



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

Issue 112

Summer 2017

1979



1982



1987



1999



2003



2016



40th Anniversary



My First Half Marathon

by Katherine Dewis

I only started running in January 2016 and by May I had signed up for Reading Half! The reason was a lovely friend who was dying of cancer and leaving behind two young boys. The aim was to run a silly distance to raise money for the two charities that supported her and her family, Daisy's Dream and Willow Foundation. For me a Half Marathon seemed a very long way!

My training had not ideally gone to plan with me only averaging 2 runs a week for 2017 and D&V two weeks before the race (Thank you children!). But on 19th March 2017 I made my way towards to Mad Stad full of nerves and excitement. I had a plan; at each water stop I would walk to take on water and jelly babies and walk if I needed to up the hills. The aim was to finish.

So after an hour waiting in my start zone, chatting to 3 ladies I made just met, I was starting my first half marathon! Initially I found it hard work, but as I came around the corner onto Shinfield Road I got a shout from a friend who was supporting her husband. This was followed by a much needed water stop and jelly babies. Ok I was now starting to feel a bit more normal.

At Reading Uni I got chatting to Dafni, a fellow Jogger who recognised my outfit from my facebook post on the club page. We had a lovely chat around the Uni grounds. At mile 6, at the next water stop I walked to take on water and food and Dafni said her goodbyes and carried on. At this point I picked up a text from my hubby to say he and my two sons were waiting at mile 10. My reply to him was that I was currently at only at mile 6 and might be a while. Now running again I turned onto London Street and was greeted by the music of Reading Family Church. OMG this was amazing and just what I needed. As I turned into Mill Street I could hear the band stationed under the ring road which just kept growing with intensity as I got closer. I was buzzing! And I think I was really starting to enjoy myself. Reading town centre passed quickly and I was soon at the start of Russel Street. I got about 1/3 up Russel Street and then walked, with a jelly baby to help me the rest of the way up.



I was now heading towards Prospect Park and was overtaken by a camel!! But there was another water stop and more jelly babies ahead. The 2:25 pacer caught up with me by the next water stop. I had mentally said to myself I was not letting him out of my sight. Then by Southcote Pub I saw my boys and hubby. Best thing ever and a great boost of energy. Using this great feeling it was time to pass the 2:25 pacer. Just after mile 11 I saw Susie! I got a hug and she ran with me for a short while to find out how I was going. It was the boost I needed to get me down the A33. It was windy but I was flying (for me anyway) and I was overtaking people! As I turned off the A33 towards the Mad Stad someone added a hill!!!! And then the entrance into the Mad Stad seemed to take forever to arrive. But the downhill run into the stadium felt great and I got a final burst of energy to get me over the finish line and right into Pam. I had done it! Run 13.1 miles in 2hrs 24 minutes! And I actually enjoyed myself!

And what makes it feel even better is I have raised £872.13 for Daisy's Dream and Willow Foundation!

PS: I have signed up for Reading Half 2018!

In this issue	
1	My 1 st Half Marathon <i>Katherine Dewis</i>
2	Alex Whearity: A Tale of Two Cities
3	The Honiton Hobbit <i>by Frodo Robinson</i>
4	Endure 24. Sunil B Fernandes
5	In the Spotlight: Alex Wnekowski
6	New Members
7	Upcoming Events
8	Facebook & Twitter roundups



A Tale of Two Cities- Boston and London *Alex Whearity*

It was the best of times it was the worst of times. How does the rest of it go? I can't continue to pretend I am Charles Dickens, so where do I begin? It all began on a sunny morning in April when I boarded a plane to Boston, Massachusetts to take on part 1 of what I would call 'World Marathon Week'. With Boston marathon on Monday and London marathon on Sunday it was going to be a busy week!! Arriving into Logan airport I was acutely aware I was in marathon country, even when my bag was being searched by customs they told me, 'You are doing the greatest marathon in the world man!'

