

NEWSLETTER

SEPTEMBER 2022



Roadrunner vets rehome medals from Battersea



Fergal Donnelly, Ben Paviour, Sarah Dooley, Helen Pool, Eddie Thorpe & Jon Kew at the Vets AC 10000m Championships at Battersea Park on 14 September.

Editor

David Clay

Welcome to the September newsletter!

I think autumn is one of the best times of the year for lacing up the shoes and getting out there. The temperatures are normally in that nice window where it's not too hot or too cold, and there are lots of events to look forward to, whether it be a speedy road marathon or a scenic, challenging cross-country course. Best of luck if you have a race coming up soon.

Speaking of cross country, women's captain Liz Johnson has written a great article this month about all the benefits of going off road and taking part in the TVXC and Hampshire leagues. We also have another brilliant contribution from Matthew Davies after his recent trip to Norway.

Thanks to Liz, Matt and everyone else who has taken the time to put something together for the newsletter. If you would like to contribute to the next edition, please send your article to newsletter@readingroadrunners.org by Monday 24th October.

On a personal note, I've been pleased to increase my mileage in training over the past few weeks and to start taking part in track sessions again, as well as the recent Track Friday 1 mile. One of the silver linings of dealing with injuries/loss of fitness is how satisfying it feels when you start to notice just a little bit of your former speed and endurance coming back. Hopefully that progress continues! 🍌 Have a good month everyone.

Cheers
David

Chair

Sam Whalley



chair@readingroadrunners.org

It feels like it's been a long hot summer and there has been a lot of activity.

Most recently we have seen many runs and walks taking place in London and Windsor, since the sad passing of Queen Elizabeth II. A minute's silence was observed at the start of Wednesday's track session, in her honour.

Closer to home, the building work at Palmer Park continues, and we understand that it will not be completed by October, as we were originally informed. With this in mind, the committee has agreed that track payments will not resume until the stadium facilities are fully available.

Last week we saw the latest Track Friday event, hosted by Fergal Donnelly and Tony Canning – thank you to them. There was a small turnout but good feedback was received, and some money was raised for the club charity, Herbie Hedgehog Rescue. The next Track Friday, Night of the 3000m PBs, will be on 21st October. Don't forget that the track is available for both coached and uncoached sessions every Friday.

There have been some changes to Wednesdays on the track, with Lesley Whiley and Sarah Walters taking a break from coaching, and Vroni Royle and Nicky Gillard launching a new session. Thank you to everyone who has provided or continues to provide sessions for our benefit.

There have been fewer official outruns on Wednesdays, but these can be led by anyone, so don't be afraid to step up and take people along on your run. Ian Giggs is still co-ordinating the list for the Thursday social runs; there are some gaps, so do think about whether you could host or co-host one from Palmer Park or your own local area, so that none of us have to run alone on a wintry evening. Check out the schedule here: <https://readingroadrunners.org/2022/08/outruns/>

Things are hotting up in the Club Championship, with only two races to go – Dorney Half Marathon on 2nd October, and Cabbage Patch 10 on 16th October. Look at the club website to see the latest standings: <https://readingroadrunners.org/club-championships/>

This coming weekend sees a return of the Aldershot Road Relays, and we have several teams entered across both senior and veteran age groups. I am sure there will be more on that from the team captains.

The road relays traditionally symbolise the end of road racing and the start of the XC season, so on Sunday 25th September there will be an XC taster event at Amners Farm in Burghfield. This will be an informal event, a chance to try out your trail shoes and practise staying upright on uneven ground. Thanks to Farmer Chris Webber for hosting this event, and providing breakfast. You can book your attendance on Web Collect: <https://webcollect.org.uk/>

You can find all the dates of the upcoming XC events on the website. Note that there have been some changes to the XC Championship rules, so make sure you have a read of those before the start of the season: <https://readingroadrunners.org/cross-country/>. Remember that XC is largely about participation; you don't need to worry about your times, as it's all based on points. The more runners we have in the team, the more we can push down the other teams, as we repeat the mantra, "overtake the person in front!" It would be great to see a big turnout of green vests in both XC leagues and the various XC Championship events this year.

