



Roadrunner

The Journal of the Road Runners Club



Cover Photo:
Walter Hill finishes the I.O.M. marathon. Photo by Dave Bell of DK Photograph

NUMBER 226
Winter 2021-2022

OFFICERS OF THE RRC 2021 -22; Elected at the AGM, Sept. 30th 2021

All posts are honorary (we are all volunteers)

President: Ian Champion
Hon. General Secretary: John Trory
Hon. Treasurer: Elaine Oddie OBE
Hon. Auditor: Don Turner

Vice Presidents: Roddy Fisher, Elaine Oddie OBE

Members of Council:

Hideo Takano, Pam Storey, John Wright, John Trory, Elaine Oddie

Chairman of Council:	Pam Storey
Editor of <i>Roadrunner</i>	John Trory
Statistician	Andy Milroy
Standards Scheme Secretary	<i>position vacant</i>
Championships Secretary	John Trory
Merchandise Secretary	John Trory
Archivist	Ian Champion
National Representative	Dr Hilary Walker
John Legge and John Jewell Awards	decided by committee

Contacting members who have specific jobs

*It is a very great help if you can send an SAE with any letter that needs a written answer. Better still, **use email!***

Ian Champion (Archives)
14 Haileybury Ave., Bush Hill Park, ENFIELD EN1 1JJ President@RoadRunnersClub.org.uk

Elaine Oddie (Treasurer, England Athletics Affiliation, Insurance, Membership List)
7 Bellway Court, Grosvenor Road, WESTCLIFF ON SEA, Essex S50 8EP Treasurer@RoadRunnersClub.org.uk

John Trory (Merchandise, Championships and Roadrunner)
10 Dorothy Road, HOVE BN3 7GR johnandcynthia@trory.net

Pam Storey (race organisation advice) pamstorey@tiscali.co.uk

Road Runners Club medical officer; Dr. Mahnaz Alsharif (sports physician) with multiple qualifications including MSc in Sport and Exercise Medicine and 15 years of experience is available to give advice on those particularly difficult injuries that your own physio is just unable to rectify. She has that in depth understanding of running that usually is unavailable from most physiotherapists. Contact her by e-mail; mahnaz.alsharif@circlebath.co.uk

NOTE; Shortly after the AGM, Ian Champion resigned as president. He had been indicating for some time his desire to do so but it did take a while to find a suitable worthy replacement. This was achieved too late to be part of the annual election of officers but Walter Hill is now our president and will be listed as such in future editions of *Roadrunner*. Further details are in the body of this RR.

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Editorial

Well, the two years we will never forget have ended and our members have mostly emerged more enthusiastic than ever to engage in the sport of running. It is our best standard of normality, if anyone can remember what that was. Many of us who love running have realised how much it contributed to our health when we noticed a slow decline in months where it was not possible, for whatever reason. Living in Hove, I am one mile from the seafront, albeit extremely crowded even in the middle of winter, and two miles from the South Downs. Even with this availability of amenity I was not able to run as often as I would have liked. All other aspects of life, however, were seriously hampered, making even the simple jobs awkward and prolonged. For several years we have produced championship trophies with comprehensively engraved attachments which I feel sure make them the best in the country, but the engraver and trophy supplier closed his shop and now works from home. He is not as fast or efficient as the young woman who used to work for him and he now charges double the price. This is an ongoing problem which I will have to resolve. Other problems have beset the administration of the club but we have come through it with determination and look forward to this year, **our 70th anniversary year**, as the start of the

future, albeit with a slightly lighter membership. We are also losing the services of long term member John Brassington who has, for many years, been responsible for stocking and supplying our club vests and badges and also sending welcome packs to new members. John was also an able supporter of our stand at the annual London Marathon Expo and was for many years the organiser. His health prevents him from carrying on and I will certainly miss him so thanks, John, for all you did.

This Roadrunner should have been out in December but, because the deteriorating sight in my right eye interfered with my ‘good’ left eye, computer work became very tiring and therefore limited in session time. Compilation has dragged on and on. In previous years this would have been time critical as our bumper issue would have been April for the London Marathon Expo but this will again, hopefully for the last time, be in October, so I will shuffle that down the line as well. Races are opening up now so hopefully there will be a lot more to talk about but it is up to you to send in your stories. Even short paragraphs will find a place in club news and non libellous opinions are always printworthy. Good luck everybody for this bright new year!

Road Runners Club

The U.K. club with worldwide membership, the club with a difference
a respected history and a vibrant future that works for you.

What can we do for you?

For a mere **£12.50 annual club subscription,**
or **£15 for 2 people at the same address;**

you can join in our **unique championships** by competing at any time in the year in any officially measured race **anywhere in the world** and sending your official time to the championship secretary. Watch the competition develop month by month as others send in their own times throughout the calendar year for **five distances in six age groups**. First three places are awarded our uniquely designed medals. Multiple winners get superior trophy awards.

Insurance for injury by road vehicle whilst training or racing.

Three times a year we send to our members what is probably **the best club magazine** in the U.K. This averages 40 pages of A4 glossy full colour magazine.

We offer in the members' area of the website **extensive practical training advice, plus** dozens of individual training and racing tips of value to beginners up to advanced runners.

We welcome new members who are already first claim for other clubs as we have much to add. We do not seek to replace their local club.

All abilities welcome. **Our marathoners range from 2-38 to 6 hour walking fun runners and our distances from 5k to 100 miles.**

PLEASE READ THIS IMPORTANT NOTICE

England Athletics Affiliation Fees

Elaine Oddie

At the time of writing, England Athletics has no plans for altering the current affiliation arrangements for this year. For 1st Claim RRC active/competitive members who wish to Affiliate to England Athletics or renew their current ongoing affiliation, **the renewal date is 1st. April 2022 which then runs to the 31st March 2023.** The fee is **£16** for this 12 month period. There is no 'part year' reduction on this fee if paid later. If entering an event without an EA affiliation URN (Unique Registration Number), you will have to pay an additional penalty payment of £2 added to the flat race entry fee. (If the event entry permits it.) You are reminded that to gain full benefit of this obligatory payment you need to enter at least eight events per 12 months period. **Also, all regional and national championships require competitors to be affiliated to one of the UK associations. Affiliation to England Athletics or the other relevant national bodies that make up UK Athletics is separate from and additional to the membership of any club and can only be carried out through the member's first claim club.**

England Athletics no longer take cheques in payment so this must now be made by either a) posting a cheque to Elaine Oddie **made out to Road Runners Club** as Elaine is now handling the affiliations (**include EA URN and RRC membership number, name, address, date of birth and email address**), or b) by paying the £16 directly into the RRC bank account and **notifying Elaine Oddie that you have done so and including your details. Your affiliation will not be completed if you do not supply Elaine with the details.**

Affiliated members should also note that when entering a race, it is the **E.A. affiliation number (URN)** that should be quoted and **NOT** their Road Runners Club membership number.

Please note; Club membership subscription and E.A. affiliation are now both dealt with by our treasurer Elaine Oddie whose details are inside front cover. The club's bank account is sort code 60-12-36 and account number 35451165

Walter Hill, our new president

John Trory

Ian Champion has been our president since 2011 when he took over the post from the famous Hugh Jones who was the first UK winner of the London Marathon in 1982, posting a time of 2-09-24. Since he started, Ian has been a constant and able contact with England Athletics and the management of the London Marathon Expo, but more recently has felt that it was time to give way to a younger person to take the club forward. In a post in which no holder had previously exceeded 4 years, Ian's 11 years certainly stands out. It took some

considerable time to find someone who would be prepared to take it on and the club should now consider itself very lucky that Walter Hill has accepted our request. Walter is a very energetic 68 year old who will prove very beneficial to the club for many years to come as he has extensive experience in organisation in athletics. Walter joins a list of famous names listed here. Don Turner, John Gebbels, Stephen Moore and Hilary Walker are still members of Road Runners Club.

President	First Claim Club	Term in Office
Rex Cross	Blackheath Harriers	1952–1953
Sam Ferris	Polytechnic Harriers	1954
Jim Peters	Essex Beagles	1955–1956
John Jewell	South London Harriers	1957–1958
Lew Piper	Blackheath Harriers	1959
Vic Fowle	Herne Hill Harriers	1960–1961
Tom Richards	South London Harriers	1962–1963
Ernest Neville	Blackheath Harriers	1964
Arthur Bourne	Liverpool Pembroke AC	1965–1966
Gordon Doubleday	Belgrave Harriers	1967–1969
Bernard Baldwin	Mountain Ash	1970
Mervyn Dunaway	Stock Exchange AC	1971–1972
Harold Lee	Orion Harriers	1973–1975
Brian Doughty	Manchester AC	1976–1977
Don Turner	Epsom and Ewell Harriers	1978–1979
Bob Pape	Royal Navy	1980–1981
Peter Goodsell	Walton AC	1982–1984
John Dixon	Epsom and Ewell Harriers	1985–1986
Ron Hill	Clayton-le-Moors Harriers	1987–1988
Alan Storey	Ranelagh Harriers	1989–1990
Ian Macintosh	City of Bath AC	1991–1992
John Gebbels	Herne Hill Harriers	1993–1994
Hilary Walker	Serpentine RC	1995–1997
Stephen Moore	Hertford and Ware AC	1998–2000
Don Ritchie	Forres AC	2001–2003
David Bedford	Shaftesbury Harriers	2003–2006
Hugh Jones	Ranelagh Harriers	2007–2011
Ian Champion	RRC	2011--2022

Brighton Marathon – “Experience the Unforgettable”

Andy Taylor

I like to think that the whole Covid experience has made us more sympathetic to delays and disruptions and more appreciative of people's efforts. If there's an hour waiting for food in a pub then so what, it's just great to be in a pub. If the bus is late then at least we're out, rather than in the dark days of lockdown and isn't it great to have races back on, even operating under Covid plans?