The expo in Boston was at the John Hynes Convention centre, on the site of the finish line. Interestingly they keep the finish line up all year round in Boston. If only they did that in London then the Queen could have a royal jog every morning. The expo was well organised and I promptly bought some merchandise and exited stage left back to my less than luxurious hotel, 4 miles off the beaten track. I obviously had to sample the local cuisine (the pub and American Nachos), so made a visit to find an appropriate sports bar. Four pints of 6.9% IPA, a belly of nachos and some chit chat with the locals later, I briskly stumbled back and proceeded to pass out

at the hotel. I woke up on the Sunday for some baseball at the famous Fenway park, which I was told by a diehard fan was built in 1912, the same year the Titanic perished (I hoped this wasn't foreboding for my marathon day). After a great game of baseball (it takes bloody ages but is very exciting) I sillily ate some fast food, because I could not find an appropriate steakhouse and headed to bed. My Fitbit said I slept for 4 hours, but it was more like 3. My body clock had not acclimatised yet and the excitement of the trip had made me into a child at Christmas, before you realised Santa was make believe! (I'm sorry Cliff, he ain't real!)



Marathon day started at 3:30am!! With the need to taxi into central Boston, then bus the 26 miles to Hopkinton, the start of the race. Race village was something to behold. A plethora of toilets, so many that even Mike Wheeler wouldn't have had to jump in a bush. Thousands of free bagels, Gatorade on tap, (I shizz you not) scantily clad ladies handing out Clif bars and even a sun tan lotion stand. Oh yeah it was hot. 27 degrees Celsius hot!! But, I will get to that. I am generally akin to running a quick marathon, I was in the 1st wave, but was concerned by my tiredness and how much water I was drinking. The plan was to go out quick-ish, 6:20-6:25s for the first half and then push. Unfortunately, the best laid plans are often just that... plans. So, how did it go?? Did I suddenly become a Championship sub 2:45 runner? Did I pace the race to perfection and blast the last couple of miles as I did at London last year? Sadly the answer is no. No I didn't. My pre race meal and lack of sleep played a factor, but the main killer factor was the heat. Boston is an up and down course run mainly on main commuter roads leading mainly straight (there are only 3 turns on the course) through to the finish. I set out at 6:15s, not my planned 6:20s, this caused trouble! The heat by mile 10 was getting to me and my legs felt solid as a rock. I had not had this experience since my inaugural marathon back in 2013. I stopped for a Jimmy Riddle at mile 11, as I had drank so much liquid and knew my pacing in the heat had affected me. I knew I was in trouble and would have to consolidate. By mile 15 I was run walking and left the contents of what I had drank by a nice family at mile 16. The heat demons had taken over, but I knew I could complete this.

The support by the Boston crowd was something to behold. Don't get me wrong, the London crowd are incredible, but the Boston crowd are a community. Bringing their BBQs to the barriers, spending their hard earned dollars giving out bottles of water that they have bought. I personally was touched by how kind they were, especially as I was walking up the infamous 'Heartbreak hill' one exuberant man shouted to me, 'YOU GOT THIS!' I quickly moaned, 'I've got nothing!!' The last 10k was a real slog, with guts and instinct I dragged my carcass to the finishing straight and began to tear up. The experience, the crowd, the puking and the heat had taken its toll and as I crossed the line I felt strangely empty, as if a part of me had been ripped away. How had I got it so wrong? Why did I fall apart? A time 31 secs off a GFA is nothing to be scorned at. But sadly I had set my heights extremely high. After a protein shake and a long walk to clear my head things became clear. I had got the pre-race prep wrong and had put way too much pressure on myself. Running is more fulfilling when you run 'free'. After an uplifting chat to Wendy and much 'man up' banter from Paul Ali and Paul Beechey I felt better. What a place Boston is and the people can only be described as incredible. Incredibly kind, incredibly generous and incredibly passionate. Leaving early the next day and after another 6 hours sitting on a plane, this time with the stiff legs I arrived back in London. The home of my supposed Sunday costume 'fun run'