Most importantly we have our own TVXC fixture to host in Ashenbury Park, Woodley, on 30th October. Race Director Jamie Smith will need lots of help with this, both on the day, and on the day before. Please keep your eyes peeled for communications about this, and help out where you can.

Just ahead of XC season, on Saturday 8th October, we are having an RR Takeover at Reading parkrun. This means we aim to provide all of the volunteers for the event, and encourage as many RRs as possible to come along and run, in a green vest, of course. We want to show what an inclusive club we are, so run, jog, walk or volunteer, the choice is yours.

As well as all the running we've got going on, there are plenty of socials still to come on the calendar. Thank you to Kerri French for organising such a wide variety of events for us. You can sign up for these on Web Collect, along with charity initiatives co-ordinated by our club charity representative, Claire Seymour. More details on the website: <https://readingroadrunners.org/social/>

I think that's just about all I have to say this month. As ever, thank you to everyone who helps to make this club what it is.

Sam

chair@readingroadrunners.org

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

So, the holidays are now over, I for one have taken it easy over the summer, but with London on the horizon, I know many of you have been putting in the hard miles and now will be tapering ahead of the big day.

This month has seen races coming thick and fast. There were victories at Marlow 10 for new member, **Chris Moseley**, and an age group win for **Fergal Donnelly**, having just turned 50, whilst **Keith Russell** (pictured, right) took victory at Phantom Brewery 10K. There were also track honours for **Ben Paviour** (2nd M45), **Fergal Donnelly** (2nd M50) and **Eddie Thorpe** (1st M75), at the track 10K, at Battersea Park, last week (pictured on this month's cover with Helen Pool, Sarah Dooley and Jon Kew).

One person I know has been busy over the summer is **Gary Tuttle** (pictured, below), who has been **running for Orion** at the North Down 100 and recently completed the Chiltern Wonderland 50 in **8hrs 34** (wow). You can support Gary in his fundraising efforts for Tommy's through https://justgiving.com/fundraising/runningfororion?fbclid=IwAR1w9x4THhcfTIHICjpLudbgfSFtdfpBR_JTyI9KoX5ZE9fESGrYBiVpj2w.



I'm a real fan of the club champs as it's a great way to get to know people. In early August, on what was one of the hottest weekends of the year, we had a double header, a club trip to Bournemouth parkrun (and beach), and Burnham Beeches half marathon, followed by races this month at Overton 5 and Marlow 10K. There's a half marathon at Dorney before the final race, Cabbage Patch 10 on 16th October, where we've already got 30 plus runners entered, and you'll need to get your skates to enter as it's always a sell-out. There'll be a meal afterwards too for those interested!

The standings after Race 10 are published on the website but here's a quick round up.

- Wins for new member, **Will Rankin** at Burnham and Overton secured him top spot in the Men's senior category.
- **Chris James** is leading the M40's, having scored max points at Marlow (2nd, in his age group) and 2nd at Overton, but can still be caught.
- In the M50's, **Chris Webber's**, 3rd place overall (1st M50) at Marlow 10k, means he has maximum points, which only **Terry Dowling** (top scorer at Overton) can match by winning at Dorney and Cabbage Patch 10.



- The M60 is equally competitive and **Tony Streams, Alan Freer** and **Brian Kirsopp** look set to fight it out for top place. Tony Streams (pictured, left) and Alan Freer were 1st and 2nd in M60 age category at Burnham.
- In M70's Eddie's win at Overton sealed first place. **Jim Kiddie** can secure 2nd place with a win at Dorney

Looking forward to the Aldershot Team relays this coming weekend, and the start of the XC in 2 weeks' time, though members can get a taste at 10am this Sunday, at the practice event, led by Chris Webber, at Amners Farm.

Women's Captain – Cross Country Special!

Liz Johnson



teamcaptains@readingroadrunners.org

If it's good enough for Jake....