It was great to be down on the south coast for my first Brighton marathon, 2.5 years after entering. While the sun was shining albeit a little too strongly for my liking, I had maintained a reasonable level of fitness and the training had gone quite well. The rolling start was reassuring and allowed adequate space to run. Up to 9 miles in Ovingdean, I was progressing as planned at 8:15 per mile and life was good. So as you can imagine, I was somewhat surprised when my watch vibrated to signal 10 miles, without a mile marker in sight. As I had missed a few earlier markers I wasn't unduly concerned until the 10 mile marker appeared after a further 4 minutes. But looking around me nobody seemed the slightest bit concerned. Clutching at straws I hoped that the 10 mile marker was in the wrong place and that 11 miles would appear after 4 minutes, but alas no. And then all subsequent mile markers appeared to be at the correct distance, which was strangely disheartening, especially as they each took slightly longer to reach as the race progressed. I eventually crossed the line in a disappointing 4:04; only a few minutes of which could be attributed to the longer course unfortunately. But at least there was a very refreshing dip in the sea.

It was only on the walk back to Brighton station that I met someone who had also noticed the increased distance. And then on my return home the full extent of the problem emerged on social media. Not only was the course 568m too long, it did not have a valid UKA distance certificate. It also transpired that Ollie Garrod, the leader for approximately 26.4 miles was overtaken in the last 200m. An apology email from the organisers, blaming human error, reclassifying the race as 26.55 miles and suggesting that where qualifying times had just been missed, individuals talk to race organisers. It also transpired that the 2017 race had been 146m too short. While it's not significant for me, it will be for some people and whatever we pay to enter a run (£60 in this case) we at least expect the distance to be right. But I have 'previous' on this; a 28 mile marathon in Macau in 2012 (Roadrunner Spring



Andy Taylor in the Brighton sunshine

2013) and two 'short' Manchester marathons in 2014 and 2015. And those are just the ones I know about! So thanks to the organisers for making it happen; it was good to be back, but please don't lose sight of the basics.

Important notice regarding GOOD FOR AGE QUALIFICATION in the 2023 London Marathon

There is a very limited qualifying period for the 2023 race and that is;
4th October 2021 to 7th August 2022

It should be noted that this period of time does not include the London Marathon event of either year.

This means that we will all have to find a marathon in a very short time as all hopefuls will be booking in and filling up other races pretty soon.

42 Octogenarian Athletes Celebrate in Bushy Park

Early in September in ideal conditions, on a mild, windless, dry day in Bushy Park, amongst the 1275 finishers in event number 841 of this long standing traditional Parkrun, there were 42 youthful octogenarians healthily exercising and enjoying the conditions, every one of them relishing the friendliness of the day, now an annual event instigated by George Frogley, Road Runners Club member, four years ago and so well organised on the day by the dedicated local volunteers for the fourth time. Three new age category best times were achieved by Eva Osborne VW80 29:30, Tom Harrison VM 31:08 and Geoff Jackson VM90 50:27, and there was a happy link with the 2020 Olympics when Albert Yee, the grandfather of Triathlete Olympic Gold Medallist Alex Yee, crossed the finish line. After the event, cup-cakes and bubbly soon revived tired legs and many old friendships were renewed. It is hoped that on 2nd July 2022 the next octogenarian parkrun gathering will see the record of 48 octogenarians running together, set in 2019, will be broken.

PUT THE DATE IN YOUR DIARY NOW – SATURDAY 2ND JULY 2022!

*Richard Pitcairn-Knowles,
Albert Yee, George Frogley*



BUSHY PARK PARKRUN 4th SEPTEMBER 2021 42 OCTOGENARIAN RESULTS

609	Graeme Baker	VM80	Teignbridge Trotters	28:04
666	John Holland	VM80		28:37
671	Amos Seddon	VM80	Harwich Runners	28:42
742	Dennis Carter	VM80		29:28
749	Eva Osborne	VW80	Wymondham - W80 Record	29:30
800	Ralph Bridgeman	VM80		30:23
862	Judy Nutting	VW80		31:06
863	Ken Wilson	VM80		31:07
864	Tom Harrison	VM85	Reading RR – M85 Record	31:08
871	Robert Smith	VM80		31:15
891	David Carbert	VM80		31:53
899	John Blakey	VM80		32:00
967	Gerald Billis	VM80	Wootton RR	33:27
1008	David Clark	VM80	Burgess Hill Runners	34:14
1064	Richard Mellish	VM80		35:33
1111	Mike Horwood	VM80	Cheddar Running Club	36:49
1132	Allan Lang	VM80		37:40
1144	John Allen	VM80	East Grinstead Hash HH	38:21
1160	Donald Bell	VM80	Stragglers	39:20
1169	Mike Bingham	VM80	Stragglers	39:58
1175	Nandor Orban	VM80		40:35
1185	Hilary Bradt	VW80		41:29
1191	Kingsley Starling	VM80	Reading Joggers	41:41
1192	Monique Meinae	VW80		41:51

Brighton Marathon – “Experience the Unforgettable”

42 OCTOGENARIAN RESULTS (Continued)

1196	Robert Winning	VM80	Reading Joggers	42:46
1199	Michael Meogher	VM80		43:15
1203	Tom Allen	VM85		44:10
1211	R Pitcairn-Knowles	VM85	Sevenoaks AC	45:46
1226	John Bell	VM80	Ackworth RR	47:46
1229	Shelagh Allen	VW80		47:16
1245	Geoff Jackson	VM90	Didcot Runners-M90 Record	50:27
1250	Anne Middlemiss	VW80	Stragglers	51:11
1253	Les Brown	VM80	Stragglers	52:15
1254	Lionell Mann	VM80	Amphill	52:34
1256	Dermont Lynch	VM90		53:09
1257	John Wilkins	VM80		53:15
1258	George Frogley	VM85	Zero to Hero Runners	53:18
1259	Mike Bryant	VM80	26.2 Road Running Club	53:18
1261	Margaret McDougal	VW80		54:17
1266	Alistair Aitken	VM80	Highgate Harriers	55:54
1272	Margaret Smith	VW85		67:06
1273	Albert Yee	VM85	Bromley	67:20

Editor's note for the pedants; The organisers are aware that the octogenarian list actually includes two nonogenarians.



Bushey Park Annual Octogenarian 5k

England Athletics

Thank you

We are proud to support our 1,700 member clubs and bodies who have made a full return to organised training and competition during 2021. Close to 3,500 track and field competitions, cross country events or road races have already been licensed this year, whilst as of today we have welcomed 150,000 registered athletes for the 2021/22 season, 15% more than at the same point last year. This is the perfect time to say 'thank you'. Without the innovation, passion and commitment from everyone involved in the sport over the last 12-months, bringing it back quickly would have been impossible. It is this 'can-do' attitude that helps us to continually evolve and that will ensure future success. We are stronger together, as one family. We are also fully aware that challenges remain and that we will need to continue to monitor this situation carefully, and work together collaboratively, during the coming period as we hopefully move away from the constraints the pandemic has placed on our daily lives and the delivery of athletics and running.

Effective from 1 April 2022

The affiliation and registration fees for 2022/23 will be as follows:

Club and member body affiliation fee will remain at £150 per club/member body. Athlete registration fee will increase to £16 per person. Following the decision to not increase the athlete registration fee from £15 to £16 in 2020 as planned and to keep it fixed in 2021/22 as well, through consultation with the Regional Councils we feel that after a period of five years without change, a small increase in 2022/23 is appropriate to help us to maximise investment back into the sport to support competition, clubs, coaches, officials and talented athletes.

Club, member body affiliation and athlete registration fees will be payable from April 1st onwards with all clubs required to affiliate by 30 April with the athlete registration cut-off date, for those existing (2021-22) England Athletics registered athletes being 30 June. Should clubs wish to pay their athlete registration fees on 1 April or soon after as they would ordinarily do then that is absolutely fine.

Club athletes and runners that were not registered with England Athletics during 2021/22 would need to register before their first competition. As has been the case since 2020 our club and athlete affiliation packs will be available digitally in the myAthletics portal. We encourage all clubs to use the new club management area of the myAthletics portal to manage your membership and pay club affiliation and athlete registration fees online. Cheque payments will only be accepted in exceptional circumstances.

A collective long-term vision

As a not-for-profit membership body, the strategy we have established sets out our ambition to increase the resilience of our affiliation and athlete registration income. Primarily,



this will be achieved through improved engagement with clubs and ensuring that we continually demonstrate value. We want clubs and their athletes to feel proud to be part of an organisation that has their interests at heart and develops an inclusive sport where everyone belongs and can flourish.

Listening to our members

As part of our ongoing review process, we have sought the input and thoughts of the England Council and Regional Councils who were supportive of the approach for 2022/23. We have also previously conducted consultations to elicit the views of registered athletes and affiliated clubs/bodies to ensure that what is being offered through club affiliation and athlete registration provides value. Previous consultation has indicated that £15-£20 is an optimal price to pay for athlete registration and our new strategic plan aims to place the needs of the athlete at the heart of everything we do and prioritise support for clubs, coaches, officials, competition and talented athletes.

Our commitment to value and re-investment

England Athletics recognises the importance of ensuring the additional income generated from membership growth is both invested into the sport and the organisation's priorities, as well as reinvesting in membership and other core services. This will grow the ability of the organisation to support a larger membership base and improve the quality of service to our members. England Athletics recognises the importance of maintaining high-quality services at reasonable prices for the athletics and running community and will aim to ensure these services cover their costs. We hope the result will be improved retention levels of existing registered athletes and more clubs registering a higher proportion of their members with England Athletics.

Our services and member benefits

Developing opportunities for grass roots athletes and runners in England is at the heart of everything we do. As the membership and development body for athletics and running in England, we support athletics and running clubs, facilities and schools, affiliation and membership, domestic competition opportunities at area, county, national and international [England] level, the recruitment, training and

England Athletics

retention of coaches, officials, and leaders, volunteering, participation and the development of talent pathways for athletes through to the Commonwealth Games. Details of our existing and future plans can be viewed at www.englandathletics.org.

Your continued support as members of England Athletics will enable us to maintain and expand our work to improve the sport in a range of areas such as:

Sustained investment in competition for club athletes and runners of various abilities at a national, area and local level through our partnerships with bodies such as the English Schools' Athletic Association and other innovative providers.

Continued investment in the support provided by our staff, available to clubs across England on important matters such as coach/run leader development, facility development, equality and inclusion, club management, participation, resources, membership services, marketing resources, road running, www.runtogether.co.uk and volunteer recruitment.

