

Tuesday December 20th is a run from Prospect Park at 7.20pm followed by a Social at The Mansion House

Park Runs on Christmas eve, Christmas Day, New Year's Eve and New Year's Day. Check <http://www.parkrun.org.uk/christmas-compendium/> to see which Park Run's are on and for changes in time. With any luck you may get 2 runs in on Christmas Day or the New Year.

Tuesday December 27th. No plans as yet but if last year may be from Prospect Park again

Saturday December 31st. Gutbuster 10 miles or 10k

Friday January 20th 2017. Reading Joggers Quiz Night. The Bull at Theale. £6 per head for the buffet. Teams of 4 to 8. Please pay Sunil

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



Tadley. There was mud and Judy won her category



Will the owners of the Lost Welshman please come to the Information Tent

READING JOGGERS twitter tweets

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

Reading Joggers @ReadingJoggers

Thanks for a great run @Tri20
#Mapledurham10



RETWEETS 2 LIKES 8

11:48 AM - 4 Dec 2016

Reply to @Tri20

EnlightenedCreative @PhysioPhysio · Dec 4
@ReadingJoggers @Tri20 Bet those legs could do with a nice rub down now ;)

Reading Joggers @ReadingJoggers · Dec 4
Good luck to everyone running the Mapledurham Ten today
regonline.activeeurope.com/builder/site/D...

1 1

Kirsty Mousley @mrsmousley **Following**

@ReadingJoggers and the
@ReadingSantaRun @3JFitness



RETWEETS 2 LIKES 3

9:32 AM - 4 Dec 2016

Reading Joggers @ReadingJoggers

Good luck @JamesGreaves10, @UltraAvon ,
@wendy_shaw , Alex for @centurionrunner
#autumn100 #UltraRun



LIKES 3

1:12 PM - 15 Oct 2016 from Reading, England

BBC South Today @BBCSouthToday **Follow**

Aldershot deaths: Torch-lit vigil held for
teenage runners bbc.in/2ggpHwO



RETWEETS 30 LIKES 62

7:05 PM - 16 Nov 2016



Reading Joggers
@ReadingJoggers

Photos from tonight's social "race"
[#LightUpReading](#)



LIKES
3



8:13 PM - 29 Nov 2016 from Reading, England



Reading Joggers
@ReadingJoggers

Today's Winter Handicap with added hurdles,
see you there!



LIKES
4



9:09 AM - 27 Nov 2016 from South East, England



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 Spring of 2017. I'll let you know a deadline for submissions but:

Why not make your New Year Resolution "This year I'll write about my running exploits"

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. Many thanks Cliff.