Whilst beating the reigning Olympic champion on the world stage might be the stuff of dreams for most of us, unless you happen to be Jake Wightman, we can all relate to the feeling of knowing you have worked your socks off to put yourself in the best possible position to achieve your goals. As told to AW after a disappointing performance at Tokyo, Jake went back to the drawing board and knew he had to work on his strength over winter if he wanted to be in that position. One element he looked at with his coach in order to improve his chances was cross-county running.....

Ah cross-county. The mere mention of it seems to generate an equal number of cheers and groans amongst the Roadrunner masses. For me it brings back memories of winter mornings, huddled on the school playing field, with legs blue from the cold, waiting for the PE mistress (who was always more suitably dressed for the conditions in some sort of down cocoon, compared to our royal blue gym pants) to blow the whistle which signalled the start of yomping round the school grounds for the next hour, trying not to get lost or startle the horses in the field next door. Whilst cross-county running as an adult is not much different, it feels infinitely more enjoyable now and it is my mission, along with men's captain Tony, to get as many of us out there this winter sharing in the cross-county love.

Yes, we are a road running club (the clue is in the name), but we are also active members of two local cross-county leagues – Thames Valley XC (TVXC) and the Hampshire League – where we have been known to win a trophy or two in the past. All the details on these leagues and other cross-county events will follow at the end of this little article but first let's talk about the benefits of cross-county running. We might not finish the season with a gold medal performance like Mr Wightman, but we can give it a good try.

Benefits *stolen/inspired by various articles in Runners World & AW

- Enhanced endurance, core strength & fitness

Running on uneven ground, up and down hills, and, in some cases, through rivers means that the body is put under very different stresses compared to road running, despite it being lower impact. The constant adjustments for footing and coping with uneven surfaces or mud mean that it is a great work out for the lower leg muscles, building stability, as well as improving your core. A strong core is important for posture and improved running style, meaning you will conserve more energy. All this can translate into stronger performances on the road.

As many cross-county courses feature at least one hill and all feature uneven terrain, you will find it almost impossible to lock into one pace. Powering up hills and changing your pace depending on the terrain will really improve your cardiovascular fitness and give your heart a boost. All this means that a fitter and faster summer awaits after a winter of cross-county.

- Mental resilience

We've probably all felt that feeling where the mind gives up long before the body. There is no better way to improve this than toughing out a cross-country run on a cold and damp winter's morning. Also, the beautiful countryside views can't fail to lift spirits.

- Running freedom

Cross-county running brings a sense of freedom – the distances are often 'ish' with no mile markers to remind you how far there is still to go. The undulating and tricky terrain means you are not a slave to your running watch and can run to effort not a specific pace. It also improves your racing skills as it's not the time on your watch that matters but your position in the field. Who hasn't felt that little thrill of exhilaration when you chase down and cruise past the person you have doggedly been following all race?!

There's also the chance to run with the best. Whilst we might not see a world gold medallist down at Ashenbury Park, we also send teams to the Southern and national championships where everyone, no matter your ability, runs together in the same race. This year's nationals at the iconic Parliament Hill in Hampstead, saw Olympian Alex Yee take 3rd spot in the men's race. Fellow triathlete and Olympic medallist Georgia Taylor-Brown was 4th in the women's event, beaten by local Reading AC athlete and sometime Hampshire & TVXC league attendee, Jess Gibbon!

- Team spirit

Running can often feel like a solo endeavour but cross-county turns that on its head. Cross-county really is all about the team. Whilst not everyone 'scores' for the team, you might just manage to push down a scoring member of another team as in cross-county your finish position equals points scored, and the lower the number the better!

Seeing everyone in club colours also fosters that feeling of team spirit and the camaraderie forged whilst encouraging each other up a particularly nasty hill lasts well after the race has ended.

- Low cost

How often is entry to a race under £5 – hardly ever! Cross-county races are cheap to enter (in the case of Hampshire league the club covers the entry fee, and for TVXC it is only £4 for members) and no fancy equipment is required other than a club vest (£15) and some trail shoes. Some choose to buy cross-county spikes (around £40) for particularly muddy ones but not all races (esp. TVXC) are suitable for spikes as paths can briefly feature.