This will include access to conferences, webinars and programmes such as club run, track nights, masters endurance, volunteer awards and club leaders. Increasing the

number of qualified and licensed coaches, leaders and officials across England, converting more content online wherever appropriate and providing development opportunities and resources through www.athleticshub.co.uk – we will continue to work collaboratively with UKA and the other Home Country Federations to influence coaching and officials strategies and remove barriers to education and access where they may exist. Continuing to roll out our funetics run, jump and throw programme to primary school aged children across England www.funetics.co.uk Coordinate the team selection and management process of Team England at the Commonwealth Games in Birmingham during 2022.

Where your support and other income is invested

England Athletics receives funding from a variety of sources and our reliance on public money via Sport England has been decreasing year on year thanks to the support of affiliated clubs and member bodies, registered athletes, commercial partners and sponsors. Our key funding sources at a headline level for the year 2021/22 are planned as follows. A similar split of investment is planned for 2022/23:



Yours sincerely, Chris Jones,
CEO England Athletics

CLUB MERCHANDISE CURRENTLY AVAILABLE

Our sizes for vests are;

XS 31"; S 33"; M 37"; L 38"; XL 40"; XL+ 42"; XXL 4

These measurements are the actual chest size of the unwashed vest.

Availability;

Blue vests with white printed club badge; all sizes except XL+

White vests with blue printed club badge; all sizes

**PRICES INCLUDE POSTAGE AND ALL ABOVE ITEMS ARE AVAILABLE FROM
John Trory, details inside front cover, price £13 including postage**

Most of our members are first claim with their local club and wear their vest, but it would be nice if all our members additionally wore our sew-on club badge. We have redesigned the club badge which is now essentially the same as the old but will include the words Road Runners Club in place of the initials RRC.

The woven sew-on club badge is available free of charge on request.

Note; new members will be sent a badge in their welcome pack.

We are not as famous as we were 50 years ago and the council feels this would be more explanatory and help to publicise our club to other runners.

As we have a large stock of vests at the moment, it will be some time before this is fully revised.

THE NEW PRINTED DESIGN CLUB 'TECHNICAL' T SHIRT IS AVAILABLE WITH THE NEW CLUB BADGE ON IT.

The actual shirt size, **which should not be taken as chest size**, is M 40"; L 42" and XL 44". To allow freedom of movement around the shoulders, I recommend you order a size that is 2" larger than your actual expanded chest measurement. This is more important with a T shirt than a vest which does not embrace the shoulders. T shirt manufacturers seem to have developed their own ideas of what constitutes S, M and L and this varies widely from brand to brand. Price is £10 including postage.

We now also have available
SMALL SIZE WHICH MUST SURELY FIT EVEN OUR MOST SLIGHTLY BUILT RUNNERS.

Please note the large difference in measurements between the vests and the T shirts and be careful and specific when ordering.

Northampton 10k – 06/06/21

George Brown

With a start and a finish within Northampton Town's PTS Stadium and a promise of a PB course today's run was looking promising. More than adequate parking and plenty of it made for a stress free beginning. Well signposted to the start areas and plenty of toilets in the stadium meant there was no last minute panic for those who always need to go once more. Covid restrictions were heavily in force once again with staggered times and queued distancing. The Football Stadium start with cones every 2 metres made the start as efficient as any I have seen recently. A megaphone carrying marshall kept everyone aware of the need to socially distance and the calling of the runners predicted times made it so easy to know when you had to Start

On to the start, which was almost leisurely as runners seemed to drift along at pitch side patiently waiting for their time to Start. Then the startnot quite as glamorous as it sounds in the advert, but I suppose we did run along the pitch side of the Main Stand then out onto the streets of Northampton. This is when I realised that the PB part of the run was not going to happen as the first mile was uphill and the first quarter of a mile was a pretty steep hill.

There was a great turn out from the people of Northampton and the continual shouts of encouragement did not go amiss. The course itself seemed to follow an undulating route which for some reason made it hard to get into a stride. The scenery was relatively forgettable with relatively desolate areas. This may have made the road closures easier, but I felt on occasion I was on a lonely morning run. The stadium finish was nice, with the announcer commentating each runner in and over the line. Again the stadium added to the COVID Controlled Finish, with your medal, which was a really nice one, and various goodies all at designated areas on the way out of the stadium. My overall view was it was a more challenging course than the promoters led you to believe and, although it was not the most scenic, the runner in me will be back as I was only 22 seconds outside my PB!

George Brown clearly enjoying Northampton



Beat The Sunset – 5km – 18th July 2021

George Brown

A little bit of an anomaly around this area - a 5km Road Race. Taking place on a Sunday evening with 2 Start Times – 19.15 for the Midland Area 5km Road Race and 20.15 for the runners who did not want to be competing in this event. With the late start and the major easing of lockdown restrictions, this event could lay claim to being the last race run under full Covid rules. A pre race criticism that myself and a few others had was that there was "Free Entry" for sub 14:30 Men and Sub 16:30 Ladies. Whether this was to entice the elite runners in the area and make the profile of the event higher we will never know as the organisers failed to respond to any queries regarding why this was happening. Onto the race, start waves were allocated according to predicted times from your entry forms. The wave starts list was posted on the website and the Facebook page on Friday afternoon. Each wave consisted of 25-30 runners with instructions to maintain 2 metre distancing until your Wave started. At the start each wave was separated by tape ensuring that your group did not encroach into the wave in front or behind. Continual instructions via a megaphone kept us up to date with proceedings.

The race itself started with no real issues, the elite competitors for the championship in the first wave, followed by the masses in time order. The race itself followed the route of previous years, although the finish was changed, meaning we finished on the road on a downhill 600 metre stretch as opposed to finishing in the farm itself. Starting next to West Lodge Farm and following a picturesque country loop, touching slightly on the outskirts of Desborough, the race itself was predominately flat and with road closures in place it made for a quick run. The PB chasers amongst us would have loved this and the downhill at the end made for a fast finish. The race itself was well marshalled. Spectators and supporters were in abundance, even in the more rural parts. The finish area was as controlled as the start, with a designated area to collect your medal and a vast selection of post race goodies.

As for PBs, this runner managed to get a sub 20 minute 5km run for the first time ever, albeit by 4 seconds (19:56), so I may well return next year if the race returns, as the organisers hinted that this maybe be the last year. Fingers crossed this is not the case.

Editor; sub 20 is sub 20, whatever the margin! Well done.

Road Runners Club 2020 championships

1) All actual race results age graded 2020 with ages taken as of January 1st 2020.

	Time	Dist.	%
Jeremy Mower	17-40	5k	86.13
Peter Harvey	18-27		80.58
Paul Smith	18-47		80.39
Chris Wakeman	21-29		74.94
Martin Allchin	22-25		71.82
Gemma Leadbetter	22-34		66.32
Monica Fisk	24-30		60.54
Andy Jordan	37-09	10k	85-15
Jeremy Mower	36-47		84.50
Peter Harvey	38-15		79.22
Celia Findlay	46-49		79.85
Paul Smith	41-12		74.80
Chris Wakeman	44-51		73.80
George Brown	43-34		72.00
Gemma Leadbetter	45-16		67.97
Monica Fisk	1-02-00		49.14

This one around Denbies Vineyard

Jeremy Mower	59-13	10mi.	86.10
Andy Jordan	1-03-13		82.12
Andy Messenger	1-04-06		68.90
Gemma Leadbetter	1-18-56		63.64
Monica Fisk	1-32-00		54.02

Cambridge cross country. Monica does love the countryside.

Jim Allchin	1-08-54	½ ma.	84.95
Andy Jordan	1-22-01		83.80
Celia Findlay	1-40-26		80.57
Timo Leppakorpi	1-23-17		76.89
Peter Harvey	1-30-37		72.52
Martin Allchin	1-44-31		68.90
Annie Graham-Brown	1-43-52		63.21

Marathon			
Monica Fisk	4-28-23		46.04

On the 31st January, one of the few that actually took place and our only result.

RRC Championships for 2020 and 2021

John Trory

The pattern of the championships has been like that of sand dunes moving in the wind, constantly shifting and changing shape but always there. With a varying and unpredictable range of virtual and actual races available, the direction of our championship has frequently changed to accommodate as many members as possible. I have finally been able to produce worthwhile tables of events undertaken and thus we have separate virtual and actual race results for 2020 and actual races only for 2021. The results are still pretty sparse so to make a competition out of it they have been amalgamated and converted to age graded % results. The lists produced in this magazine are not complete as they were still coming in when I completed the article but you can be assured that those extra results will be included in the final tables. For a number of reasons, some obvious and some personal, I have not been 100% efficient recently so I may have missed the odd e-mail received. **It is your responsibility to check these results to see whether yours are included. I will accept corrections and additions until the end of March and that will definitely be the final list.** The interesting part of this is that we have an astonishingly high level of results in the actual races compared with previous years. Clearly less is better!

ULTRA RESULTS WORTHY OF MENTION

First of all my apologies to **Andy Jordan** as I made a complete dog's dinner out of his outstanding performance at the Gloucester 24 track invitational of 30/10/2020. To set the record straight;

Andy ran 100 miles in 14-24-03 and completed 136,400m by the halfway stage of 12 hours.

Both of these achievements were world records so well done Andy Jordan.

Celia Findlay completed 2 excellent runs in cross-country ultras.

In the Chiltern 50k of 8/5/2021 Celia completed the course in 6-20-40 and in the South Downs 100k ultra of 30/5/2021 she completed the course in 14-52-31.

I am not familiar with the Chilterns but I have run along the South Downs Way several times and it is, in many stretches, an appalling surface of hugely rutted slippery chalk embedded with razor sharp flintstones. **This is an exceptional result.**

There may be other ultra results so let me know if you have run any. It does not have to be an outstanding achievement to be interesting.

Road Runners Club 2020 championships, all results determined as age graded percentages

2) results from virtual races were not as plentiful as expected although Jeremy Mower reported, at the age of 54, his fastest 5k time since 2006 of 17-22. As detailed in a previous Roadrunner, these results will be conglomerated into an all distance/age unit and the marathon results in a separate unit. This is all just for fun and should not be taken too seriously, especially the marathon results as many were run in the virtual London Marathon and endured hours of appalling weather whilst others were luckier in that respect. I admire all those who had the fortitude to complete what must have been a very difficult task.

a) all results except marathon.

