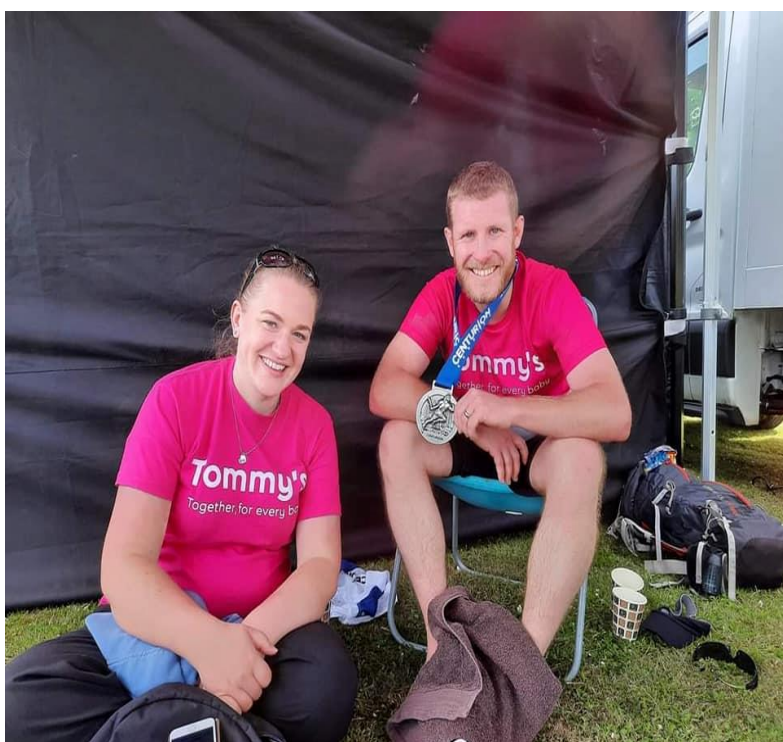


# NEWSLETTER

## MAY 2022



## Running for Orion



**Gary Tuttle after completing the North Downs Way 50 in under 9 hours, just two weeks after finishing the Thames Path 100 in under 20 hours!**

**An incredible start to his Centurion Double Grand Slam challenge, fundraising for Tommy's, the baby charity.**

## Editor

David Clay

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Hi everyone and welcome to the May newsletter!

It's been great to do some runs in the sunshine with friends lately and I hope you've been able to enjoy the warmer weather and long, light evenings.

After making some decent progress with my run/walk training this month I picked up a new injury earlier this week, so my trusty ice pack has been working overtime. Hopefully it's only a short setback, but it's definitely got me thinking about all of the mental and physical ups and downs we go through as runners. In particular, I'm reminded of a little saying I quite like: comparison is the thief of joy!

Everyone knows that contrasting our day-to-day lives with the highlight reels of other people isn't necessarily a great recipe for self-confidence and happiness. And in a running context, of course, there's always going to be someone who is that bit faster than you, or who is always out running in a beautiful location, or who looks like they're gliding along without trying! Does that mean the best thing is just to focus on ourselves?

Well, like with all things, I suppose, it's about finding a good balance. The success stories of people we know can be really uplifting and inspirational and help motivate us to get out the door! Plus, if we're overly worried about ourselves, it's all too easy to become your own worst critic and judge yourself too harshly against how you were doing a few months/years ago, or perhaps a vision of where you think you ought to be. I can't say I'm the best person at putting this into practice myself... 😬 but it's not healthy or realistic to expect to be the best you've ever been all the time.

So, if you're not on top form at the moment for one reason or another and/or are struggling with some frustrating injuries, my advice is to give yourself a break 😊 I know very well that this is easier said than done! But, fingers crossed it's only temporary and there's a good chance you can come back stronger. In the meantime, if you are able to get out and about, don't forget to enjoy running just for running's sake 😊

Many thanks to Sam, Tony, Liz, Claire, Kerri, David F and David D for their contributions to the newsletter this month. If you would like to submit an article for the next edition (please do, otherwise I'll keep having to come up with long rambling intros to pad the content!) then you can send it to [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org). The deadline for the next edition is Monday 20<sup>th</sup> June.

Cheers

David

## Chair

### Sam Whalley

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[chair@readingroadrunners.org](mailto:chair@readingroadrunners.org)

If it's been another busy month for the club. Summer has started to make an appearance from time to time, and it really feels like we have lots to look forward to.

It was fantastic to have the Shinfield 10k and Junior Races back for the first time since 2019. The races were well attended and supported. Well done to Colin Cottell and his team for another successful event, and thank you to those who volunteered in one way or another.

For those of you who have not been down to Palmer Park recently, the stands are now closed, and portable toilets have been provided outside the track. The refurbishment of the leisure centre is underway. I am pleased that we are still able to use the track as normal; thank you to the coaches and LiRFs who continue to provide sessions on and off the track on Wednesdays and Fridays – it is good to be able to offer options to suit a range of training needs, and we have had some positive feedback from new members. Note that the track will be closed on the evening of Friday 3rd June as this is a Bank Holiday.