- Buffets

TVXC is known for its epic buffets of cakes and nibbles post event, and nothing beats a hot tea or coffee after a chilly run (in your reusable cup please 😊). These buffets are often cited as one of the main reasons why cross-county is so enjoyed. Cake features less at the Hampshire League, but a Tupperware or old sweetie tin of brownies or cakes has been known to appear regularly.

Taking Part

The club website has a page dedicated to cross-county, where details on all TVXC and Hampshire League events can be found, including details of our club cross-county championship. Yep, not only do we compete against other local clubs, we also have some friendly intra-club competition to keep it interesting.

<https://readingroadrunners.org/cross-country/>

For TVXC, a webcollect for each event will be created where you can purchase your entry in advance (no on the day entries please). For Hampshire League, you just need to let the Team Captains know that you plan to attend. It really is that simple.

Historically TVXC has been more well attended than the Hampshire League. I think this is mostly due to the TVXC races being a bit more local and a perhaps more favourable timing of the events (Sunday morning compared to Saturday afternoon) however there is also a misconception that the Hampshire League is a bit scary as it is a little more competitive. Club member Chloe Lloyd is a fan of both and here she explains why you are missing out by not giving the Hampshire League a go.

Chloe's story

"Cross-county season is fast approaching and the first Hampshire League race is only seven weeks away. I am a self-confessed Hampshire League fan. After discovering for myself it is not just for the 'elite' athletes, I have been competing in this league for the last couple of years, travelling as far as Bournemouth and as close as Reading.

Hampshire League takes place on a Saturday afternoon, with the women racing 6km at 1:35pm and the men racing 10km at 2:30pm. The camaraderie before, during and after is what I love the most about this league, as well as the support men and women from all the other clubs give to one another, it really is great to be a part of. The British weather often plays a big part in race conditions, so if you're not afraid of getting muddy, then this league is for you. You cannot go wrong wearing a pair of cross-country spikes to support you. They are comfortably light and quick under foot. Best of all, they keep you upright – well most of the time! And you do feel like an elite wearing them.

Cross-country really does wonders for your fitness, which sets you up for those Spring races back on the road. I am renowned for picking up injuries, but get through the Winter unscathed – coincidence? Why not

give it a go. If you're still not sure if this is for you, I would be more than happy to chat through any questions you might have!"

Home Event

As a club, we also host a round of the TVXC League. This year the date for your diaries is 30th October at our usual home of Ashenbury Park in Woodley. Jamie Smith is the man with the clipboard for this one and he will soon be looking for volunteers to help with the smooth running of the event so look out for an email. Some of the roles are suitable for those that wish to run the event too, so you won't miss out.

So there you have it.... The first event is TVXC on 9th October, hosted by our pals from Metros, at Hillingdon House Farm Fields. Yes, the one with the river crossing! Hope to see lots of you there!

Charity of the Year – Herbie Hedgehog Rescue

Claire Seymour



2022 Reading Roadrunners Charity of the Year - Herbie Hedgehog Rescue

Charity Coordinator: Claire Seymour

Hello all, just a short update on our recent fundraising efforts in aid of 'Herbie Hedgehog Rescue'. We held our first raffle and raised a total of **£132** this was held at the Summer BBQ. In addition to this the refreshments from the September track Friday event raised **£53.21**. Thanks to Fergal and the volunteers who covered refreshments on the evening.

I would like to say Thank you to all involved with fundraising for Herbie Hedgehog Rescue so far!

Just a reminder that our fundraising link for the RR Charity of the year is as follows:
<https://www.peoplesfundraising.com/fundraising/reading-roadrunners-2022-charity>

This is a general link that can be used for Race entry donations, and other small donations, any funds received will contribute to the RR Charity pot, all of which is very much appreciated. So far this contains an amazing **£192.50**

Ways in which RR members can help in September

- 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 the juvenile hoglet season almost upon us this 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/30YjsGj> 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 on HHR's website: <https://www.herbiehedgehogrescue.com/>

Charity events

Within the past month with the kind assistance of Fiona Ross we have organised a karaoke night to be held on Friday 7th October at the Three Tuns, tickets are currently available via web collect and include the Karaoke + a buffet, hope you can join us 😊