	Time	Dist.	%
Jeremy Mower	17-22	5k	87.62
Celia Findlay	23-03	5k	77.58
Celia Findlay	48-15	10k	77.48
Celia Findlay	38-34	5mi.	76.88
Dave Beattie	48-27	10k	76.47
Peter Harvey	1-27-27	½m	75.15
Monica Fisk	22-04	5k	67.22
Monica Fisk	46-45	10k	65.17
Monica Fisk	38-16	5mi	63.50
Monica Fisk	1-19-00	10mi.	62.91

b) marathon results;

	Time	Age	%
Andy Jordan	2-48-29	56	85.90
Stuart Mann	3-41-34	75	80.09
Chris Finill	3-13-00	61	78.59
Norman Mawhinney	3-15-58	61	77.40
Sean Kelly	3-12-02	53	73.36
Colin Fletcher	3-28-51	60	71.94
Peter Harvey	3-13-57	51	71.36
Neal Jeffs	3-07-56	44	69.40
Vincent Allchin	3-30-34	56	68.74
Philip Markham	3-22-13	49	67.26
Greg McClure	3-51-46	63	66.73
Celia Findlay	4-22-41	F57	64.23
Martin Allchin	3-59-00	61	63.47
Peter Hocking	4-20-36	68	62.40
Owen Cooper	4-37-57	72	61.13
Simon Danciger	4-06-11	57	59.33
Bill O'Connor	5-03-35	74	57.55
Jens Zwirner	4-22-56	54	54.06
Karen Hardy	5-52-35	F60	49.90
Richard Harry	4-29-33	43	47.98
Angie Smith	6-34-03	F60	44.65
Richard Windebank	5-51-39	58	41.93
David Gearing	6-44-11	74	43.22
Malcolm Speake	7-01-46	78	43.22

An afterthought on Ron Hill – his training schedule

Alistair Aitken

"Added to what I said, (see previous editions) I thought it might be interesting for Road Runners Club members to know what training Ron told me he was doing before his first big Championship win in Athens in the European of 1969.

Ron Hill "It varies, of course, but basically, it is this:

MONDAY: morning 7 miles easy, evening 10 miles fast and slow - to include some speedwork.

TUESDAY: morning 7½ miles to work, evening 9 miles home from work (In Summer that is 'easy')

WEDNESDAY: morning 7½ miles to work, evening, 12 miles home from work- fast and slow running.

THURSDAY: morning 7½ miles to work, evening, 8 miles home from work.

FRIDAY: 7½ miles to work, mid day 7 miles (at lunch time).

SATURDAY: (a) If racing: 5 miles in the morning and race in the afternoon. (b) If no race 7 miles in the morning and 13 miles in the afternoon (Fast and slow).

SUNDAY: 20½ miles and that's it."

Editor's note; Paula Radcliffe went on record as saying she ran 14 miles in the morning, had lunch and a snooze then did another 14 in the afternoon. It is interesting to note that neither of them did any particularly long distance frequently.

Greenwich and back again



Jack Beadle.

7.30am... I'm lying in bed, wide awake and ready for the alarm. Nervous excitement flows through my body. Why? Because it's Sunday 3rd October 2021 and it's London marathon day! I'd picked up my race number on the prior Thursday, spending a couple of hours on the Road Runners Club expo stand with the lovely John and Pam. At this point, Sunday still felt reassuringly far away! A bagel and lucozade replaced the standard day-to-day tea and toast. I'm lucky to live in Greenwich, so a short walk followed to reach the start line in Greenwich park. I then joined the longest queue in my life... for the toilets!

This year we're being set off in waves. I join my wave 5 pen and wait nervously to be led to the start line. I'm kitted out in my blue Road Runners Club vest and have pinned an additional "Jack" to the top of my number, selfishly hoping to garner some shout outs and support. Training had gone well and I was injury free. I was ready! Our wave is called, and we walk towards the start line, trying to waste as little energy as possible before crossing the line... and before we know it... we're off! The first few miles fly by. I'm feeling good and the beauty of having walked to the top of Greenwich hill to start is that there's plenty of down-hill sections. Running through Greenwich is also nice & familiar and I have great support from my friends Alex, Georgina and (my now wife) Audrey! With no pacers for this year, rightly or wrongly, I decided to go off a little quicker than normal, ignoring the old mantra of "time in the bank is less in the tank". I got to halfway in sub 2-hours, and continued to feel pretty good all round Canary Wharf and back through Limehouse.

Jack Beadle (worthy RRC club place holder)

Sadly, the wall did show it's ugly face at 22-miles. I'm not sure whether additional gels, more water, or louder music may have helped, but the last 4-miles were a struggle. I had optimistically aimed for sub-4 hours, and this was very much on the cards, until a very slow plod through mile 22 to 23 put this further out of reach. At this point, I did conserve some energy, ensuring that I had enough gas in the legs to run the final mile, with a celebratory punch in the air as I crossed the finish. I finished in 4:06, not the fastest of times, but a new personal best! I always viewed the marathon as a personal journey and battle through training, culminating with the race at the end. I can honestly say that I thoroughly enjoyed it! A big thank you to everyone in the Road Runners Club. I was proud to wear the club colours and will continue to do so in any future race entries.

7.30am... I'm lying in bed, wide awake and ready for the alarm. Nervous excitement flows through my body. Why? Because it's Saturday 16th October and it's my wedding day! Throughout my run reports, a recurring theme has been my upcoming wedding to the lovely Audrey. "Get into shape for my wedding day" was on my list of aims for the marathon training and I'm proud to say that on the 16th October, back in Greenwich, we were married! We're now looking forward to spending a couple of weeks on a beach for our honeymoon, with marathon training firmly out of the calendar, but plenty of time to plan for the next 26.2!

Editor; *Don't train too hard Jack, most obsessive runners find that more compatible with divorce than marriage.*



Jack Beadle in another important October event.

If you wish to remain a member of our fine club, please make sure you have renewed your subscription. Put it on your calendar, write it on the back of your hand or put a message on a doorpost but please do not simply forget.

Subscriptions have yet again been held at £12.50 for a single and £15 for a couple at the same address.

The subscription can be paid in the following ways;

By standing order from your bank to our account no. 35451165 with the sort code 60-12-36 payable on January 1st each year.

By bank transfer to the account as detailed above.

By credit card via our website facility "renew your subscription online"

By cheque payable to Road Runners Club and posted to 7 Bellway Court, Grosvenor Road, Westcliffe, Essex SS0 8EP

Finally, if you move, make sure you let us know in time to amend our records for posting Roadrunner.

It is now something like 20 years since we raised the annual subscription.

This is largely due to the strenuous efforts made on your behalf by the committee members and surely represents the best value there is in this country for running club membership. However, we still have a few members paying by standing order at a very old rate so please check you are paying the correct amount. We do not want to lose members but neither do we want to lose money. Even at £12.50, this barely pays for Roadrunner which is an extremely popular feature of the club.

We especially do not want to lose members simply because they forgot to renew.

Every year there are several members who *think* they have renewed but in fact have not. Do not let that be you!

Road Runners Club facebook page

administered by Hideo Takano

Our facebook page has been established and has seen a wide increase in topics aired on it recently. It is being increasingly used to good effect and showing its worth to more members who find some news items well before they appear in Roadrunner. It is essentially simplicity itself as all you need to do to access it is click on the f at the top right of the home page on our website. This option is available to anybody visiting our website but only existing members will then be able to take part on the facebook page, i.e. posting any comments. The purpose of this is to provide members with a forum for immediate discussion of items of mutual interest and members are requested to maintain a high level of respect and decorum towards other members' views and not post anything defamatory in respect of anybody or any organisation. Any member contravening this request will be removed from access. Non-members who are proven to be genuine runners, after vetting, will be allowed to join the facebook group as the committee considers this may be the first step towards joining the club. At the time of writing, we have 184 registered users of our facebook page and on average, posts are being viewed by more than 80 members. We are still finding our way as to the best use for this page but to date, several announcements of general interest have been aired.

A good way of meeting fellow club members is to post on facebook larger races you are doing and see who else is going to be there. A very good way of publicising our club is to 'share' the facebook page with your running friends, particularly those who do not already have a club. This opens the door for them to see what sort of club we are and if they also then visit the website they may be tempted to join. 'Friends' share with their 'Friends' and so the word gets passed around that we provide unique features that our members can all enjoy.

During the 'lockdown' with no races, the facebook page has been an excellent method of communication between members, many of whom have illustrated training runs of interest and the number of facebook members has increased substantially. It has also become apparent that sending bulk e-mails can be intercepted as undesirable at times so many members do not receive them. Our facebook page is therefore frequently used as a vehicle for information by your committee.

New members who may be looking for advice on any aspect of running and do not find the answer on our website can use the facebook page to reach those who may be able to help them.

5k	time	%
Jim Allchin	14-56	88.84
Des White	19-27	86-38
Jeremy Mower	18-07	82.98
Paul Smith	18-46	81.08
Celia Findlay	22-24	80.80
Peter Harvey	18-46	79.91
Alison White	25-33	77.23
Duncan Sadler	20-00	74.33
Ann Bath	31-19	69.35
John Trory	27-40	65.66
Tim Pine	29-13	58.01
Annie Graham-Brown	27-38	53.80
Naomi Allchin	36-11	40.81
10k		
Des White	39-39	87.56
Jim Allchin	31-46	84.89
Jeremy Mower	37-33	83.53
Celia Findlay	45-44	82.80
Peter Harvey	37-10	82.20
Jack Davies	46-20	81.08
Alison White	52-31	79.40
Paul Smith	39-59	77.74
Duncan Sadler	41-37	72.81
Ann Bath	1-05-20	70.99
Martin Allchin	47-52	69.81
John Trory	59-57	62.66
Tim Pine	59-05	59.32
Monica Fisk	1-03-45	47.92
10miles		
Des White	1-05-42	86.88
Alison White	1-23-55	81.47
Peter Harvey	1-02-37	80.01
Celia Findlay	1-18-56	78.61
Jack Davies	1-25-15	72.39
Ann Bath	1-51-22	68.35