Last Friday was the third of the Track Friday events, this time the race distance was a mile, and the seeded races were really exciting to watch. Thank you to Jamie Smith for stepping up as Race Director this month, and doing such a great job in Fergal Donnelly's absence.

The second pub run took place last Thursday, from The Leather Bottle in Mattingly. Thank you to Stuart Lunn for organising the run and walk, and the weather to go with it. The scenery was lovely, and it was really nice to see so many members, old and new. Check the website and our social media for details of upcoming pub runs: <https://readingroadrunners.org/pub-runs/>

In the weeks between the pub runs, we plan to restart the Thursday evening outruns, and then hope to keep the momentum going for the winter (fingers crossed). The idea is for people to lead a social run of 5-6 miles from a location that suits them. The run should start at 6.30, and be at an easy pace, with no one left behind. Thank you to Ian Giggs for co-ordinating this, and to anyone who comes forward with a route; as usual, look out for further information on our website and social media.

It has been great to see so many individual and team achievements in the club champs and other races - I am sure the captains will elaborate on these in their own reports. I am looking forward to seeing more team spirit in the upcoming relay events, with Endure 24, the Ridgeway and Runnymede all soon upon us. These are all brilliant opportunities to get to know other club members so try and get involved in running or supporting if you can.

Thank you to Kerri French for continuing to plan a variety of socials for us all to enjoy too: <https://readingroadrunners.org/social/>

The last thing from me this month is to introduce our new Mental Health Champion, Laura Priest: <https://readingroadrunners.org/mental-health-champion/>. Thank you to Laura for taking on this role.

Keep up the team spirit, and hope to see you soon. Sam.

## Men's Captain

### Tony Page



*teamcaptains@readingroadrunners.org*

Life is like a box of chocolates... you never know what you're going to get', according to Mama, in Forrest Gump.

It's been a bit like that this month, with such a variety of events going on and our very own Forrest Gump, **Gary Tuttle** running for Orion in the Thames 100 and North Downs 50. It was nice to take a break from DIY to get down to TVP to cheer Gary on to a **PB 19:54.19**. Amazing.

Also, who would have thought Ellis Cross would have beaten Mo Farah, at the Vitality 10K? Always a popular race amongst Roadrunners, on what was a busy early-May bank holiday weekend packed with the Hurstbourne 5, we saw the welcome return of the Shinfield 10K, expertly organised by our own **Colin Cottell** and **Fergal Donnelly**, and the 1<sup>st</sup> Vets Track & field event at Horspath.

Races in the club championships have been coming thick and fast and we are already at the halfway stage ... well done to **Chris James** who has run in every one! **Chris, Andrew Butler, Bruce Sarjent, David Fiddes, Gary Clark, Eddie Thorpe and Andy Atkinson** can now put their feet up if they wish, having a score in each of the 4 disciplines (5 miles, 10K, 10 mile and HM).

Who could fail to be impressed by our results? We have runners making the podium or achieving PBs, week in, week out, all reflected in the excellent results round up by David Dibben. I would, however, like to pick out one or two for a special mention. **Mark Worringham**, for an excellent 3<sup>rd</sup> place, and 1<sup>st</sup> M40, at Staines 10K, **Chris Webber**, 2<sup>nd</sup> M50 at Hurstbourne 5 and a PB at Marlow 5, **Gary Clark** for a PB at the Milton Keynes marathon and at Marlow 5 and **Brian Kirsopp** for age group podium finishes at Marlow and Kintbury 5's. Last but not least, I'd like to congratulate **Eddie Thorpe** and **David Dibben** (pictured, right) for competing for England in the Chester half marathon.

Personally, I am really looking forward to next month. We've got 2 Vets track and field events coming up in Abingdon – please do speak to Chris Manton or me, if interested. But more than anything it's team events all the way, with teams at the Ridgeway Relay on 26<sup>th</sup> June and Runnymede Relays on 2<sup>nd</sup> July. I can't wait!





## Women's Captain

Liz Johnson



I think it is fair to say that the women of Reading Roadrunners are absolutely hitting it out the park this year with so many amazing performances. When it can feel like women face so many barriers to just get out the door and run, I find strength and confidence in seeing our green vests being worn by so many unique and wonderful women across all terrains and distances.

First up, kudos to **Carrie Hoskins, Hannah Green, Aga Faulkner** and **Ruth Rogers** who won the 'Club Challenge' fastest women's team at the Reading Half Marathon back in April (although results just announced in May).

*teamcaptains@readingroadrunners.org*

Keeping the team theme going, it was another top spot on the podium for the women at the Marlow 5 with **Katherine Streams, Helen Pool, Laura Peaty** and **Caroline Jackson** taking the honours (3/4 of the team pictured below!). **Katherine** also found herself on the podium again the following week at the Hook 10 mile race, taking the 2<sup>nd</sup> woman spot.

