



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

**Issue 111**

**Happy 40<sup>th</sup> Anniversary everyone**

**Spring 2017**

1979



1982



1987



1977 - 2017

1999



2003



2016



40th Anniversary



Running and lambs

In this issue			
<b>1</b>	The Green Man. Steve Harlowe	<b>6</b>	Quiz Night. Sunil B Fernandes
<b>2</b>	Races to consider. Cliff Marriott	<b>7</b>	Ultra Corner:
<b>3</b>	In the Spotlight with Dave Wheatcroft	<b>8</b>	Upcoming Events
<b>4</b>	Mary Wilson turns 50	<b>9</b>	Facebook & Twitter roundups
<b>5</b>	Top Running Tunes: The Editor		

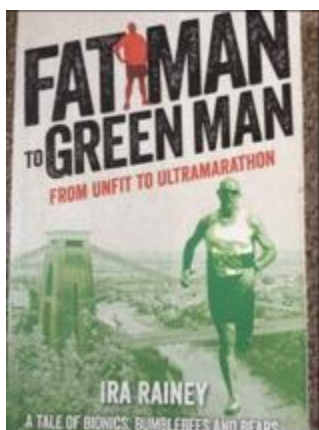
## **How we joined the Honourable Order of Woodwoses. Steve Harlowe**

**What are Woodwoses? Well, according to Wikipedia, they are mythical wild people that live in Sulham Woods. So keep an eye out next time you are running up there on your own.**



**To join the Honourable Order you are required to complete the Green Man Challenge around the Community Forest Path in Bristol. It is a 45 mile route around the city that was designed to link up areas of the Avon forest with the pub, making it a nice walk and ideal for an Ultra Marathon.**

**A couple of years back I read Fatman to Greenman written by Ira Rainey, a local Bristol runner, who decided to take on the Green Man challenge. At the time of reading the book I had never run further than a half marathon and thought that running 45 miles in one go was a bonkers idea. Roll forward a couple of years and I found out for myself how bonkers it was.**



**Sometime last year, after one too many drinks, a few of us decided to take on the challenge. Seemed easy until we realised that we had to run 45 miles within 12 hours whilst navigating our way around Bristol. No yellow arrows or Marshalls at every turn on this one.**

**I had learnt from the book that the navigation was key, as it was easy to go off route and end up lost. So last September we took ourselves down to Bristol to recce the route. It turns out, as well as the navigation challenge, there was lots of mud and several big hills. Over the following months we recce'd the whole route and went back over the bits where we had got lost.**



**We lined up a few marathons and two 30 mile ultra's to help with the training and to hone our navigation skills.**

**Before we knew it, we were on the start line and at 08:00 sharp we were off. The race organisers kindly provide time lords who pace the runners around within 9, 10, 11 and 12 hours. Our strategy was to go it alone ahead of the 12 hour time lord allowing us to drop back if the going got tough. We found during our recce that the first section consisted mainly of a big muddy hill. Thanks to a few days of rain in the lead up to the race, the going was heavy and this slowed our progress. Just before the first CP we got our first sight of the time lord.**

**Our fantastic crew were waiting at the CP and after a very quick refuel we were off again. The going got easier but the clock was relentless in our pursuit. We managed to stay ahead of the time lord for the next 30 or so miles. Unfortunately one of our team had to retire at CP3.**

**With about 4 miles left to the last CP we were caught up by the time lord. As we ran in with him he explained his strategy to get us to the last CP with 2 hours left to finish the last 6 miles. He did this almost to the second and we started to believe we were going to make it.**

**The last part of the course passes over the Clifton suspension bridge and it was a beautiful sight to see, knowing that we only had a mile left.**

**Within a few minutes we were at the finish and our challenge was complete.**

**We are really proud to have qualified as Woodwose in the Honourable Order and the bling is pretty good too!**



## A few races to consider

Must have been feeling festive but I do seem to have signed up for a fair few races this year and hit the ground running in early January with:

The Woodcote 10K. Every year I say never again and every year I sign up for this again. 5K down then 5K up. No walking this year meant I was a tad faster than 2016 and so managed to avoid being run down by the vicar.

The Benfleet 15. Benfleet is my home town. A mostly off road 15 miles in mid-January. Starts on the Olympic Mountain Bike course. A bit of snow still lingered but mostly it was a world of mud and hills. Eventually it flattens out by the estuary and then takes you out on to a windswept Canvey Island. At 12 miles it's back on to the mainland and uphill all the way to the finish. One bloke tripped and flew past me on his chest, he said it was the fastest he'd gone all day. Very silly race. I loved it and will be back.

The inaugural Farnborough Half Marathon. Very well organised and flat but the first 5 miles or so is very dull. The scenery picks up a bit after that. Good for a PB. 9am start in January was chilly.