Half marathon		
Peter Speake	1-10-00	89.21
Des White	1-28-21	85.63
Peter Harvey	1-21-58	80.89
Jack Davies	1-41-41	80.41
Dave Beattie	1-47-50	75.83
Duncan Sadler	1-28-47	74.02
Peter Harvey	1-30-37	73.17
Ann Bath	2-40-10	62.79
John Trory	2-11-48	62.04
All Marathons 2021	time	%
Norman Mawhinney	3-00-32	84.83
Dave Winch	3-33-34	81.80
Colin Fletcher	3-07-36	80.85
Chris Finill	3-10-15	80.50
Sean Kelly	2-56-59	80.31
Neil Page	3-07-42	80.02
Jeremy Mower	3-00-46	79.35
Simon Danciger	3-09-32	77.79
Jack Davies	3-54-19	73.49
Neal Jeffs	3-04-21	71.33
Nigel Haywood	3-41-14	71.30
Godfrey Rhimes	3-53-43	68.87
Peter Hocking	3-58-57	68.76
Greg McClure	3-50-18	67.82
Andrew Messenger	3-16-17	62.95
Philip Markham	3-43-34	61.37
David Bushell	5-18-37	60.09
John Trory	5-14-14	54.80
Bill O'Connor	5-34-09	53.10
Martin Harrington	4-22-55	51.29
Jack Beadle	4-06-29	49.88
Rodney Hyams	6-15-18	48.98
Malcolm Knight	6-37-54	44.60
'Mac' Speake	7-40-22	41.59
Pete Clarke	7-18-43	41.14
Ladies		
Celia Findlay	3-48-14	74.95
Pat Seabrook	6-23-29	65.98
Ann Bath	5-45-38	61.45
Karen Hardy	4-55-43	60.37
Sue Bennett	4-59-02	58.84
Katie Speake	5-11-17	



The calm before the storm



More empty space than stands



A fit Chris Finill poses next to his wreck poster



Pam Storey with an enthusiastic but slightly apprehensive Jack Beadle



Pam Storey with Pat Seabrook

The London Marathon Running Show 2021

John Trory

When I ran my first London in 2000 and in the next few years, the show was an exciting new experience for me. To be part of something as big as The London Marathon certainly had a buzz to it. I was not a club member but a strong supporter of the charity then called MSRC and now known as MS-UK and spent some time on their stand filling in for tea breaks etc. On one occasion their van had been broken into overnight and the staff had managed very little sleep so I was alone on the stand apart from the slumbering body of their principal, hidden behind equipment. Then I joined Road Runners Club and attended our stand as an assistant to John Brassington who organised and constructed the stand. Roddie Fisher was the magazine producer and one day we ran out of publicity material so I took two big suitcases to his local railway station and filled them with Roadrunner back editions from his car. By the time I had got them to the show, my shoulders were seriously complaining, but they were all given out so no waste of effort there. Then I became responsible for organising the show as John moved out of town but this was no problem as the show executive helped me along, answering my e-mails within an hour every time. Then it all changed with my mentor leaving the L.M. side and being replaced by a team of enthusiastic youths who had experience in nothing except downloading from the internet. Things went rapidly downhill with requirements such as proving I was up to health and safety by answering

a series of banal questions. I found this particularly patronising as I have run my own business, open to the public for 40 out of 50 years, with not one complaint or compensation claim. I regret to say that this scenario wiped out all enjoyment I had derived from the show and in my 2021 health and safety induction, I was told that if I approached a suspicious person and asked whether I could help them they would go away doing nothing. Tell that to the victims of the concert suicide bomber! This year we are told we have to produce an insurance policy for non-existent staff and products or we will not be allowed a stand at the Expo.

Last year, after wading through all the nonsense and fruitlessly pointing out that the main dangers to health and safety were those created by their own poor organisation, I managed to get everything together for the show and we managed to give away to interested people around 900 copies of Roadrunner as well as meeting many of our existing members with many of them running in the marathon. Whether we will be there again this year is in doubt as I am still waiting for a response to my query submitted 5 days ago. Last year they eradicated many stands so that they could say they had sold them all and the hangover is that this year they have reduced the number of stands on offer but made them larger and therefore more expensive. There are now very few 4m x 2m stands on offer so decisions have to be made. Meanwhile, here are some photos taken last year at the show.

Request for old copies of the Road Runners Club newsletter

Katie Holmes

I'm a member of Holme Pierrepont Running Club in Nottingham and a second claim member of both the Road Runners Club and Midland Masters AC. I am an independent sports historian, researching and writing about the history of women's distance running, writing a blog called RunYoung50 which features lots of posts on this topic. This is my hobby which I pursue in my spare time. My particular areas of research are the development of women's distance running in the UK, post-WWII to the marathon boom, and pioneering female ultrarunners. I am writing a series of articles about former RRC member and top ultrarunner Eleanor Robinson who has kindly lent me her collection of RRC newsletters from the time when she was running and they have been invaluable in my research. If any member has old copies of the newsletters (pre-2005) which they no longer want, I would be very grateful to receive them. I may be able to come and pick them up (Covid restrictions permitting) or would happily pay delivery costs.

I can be contacted by email at katie@runyoung50.co.uk My blog is www.runyoung50.co.uk

The Road Runners Club is mentioned in several posts on the blog including this one on road running in the UK in the 1950s: <https://runyoung50.co.uk/road-running-in-the-uk-in-the-1950s/>

I also share the stories of older female runners and celebrate their achievements. For example, in April 2021 RRC member Pam Storey wrote a guest post for me about the journey to her 200th marathon and beyond. It was a pleasure to subsequently meet Pam in July when I took part in the Crawley A.I.M 12 Hour Track Race. <https://runyoung50.co.uk/pam-storey/>



Katie Holmes

A few words from our new President, Walter Hill

Dear RRC Members, my RRC membership number is 6705, indicating that I have been a member for many years, so I am honoured to be asked to act as your President.

I joined when the country lanes in Sussex and Surrey were not blighted with fast moving cars and road running was a delight and safe. I joined when the RRC London to Brighton road running race was the highlight of an ultra runner's year and before Trail running was popular and Park Runs were not even dreamed of and yes, the RRC has adapted to those changes and remains in good health.

The RRC has remained strong during the pandemic and I, as your President, want to build on that strength. I have a strong athletics cv to assist with that aim. A past Chairman of the British Masters Athletics Federation, I stepped down to focus my attention on Masters Road Running and remain as the BMAF Road Running Sec. I act as the lead co-ordinator at 50/100k for the Ultra Running Advisory Group

for UKA/British Athletics. I served for 4 years as the European Representative on the IAU and have acted for many years as a Team Leader/Manager and chair of selectors for England Athletics and British Athletics.

However, what I believe is also important is I am still at the chalk face of athletics as a competitor. I love running from 5k to the Marathon and have accommodated much slower times as I age, with a smile and a philosophical outlook. I always look to the future with a positive mind and I want to share that positivity with the RRC and its members being confident I can assist the RRC in all areas of development.

I live by a simple statement :- whatever went well, it could be even better if.....

It is the " if " I will focus on with the Council and look forward to meeting some of you at the London Expo for the London Marathon or on the road or even on the start line of a running race. Best wishes for the future. Walter Hill.

A letter to Roadrunner

I have just received the latest 'Roadrunner' (no. 225), the contents of four of the pages in particular caught my eye and provoked some memories for me which might be of passing interest to other R.R.C. members.

So....

Page 22. Ron Hill wearing his Olympic Vest. Those with long memories might recall that I was a fellow team member of Ron's in the 1972 Olympic Marathon in the Munich Games (Don McGregor being the other Great Britain runner). Ron was famed for wearing his 'spaceman's vest in the race; certainly not official kit by any stretch of the imagination. It never crossed my mind at the time to ask him what the officials' reaction to his race day kit was, despite my own experiences. I, too, never wore my official Great Britain vest. When I saw the G.B. vest I was issued with, I went straight in to Munich on the bus and bought a string vest and a packet of felt tip pens. Not only did I lose three weeks wages attending the games but I had to make my own kit! When the G.B. team manager saw what I was wearing in the call up room before the start of the Marathon Race (Arthur Gold or whoever???) he went ballistic, rabbiting on about how I would never be picked for G.B. again, how Adidas would withdraw sponsorship to the national team etc etc. This within minutes of the start of my Olympic Marathon race.

Anyway I did wear my string vest in the race. I had used the felt tip pens to felt in red and blue stripes with a gap where the white should have gone! About half way in the race I became aware of the vociferous shouting directed at me; I couldn't understand why so many spectators were shouting 'Vive la France' at me! The penny was slow to drop. The felt tips I had bought were not permanent and with the sweat, water from the feed stations and the late shower of rain during the race, the red and blue felt tips had run making my vest look like a French running vest!!! and the crowd was getting excited because I was the first (?) French runner. As an aside, it may be of interest for readers to know that I gave my vest away (the real official one) on my return home after the Games. The recipient was a fellow Road Runners' Club member who had contributed a great deal to our sport. After he died (one day short of his 100th birthday), his daughter gave me the vest back as no one in the family wanted it. It is now going to become one of a number of items I am selling to raise money for 'Tiny Tim's Children Centre', a charity which offers free physiotherapy treatment to disabled children. A few years back I raised some money for them in a sponsored London Marathon run, the novelty of it being that each sponsor was allowed to guess my finishing time, the closest winning my London Marathon medal, the second closest my London marathon T shirt etc. The winner was a young lady who lived not 300 yards from my house. She is now a Great British triathlete. And now, for the Tiny Tims' Children's Charity; I also have a 1960 unused Olympic ticket for the session in which Herb Elliott won the 1500m gold medal in a world record time and which he has kindly signed for me. Some athletic books, magazines and old programmes will hopefully swell the fund. A full set of 'The Games' and

from Colin Kirkham (member no. 2450)

hopefully a book which I have nearly finished writing. 100% of all income goes to the charity.

Page 30 In the shadow of the Chariots of Fire. The trial race with the photograph of winner Jack Price in 2:37:13 was run from the Spon End railway arches in Coventry to the West Bromwich football ground. The distance was 25 miles. To celebrate the London Olympic Marathons (1908 and 2008), the centenary and the fact that in Roger Gynn's seminal work, 'The Guinness Book of the Marathon' he declares that this trial race "can be considered to be the first true marathon to be held in Britain" so in May 2008, I decided to promote a celebratory marathon race in five stages, each stage to be within spitting distance of the original Coventry to West Brom. Trial course. Thanks to Lord Aylesford and Lord Guernsey, the premier 3rd stage of the race went over the Packington ford [bridge] leading into their private Estate, the runners experiencing the salmon leaping in the fishing lake in front of Packington Park Hall while the race was observed by dozens of deer quietly grazing in the beautiful spring morning sunshine. I was fortunate as I was allowed to run through the estate for nearly twenty years on my way to and from school – I was not a very slow learner but a school teacher. Most of the kids on the estate went to my school and to sum up, many were taught mathematics by me; my teaching being marginally better than my jokes [I think].