Other notable performances were courtesy of **Hannah Green**, taking top spot in the Berkshire track champs 3000m with a new PB.

**Carrie Hoskins** and **Julie Rainbow** both topped their age categories at the Staines 10k, with Carrie finishing 4<sup>th</sup> overall.

**Jane Copland** also bagged a PB and joined the sub 40 club at the Vitality 10k with a time of 39:59!

So, what is coming up next? I'm thrilled that so many of you have signed up to the Ridgeway Relays at the end of June.



This is one of my most favourite events and is a day where team spirit really shines. It's a fun and friendly way to get involved in a team and practice your off-road running skills when the weather is a bit kinder and we're not in full-on mud season. These could be famous last words on my part so I'm now off to do a little sun dance to the running gods\*.

Take care,  
Liz

\* this then led me off down a wikipedia rabbit hole on gods and saints of running. For future reference: Hermes and Atalanta covered the ancient Greeks, Idaten for the Japanese, St Sebastian for patron saint, and probably Eliud Kipchoge for everyone else! 😊

## Charity of the Year – Herbie Hedgehog Rescue

Claire Seymour

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Rescue, Rehabilitate, Release

### 2022 Reading Roadrunners Charity of the Year - Herbie Hedgehog Rescue

Charity Coordinator: Claire Seymour

Hello all, I would like to provide an update on this month's fundraising in aid of Herbie Hedgehog Rescue. We have received a donation from the Reading Half marathon of £240 to cover our work on the Kendrick Hill water station; thanks again to all the volunteers that helped on the day.

The following events have also taken place, to which donations for the RR club charity account are TBC:

- Shinfield 10K + refreshments
- Track Friday May refreshments

I would like to say a big thanks to all involved with fundraising for Herbie Hedgehog Rescue so far!

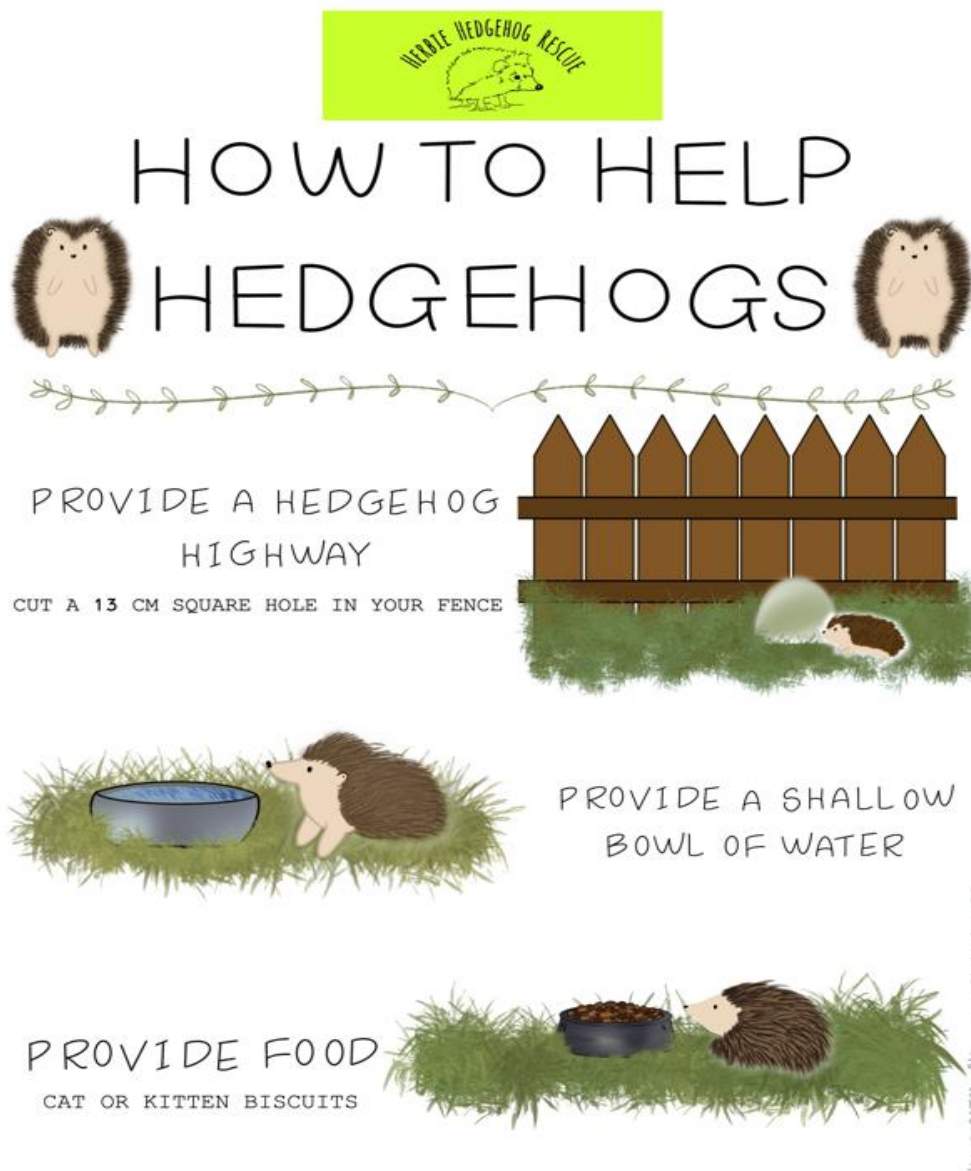
#### Ways in which RR members can help in June