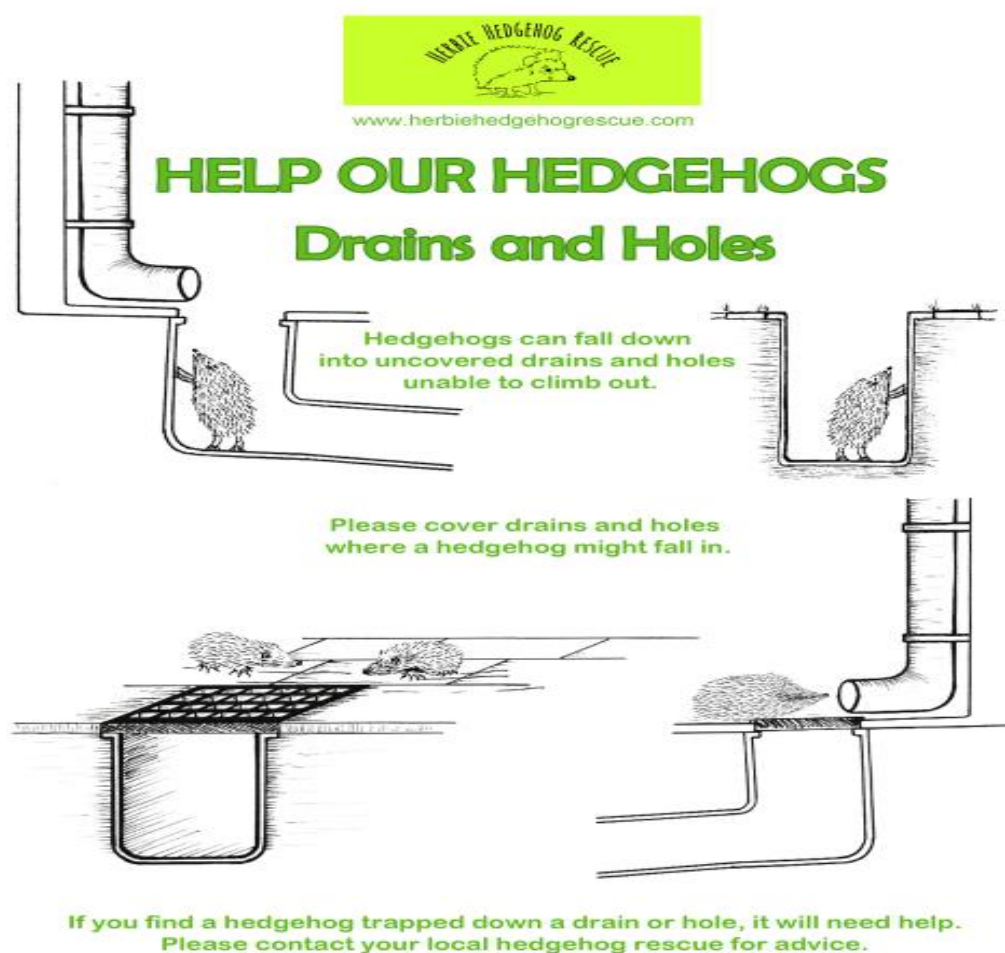
We also have two sweepstakes running, one for the Great British Bake-off, and one for Strictly Come Dancing. We also really welcome and encourage your fundraising ideas. If there is anything that you have enjoyed taking part in from previous years, virtual events included, or have any new ideas please feel free to contact me directly, or via charity@readingroadrunners.org

Herbie Hedgehog Rescue - Tip of the month

Hedgehogs can fall into uncovered holes and drain when they're travelling miles looking for food. They cannot climb back out of deep holes and will get stuck leading to starvation, dehydration and flystrike if not rescued immediately. Please ensure holes and drains are covered overnight and always check any uncovered holes and drains that you see. Please contact your local rescue in case you find a hedgehog fallen into one.

Thank you, Claire –Charity coordinator 2022

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



Herbie Hedgehog Rescue 📞 Call: 07598 7944442
Rehabilitation centre for sick/injured wild hedgehogs based out of Reading, Berkshire.
Poster Designed by C. Smith, 2022

Social Stuff!