Page 34 ... championship record times.

Most members might not know that the Rex Foulks silver salva is engraved with the club marathon championship winner's name on the reverse side of the plate. In 1967 I won the R.R.C. marathon in 2:22:11 by nearly 3 minutes in the colours of Durham University. 42 years later the overall winner, beating all the men in the process, in 2:55:07 was Myshola Kirkham So presumably there are two Kirkhams [father and daughter] inscribe amongst the list of winners on the back of the salva. And as an after thought, she also became RRC Half Marathon Champion.

Page 35. Austen Hardwick 'Running after a stroke'.

I have trained over many, many, many miles since I started running in 1962 and having raced at all levels of competition representing my club, my county and my country on the track and on the roads and over the country and still being fit in my mid 70s, I was probably the least likely person to suffer a stroke! But in late November 2020, I did suffer a stroke. Ten days on the stroke ward of the local hospital and a period of time in a wheelchair, I have seriously wondered if this years' Paralympics was a possibility! I had to dismiss the idea because sprinting has never been my forté! I suppose there is always 2024?

10 months later I am seriously considering including my walking stick as an extra item in my fundraising for Tiny Tim's, as mentioned earlier in this article.

Editor's note; *Olympic Games memorabilia is a very popular market and Herb Elliott's signature on a 1960 entrance ticket and a 1972 GB running vest should make a few quid in the right place.*

Letters to Roadrunner Club from Two Long Serving Members

9 Lambtons Way,

Windsor,

Buckingham.

Elaine Oddie OBE.

MK18 3ET

Hon. Treasurer. R.R.C.

1st January 2022

Dear Elaine,

Enclosed my Subs for 2022
by way of a cheque. My R.R.C. No is 1674. ✓

I am pleased to report and proud to say
that come April 2022 I will have been
a member of the R.R.C. for 60yrs having joined
in 1962 as a member of Windsor + Eton A.C.

When I was a member of the R.R.C Council
in the early 1940's I had the privilege of
organizing the following R.R.C promotions :-
Radox 100 at Uxbridge 1971, Accolade 24hr at
Walton on Thames 1973 and Accolade 100 at
Tipton in 1975 (with Tom Talbot of Tipton A.C).

All great races with latter 2 creating W.B.P.s.

In closing, Best Wishes for 2022, and Thanks
for all you do for the R.R.C. Kind Regards Eddie Guttridge

16 Melkoff Avenue
Corsham Beach
Sutla Surrey
SM4 4AT

Email johngobbels@yahoo.co.uk
1st Jan 2022

Dear Elaine

Enclosed my cheque for 2022 Membership.
2022 sees me celebrate 65 yrs as a Member.
Hopefully a few more years yet ✓

Sincerely

John Gobbels

Run through day and night on The Longest Day 24...

Mike Gratton, 2.09events

As we have just passed the Winter Solstice, the shortest day light day of the year, we launch our latest Challenge event, The Longest Day 24, to give you 6 months to prepare. TLD 24, or The Longest Day, is a new 24-hour endurance event set in the grounds of Berleigh House, a 3500 acre private estate of rolling farmland and picturesque forest trails set within the South Downs National Park close to Petersfield in Hampshire. The event starts at midday on **Saturday June 18** and continues through the night of the UK's longest day before finishing at midday on Sunday June 19. Competitors can take part as individuals, pairs or teams of up to eight runners. The goal is to complete as many laps of the 5-mile trail route in the 24-hour time period. Each registered member of a team must complete at least one lap of the course, only one team member can be on the course at any one time but that aside there are no other restrictions on the order of running, the number of laps an individual team member completes or whether the team is continually running.



**Solo Competitors £90; Pairs £150; Small teams (3 or 4 runners) £260
Medium teams (5 or 6 runners) £390; Large teams (7 or 8 runners) £520;
Non-runner camping fee £12**

Prizes will be awarded in solo, pairs, small team (3 or 4 runners), medium teams (5 or 6 runners), large teams (7 or 8 runners); The race fees include all entry registration site charges
Each team must appoint a captain who will be responsible for all team communications.

Pam Storey has agreed to act as co-ordinator of our team prior to the event but will be unable to attend so a team captain for the day will also be needed. I do not think RRC runners need to be RRC 1st claim but they will have to wear our club vest or T shirt. To those who do not have one already, we will supply one f.o.c.

Club news

From Neal Jeffs; I am really unhappy about the baggage arrangements for London and have written to them to complain. I find it unacceptable that we cannot deposit baggage on the day therefore we must find a way to carry keys, phone, wallet etc whereas they are obviously happy for us to go to the Expo and mix and buy all of the merchandise etc etc (although clearly I get to see the RRC stand!!). Some people don't mind carrying things but I really am against carrying a small holdall with those items in it and if it is a cold day obviously the amount of clothing that I wear on the day that I have to throw away will be significant. On a more positive note I was fourth in the Bracknell half marathon last Sunday winning the veterans category again which was a follow up to a 10k at Yateley in early August when I ran my quickest time for seven years, 36-40. I had a minor procedure on veins in my groin yesterday which is going to keep me out for 24 to 48 hours (not too bad really!) and it was all well timed around the Bracknell half marathon and prep for London.

From David Rutter; Good Morning and thank you for your latest email. Nice of you to ask about my humble little ANGINA but, no, I have not had the little op yet and, indeed, do not expect to be called to the Hospital for quite a few months as they are all so behind with operations due to Covid. However, as I do not now push myself in training runs I have not used the emergency spray supplied for many weeks, so that is a good sign. However, I still do walks every day and a long weekly one to either Worthing or Newhaven, but I use my Bus Pass to get home! Looking forward to your next issue of the RRC magazine. Warmest greetings, DAVID

Editor; *David lives a short distance from me so I know his walk to Newhaven is 13 miles. Now 86 and awaiting a heart operation, I am amazed at David's determination.*

Some mixed news from **Geoff Thornes; Hi John,**

Hope you're well and staying safe. You will recall I had a knee operation in February of this year to repair a complex cartilage tear with a severe MCL strain in the same knee. Had a long period of physiotherapy and rehabilitation and managed a lot of Spin Bike work. In September I resumed some very light running on alternate days to the bike. Unfortunately on the 21st October I had a recurrence of the Cartilage tear and again had to seek assistance from the Surgeon who previously operated, but this time under the NHS. I saw him again yesterday to be given the news that my right knee had deteriorated and that another operation would probably be pointless and the cartilage would just go again. Given time I may get back to normal walking instead of constant limping! He is hopeful that it will heal naturally but running was not an option. I was not surprised really as on each occasion the injury occurred without any twists, turns, or falls and running was at a very slow 14/15 minute mile pace not much quicker than walking. I was given a steroid injection yesterday to alleviate the pain and I will see the consultant again in 6 months. At 75 I've had a fair run at it – excuse the pun. First Marathon was Barnsley in 1975. My last was Hull in 2018. So my knees have taken a battering from the LSD days of the 1970's to my present position.

I will remain a member of the RRC and hope to go and see a few

races in 2022 hopefully in a more normal setting than the Covid19 ones. Will look forward to seeing RRC members at the start line.

Hope you both have a good Christmas and a prosperous New Year. **(then later)** I've had some good feedback from runners with similar recurring Cartilages tears so I'm still hopeful I will get some natural healing over the next few months. In the meantime concentrating on SpinBike and stretching exercises. May just be able to get back eventually to some running. I'm on Twitter and have a lot of followers all over the world. It certainly helped with a few with similar problems contacting me. One lady had exactly the same problem in the USA. Just hoping natural healing will be better than another attempt at surgery. My first surgery cost in the region of 6k so I'm now back with the same surgeon but under the NHS. Will keep you posted on any developments. Regards Geoff.

From David Wright; I read with interest the RRC universal championship record times listing in Autumn 2021 edition of Roadrunner. It appears that most of the times are very recent; given the club's long history and quality of past members, such as the late, great, Ron Hill, there must have been faster times achieved in years gone by. Clearly it would take some research but without it I think the listing should be clear as to the era to which it relates. John Trory responds; This is a very good point David. When the current championship system was adopted, it was made clear that the listed 'record times' related only to those performed under the new system. However, the notation to this effect has slipped out of sight and should be re-instated on the appropriate page. With regard to establishing record times for those previously recorded from the very start of Road Runners Club, 70 years ago this year, this is a great idea but a huge task. We have archivists but whether they are prepared to undertake the work remains to be seen.

David Wright lists his best times as; V40 5km - 16.43 Gloucester 19.08.1999; V50 5km - 17.10 Bridge Inn, Yate 28.01.2009; V40 10km - 33.58 Bourton 23.02.1997; V50 10km - 33.36 Bourton 22.02.2009; V60 10km - 38.18 Calne 28.10.2018; V40 10miles - 57.01 Cabbage Patch 28.09.1997; V50 10miles - 56.24 Cabbage Patch 19.10.2008; V50 ½marathon - 1.15.21 Stroud 26.10.2008; V60 ½marathon - 1.23.50 Cheltenham 30.09.2018; V50 marathon - 2.47.20 Lochaber 19.04.2009:

And on the same subject, from Jennie Ransome; Dear John, I was looking at the table of records in the autumn Roadrunner and noted the F40 marathon record which was slower than my attempt. Perhaps I'm too late to submit, but I ran proudly for RRC and did a time of 2:57:56 at the age of 45 in 2009. I even wrote an article for the magazine - about my delight at going sub 3 hrs. The result is easily verified by the London marathon website. Whilst I think about it- the same year, I ran 1:21:54 in the Wilmslow half marathon. Verifiable on UKresults service.

From Jack Davies; Hi John, I set out to email you my result from the Manchester Marathon and realised I hadn't told you of other races. So to bring you up to date: The Half Dramathon, held in Dundee on 8/8/21. I finished this race (a half marathon

Club news

of course) in 1hr 41 mins 41 sec. I was 2nd in the M60+ category. Yet another race that uses ageism and cannot accept that people can run after that age. (I'm 74 now as you probably know) I won't be entering next year unless they change it. Very hilly race over the first few miles but OK until hills near the end and well organised. Perth 10k on 29/8/21. This race does have a M70+ category in which I came 1st in 46m 20s. This is quite a flat course along the banks of the River Dee. Unfortunately they took so long before giving out the prizes that I incurred a £42 fine for overstaying in my car park.