- Herbie Hedgehog Rescue always welcomes donations of food items (cat/kitten biscuits), even more so at this time of year with a rise in admissions due to sickness and injuries, and with hoglet season upon us this also adds extra strain to the rescue and supplies. For example, medical items - syringes, sample slides, gloves, and other items. Details can be viewed on the HHR Amazon Wishlist: <https://amzn.to/30Yjs6j> Alternatively please feel free to contact me directly, or via the charity email if you would like to help.
- Please follow Shweta's work on Herbie Hedgehog Rescue's Facebook page: <https://www.facebook.com/herbiehedgehogrescue/>  
...or HHR's website: <https://www.herbiehedgehogrescue.com/>

Shweta and I are currently in the process of planning some fundraising events; watch this space for more info on the bake-off, and other upcoming fundraising ideas/events.

We also really welcome and encourage your fundraising ideas. If there is anything that you have enjoyed taking part in from previous years, virtual events included, or have any new ideas please feel free to contact me directly, or via [charity@readingroadrunners.org](mailto:charity@readingroadrunners.org)

Herbie Hedgehog Rescue - Tip of the month



Any questions or feedback please feel free to contact me.

Thank you, Claire –Charity coordinator 2022

With thanks to Shweta for her support and providing the tip of the month!



## Social Stuff!

### Kerri French, Social Secretary

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#### Night of 10,000 Metre PBs

12 Reading Roadrunners went to the high-octane evening at Parliament Hill Track.

Those super speedsters make running look so effortless. For me the highlight of the evening was watching the ladies' race unfold. Especially cheering on homegrown talent Jess Gibbon from Reading AC, it was an impressive field of athletes. As the race wound up there was a gutsy strike for the front from Sam Harrison. But with 2/3 laps to go Jess Judd patiently waited and reeled her in, then charged home to take her first race win. Her prize was winning her body weight in beer & booking her place at the World Championships in Oregon. You can read the blow-by-blow account here on the BBC website [Britains Judd secures Worlds qualification - BBC Sport](#). If you haven't been to this event before get it on your bucket list. The best bit about it is that's it's free to spectate too, and who doesn't like free stuff!

Our next social takes us to Reading's finest independent cheese & beer shop The Grumpy Goat, Sunday 5th June at 6.30pm and it's a sell out! Cheese makes you run faster & Beer is what Fell Runners hydrate with. You can't argue with these truths.

Coming up after that is 'Craft Theory' - A Festival of Music & Beer at 21 South Street Friday 1st July 6 - 11pm. Featuring some of the best local craft beers & party vibes from local DJs. Drop me an email at [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org) (ideally by 1<sup>st</sup> June or soon after) if you want to attend so I can get you a ticket before they sell out too!

Keep up to date with all of the future social events this year here - [Social](#)

I promise some events will not contain cheese 🧀





## Reading Roadrunners Committee Meeting

Tuesday 10 May, 7pm (by video call)

### The Committee

Sam Whalley	(Chair)
Chris Burt	(Treasurer)
Kerri French	(Social Secretary)
Sarah Dooley	(Membership Sec)
Ian Giggs	(Ex officio)
Angharad Ross	(Ex officio)
Chris Manton	(Ex officio)
Paul Monaghan	(Social networks/Web)
Art Atwal	(Coaching liaison)
David Fiddes	(General Secretary)

### Apologies for absence

Chris Burt

### Minutes of the previous meeting

The minutes of the previous meeting were proposed as a true record by Paul, seconded by Chris M.

### Matters arising from the minutes of the previous meeting

#### Bramley Finances.

The committee agreed that following the cancellation of this year's deferred event that the club could not afford to refund or defer entries again, and instead a limited period, personal discount would be offered to 2022 entrants.

#### Chair's report

Sam said that it was great to see local races so well attended by members as evidenced by well-populated group photos.

The club have enjoyed two recent women's team victories at Maidenhead 10 and Marlow 5. Marlow also saw new V50 5 mile club records for both Tony Page and Katherine Streams.

The first pub run of the summer had over 30 runners and walkers in attendance. The runners headed to Moor Copse before ending up in at the The Bull in Theale. Thanks to Tina Woffington for organising.