Kerri French, Social Secretary

Well what a very sociable summer we've had!

In July - Summer BBQ at the Heron on the Ford. The evening was a great way to catch up and kick off the fantastic weather.



In August - The highlight was certainly the Coach Trip to Bournemouth. The cool sea was the perfect place to relax and chill. The whole thing harked back to the carefree days of our childhoods. There was even a little singalong on the Coach on the way home.

Summed up perfectly by Stuart Lunn

B....Bright and early start
B....Bus
B....Bournemouth Parkrun
B....Breakfast (Wetherspoons)
B....Beers with Breakfast
B....Beach
B....Bathing in incredibly warm sea
B....Boules (highly competitive)
B....Bar (quick drink)
B....Bus Home
B....Blooming Brilliant Trip



In September - Sunday Lunch at The Red Lion in Overton. Usually we all dash off after races, so it was nice to take things slowly and any excuse for a refuel! We even bumped into local celebrity Mike Bushell of BBC & Strictly Come Dancing Fame.



Dates for your diaries

We've got an action-packed Autumn too!
Events coming soon (all bookable on Webcollect):

- Saturday 24th Sept - Stanlake Estate Wine Tour
- Sunday 16th Oct - Pub Lunch at The Fox in Twickenham
- Sunday 23rd Oct - Coffee & Catch up Dinton Pastures (optional walk/run before)
- Saturday 19th Nov - Indoor Games Night at Spinners

I know how busy a Roadrunner diary gets so here's some more dates for your diary before they fill up!

- Saturday 17th Dec - Christmas Party at The Meadow Suite Reading University
- Saturday 25th March - Annual Awards Night - (formerly known as the 'Dinner Dance'.

If you have any suggestions or questions then you can contact me at:
socialsec@readingroadrunners.org

Nansenparken parkrun, Norway

Matthew Davies

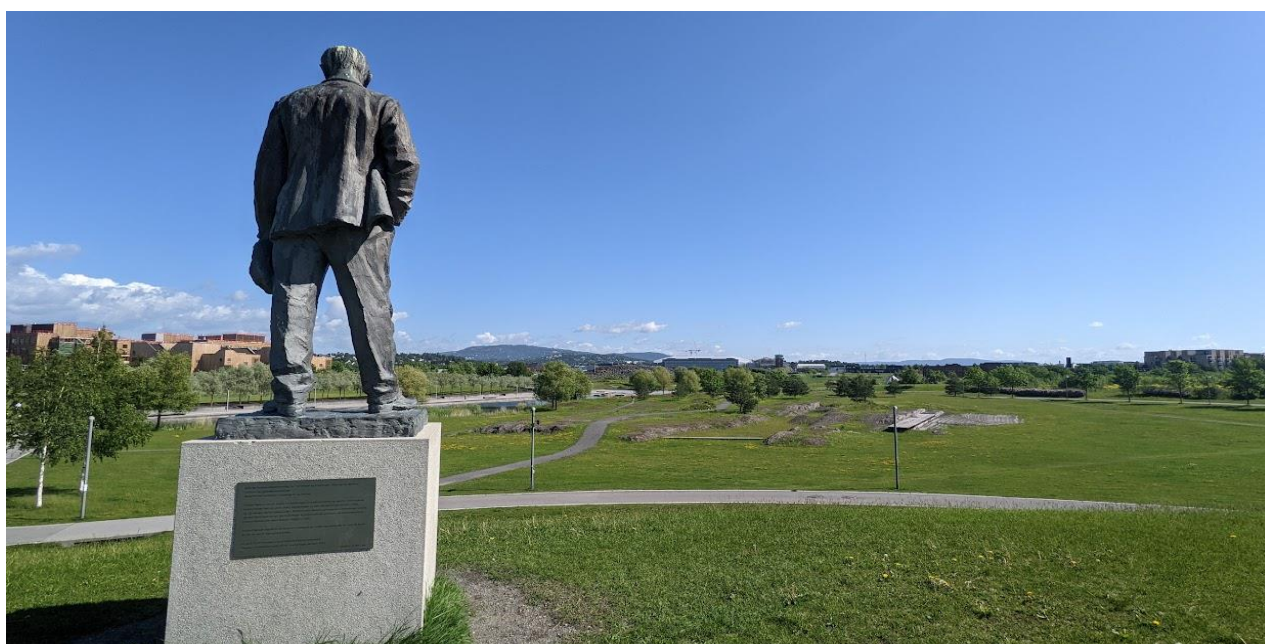
I like Stansted airport. In the way I like the tour de France theme tune. Not as a great price of music, but rather as the association with what's to come! I was on my way for a few days in Oslo and therefore ticking off another parkrun country.