Manchester Marathon. 10/10/21. Finished in 3hrs 54m 19s. Disappointed with my time here in what they claim is the flattest marathon in GB. I have run in this marathon previously and they have changed the route this year, it is no where near as flat and seemed very hilly. Maybe I am getting old! I have been injured with a bad back recently and missed a couple of weeks in the lead up and long runs.....maybe I can use that excuse. I had entered next years event on 3/4/22 before this years took place and may not have done so if I had seen the organisation etc. Only categories up to 60+ (am I starting to complain too much about this?), the start was chaotic. I live in Scotland where Covid protection is still very much in force compared with England, but there didn't seem to be any in force at all for competitors. Getting to the start line competitors and spectators were able to mix quite freely after being kept apart in the athletes village of Old Trafford Cricket ground. Athletes had been given different start times to ease congestion, but it was quite easy for runners to move up into earlier starting groups and I didn't notice any checks at all. This made for a lot of congestion before the starts and for all the starts being greatly delayed, meaning perhaps ½ an hour stood in close proximity to other athletes. All the rest of the event was satisfactorily run, marshals, medics, entertainment on route etc. **Jack Davies followed this up later with;**

Hi John, I forgot to tell you about these 3 race results in consecutive weeks. On 7/11/21 I completed the 'Templeton 10' a 10 mile race just outside Dundee, organised by Dundee Road Runners. This is a very, very, hilly circular route from Clatto Park via Auchterhouse. I found it very tiring, especially as I had just arrived back on the 5th from a 2 week cruise, no running and even got married on board ship. I finished (the run, that is) in 1hr 25min 15s. I was 1st M70, though a fault in the timing mat **gave the award to someone else****. I complained but before it could be sorted the other man had left. I eventually received my prize through the post 10 days later. Thank you Dundee R.R's who presumably had to award 2 prizes. A week later, 13/11/21, a Saturday and it was into the Cairngorms for the Glen Clova Half Marathon. This is a very popular Half organised by my own club Forfar Road Runners. Starting and finishing near the Glen Clova Hotel it is a circular route down one side of the glen, crossing the river at the half way mark and returning up the other side. The outward half is very undulating but returning the runners don't encounter many hills until near the end, which can take it out of the legs if they haven't saved anything. I completed this run in 1hr 45mins 04s and was 2nd M70, beaten by

a man who runs marathons for England, Timothy Kirk. He finished in 1h 40m 15s. (*editor; this is the 70+ age group!*)

Another week later, 21/11/21 and I was in Musselburgh, just outside Edinburgh. This time it was for the Musselburgh Festival 10k. It was a very cold day with an exceedingly strong north wind blowing in off the sea. Not the best of conditions and the route was changed from previous years and now consisted of mainly running on grass, a bit of gravelly path and a bit of tarmac path and roads. The same for everyone though, but certainly not a day for PB's or SB's which I had hoped for as the route is generally flat. This time I completed the run in 48mins 41s and came 5th in the M60 category. You have read my complaints before about ageism and no M70 categories, so I will say no more here. Best wishes for you and yours over Christmas and for all the club members, Jack Davies (*age 74*) ****Editor;** I once won a Sussex Junior weightlifting championship but they gave it to another because they mistook the age rules. I never got it back.

Going back a little in time, 12th September 2020 saw the 1st Panshanger Park 5k when 42 took part on a flat course conceived, measured and marked by **Peter Harvey**. Participants could run any time on that Saturday up to midday. Peter came 3rd in 18-27. In February 2020 Peter also came 7th in the Harpenden half marathon and 1st M50 in 1-30-37.

Ernie Barker writes; In Roadrunner magazine, you ask why we don't call ourselves UK? It reminds me of a call sign, night club, banana republic pop group or the Ukraine; Great Britain is better. When I am on holiday in Canada, if somebody asks what country I am from and I say UK they think I am from Ukraine. I have stopped saying UK, I say England or Great Britain.

From Eddie Gutteridge (RRC no 1674); John, I am just renewing my 2022 subs & ask if you would consider placing the attachment in the next journal please. I think it important that some of our recent years members are aware that some of us Golden oldies still enjoy the Mag & also have been involved in organising RRC promotions (as listed in letter) In my 32 yrs of running in RRC ultras including 15 x London to Brighton (PB 6hrs 21mins 30 for 54mls); Hendon 24 hr; Milton Keynes Indoor 24 hr.; 8x Exeter to Plymouth 44's; 1x Liverpool to Blackpool 48; 6 x Woodford to Southend 36 & other smaller Championship races. I've enjoyed every minute of my involvement in both facets of the Club. In closing I send my Best Wishes for a very satisfying 2022 in your running endeavours.

Jeremy Mower came 2nd in the Gloucestershire County Championships 5k with a time of 18-06.9. He was pleased with that as he had been nursing a hamstring strain and we all know how troublesome they can be!

John Troy reports that this year's **BMAF track and field championships** are again in Derby but this time June 11th and 12th. This is a recommended diversion for serious longer distance runners.

Registrations for the Milton Keynes Marathon are again being taken by Active with their terms and conditions running to 73,637 characters or 12 pages in Roadrunner. If this worries you, fear not as their very length renders them unenforcible under U.K. law.

Brighton Sussex Beacon Half Marathon 10th October

John Trory

I gave up doing this one many years ago for three reasons. Too expensive, too injury prone in February and a totally disorganised and chaotic start. This year it was in October and, being only 7 days after the London Marathon, seemed like a good opportunity to run well. It is now several years since I contacted the organisers to point out a simple solution to the problem they had created at the start but they ignored me then and still persist with the disastrous layout. The start and finish are in the 1¼ mile long Madeira Drive so plenty of room to play with but the layout remains the same. Nearly all runners arrive at the western end by the Brighton Aquarium and then have to walk past the start line and on another ½ mile to the bag drop. As you walk to the bag drop, you have to push through the crowds coming back and as you come back you have to push through the crowds of supporters wandering aimlessly around. This took me the best part of 30 minutes so I ended up 3 pens back from my allotted pen while elite runners frantically tried, unsuccessfully, to make the 1st pen. Once I was off, I was in a very awkward mix of groups of slow runners chatting with much faster runners desperately trying to get away. Survival was the key issue as this went on for the first mile with fallers flying all over the place.

Falling into a steady pace after that, I was overtaken by a fellow member of my cricket team who was running in full batsmen gear including the bat. I ran with him for a while but then gradually pulled away from him as he struggled to run in batting pads. He was a last minute stand-in without practice

as such and did very well to finish only 9 minutes behind me. I settled down to a loping stride at 10 mins/mile not knowing how much energy I would have after the previous week in London and the day after carrying out roof repairs. I have never been struck with running middle to long races around my home town and did indeed get bored after 7 miles but decided I needed to be more resolved in my approach and was determined to run the whole race. Plotting a course round the myriad of pot holes and ruts in the road created a mental diversion and my breathing did seem easier than it had been recently and I surprised myself by completing the course without a walking break and put in a sprint finish to record my only half marathon time of the year. I had set a somewhat optimistic target of 2-10 but, in the end, was actually pleased to do 2-11-48. I was also pleased to see that Dave Beattie won our age group with a time of 1-47-50. I then had the long walk to collect my bag and a much longer walk to the railway station to get home, but after the race it really does not matter. **The goody bag contained the daftest item I have ever been given – an aluminium can of water. This was in the name of ‘eco-friendly’. If you think mining ore, transporting it thousands of miles and using vast quantities of carbon to smelt it is ‘eco-friendly’ then you are living on the wrong planet!** I poured the water away and recycled the can. Shower at home, stretches and then off to my grand-daughter’s birthday party.

The Poorsight Saga, with no apology to Galsworthy

John Trory

I was playing cricket in the summer of 2018 when I commented on the light evening mist coming in. A team mate said that there was no mist and did I know it was a symptom of cataracts. I knew nothing of this so had an eye examination and found it was indeed cataracts so I applied to the NHS for an operation. 1½ years later and nothing from the NHS I decided I had no choice but to pay for a private op on one eye and just managed to rush it through before Christmas 2019 to cause the least disruption. You have to take it easy for three weeks to avoid displacing the inserted lens. This proved to be a fortuitous move as I landed in hospital in early March with a burst prostate and came out to a pandemic lockdown. Ironically, the NHS phoned whilst I was actually in hospital to make an appointment for an examination although I had one 1½ years earlier. They never phoned again. There followed a succession of impediments with lockdowns, premises refurbishment and staff getting covid19 and having to put off appointments finally made. By the time they examined the 2nd eye the cataract was so bad they could not see through

it so put me down for a specialist appointment which was then put back a month because he contracted covid19. He eventually made his report and that was not good enough so even more specialised equipment was needed and journeys to London. They finally had a clear enough picture to specify the precise lens needed and booked me in for the op on January 20th whilst telling me it was so bad they could end up damaging the eye and needing a 2nd operation to repair it. That’s right, look on the bright side! Well I have had the operation and, 5 days later, the sight is better than it has been all my life. It is now a ‘wait and see’ process before I find out how effective the sight in that eye will remain but with a lifelong astigmatism, it has never been good. At least it will no longer interfere with the good eye. **The moral of this tale is;** there is a limited amount of time you can leave a cataract operation before it becomes near impossible so, if you can afford it, bite the bullet and go private because it is currently the longest waiting list on the NHS.

Never decorate before a marathon!

Brian Feldman

I knew that I had not really done enough training but thought I could muddle through, but I had not reckoned on the adverse effect on my back of painting the kitchen and dining room ceilings. Leaning back and sideways caused back and hip pain which I had thought to be gone by the time it came to run. How wrong I was! After the cancellation of the 2020 version of the Manchester Marathon I was looking forward to the new and improved version in 2021. The course had been re-jigged so that there was a jaunt around the city centre, guaranteeing better support from the locals and obviating the soul-destroying run to Carrington where there was no support for miles. The course proved to be a great improvement and local support, especially in the centre was loud and encouraging. Another feature of the new route was that there were several U-turns, so that slower runners, me included, could cheer on our clubmates as they were on the return. However, they were the positives from the day.