Sam reminded everyone that the Palmer Park Leisure Centre buildings are now closed until October. The track is open and temporary toilets are available.

The latest Track Friday was a 3000m affair. Thanks to Fergal Donnelly and his team of helpers for running the event.

### General Secretary's Report

David said that he had a hand-over meeting with Bob Thomas and now has access to club documents and email.

He reported an issue with sending emails via Outlook as gensec. Paul offered to help resolve this issue.

### Membership Secretary's Report

Sarah reported 4 new members and 5 late renewals. Late renewals need to pay the full membership fee and some of these are outstanding.

### Social Secretary's Report

Kerri said that the next social event was a picnic following the Night of the 10K PBs on Saturday. After that was the Cheese and Beer night on the 5<sup>th</sup> June, which at the time of the meeting had a handful of tickets available.

Possible future events include a picnic at the Runnymede Relay. Kerri will not be attending this event. Sarah and Tony Page were nominated to organise this.

Kerri has found a venue for the summer event. This is Phantom Brewery who were due to host the Christmas event before it got cancelled. The committee agreed the choice. The date will be 30<sup>th</sup> July.

The parkrun on tour event is scheduled for 13<sup>th</sup> August in Bournemouth. The cost of the coach will be £700. This will be funded by attendees.

Paul had been notified that there is an issue with spam filters being triggered due to the volume of

emails being sent from Roadrunners account. It was suggested that we need to monitor the number of emails issued and reduce or combine emails to prevent us exceeding the trigger. Paul will share the email with Bob.

## Coaching Report

There was a proposal to give out introduction leaflets to new members that would include track rules. This has been done in the past and Sam has had to dispose of a large number of out-of-date leaflets during the Palmer Park clear-out. Sarah already directs new members to the website, which includes information on the track rules. This appears to be a much more sustainable approach.

Tony Page had raised the idea of a faster group. Art to talk to Tony about this.

## AOB

### Thursday outruns

Ian raised the matter of reinstating Thursday outruns. These ceased during lockdown. Historically these runs started at Palmer Park; and weren't held if a pub run was happening on the same Thursday. There is a "Thursday Outruns" page on the club website.

It was agreed that reintroducing these outruns would be popular and that Thursday was probably the best night. It was also agreed that Palmer Park wasn't necessary the best starting location particularly with the current parking issues. Ian was asked to organise some committee-led runs.

Notification of runs would be done via email, social media and an update to the web page will be required.

### Mental Health Champion

Sam said that she's in discussion with someone to take on this role.

### Club Champs 2<sup>nd</sup> Claim

Bob Thomas had raised the issue of 2<sup>nd</sup> claim members competing in the club championships. He said that according to UKA rules they should wear 1<sup>st</sup> claim kit.

The committee felt that 2<sup>nd</sup> claim members would be eligible for the club champs if they wore RRR kit.

### Zettle Card Reader

It was agreed that Paul could purchase a standalone card reader (about £130) with a view to taking card payments without phone for track fees and other club payments.

**Next Meeting:** 19:00 Tuesday, 14 June by video call.

*Main Club contact points:*

Chair, Sam:

[chair@readingroadrunners.org](mailto:chair@readingroadrunners.org)

Membership Secretary, Sarah:

[membership@readingroadrunners.org](mailto:membership@readingroadrunners.org)

Secretary, David:

[gensec@readingroadrunners.org](mailto:gensec@readingroadrunners.org)

Treasurer, Chris:

[treasurer@readingroadrunners.org](mailto:treasurer@readingroadrunners.org)

Social Secretary, Kerri:

[socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)

Coaching Co-ordinators, Pete & Sarah:

[coach@readingroadrunners.org](mailto:coach@readingroadrunners.org)

Website / Media, Paul:

[webmaster@readingroadrunners.org](mailto:webmaster@readingroadrunners.org)

Team Captains, Liz & Tony:

[teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Welfare Officer, Tom Harrison:

[tom.harrison13w@btinternet.com](mailto:tom.harrison13w@btinternet.com)

Welfare Officer: Nikki Gillard:

[nicolagillard@hotmail.com](mailto:nicolagillard@hotmail.com)

Mental Health Champion, TBD

Kit Manager, Dean Allaway

[dean.allaway@yahoo.co.uk](mailto:dean.allaway@yahoo.co.uk)

## Roadrunners' Race Results

### David Dibben

Congratulations to Katherine Streams and Tony Page for setting new club veterans records during the last month. Both were PBs and both came in the Marlow 5.

Katherine's 31.37 chopped over two minutes off Lesley Whiley's 11-year-old record in the W50 age group and Tony's 28.48 improved Brian Kirsopp's M50 mark by 36 seconds.

Another vets record which slipped under the radar earlier came in the M60 age group when Pete Jewell ran 1:27.01 at the Reading Half Marathon, equalling Nigel Hoults' mark.