For those of you who are unaware, I am big wrestling fan and with no persuasion Paul Ali persuaded me to run the marathon as my favourite guy, Boston's own John Cena. After an easy week easing my legs back in I arrived at the start line of the Fast GFA section in London looking like a complete fish out of water. Dressed in a bright blue cotton T shirt and cargo shorts I was ready for a fun run... or so I thought. Starting at a steady 6:40 for the 1st mile I felt fresh and met up with my 'BROTHER' Hulk Hogan (Paul Ali) at mile 4. I high fived lots of the crowd and was doing Cena's 'You can't see me' symbol wherever I could. I felt strangely fresh 6 days removed from Boston. After Hulk needed a pit stop I decided to press on. I think I was excited by the fact, although I looked like a right wally, I

was running really well. I got to halfway in 1:26:50 and decided to consolidate. The support was fantastic and I knew I was having a good day. The shouts of kids exclaiming that I was John Cena helped and I quickly moved to the last 5k, where the amazing Heidi Price screamed my name. I was a little out of gas, but sprinted the last 150 metres to clock 2:54:57. The befuddled marshal who gave me my medal exclaimed, 'You just ran a sub 3 hr marathon in army shorts?' I told her I was surprised too. So what went right in London that didn't go right 6 days earlier in Boston? Well, I ate well the day before, had 7 hours sleep and had a good rest in between. But there was something intrinsically fascinating for me about the fact I could run a marathon 10 minutes and 34 seconds faster 6 days after almost collapsing at Boston. I was elated obviously, but fascinated by the psychological factor of running with no goals on my physiological approach. I ran to have fun. For me my running is most successful when I go out with an open mind. The pressure I put on myself at Boston overtook my actual enjoyment of the experience. At London, I ran because I could, I ran to prove I could and this led to one of my best ever results. I did lack focus in terms of high fiving the crowd, but I would argue that gave me strength, rather than hindering my progress.

What I gained from World marathon week was strength. It is from this week I defined what 'running strong' for me is. Running strong is gained from experience, but to truly run strong, you need to consider and reflect on what it is about yourself that you wish to improve. It is only then that running strength can be found (who needs Freud). From now on I am going to run 'free' and as the famous philosopher John Cena once said, 'Never give up!'

The Honiton Hobbit *by Tom Robinson-Baggins*



I came across this race whilst looking for somewhere to run while on holiday in Honiton – I'd struggled to find any suitable looking footpaths nearby and all the races I could find were miles away – I'd almost given up and then came across this – perfect location, timing and distance.

There was a very friendly local feel to the race, with approximately 200 competitors. I found myself passing the pre-race time looking around at the club tops being worn (all of them were from the South West) and chatting to a couple of people. It was strange starting a race without knowing the route, the course profile or what kind of surface it was on – I could have asked of course, but thought the mystery might make things more interesting.

There was a minor delay at the start as a Postman's van (not Brian!) made its way through the amassed crowd and then we were off! A short steep downhill start was followed by a bridge crossing of the river we'd have a closer inspection of later. After a bit of a climb up a road we turned into the woods and followed a windy and thankfully relatively dry trail round and up into the hillside. It felt like classic trail running (similar to Sulham but deeper, thankfully mostly dry, mud). We then joined a road again and made our way to the base of another hill. The uneven track was relentless and every time you thought you were nearly done, there was another long section. I found avoiding looking too far in front of me a good coping strategy. I was pleased to be able to run this whole section while many began to walk.

At the top was a welcome drinks station and then a very rapid descent on road down the hill – great I thought, the hill is done. How wrong I was! A sharp u-turn and then we were straight back up the hill we'd just come down – but this time up a very steep and windy trail which I had to walk a couple of sections of. This trail continued up and down for a while and included some impressive puddles. The best one being 15 metres of thigh deep muddy water with a cargo net over the top to add to the fun. This section is usually a Land Rover Discovery Centre where people can have 4x4 experience days so designed to be challenging.



A Ring Wraith lurks behind every tree

After this things started to flatten out for a bit, along gravel tracks, through fields and across styles. After a brief section of road came the first river crossing. I was roasting by this point so enjoyed the chance for a refreshing dip. More undulating fields followed and the finish was in sight. The final obstacle was another river crossing with a man dressed as Superman to pull us out on the other side. The final sting was a steep hill back up to the start but then it was over. There was no medal but a technical t-shirt and cup of water were more than welcome. Highly recommended and I'd definitely do it again if I happen to be down there at the right time again.