The runners' area was well organised except that it became apparent that the Half Marathon had preceded the Marathon resulting in a much later start time for all and meaning that I finished in the dark. The organisers hoped that separating runners into waves dependent upon predicted finish time would diminish the risk of Covid infection, but the reality was quite different. The holding area was crowded and the start area was equally congested so that any hope of avoiding contagion was nil. I bowled along until mile 12 when disaster struck, my back and hip became extremely painful and for the remaining 14 miles I could only hobble along, taking a break sitting on a wall or bus shelter. The marshals in the last few miles were most encouraging and helpful as were their colleagues earlier in the race. The cause of the searing pain in my right foot was only revealed when I was taking my sock off to show the results of a huge blister which had burst. After 7 hours of agony, I was prepared to say, "no more marathons", but of course I have signed up for next year. BUT, I will never again do any home decorating within 6 months of a race.

Martin Hyman "The Nearly Man"

Alastair Aitken

(Born 3rd of July 1933 in Southampton).

For many years he was a successful athletics coach, a pioneer of orienteering in the UK, but never quite achieved medals in the Major Championships. In 1958 he was 4th in the British Empire Games 6 miles in Cardiff in 28:58.6. In 1962 in Perth, Australia he was 5th in the 6 miles in 28:42.2. In 1962, in the European Championships in Belgrade, Martin was 4th in the 10,000 in 29:02.0. Exactly the same time as Roy Fowler of GB, who was 3rd. Before that in 1960 in the heat of Rome, he was 9th in the 10,000 in 29:4.8. just ahead of Gordon Pirie (29:15.2) who was 10th. However, there were some 'Great' achievements too. He was 3rd in the International (Old World CCC). At the end of 1961, in one of the World's most famous road races 'New Year's eve race, in Sao Paulo, Brazil he won. He was ahead of two times Olympic marathon Champion Abebe Bikila. The race was over 7.3k. Martin Hyman's best time for six miles on the track was 27:36.09. I can remember

seeing him several times winning races in two per country duel matches, with the USA and Poland. He was easily recognizable at the White City Stadium.

In the Poland v GB two per side at the White City Stadium, he dead heated with Mike Bullivant, the Derby & County AC runner. Both were spattered with mud from the wet track with so many puddles. They were soaked from head to foot from the White City rain splashing on the cinder tracks but well clear of his Polish rivals. His time 29:31.6. His club Portsmouth had a very impressive team at road relays and Martin Hyman ran the fastest lap in the winning team in the TVH relay, that had very good competitors. On the team in the Southern & National relays were excellent runners like Bruce Tulloh, Tim Johnston, and the Cooke brothers. In the 1960's. who could forget the high stepping bespectacled Martyn Hyman, cheered on by the White City crowds. Gone but not forgotten.

FOR THE BENEFIT OF NEW MEMBERS

OUR WEBSITE

Our website contains a wealth of information including no fewer than 12 pages of practical training tips and instructions, based on a considerable amount of research and personal experience, which will take you all the way to running a good marathon. We do not publish training schedules as those seeking advice cover the entire range of age and ability so generalisations are hazardous. What you will find on our website has far greater value than the usual wild folklore tips or internet downloaded advice passed from runner to runner, much of which is wrong. There are also listed many advisory cautions that you may not even have considered, such as avoiding the inside of a corner because you will get pushed onto the pavement or into a traffic light post You can also access our facebook page simply by clicking on the f at the top. Championship standings are also listed and the Standards timings required to achieve a club award for multiple races. Membership can be renewed on the site and other aspects are available. It is there for you!

We are very grateful to Duncan Sadler for taking over management of the website. Duncan has been tidying up and improving the website and will be interested to receive suggestions of additions that will better help our members. Send them to John Troy who will add his thoughts and pass them on.

Beachy Head 10k

Monica Fisk



Sunday the 24th of October saw me take on my first race since giving birth to my son Owen 6 months ago. I certainly didn't break myself in easy choosing to run Beachy Head 10k which is off road and has over 800 feet of elevation! As I crossed the start line and headed up the first steep ascent, I began to regret the lack of hill training and started to wonder if I would finish within the 2-hour cut off time.

Thankfully the pain was short-lived, and we were soon rewarded with a long and very runnable descent where I was able to really pick up the pace and feel like I was actually running. From around the halfway point, I got into a mini race battle with another lady. She would overtake me, then I would overtake her and so this would continue for the latter half of the race. As we approached the final descent, I was fractionally ahead and this is where my previous trail running experience came into play as I was able to bound down the hill and create some distance. It was then a short road sprint to the finish line to be greeted by my husband and little boy.

I have run the Beachy Head marathon twice in the past and have always been impressed with the course and race organisation. The 10k was no exception and I would definitely make the trip down to Eastbourne to run it again in the future, despite the gnarly hills.

Monica Fisk at Beachy Head.

Oundle 10k, New Year 10k, 18th April 2021

George Brown

After a delay of over 3 months due to COVID the Oundle New Year 10k finally took place on 18th April 2021. Still following strict COVID regulations there was once again no mass start for this race. Instead you were allowed to select a start time from the list provided by the Race Organisers. Arrive in plenty of time as parking for this event is on streets surrounding the local school where the race finishes. Plenty of portaloos for those that get caught short prior to their race starting. Plenty of signs and marshals left you in no doubt as to where you needed to be prior to being walked to the starting area. The starting area was a taped off area where the groups of 10 were housed prior to each start. Runners were in turn called to the start area, where race instructions were issued in a clear manner so everyone had no doubt as to what was expected of them during this race.

The race itself was a 2 lap race, part countryside and part town. Effectively it was a downhill out and an uphill back times two. Plenty of marshals out on the course to monitor the runners progress, which was not a bad thing as the roads were not closed for this event and there seemed to be Cycling Time Trials going on at the same time, which probably hindered them as much as us runners. The second part of each lap was run on paths which made overtaking slightly awkward with the instructions being to pass people with a 2 metre gap and with runners going off at different times during the morning there were lots of runners on lap 1 being passed by runners on lap 2 and vice versa. Overall the race was well organised, with a really nice medal at the end. For anyone looking for a "PB Course" I would of said probably not, but I managed to set my PB for a Road 10k at this race (41:26). It may be that it was only my third official 10k Road

Race that this is the reason, but after running 3 more since it is still my PB. So maybe it is a potential PB course. Fitness permitting I will be back in January to see if that is the case.



Oundle sees George Brown.

Roadrunner Accounts

I submit a copy of the Club accounts for the year ended 31 December 2021.

You will see that we are solvent, and we made a surplus in 2021. This was mainly because the lockdowns meant that there were only 2 editions of Roadrunner in the year, and no Club Championship expenses. For 2022, I anticipate that expenditure will be higher and we will continue to utilise the very generous legacy we received over 10 years ago to maintain subscriptions at their current level. Members are currently renewing for 2022 and several have said "thank you" to us for keeping the Club going!

Accounts presented by Elaine Oddie O.B.E. *treasurer and membership secretary*. These accounts have not been formally audited but are accepted with confidence and endorsed by John Troy *general secretary*

ROAD RUNNERS CLUB

INCOME & EXPENDITURE FOR THE YEAR ENDED 31 DECEMBER 2021

Year ended 31/12/2020	<u>Income</u>	Year ended 31/12/2021
£		£
8,065	Subscriptions & Donations	7,756
250	Sales to Members	147
80	Bank interest received	9
<u>8,395</u>		<u>7,912</u>
	<u>Expenditure</u>	
0	Postage	97
301	Website	301
0	Merchandise sold	147
101	Paypal charges	82
7,797	RoadRunner printing and postage	5,390
600	Race support	-
619	Club Championships	-
568	Trophy engraving	-
908	Members Insurance	1,014
185	Affiliation Fees	185
<u>11,079</u>		<u>7,216</u>
<u>(2,684)</u>	Surplus (Deficit) for year	<u>696</u>

ROAD RUNNERS CLUB
BALANCE SHEET AS AT 31 DECEMBER 2021

2020		2021
£		£
	Current Assets:	
1,147	Stocks of Running Vests held for sale	1,000
-	Prepaid expenses	-
87,000	Natwest Capital Reserve	85,000
317	Paypal account	177
589	Natwest Current Account	2,281
<u>89,053</u>		<u>88,458</u>
	Liabilities:	
	Payments due	-
(463)	Subscriptions received in advance	(295)
<u>£ 88,590</u>	NET ASSETS	<u>£ 88,163</u>
	Represented by:	
	General Fund	
6,414	Balance as at 1 January	3,730
(2,684)	Add surplus(deficit) for year	696
<u>3,730</u>		<u>4,426</u>
85,890	John Jewell legacy fund	84,860
(1,030)	Expenditure in year:	
	London Marathon Exhibition stand	(1,123)
<u>84,860</u>		<u>83,737</u>
<u>£ 88,590</u>		<u>£ 88,163</u>

Crawley A.I.M. Charity 24, 12 and 6 hour races

Saturday/Sunday April 9th/10th 2022

Start Times; 24 hour race at noon, 6 hour race at noon
and 12 hour race at 21:00hrs.

A track ultra distance event open to experienced runners, novices and walkers.
Race entry limits; 40 for the 24 hours; 20 for the 12 hours; 20 for the 6 hours

Under UKA rules

IAU Bronze label event

The race will be held on the track at the K2 Leisure Centre,
Crawley, West Sussex, RH11 9BQ

This is easily accessible from the M23/A23 with substantial parking facilities,
free at the time of writing. Also close to Gatwick Airport and there is a direct
bus from Crawley bus station.

Camping facilities and meals for all 24 hour runners will be provided

**ALL PLACES IN THIS EVENT ARE SOLD OUT BUT
THERE IS ALWAYS A NEED FOR HELPERS OF ALL
DESCRIPTIONS AND PURPOSES.
IF YOU CAN SPARE SOME TIME,
PLEASE GET IN TOUCH WITH PAM STOREY
WHOSE DETAILS
ARE LISTED BELOW.**

Race Website: www.crawley6and12hourraces.com

Queries to: pamstorey@tiscali.co.uk
01342 - 717222

Mementos to all competitors and prizes
to the first, second and third Males and Females in each race.