### April 29th

#### Friday Night Under Lights 5k

Pos	Name	Timing
151	Ben Paviour	16.22

### April 30th

#### Hurstbourne 5 (club champs)

Pos	Name	Chip
11	Chris Webber (2nd M50)	34.58
38	Alan Freer (2nd M60)	38.51
53	Chris James	40.41
68	Bruce Sarjent	42.09
77	David Fiddes	42.46
98	Nora Holford	46.32
115	Julie Sugden	48.25
116	Tim Miller	48.28
132	Sarah Bate (3rd W60)	50.20
133	Alex Bennell	50.20
141	Andy Atkinson (1st M70)	51.44
162	Sarah Richmond-Devoy	53.32
163	Tina Woffington	53.37
166	Donna Saunders	54.12
167	Phil Sharman	54.12
185	Sandy Sheppard	55.55
212	Liz Atkinson	63.48
213	Pete Morris	63.48
221	Cecilia Csemiczky	66.53
229	Linda Wright	81.43

### May 1st

#### MK Rocket 5k

Pos	Name	Chip
315	Dan Manton	25.43

#### Portsmouth Mayday Mile

Pos	Name	Timing
2	Matt Davies	5.08.2

#### Portsmouth Mayday 3000m

Pos	Name	Timing
2	Matt Davies	10.08.1

#### Westminster Mile

Pos	Name	Timing
17	Dean Allaway	6.17
50	David Caswell	7.12

#### Hartland Heartbreaker (19 miles)

Pos	Name	Chip
63	David Walkley	3:46.50
167	Sam Whalley	4:32.57





**May 2nd****Shinfield 10k**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Keith Russell (2nd M40)	34.50
6	Nathan Davies	35.23
9	Ben Paviour (3rd M40)	36.01
25	Phil Woolfall	37.17
27	David Parton	38.03
35	Caroline Hoskins (1st lady, above)	39.05
39	Dan Worthy	39.12
41	Ryan Faulkner	39.27
46	Brendan Russell	39.45
50	Katherine Streams (2nd lady)	39.52
54	Jamie Smith	40.21
56	Brian Kirsopp (1st M60)	40.45
69	Richard Hallam-Baker	41.22
80	Andrew Butler	42.23
84	Aga Faulkner	42.45 PB
89	Alasdair Marnoch	42.56
95	Mike Worsfold	43.04
103	Sam Hammond	43.22
107	Alan Freer	43.35
109	Pip White	43.38
110	Antony Streams	43.38
114	Helen Campbell	44:00 PB
120	Paul Billing	44.05
137	David Thornton	44.55
145	Tom Wright	45.14
162	Mary Janssen	46.13
164	Ruth Rogers	46.40
175	Bill Watson	47.12
200	Nicki Parton	48.07
206	Nigel Hoults	48.18
209	David Dibben (2nd M70)	48.26
225	Sian James (2nd W60)	48.36
227	Sahan Jinadasa	48.50
231	Ben Ganpatsingh	49.01 PB
235	Roger Ganpatsingh	49.07
236	Liz Ganpatsingh	49.07 PB
241	Pete Morris	49.24
252	Colin McCarlie	50.28
257	Paul Carter	50.53
262	Angharad Ross	50.50

315	Eddie Thorpe (3rd M70)	54.10
317	Sarah Bate	53.42
318	George Nyamie	53.45
320	Sarah Harford	53.58
324	Phil Sharman	53.59
344	Laura Berry	55.10
350	Gill Gillard	55.53
351	Fiona Ross	55.45
353	Donna Saunders	55.53
364	Stewart Wing	56.12
371	Andrew Curd	57.02
380	Tina Woffington	57.34
390	Andrea Marnoch	58.05
400	Stephanie Smith	58.35
424	Sarah Richmond-Devoy	1:00.06
425	Leanne Home	1:00.05
431	Zoe Browne	1:00.44
452	Heather Bowley	1:02.52
461	John Bailey	1:03.39
478	Kevin Strong	1:04.46
494	Adrienne Roberts	1:07.03
499	Cathrin Westerwelle	1:08.19
500	Vroni Royle	1:08.20
511	Jenny Gale	1:12.06
514	Sarah Walters	1:13.01
518	Lorraine Bailey	1:15.20

**Milton Keynes Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
187	Will Rankin	3:21.30 PB
359	Paul Bandy	3:43.17
517	Gary Clarke	3:56.24 PB
666	Justin Simons	4:08.00
1347	Gill Manton	6:42.21

**Milton Keynes Half Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
842	Chris Manton	2:08.47

**Vitality 10k (ladies' times)**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
67	Jane Copland	39.59 PB
159	Caroline Jackson	43.24
345	Liz Johnson	46.18
887	Amy Williamson	51.21
3343	Fiona Burt	1:03.05
3632	Liz Atkinson	1:04.19
3996	Nicola Gillard	1:05.59
3997	Alice Carpenter	1:05.59
4003	Sara Lopez	1:05.59

