



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

**Issue 113**

**It's Chrissstmas Time**

**Winter 2017**

Welcome to the Christmas edition of Footprint which we hope you can enjoy over a cup of tea and mince pie (or two...hey that's why we run – isn't it?!).

### **Chairman's Welcome**

It's been another busy year for the Club, with members taking part in races of all distances and locations. We also celebrated the Club's 40<sup>th</sup> anniversary this year with some great events, including our Quiz nights, the rural run out and lambing event, some interesting Tuesday evening runs and relays, and Summer BBQ etc. A big thank you to all those who have helped out with these events and others over the year.

Also a big thank you to the RJ Committee for their hard work in 'running' your Club over the year. Don't forget the Club's AGM to be held in March at the Mansion House it would be lovely to see as many of you attend as possible.

Please do keep sending in your photos and articles (long and short) for Footprint.



On behalf of the committee, I hope that 2018 will bring more running and enjoyable social events for all our members.

Merry Christmas !

Simon  
Chairman

## Christmas Festive and Cheer

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## Top Christmas Running Tunes

This issue I've taken the running tunes hostage so we've gone for Christmas songs that will help you clear the head and lose the pounds – I know not the usual classiness of Cliff!



[Rockin' around the Christmas Tree](#)

[Last Christmas](#)

[Feliz Navidad](#)

[Santa Claus is coming to town](#)

[2000 miles](#)

[Let It Snow, Let It Snow, Let It Snow](#)

[It's the most wonderful time of the year](#)

[Have yourself a merry little Christmas](#)

## Hitting the Wall Cliff Marriott

The first weekend of December and I was feeling a bit sorry for myself. I knew that many Reading Joggers had plans to take part in the Santa run, Sharon Milton was leading a team out of Prospect Park for a long run along the Thames and some were heading off to the Chilterns to run 10K or 10 miles at Mapledurham or in the case of Vyv James any distance that takes your fancy. Me I was 350 miles from the action. I had until recent taken myself off to the coast and got some lovely scenic runs in however the weather had turned and many of the campsites had closed for the winter. With this in mind I powered up the charabanc and headed inland.

By midday Saturday I'd found a beautiful campsite on Hadrian's Wall fairly close to Haltwhistle in the west of Northumberland. I had the place to myself except for a pack of rather entertaining ducks. I took a beautiful walk along the wall and had not seen a soul although given how the mist had descended I'd not seen much of anything but I decided that I'd get up early the following day and have a run in what was probably a beautiful setting. The following morning I was up bright and early. It takes a while to get light that far north so I busied myself with emptying the chemical loo and charging my Garmin. At that point I discovered it was bracing to say the least and my Garmin had completely given up the ghost. The mist was thicker than ever and a very large part of me thought about heading off to Haltwhistle in search of a fry up. But I'd got all dressed up and it was beginning to get light so off I set.

I headed off uphill. The Romans built Hadrian's Wall on a natural feature called the Whin Sill. This ridge of hard igneous rock stands proud of the surrounding moor. Stunningly beautiful but not easy running. Visibility was still poor so I concentrated on studying the dry stone walls I ran past. I've recent learnt how to dry stone wall. I haven't told my students this and instead persuaded them that it was actually an ancient Essex craft. I explained how we'd get dressed up in our walling shell suits and our women folk would prepare us a traditional lunch of Jellied Eels and Sunny Delight.

Wall appraisal kept me entertained whilst the mist clung to the hills and I tried not to look at the snow lingering in the sheltered spots. I often aim for a landmark to help break up a run and in this instance I'd aim for the few hardy windblown trees that scrape out an existence on the moors. This turned out to be a great strategy as most of the trees were Hawthorn and as I approached them large mixed flocks of Fieldfares and Redwings would take flight.

I'd been doing a spot of running but not really putting in the miles so I was a little apprehensive about how a hilly long run would be but something about the setting and the solitude helped and I found myself easing into a steady pace and attacking the hills. I passed one horse rider and a hiker and the only other person I saw was a shepherd on a quad. As I clocked up the miles the sun started to burn through the mist and before I knew it I was running in glorious countryside with the sun on my back. The mist clung on in low lying pockets. The tors and hills began to appear as islands emerging from a sea of mist. It was achingly beautiful.

Eventually I found myself on what is known as the military road. This Roman thoroughfare runs straight as a die on the southern side of the wall. It was used to provision the garrisons tasked with keeping the Scots out of England. I'm fairly certain it wasn't a popular posting. From my point of view it made for some easy running and before I knew it I was turning for home.