I spent my spare hour at the airport looking for new Oakley's, but I couldn't find any sunglasses I loved, so I went to the gate to do some plane spotting. I got the 737-800. Although the newer 737 - 200 (which is a subtle rebrand of the 737 - max) are quieter due to their efficient engines, and feel newer, I had a comfy flight. The clear takeoff gave good views of Norfolk; at Lowestoft there was a calm north sea below. I find the amount of wind farms in the sea hopeful for the future (a future where a train to a parkrun an hour away will be cheaper than flying to Norway – but I digress). By the time I finished my inflight coffee the medium mountains of Norway's south east coast were passing by as we descended into Oslo. To manage some turbulence on landing I put avicii on, shut my eyes and pretended it was a rollercoaster.

Nansenparken is the city's old airport. It was converted into a park once the airport was relocated further away from the city in the late 90's. The area is a neatly landscaped green space with a smart water feature in the centre which the route goes around and the preserved air traffic control tower.

About Nansen/Who is Fritjof Nansen?

On top of one of the hills in the park is a bronze statue of Fritjof Nansen, who the park is named after. Nansen was a polar explorer of the heroic age. He led the first expedition to cross Greenland, then led a bid to be the first man at the north pole. His plan involved sailing north, getting stuck in Arctic sea ice north of Russia, then for up to five years drifting with the ice taking him and his crew closer to the north pole. He would then leave the ship with one companion, and would walk the remaining distance to the north pole, before heading to Franz Josef land. He didn't quite make the pole but did set a furthest north record for the time.



Some men remained on the boat waiting for it to be spat back out of the ice. The purpose-built boat was called the Fram was later used by Roald Amundsen for his first successful expedition to reach the south pole. The boat has its own museum in Oslo. Which is great for polar exploration nerds, like me. Nansen's later career was as a diplomat. He was newly independent Norway's first ambassador to the UK. He also served as high commissioner for refugees and prisoners of war for the League of Nations. He established the *Nansen passes* which were internationally recognised identity documents for refugees, and won the 1928 Nobel peace prize.

Nansenparken parkrun

I took the bus from central Oslo to the parkrun, thinking about how anybody used public transport abroad before google maps. The route went past the Bislett stadium, where parkrun world record holder Andy Badderly set the world's fastest mile time for the year in 2012. Then about 30 minutes later you get to the Forneau area, where the park is located. I walked to the centre of the park where the finish was located. I had a chat with the friendly run director, put my bag down and went for a warm-up lap. The course is clearly signposted; as a smaller event they do not always have marshals for the turns. The route is 3 clockwise laps of smooth tarmac. There was a very slight rise on the top end of the course, but total elevation gain is under 20m - so very slight! The bottom part of the course goes on the pavement around a school set back from the road.

We walked over to the start line after the briefing, which was in English for the groups of tourists there - the RD said "I'll do it in English as us Norwegians all understand English, but I don't think you (pointing at the tourists) will understand Norwegian".

It was a pb potential course, so I wanted to give it a good shot. My intentions to not go off too hard were quickly forgotten. I tucked in behind three Norwegians for the first 2k, the first kilometers ticked by in 3.15 which is a bit above my limit for now, and one of the Norwegians dropped off towards the end of the first lap. I let the two quicker guys go midway through the second lap, realising I was not on a 30 second personal best day. As I went off a bit hot it was a struggle to hold on for the last lap and not let the pace drop below 3.40 per k. I was proudly wearing my new 50 top, however as the sun rose at 3.30 am and Norway's parkruns start at 9.30, it was already over 20 degrees and sunny. I was starting to overheat. I crossed the line in 17.28, 11 seconds off my personal best, but satisfied.