Vitality 10k (men's times)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
428	Ollie Watts	37.57
1393	Dan Rickett	43.56
1517	Jon Green	44.27
1612	Dean Allaway	44.56
1771	Peter Rennie	45.35
3523	Nelesh Kotecha	52.10
4583	Andy Atkinson	56.15
5043	Paul Monaghan	58.07
7041	Martin Bush	1:20.06

Vets Track and Field League (Oxford)W35A 1500m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Helen Pool	5.40.8

M35A 100m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Ian Giggs	15.0

M50 100m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
4	Kevin Brooker	13.6

M35A 400m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Ian Giggs	66.4

M35B 400m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
5	Tony Page	66.0

M40 400m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
3	Kevin Brooker	66.4

M50 1500m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Tony Page	4.48.4

**May 7th**Cliveden Classic

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Chris Webber	44.29
149	Chris Manton	55.33
189	Liz Ganpatsingh	57.39
275	Catherine Leather	1:03.09
276	Sarah Bate	1:03.09
353	Nicola Gillard	1:07.03

355	Sarah Richmond-Devoy	1:07.10
392	Caroline Hargreaves	1:10.37
450	Dan Manton	1:20.55
456	Sarah Walters	1:25.32
457	Ray Jones	1:25.48
464	Kerri French	1:38.15
465	Gill Manton	1:38.15

Thames Path 100

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
24	Gary Tuttle	19:54.19 PB

Marlborough Challenge (33 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
37	Wayne Farrugia	5:54.06

Marlborough Challenge (20 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
42	Dean Allaway	3:25.20
108	Liz Atkinson	5:27.05
109	Andy Atkinson	5:27.05
110	Pete Morris	5:27.06

**May 8th**Marlow 5 (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Tony Page	28.48
	(2nd M50)	
27	Alex Harris	29.48
40	Jake Dellow	30.25
42	Dimitar Gospodinov	30.51
47	Terry Dowling	31.19
50	Katherine Streams	31.37 PB
	(1st W50)	
55	Chris Webber	31.44 PB
61	Jamie Smith	32.05
73	Helen Pool	32.47 PB
	(2nd W40)	
76	Andrew Butler	32.50
81	Brian Kirsopp	33.04
	(3rd M60)	
94	Eion McLeod	33.38
106	Laura Peatey	34.07
117	Caroline Jackson	34.25 PB
122	Ann Rostern	34.37
125	Alan Freer	34.42
128	Tony Streams	34.38 PB
135	Chloe Lloyd	34.55 PB
141	Chris James	35.05
180	Ruth Rogers	36.37
208	Andrew Greggin	37.45

242	Carmen Fuentes	38.57
246	Lorna McLeod	39.06
255	Steve Dellow	39.23
279	Tim Miller	39.16
280	Pete Morris	40.30
282	Phil Sharman	40.25
295	Gary Clarke	40.49 PB
336	Eddie Thorpe	42.36
	(3rd M70)	
411	Jim Kiddie	44.27
450	Christina Calderon	45.09
465	Kerry Eastwood	46.13
483	Sarah Richmond-Devoy	46.34 PB
499	Stewart Wing	47.22
540	Maureen Sweeney	49.06
571	Heather Bowley	49.50
574	Phil Reay	49.39
654	Helen Wing	54.06
681	Becky Mellor	55.46 PB
701	Kerri French	56.27
703	Stephanie Smith	56.46

Nettlebed Stinger

Pos	Name	Chip
2	Ben Paviour	38.03
6	Ollie Watts	41.16
23	Ed Dowel	45.58
96	Liz Jones	55.01
	(2nd W50)	
106	Bryan Curtayne	57.30
134	Alex Bennell	1:02.03
159	Angharad Ross	1:04.39
192	Caroline Hargreaves	1:11.32

Oxford Town and Gown 10k

Pos	Name	Chip
92	Mike Hibberd	38.01 PB
201	Jane Copland	40.50
1489	Rachel Helsby	54.45

**May 12th**Dinton Summer Series 5k (race 1)

Pos	Name	Chip
8	Tom Wright	22.03
15	Bryan Curtayne	23.47
18	Pete Morris	24.16
	(2nd M60)	
24	Matthew Brown	24.37
37	Dan Manton	27.42
41	Tina Woffington	28.44
	(1st W60)	

51	Sandy Sheppard	30.43
	(2nd W60)	
113	Gill Manton	46.07

Dinton Summer Series 10k (race 1)

Pos	Name	Chip
4	Chris Webber	40.36
	(1st M50)	
10	Richard Hallam-Baker	41.59
	(3rd M40)	
15	Ian Giggs	43.52
31	Chris Manton	47.55
34	Claire Marks	48.36
	(1st lady)	
42	Julie Sugden	50.51
43	Sian James	50.58
	(1st W60)	
59	Andrew Bennett	54.14
117	Trisha Arnold	69.36
	(1st W70)	