It was one of those runs that was completely enjoyable from start to finish. I didn't really want to go but once I got out there I loved it. So much so that I went back the following week. That run didn't go so well as the temperature had dropped even further and I managed to get lost for a bit as well. It was so cold that the contents of the chemical loo were frozen. I won't bore you with the details. What I will say is that there is a Haltwhistle Half in September. I'm really tempted to give it a go.

## Ultra-Runners Round Up

For those new to the club or not so new, there are number of runners that are members of RJ, that you won't always see on a Tuesday / Thursday night session. They run long distances at impressive paces if you are interested in joining in with their runs please do reach out.

### RJ Ultra Team "Season Review"

2017 has been an excellent year for the 'Reading Joggers Ultra Team' (i.e. Paul Ali, Paul Beechey, Barry Miller, Wendy Shaw & Alex Whearity) and here is a brief recap of the teams performances this year.

#### January

The Ultra running calendar kicked off with the Country to Capital event a 45 mile run from the wilds of Wendover into London. There was a good showing with Barry finishing 4<sup>th</sup> overall in 5.28, Alex 17<sup>th</sup> in 5.56 and Paul Beechey 19<sup>th</sup> in 6.03 from 312 finishers.

#### February

The first week in February saw the Thames Trot event take place, a 48 mile run (generally through lots of mud) from Oxford to Henley along the Thames Path. Alex had a fantastic result finishing 2<sup>nd</sup> in 6.39, Paul Ali finished 8<sup>th</sup> in 7.17 from 144 finishers. Unfortunately, an injury cut short Paul Beechey's run on the day.

Barry had an excellent run at the Seville marathon in Spain where he ran a new PB time of 2.51.



#### March

It's not all about ultra running events and the team took part in a couple of marathons in March with Paul Ali managing a 1<sup>st</sup> place finish at the Phoenix Spring Marathon finishing in a new PB time of 2.58 from 127 finishers.

The team had a strong showing at the QE Spring Marathon, an up and down marathon involving 2 loops of Queen Elizabeth Country Park with Alex finishing 5<sup>th</sup> (3.28), Paul Ali 6<sup>th</sup> & 1<sup>st</sup> Vet (3.31) and Paul Beechey 8<sup>th</sup> (3.37). The guys also collected the 1<sup>st</sup> Team prize aswell.

## April

The Crawley 24 hour track race was the next 'long' distance event on the calendar. This event involves running 400m loops of an athletics track for a whole 24 hours period. Wendy Shaw had a fantastic run to finishing 3<sup>rd</sup> overall and 1<sup>st</sup> Lady with a distance of 191km (119m) in 24 hours. Paul Beechey started strongly but had a few issues during the event resulting in an early retirement.

A week after Crawley Paul Beechey was fully recovered and picked up 1<sup>st</sup> place The Oner, an 82 mile run along the Jurassic Coastline with 10,000 feet of elevation in a time of 17.37. Paul Ali took place in the Half-Oner and also managed 1<sup>st</sup> place in a very small field in a time of 6.09. A double win for the Reading Joggers that event!

Alex took part in the iconic Boston Marathon event finishing in a time of 3.05 and both Paul Ali & Alex took part in the London Marathon but elected to run this as in fancy dress for fun with Alex running (2.54) and Paul running (3.03).



## May

Paul Ali took part in the Eastbourne Trackster Marathon early May finishing 2<sup>nd</sup> in 3.05.

Paul Ali, Alex and Paul Beechey all took part in the Ridgeway 40 a non-competitive running or hiking event along the Ridgeway to Goring and finished around 6 hours.

A week later both Pauls decided to try a new



## July

The last week in July was the date for the Kennet & Avon Canal Race. This was the second event in the Canal Slam series and involved a 145 mile run from Bristol to London along the familiar Kennet & Avon Canal (and took in some of the Thames Path as the 90 mile distance along the K&A was considered too short!). Paul Beechey dominated the race finishing 1<sup>st</sup> in a time of 25.48 with Paul Ali finishing 3<sup>rd</sup> in 29.08. Alex avenged the GUCR with a finish in 33.40 (11<sup>th</sup> place) supported by Wendy who paced Alex to the finish. There were 36 finishers from 76 starters.

## June

No events were completed in June, a much needed break perhaps?



## August

Paul Ali ran the 2<sup>nd</sup> Phoenix Marathon a week after the Kennet & Avon finishing 5<sup>th</sup> in a time of 3.16 from 112 finishers.

There was no let up for the team as both Paul Ali and Paul Beechey were due to take part in the 3<sup>rd</sup> and final race of the Canal Slam Series with the Liverpool Leeds Canal Race, a 130 mile run along the Liverpool Leeds Canal. There was some good team work evident here with both Paul's finishing joint 1<sup>st</sup> in a time of 22hrs 24minutes having run the majority of the route together.