The Wokingham Half Marathon. I like this race. Flat, fast and mostly in the countryside. Definitely PB potential.

Bramley 10 miles. Every year it seems to be more undulating than the last. Always enjoyable, shame that bone conducting headphones aren't allowed. Seems draconian given that all the other races mentioned are fine with them.

Farnham Half Marathon. Fancied a change from Reading this year. Long running but small and friendly race. Good support whilst in Farnham. I ran a near perfect 10 miles. Then I ran a god awful last 3 miles. Definitely a PB course. I'll be back to hopefully do better in 2018.

## In the spotlight

*This issue Dave Wheatcroft, a man who can both shear a sheep and run like the wind, shares a few tips before his first ever London Marathon.*



CM When did you start running?  
DW **I started running in late 2009**

CM Why did you start?  
DW **I started running when I left my full time job as shepherd at Rushall Farm (I now work there part - time with Cliff!). I became a stay at home Dad to care for my two young children. After leaving a physical job, I felt that I had to do some kind of sport and the simplicity of running grabbed me.**

CM When did you join Reading Joggers?  
DW **2010**

CM How have you benefitted?  
DW **I've benefited from connecting with other like-minded people and pushing myself on Arthur's training sessions and summer handicaps.**

CM What does running mean to you?  
DW **I love running because I love to push my limits and to challenge myself both physically and mentally!**



CM What do you think makes Reading Joggers special?  
DW Friendly runners encouraging each other.

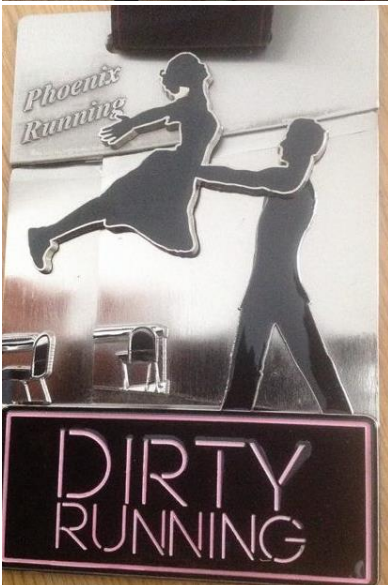
CM What advice would you give to anyone starting out running?  
DW Run every other day - give yourself plenty of recovery to prevent overuse injuries.

CM What running related targets do you have for the future?  
DW Complete the London Marathon 2017, run a sub 5 minute mile and a sub 60 second 400m

CM What has been your most memorable running experience?  
DW Probably my first Reading Half Marathon. However I'm sure this will be trumped by my first London Marathon in two weeks time!!!

## *Nobody leaves Mary in the corner*

On 19<sup>th</sup> February 2017 Mary Wilson completed her 50<sup>th</sup> Marathon. The event was a Phoenix marathon based on the film Dirty Dancing and was known as Dirty Running. There was cake. Congratulations Mary.



## Top Running Tunes

This issue I've gone for a really eclectic mix of tunes. Some old and some really new and this selection has very entertaining videos

**Eight Rounds Rapid: I like It**

**The Avalanches: Frontier Psychiatrist**

**The Runaways: Cherry Bomb**

**Twenty One Pilots: Heathens**

**Pop will Eat Itself: There is No Love between Us Anymore**

# RJ Quiz Night *Sunil B Fernandes*

When Cliff put forth the idea of having a Quiz night we were thinking it would be great if we have a turnout of 40. A turnout of 50 would be magic. But you guys were amazing, we had over 70 people turn out on the night. Even the landlord of the pub was so happy with the turnout that he decided not to charge us for room hire. I guess you guys kept his bar happy with the beer flowing.

When I turned up at 7:10 I was surprised to see the room was already full and everyone had slotted in teams. Looks like everyone was keen to get started.

The quiz consists of 8 rounds of 10 questions, a music round and fun round table.

Sandwiched between 8 rounds were 3 marking sessions to see who were the leaders and who were playing catch up.

Round 1 was General Knowledge. I bet there were some funny answers to the question 'What swims at 1/8 inch an hour?'

Round 2 was Geography with a humorous quote from Prince Philip regarding the Scottish locals and driving test.

Round 3 was Science & Nature. You could have been mistaken to think it was a spelling round with words such as Shaftesbury, Aluminium, Bromine, Ferroequinology, Coprophagy, Daktari & Aardvark.

Round 4 was 'Sports' with questions from Archery, Curling, Cricket, Rowing, Snooker, Decathlon and Paralympic.

Round 5 was Music (Audio), Cliff needs to stop listening to 'Jo Whiley' and switch over to Radio 1.

Round 6 was History. Who knew 'Barbie' splitting up with 'Ken Carson' and getting involved with 'Blaine' was a historic event.