Endure 24 2017

Sunil a self confessed Running Junky gives us the lowdown on this amazing event

For those new at the Club and wondering what Endure24 is all about, it basically a good day out in the Sun (when the weather is nice), camping with fellow runners, eating lots of food and having a good time with some running thrown in between to fill the gaps.

There are various categories you can enter for Endure24.

You can enter as Solo runner.

You can enter as a pair (dressing as wonder-women is optional)

You can enter as a small team (team of 3-5 people)

You can enter as a large team (team of 6-8 people)

The aim is to run as many laps in 24 hours starting from 12 noon on Sat till 12 noon on Sun. Each lap is 8km/5 miles.

You can only have one member of team doing the lap at any one time. So if you have a team of 8, it would mean you may have to wait up to 4-5 hours before its your turn to run again.

There is no compulsion that you have to run all the time, you can always take a break; have a burger and beer between each laps. If you are too tired, have a nap and go again when ready.

This was my third year at Endure24 and its my favourite event. It is well organised and I cannot fault it in any way. I like the camaraderie among runners especially out on the course where everyone is supportive of other runners especially of the solos runners.

We ran as 'Running Junkies', The name 'Running Junkies' because it initials to 'RJ'. Our team was made up of Mike Goff, Simon Nutbrown, Natalie B-B, Kevin Herring and myself. Mike G, Simon N and myself were part of the original 'Running Junkies' team that ran in 2016 where we managed to do 33 laps as a team and finished 13th (out of 100+ teams).

Our aim this year was...

To do 7 laps per person (total 35 laps as a team)

Try and complete each lap (5 miles) in under 40 minutes.

Aim to finish in top 10 in Small Team Mixed group category.

Kevin started us off with a quick lap of 38.16 minutes, followed by Natalie in 39, Simon in 40, followed by me with a quick fire 36.29 and Mike 37 to finish round 1.

Competitive Kevin was not happy at been beaten by my 36.29 and Mike's 37 and decided he was going all out on his next lap ... and he did. He came back with a massive grin and PB of 35.50. I tried my best to beat it on round two but only managed a 36.28. After round two we agreed not to kill each other by out-running each other and stick to the original plan of 40 minutes laps.

We were well on target, but somewhere in the middle of the night there was rain for about 2 hours. This messed up the trail especially on the two hills. - Oh! in case I did not mention, there are two tiny hills called (1) the little steep and (2) the Heart Break hill (also known as 'The bastard hill' by runners at Endure24). As the weather was hot all day the ground was hard and we were all running in our road shoes, but with the rain the uphill slopes became slippery and had no grip. Running uphill become a struggle as we ended up sliding down instead of moving up. Come morning the weather cleared and the sun quickly dried up the ground. It was perfect conditions for running again.



Final lap ...Natalie flying the flag for RJ.

At the end of 24 hours we managed to do 7 laps each/ 35 in total as a team and finished 5th out of 140 teams (Small Mixed team category).

Overall other than the brief rain at night we had a glorious weather and most of us ended up getting sunburned. Over the 24 hours period, I had 7 changes of clothes, showered twice and had no sleep for the entire 24 hours.

Many thanks to:

My fellow RJ's for their support all round which makes this such an enjoyable event.

The marshals who are fantastic and always cheering us on.

The organizers and especially Chris Sumner who does a fantastic job in putting such a fabulous event so close to home.

The North Hampshire Sports Massage people. I visited them twice once to sort my calf and one for my back, best £20 I ever spend for a 30 minute massage.

The fantastic team 'Running Junkies' - Natalie B-B, Kevin H, Simon N and Mike Goff for being such awesome team mates and making it such a great day out.

We have entered the same team again for 2018.

All new In the Spotlight

Alex Wnekowski on running and the older generation

CM What made you start running?