Paul Beechey was also the overall winner of the Canal Slam series by a considerable margin with Paul Ali coming 2<sup>nd</sup> in the standings.

Alex and Wendy had decided to broaden their running when a planned visit to Australia gave them the opportunity to take part in the 64km Kuranda Ultra Trail event. This race introduced a number of different elements such as battling the heat and being wary of snakes with Alex and Wendy finishing together in a 8.54 in 28<sup>th</sup>/29<sup>th</sup> from 37 finishers.



## September

Mid-September Barry Miller had a very strong run at the Purbeck Marathon on the Jurassic Coast finishing 3<sup>rd</sup> overall in a time of 3.18, which is great time for a hilly course.

At the end of September Paul Beechey travelled to Greece to take part in the iconic Spartathlon event which involves a 153 mile run from Athens to Sparta to kiss the foot of the Statue of Leonidas as the finish and he had a strong showing finishing 27<sup>th</sup> overall in a strong field with world class runners in a time of 28.35. This was Paul's 2<sup>nd</sup> consecutive Spartathlon finish.

Alex also ran the Mortimer 10k in September, finishing in 4<sup>th</sup> place in a time of 37.59.

## October

It was one race too many for Paul Ali at the inaugural Lon Las event which involved a 250 mile non-stop run across Wales resulting in a DNF around the half-way point.

The team were well represented at a 'blustery' Autumn 100, a 4 x 25 mile out and back event along the Thames Path and Ridgeway with Wendy Shaw coming 2<sup>nd</sup> lady in 19.58, Barry finishing 14<sup>th</sup> in 18.40 and Alex finishing 15<sup>th</sup> in 18.49 from 178 finishers. Unfortunately, it was also one race too many for Paul Beechey with a DNF at this event.



## November

Paul Ali took part in the next Phoenix Marathon of the series of 4 and finished in 3<sup>rd</sup> place in a time of 3.05 from 122 finishers along a muddy Thames Path.

Barry Miller had a slightly more scenic run at the Florence Marathon where he finished in 3.03 and then got up and won the Florence Parkrace (Parkrun) the next day.



## December

Alex and Wendy (ably crewed by Adrian) travelled to Barcelona to take part in a 24 hour track race. Unfortunately, the race didn't go to plan for Alex with an early retirement but Wendy had an exceptional result running 220.5km in 24 hours, finishing 2<sup>nd</sup> Lady and achieving the GB team race standard which was a fantastic results and a great way to finish the year on a high.

Overall, it has been an exceptional year for the Reading Joggers Ultra Team with race wins, podium positions, Top 10 positions and some amazing results across some challenging races. Well done guys!



## Inaugural Round Reading Ultra 5th August – Margaret Husein

New race, flat, 1 lap 50km, 2 laps 100km and in Reading what's not to like? Don't get me wrong I love our Joggers RRR. I tend to avoid longer summer races but this was too good to miss so signed up for 50km.

Purple Patch are good race organisers but with any new race expect a few teething problems. Initially it was strictly self-navigating with GPS mandatory. Route eventually published and Jayne Woodhouse and Steve Harlowe recce'd it and I joined them for final section. Steve was going to miss the race but Jayne had his race loaded GPS so Mary Wilson and I planned to stick to her like glue. We all agreed that with 12hrs allocated for the 100km even we would complete 1lap with time to spare!

Naturally, only after Steve had gone off on his hols were we instructed GPS only advisory but to delete previous download as they'd revised some of the course!! ..... Then 2 days before race we noticed small red RRUM stickers appearing on lampposts and gates. Yes, they'd changed their minds and marked the course – though warning us that "Joe Public" could sabotage them. (They didn't and you can still follow them).

Start/Finish at Thames Valley Park. Surprisingly only other RJ in the field of 90+ runners was Mark Saunders. He finished a credible 6<sup>th</sup> overall in 4.26.22. Somehow I 'lost' Mary and Jayne in the first few yds. I ran mainly with 2 out of town newbie ultrarunners. There are races you race and those you take as it comes and enjoy - we got round very much at our own gentle pace. The 4 compulsory check points were well stocked with drinks/ snacks and friendly volunteers. Big thanks to those RJ's who gave up their day.

Memorable moments included stopping off for an ice lolly at Three Mile Cross when baking hot contrasting with the thunder storm (our second drenching) that caught us in the open down the River Loddon.