Round 7 was Television. Surprisingly there were no questions from 'country-file' or 'spring watch' or 'planet Earth'. Instead we had 'Dime Bars', 'Twin Peaks', 'Wonder Women', 'The Brittias Empire', 'Thundercats'. I am sure some teams scored well on this round, for us it was nil points round.

Round 8 was Lyric, Name the song round. Again. Cliff.... more Radio 1 and less Jo Whiley.

There was great amusement for the night for the 3 the Mystery items with people quizzing and sniffing around the mystery objects to identify what they were.

The mystery objects were-

1. Queen Bee release cage
2. Sheep testicle band (castration ring)
3. Prolapse spoon.

I hope you all washed your hands before tucking into the buffet.

The winners on the night were 'Tilehurst Ruff Ramblers' consisting of (from Left to Right) Becky Clegg, Anthony Chadley, Richard Marks, Katy Warren, Rebecca Pond, Brian Hay and Sarah Pulpit.

Missing out by 1/2 a point in second place were 'Nobody Puts Ben in the corner' consisting of Amanda & Richard Hall, Steve & Jennie Harlowe, Mary & Ben Wilson and Jayne Woodhouse.

At the bottom of the league were 'Which David?' consisting of no less than 3 David's. Next time they plan to add a 4th David to improve their chances.

The raffle was supposed to be a laugh with fun items thrown in but you guys again did not disappoint. We had fantastic donations like wine, cake and much talked about 'soap on a rope'. Again thanks for your contribution and support for the raffle which raised £88 on the night.

We're doing it all again on the 29<sup>th</sup> Sep for Reading Joggers 40<sup>th</sup> Anniversary Quiz night.





# Ultra Corner

Massive congratulations to the Reading Joggers Ultra runners. Wendy Shaw, Paul Ali, Paul Beechey, Barry Miller & Alex Whearity have all gone the extra mile, or 50, and pulled some amazing results out of the bag.

## Upcoming Events

The first Rural Runout at Rushall Manor Farm on Tuesday 25<sup>th</sup> April. 7 for 7.20pm. Look out for details on Facebook nearer the time.

Reading Joggers 40<sup>th</sup> Anniversary Summer BBQ at Five a Day Market Garden. Saturday 17<sup>th</sup> June 2017 at 1pm

## Reading Joggers Facebook roundup (a reminder of what you may have missed)



Compton 20 in the sun





So I set the tanning lamp to well-done



Modelling the new RJ fleeces and hoodies



First team in the Queen Elizabeth Marathon. Paul, Alex and Paul



Wendy Shaw. First woman after 24hrs



# READING JOGGERS twitter tweets

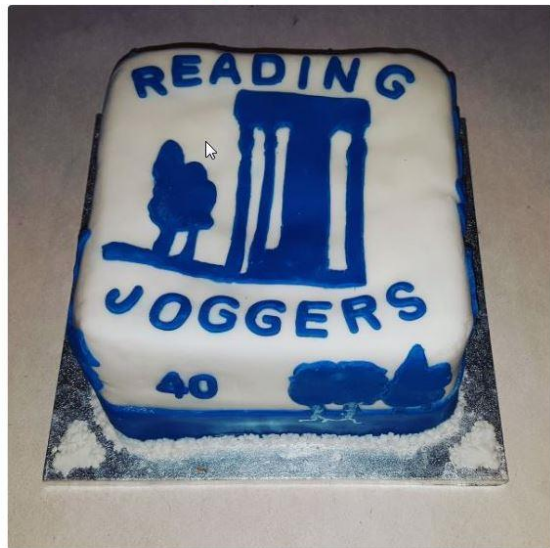
follow us on twitter at <https://twitter.com/ReadingJoggers>





Reading Joggers  
@ReadingJoggers

#ReadingJoggers #40 #anniversary #Cake  
#celebrations 🍰



LIKES  
5



10:39 PM - 15 Mar 2017 from Reading, England



Reading Joggers  
@ReadingJoggers

Following

Well done #ReadingJoggers on doing a double  
#parkrun #HNY  
@Readingparkrun @maidenparkrun



RETWEETS  
2

LIKES  
12



11:14 AM - 1 Jan 2017 from Reading, England



Kirsty Mousley  
@mrsmousley

Following

7 (and a bit) brilliant, wet, muddy miles. Lovely.  
Thanks @ReadingJoggers! #crosscountry  
#winterhandicap

RETWEETS  
2

LIKES  
4



11:56 AM - 15 Jan 2017 from Reading, England



Reading Joggers  
@ReadingJoggers

RJ quiz night at The Bull



LIKES  
5



7:43 PM - 20 Jan 2017 from Theale, 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 Summer of 2017.

I'll let you know a deadline for submissions but: 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. Many thanks Cliff.