**May 15th**Hook 10 (club champs)

Pos	Name	Chip
16	Chris Webber	1:07.25
	(2nd M50)	
17	Katherine Streams	1:07.43
	(1st W50)	
23	Brooke Johnson	1:08.40
40	Eion McLeod	1:13.57
44	Tony Streams	1:15.12
49	Chris James	1:16.03
59	David Walkley	1:17.58
69	David Fiddes	1:21.13
70	Martin Douglas	1:21.32
90	Gary Clarke	1:25.08
92	Lorna McLeod	1:25.36
109	Sam Whalley	1:30.36
122	Jim Kiddie	1:33.43
126	Alex Bennell	1:35.04
130	Phil Sharman	1:38.59
132	Donna Saunders	1:39.12
155	Heather Bowley	1:49.21
	(3rd W60)	
157	Andy Atkinson	1:51.27
158	Liz Atkinson	1:51.31
164	Linda Wright	2:03.47

Hook 10k

Pos	Name	Chip
3	Matt Davies	37.26



Staines 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Mark Worringham (1st M40)	34.07
27	Caroline Hoskins (1st W50)	39.07
75	Sophie Mures	44.18
140	Julie Rainbow	48.31

Chester Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
810	David Dibben	1:47.27
1375	Eddie Thorpe	2:00.07

Kintbury 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Richard Usher (2nd M50)	31.51
23	Brian Kirsopp (1st M60)	33.38
34	Chris Cutting	36.00
86	Katie Gumbrell	43.34

Goring Gap Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
131	Kathy Tyler	3:16.34

Goring Gap 50k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
189	Chris Mortimer	6:51.37
317	Anthony Eastaway	8:44.30

Berkshire County ChampionshipsSenior men's 5000m

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Ben Ashby	16.44.89 PB

Senior women's 3000m

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Hannah Green	10.49 PB

Riga Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	Caroline Jackson	3:40.58
656	Martin Bush	5:14.08

Riga Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1255	Paul Monaghan	2:11.19

**May 20th**Track mile (race 1)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Don Bigley (guest)	7.24
2	Sarah Bate	7.43
3	Jane Phipps	7.49
4	Kirsten Bishop (guest)	8.19
5	Stephanie Smith	8.24
6	Natasha Hall (guest)	9.09
7	Joan Barker (guest)	9.31

Track mile (race 2)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Martin Douglas	6.43
2	Art Atwal	6.51
3	Dan Manton	7.02
4	Tina Wong	7.05
5	Mark Allen (guest)	7.13
6	Rachel Helsby	7.28
7	Pete Morris	7.30

Track mile (race 3)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Daniel Zaggua (Uni)	5.30
2	Billy Miller (Uni)	5.57
3	Jack Holder (Uni)	6.06
4	Leo Ashton (Joggers)	6.11
5	Anusha Kambli (Uni)	6.18
6	David Fiddes	6.19
7	Reece Maycock (Jog)	6.22
8	Chris Manton	6.24
9	Kaja Milczewska	6.25
10	Nick Atley	6.29
11	Ruth Rogers	6.34
12	Mo Fassihinia	6.35
13	Darrell Landsell	6.43



Track mile (race 4, pictured above)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Ben Paviour	4.47
2	Nathan Davies	4.53
3	Matthew Sarjent	4.57
4	Ben Ashby	5.01
5	Jacob Atwal	5.02
6	Julian Schima (Uni)	5.13
7	Brendan Russell	5.13
8	Tony Page	5.14
9	James Armstrong	5.23
10	Ben Bigley (guest)	5.31
11	Sam Brown	5.34
12	Hannah Green	5.35
13	Ian Giggs	5.44
14	A Avranopoulos (Uni)	5.52
15	Mike Hale (Finch)	5.54
16	Eion McLeod	6.01
17	Rebecca Hall (Finch)	6.03
18	Nicole Giraldo (Uni)	6.44

**May 21st**North Downs Way 50

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
27	Gary Tuttle	8:57.25

**May 22nd**Richmond Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
10	Dan Brock	3:44.19

Don't forget to email all your data about times, PBs, etc. to [results@readingroadrunners.org](mailto:results@readingroadrunners.org)

Binfield 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Terry Dowling (1st M50)	39.45
14	Andrew Butler	41.07 PB
41	Grant Hopkins	44.56*
98	David Legg	49.55*
118	Saba Reeves	50.46
186	Angela Burley	54.35*
248	Sarah Richmond-Devoy	58.25
280	Paul Carter	59.48*

\* pacers (pictured, below)





## Photo Gallery



- ▲ Pub run at the Leather Bottle, Mattingly on 19 May.
- Aga Faulkner on her way to a PB at Shinfield 10k.
- ▼ Paul Bandy, who ran a GFA time in his first marathon at Milton Keynes.







▲ Team photo at Marlow 5 on 8 May

▼ Outrun from track on 25 May, led by Nicola Gillard