Next year I'm sure it will be a bigger field. If you've never done an ultra this is a good one to start with. Thoroughly enjoyed it and hope to enter next year. [Editor note: date for the calendar is Saturday July 28<sup>th</sup> 2018)



# READING JOGGERS twitter tweets

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

**Reading Joggers**  
@ReadingJoggers

Meet the couple keeping @Readingparkrun congratulations @absojollylutely and Paul on your nominations



**Meet the couple keeping Reading running**  
Teresa and Paul Caswell, the organisers of Reading Parkrun, have been nominated for a Pride of Reading Award  
[getreading.co.uk](http://getreading.co.uk)

5:36 PM - 18 Aug 2017 from Reading, England

4 Retweets 10 Likes

1 4 10

Tweet your reply

**Teresa Caswell** @absojollylutely · 17h  
Replying to @ReadingJoggers @Readingparkrun @getreading  
thanks guys :-)

1 2

**Pangbourne 10k**  
@Pangbourne10k Following

Special mention to Peter White who completed the course in 78 minutes. Not bad for 87 years young.



4:29 PM - 11 Sep 2017

**Reading Joggers**  
@ReadingJoggers

#Congratulation @steveharlowe and @jayne\_woodhouse on completing your #50th #marathon 🏃‍♂️🏃‍♀️  
#RunningMan #MarathonClub  
#ReadingJoggers

11:10 PM - 13 Nov 2017 from Reading, England

**Tom Robinson**  
@tjrobinson Following

I've seen it before but this is still amazing!  
#rdguk #strava @ReadingJoggers



**Strava Global Heatmap**  
Over 1 billion activities, 13 trillion data points create the ultimate map of athlete playgrounds.  
[labs.strava.com](http://labs.strava.com)

1:06 PM - 14 Nov 2017

**Reading Joggers**  
@ReadingJoggers

RJ's at this mornings #O2O10k #RunHappy  
@PurplePatchRun

11:24 AM - 1 Oct 2017

**Reading Joggers**  
@ReadingJoggers

Final Rural Run for #summer 2017 from Englefield Estate.  
#ReadingJoggers #TrailRun

9:33 AM - 7 Sep 2017 from Englefield Garden Centre

**Katherine Dewis** 🔒  
@KatherineDewis

Following

Great @ReadingJoggers Christmas run out at @DintonPastures! Lovely walk with kids and great seeing the group running regularly on our way around the lake!

7:32 PM - 17 Dec 2017 from Reading, England

1 Retweet 3 Likes

**Kirsty Mousley**  
@mrsmousley

Following

It's cold, I'm sleepy... let the @runup2christmas challenge commence with a @Readingparkrun sandwich! #RU2C #teamfrosticles 🎅⛄️

7:41 AM - 2 Dec 2017 from Reading, England

1 Retweet 3 Likes

steve harlowe @steveharlowe - Dec 2  
Replies to @mrsmousley @Readingparkrun  
See you @Readingparkrun @mrsmousley. Your training will be worth it when you cross the line VLM.

## The Spine

One of our second claim members is competing in a pretty tough event at the start of next year that I could not leave out of this newsletter!

The MONTANE® Spine® Race is widely regarded as one of the world's toughest endurance races. A truly epic challenge that will test your physical resilience and mental fortitude. Racing non-stop along the most iconic trail in the UK, you will experience the full intensity and ferocity of the British Winter. Prepare yourself for the biggest challenge of your life.

It is a 268-mile (429km) route from Edale in Derbyshire to Kirk Yetholm, Scotland between Jan 14th – 21st - yes winter time when they get the opportunities for rain, hail wind, and snow.

Why oh Why? I hear you ask. That's a very good question and one that Christina Calderon and Phil Reay will be able to answer for you post Jan 21st. As, yes, they will be toe-ing the start line of this harsh race raising money for Daft as a Brush – you can find their just giving page here and their story [www.virginmoneygiving.com/philreay](http://www.virginmoneygiving.com/philreay)

Please note: all donations go to charity, all race entry fees and associated expenses are covered by Christina and Phil themselves.

They have trained really hard including a number of recce's over the course they will be competing on and have experienced some of the earlier winter weather they may face in January.

All runners run with a tracker which means they can be followed on a map. We'll make sure these details are shared so we can all follow them from the safe confines of our sofas.

Good luck Christina and Phil (and all other entrants taking part).



## Berkshire County Road Running Championships

This annual season long championships comprises this year of 5 mile, 10K, 10 miles and half marathon events – Abingdon appears to have been dropped for this year. You can complete in 1, 2, 3 or all 4 of the events. There are prizes per age category per event and for the overall scoring.

To take part you need to have been born in Reading or have lived here for a continuous period of 9mths or more. More details can be found on the [website](#).