AW: It was actually a book called "Run, Fat Bitch, Run!". It was recommended to me by a mentor in work. I initially laughed off the suggestion of running to help manage stress, but the title of the book piqued my interest. I gave it a go but I needed a goal to work towards. A few weeks later my sister was diagnosed with Breast Cancer, and that weekend I saw the race for life being set up while I was taking the dog out in Prospect Park. I decided then that I wanted to do something to help and I needed something positive to focus on. So I picked up the book again (taking it a bit more seriously this time) and started running. A couple of weeks later Dan floated the idea of doing the Reading Half Marathon to raise money for charity, and I was sold on it!

CM Why running rather than a sensible hobby like snooker?

AW: Because I have the hand eye coordination of a fish! I wanted to get into some sort of sport to work on my work-life balance. Golf was ruled out very quickly and although I've been known to partake in Darts and Pool on a Friday lunchtime, it's generally for comedy value.

CM What are your responses when non-runners say

a) I'd like to run but can't because of my knees

AW: This used to be my excuse! I have no cartilage in one knee after a very dramatic spinning twisting kick accident in my martial art days, so I've been told it will be prone to arthritis. But for me, the immediate benefits outweigh potential problems. I'd say to invest in trainers with extra cushioning and get on with it. I believe it's often just as bad for your knees to remain overweight and inactive.

b) Running looks to be cheap, all you need are a pair of trainers

AW: It is! Compared to any other sports club or gym membership I've looked out. There's also lots of things out there that I didn't realise, many non-runners won't know the wonders of Parkrun, or that your running club membership can get you a discount on your trainers! However saying that, new trainers are the start of a slippery slope... I never thought I'd end up with multiple hats, water bottles, running socks and running outfits – I even got running themed birthday presents this year!

CM How have you benefitted?

AW: I benefitted hugely last year, having an outlet for stress and anxiety, and a positive thing to focus on. It turned my sister's diagnosis into a hugely positive thing when I raised over £3,000 for charity through sponsorship for the half marathon. It has also been a great talking point at work, I think asking for sponsorship and people knowing a bit of my story has raised my profile a bit - which is great! I've lost weight in the process (although I expected to lose more leading up to the RHM, I didn't expect to turn into a sloth most Sundays after a long run!), and made some great friends.

CM What's your most embarrassing running anecdote?

AW: I think every single picture ever taken of me at Parkrun is embarrassing, but I don't have a story! Yet.... Watch this space!

CM Everybody says "I love Reading Joggers as they're so friendly". Go on dish the dirt.

AW: Everybody is though! Although I will say that their quiz night is very skewed in favour of the older generations! ;)



CM Please expand on which of the 3 stages of running you're currently in. For clarification the 3 stages are

- a) Injured
- b) Recovering from injury
- c) About to be injured

AW: Definitely c). I've been pretty lucky so far, apart from some stiffness in my back I've been all clear thanks to a few tactically timed sports massages when I was building up the longest runs. I do think it's a matter of time though, particularly as when I'm tired I default into a sort of wonky hunchback style of running. I'm bound to fall over/twist/tear something at some point, so I'll enjoy the run of good luck I'm having while it lasts!

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

AW: I completed my first half marathon in 2h 40mins, so I'd like to beat that when I do it again next year. In the meantime, I'd like to get into a comfortable pace running in the 10.30 group, and get my 10K time under an hour,

CM What has been your most memorable running experience?

AW: Cliché... but it has to be crossing the finishing line in the Madejski Stadium.



Recently one of our members Lizzie Selwyn was diagnosed with Cervical Cancer and is undergoing chemo and radiotherapy. We wish her a speedy recovery and good health

New Members

Welcome to Colin Barnes, Juliet Griffiths, Tracy Castle, Stuart Stedman, Roelien Parker, Leanne Amor, Ram Sandhu-Bal, Edward Jones, Maria Brooks, Clare McNally, Amelia Smith, Nevil Hunt, Dan Gurney, Olivia Parr & Simon Parr.