Reading Joggers unfortunately aren't very well represented, though when we have been in the past, we often pick up prizes.

Judy Hicks won bronze age category for Maidenhead 10 and Wokingham half marathon. Well done Judy, it would be great to have a few more representing us next year.

Entry is simple, you enter the race as normal, and then email Berkshire Road Champs with your details. They will reply advising you are in. Their website explains all so check out for further details [website](#)

**Wokingham Half Marathon, Sunday February 18th**

**Maidenhead Easter 10 miles, Friday March 30th (Good Friday)**

**Woodley 10K, Sunday April 15th 2018**

**Marlow 5 miles, Sunday May 13th 2018**

I wonder how many Reading Joggers will enter this year?

## Upcoming events

- parkruns on Christmas eve, Christmas Day,
  - Check <http://www.parkrun.org.uk/christmas-compendium/> to see which parkruns are on and for changes in time.
- New Years Eve run in planning - contact Simon Riviere for further details / or check in the FB Group
- Saturday December 31st. Gutbuster 10 miles or 10k
- parkruns on New Year's Eve and New Year's Day.
  - Check <http://www.parkrun.org.uk/christmas-compendium/> to see which parkruns are on and for changes in time.

## In the Spotlight with Jayne Woodhouse

### 1. What or who made you start running?

My son Reece introduced me to running, his friend kept wanting him to run parkrun. Reece was 10 years old then so I had no choice but to take him! But I quickly caught the running bug and 6 months later I joined Reading Joggers. This was in 2012. I would never have believed how much I could have achieved with running.

### 2. Why running rather than a sensible hobby like watching re-runs of old TV shows whilst in the warm on the sofa?

I've tried these hobbies but then had to diet, needless to say that didn't work well. I like food. I was getting nearer to 50 and heart disease is common in both sides of my family.

### 3. What are your responses when non-runners say

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

I'd say evidence shows that you won't damage your knees by running. However, seek advice, get decent trainers and join a club for both support and good advice.

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

Running can be cheap, the cost increases if you want the latest gear and enter lots of races.

### 4. How have you benefitted?

I have immensely benefitted, I now have energy to face the world and juggle most things in my life. I rarely get ill and still get a buzz from a good run. I work indoors so I love running outside, the feeling of freedom it gives me is very addictive. I've also met some wonderful new friends.

### 5. What's your most embarrassing running anecdote?

During a marathon, I tripped and fell flat on my face, arms and legs all over the place as 2 good looking men were running towards me. Bless them, they found my drinks bottle and helped me up. Talk about wanting the ground to open up.

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

Haha, now that would be telling...

### 7. What is your bestest event you have done (so far) - and why?

The London marathon, this was my first marathon in 2015. I gained a place through the ballot and Amanda Hall through RJ's ballot. I had only entered the ballot as everyone at joggers kept talking about it, I was extremely lucky to get a place on my first try. Amanda and I trained together and ran the event together. We shared tears, advice, pain and talked about everything. The training programme was extremely tough. We set a target of 5:19 and thrashed it when we completed 4:59. This will hold a special place in my heart forever.

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

a) Injured

I've been lucky and not had too many injuries, I hope it stays that way...

**b) Recovering from injury**

10 days ago I thought I was going to be out of running for ages due to severe shin splint. I even DNS (did not start) my first marathon and jogged / walked another. However KT tape and stretching seems to have done the trick and at my last marathon I managed to run most of it.

**c) About to be injured**

I hope not... I know that after a marathon I need to roll and have a long soak in a bath with plenty of Epsom salts.

**9. What running related targets do you have for the future?**

To join the 100 marathon club. I've now run 57 marathons in the last 2 1/2 years so hopefully I will achieve this in the next 18 months or so. I've given up saying I could never...so who knows what will happen once I reach 100.

**10. What has been your most memorable running experience?**

I have a few special ones however the Green man Ultra, a 45 mile run around Bristol in March was pretty awesome. Margaret Husain, Steve Harlowe and I needed to complete it in 12 hours. Margaret ran a brilliant 30 miles, Steve and I finished in 11 hours and 51 minutes. We are officially woodwooses.



## **Next issue of Footprint**

A huge thank you to all the contributors for this issue, keep the articles coming. The next Footprint edition will be in the Spring of 2018 so remember to share your running escapades with us

**Why not make your New Year Resolution “This year I’ll write about my running exploits”**

Please email anything you want included to [info@readingjoggers.org](mailto:info@readingjoggers.org) use Facebook messenger or my mobile is 07702 262 598. Please try and use no spacing rather than normal. Many thanks Mary.