Looking forward to running with you all

Upcoming events

- 17-Sep-2017 : Round Reading Relay



Meet at [Prospect Park, Main car park, RG30 2ND.](#)

Meet at 08:45 am for 09:00 start

[facebook event details](#)

- 29-Sep-2017 : 40th Anniversary Quiz night



[facebook event details](#)

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



Podium People: Brian Kirsopp & Jon Williams at Beale Park

Heidi Price number 2 lady at Beating the Boat



Sam Bayle at Beale Park



Joe Elkin Elmore representing the younger RJs



Lacking a podium Mary opts for a bench



All smiles before the nettles

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

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.



Forest Five. Is it me or is Mr Robinson looking rather buff nowadays?



Cakes & Cooks at the 40th BBQ

READING JOGGER'S twitter tweets

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



Reading Joggers
@ReadingJoggers

#ReadingJoggers new #blue #Kit - #Hoodies & #fleece



LIKES
6

7:15 AM - 2 Apr 2017 from Reading, England

1 13 6



James Greaves

@JamesGreaves10

Following

@ReadingJoggers



RETWEET LIKES
1 3



8:59 AM - 10 Apr 2017

1 1 3



Congratulations @Andypatrick64 on your #250 , @jayne_woodhouse on your #200 and Emma on your #50th #parkrun @Readingparkrun #loveparkrun



RETWEET LIKES
1 13

9:00 AM - 13 May 2017 from Reading, England

1 1 13



steve harlowe

@steveharlowe

Following

Went on the first recce of the @RoundReading today with @jayne_woodhouse 18 miles done. Tilehurst to Dinton. #guttediammissingit



LIKES
5

6:38 PM - 14 May 2017

1 1 5

Other Wonder Women are available.



#ReadingJoggers take over
@Readingparkrun tomorrow and yes there
 will be **#cake #loveparkrun**. Do come and join
 us for **#parkrun** and some **#cake**



RETWEETS 5 LIKES 9



4:21 PM - 19 May 2017 from Fremont, CA



Following

Reading Joggers getting ready for their
 takeover of Reading parkrun this morning.
 Cake!



RETWEETS 2 LIKES 11



8:28 AM - 20 May 2017



Following

We have over 160 **@juniorparkrunUK** events
 tomorrow for 4-14 year olds, plus parents -
 completely free! **#loveparkrun**

👉 parkrun.me/6o8vy



RETWEETS 8 LIKES 16



Reading Roadrunners @ReadRoadrunners · Jun 21

Massive well done to our club marathon legend Martin Richard Bush. He
 smashed through the 900 marathon barrier last weekend 🏃‍♂️🏆 #900Marathons



Replying to @ReadRoadrunners

Congratulations Martin 👍🏃‍♂️🍾

Likes
2



1:02 PM - 21 Jun 2017



 **Reading Joggers**
@ReadingJoggers

Thanks for a well organised race
@ForestRunners. Loved the course 😎😭.
Love your #Medal 🏆. #Forest5



Retweets 2 Likes 9

10:10 PM - 21 Jun 2017 from Reading, England

1 2 9

Tweet your reply

 **BFR** @ForestRunners · 20h
Replying to @ReadingJoggers

Thanks guys - glad your enjoyed it. Fantastic work in that heat, you all thoroughly deserve your medal

1 2 2

 **steve harlowe**
@steveharlowe

Following

Nearly time #Endure24 @ReadingJoggers



Retweet 1 Likes 6

3:52 PM - 9 Jun 2017

1 1 6

 **Steve Shaw**
@StevieShaw1975

Follow

@ReadingJoggers Wow! What a trooper Peter White was at Mersea Round the Island race. I was well and truly beaten by a great athlete. #legend

8:59 AM - 27 Jun 2017

1 1 1



 **Kirsty Mousley**
@mrsmousley

Following

Dawn. 25 miles done. Almost at 100 team miles. #epic @laura_wfc @tjrobinson
@ReadingJoggers @Endure24uk 7 hours to go!

Retweets 2 Likes 3

5:26 AM - 11 Jun 2017 from South East, England

1 2 3

 **Katherine Dewis** 🔒
@KatherineDewis

Following

Lovely rural run, if a bit wet ☁️💧, with @ReadingJoggers last night. Great post run snack of rocket lollies !



Like 1

7:11 AM - 28 Jun 2017 from Reading, England

1 1