I'd had a heavy few days of travel and sightseeing around Oslo. There was also the heat, and poor sleep and nutrition associated with a trip away. So, from the excuses, I can take confidence that a parkrun pb will show up if I keep doing what I'm doing. After the run, I went to the beach for a swim in the fjord. The water was much warmer than expected. I lasted about 10 minutes in the water.

Travel advice

The flight to Oslo I picked up in a Ryanair sale for £20. Oslo didn't have that much budget accommodation - which balanced off the savings on the flight. The Oslo pass gave unlimited transport and entry to most attractions in the city and was a good purchase. Drinks in bars was the one thing which matched the warnings about Norway being expensive, with a pint costing over £9!



Reading parkrun takeover!

Sam Whalley & Fergal Donnelly

Reading parkrun Takeover Event (# 570)



Who?

Reading Roadrunners – that's you!

What?

We aim to fill the volunteer roster
and have as many Reading
Roadrunners at Reading parkrun as
we can.

When?

Saturday 8th October at 9am

Where?

Thames Valley Park, Reading, RG6
1PQ

How?

Run, jog, walk or volunteer – you
choose –

but don't forget your green vest or
your barcode!

Why?

To show what a friendly and inclusive
club we are!

For more on Reading parkrun, and to
register, see

<https://www.parkrun.org.uk/reading/>

To volunteer, email Fergal Donnelly at
fdonnellycosmos@gmail.com.

Reading Roadrunners Committee Meeting

Tuesday 9 August, 8pm (by video call)

The Committee

| | |
|---------------|---------------------|
| Sam Whalley | (Chair) |
| Kerri French | (Social Secretary) |
| Sarah Dooley | (Membership Sec) |
| Ian Giggs | (Ex officio) |
| Angharad Ross | (Ex officio) |
| Chris Manton | (Ex officio) |
| Art Atwal | (Coaching liaison) |
| David Fiddes | (General Secretary) |

Apologies for absence

| | |
|---------------|-------------|
| Chris Burt | (Treasurer) |
| Paul Monaghan | (Website) |

Minutes of the previous meeting

The minutes of the previous meeting were proposed as a true record by Sarah, seconded by Angharad.

Matters arising from the minutes of the previous meeting

Membership Cards

Angharad proposed a solution for generating electronic membership cards, which could then be printed or saved to people's phones. There are reusable card holders available to hold the printed cards that could be given out to members.

Chair's report

A quiet month with very few races, but we've all been enjoying the running on TV at the Commonwealth Games.

Up and running are now selling club kit. Thanks to Dean Allaway and Jamie Smith for getting this organised.

Wednesday outruns remain popular. Thanks to all leaders.

The final pub run of the summer will be from the Heron on the Ford. Thanks to Nigel Hoult and Jim

Kiddie for leading and Caroline Jackson for organising this year's pub runs.

The Thursday outruns are now back with different leaders and start locations. Details should be up to date on the website. Thanks to Ian Giggs for organising.

The Reading TVXC fixture is booked in.

Swallowfield 10K replaces the Mortimer 10K as a club supported event. Bob Thomas is looking for help from the committee and club. There will be no duathlon this year.

General Secretary's Report

Nothing to report.

Treasurer's Report

Chris sent his apologies. He has shared the latest accounts but has nothing else to report.

Membership Secretary's Report

1 new member. Very few new trial members as it's holiday season.

Social Secretary's Report

The Heron on Ford barbeque was a sell out and appeared to have been enjoyed by all.

There are only a couple of places left on the bus for the Bournemouth parkrun trip.

Kerri is looking to organise a post-race pub get-together after the Overton 5 club championships race in September.

It was great to meet so many old members at the unveiling of the David Stares memorial plaque in Woodford Park.

Future events

Saturday 24th September - Stanlake Wine Estates

Saturday 17th December - Christmas Party at The Meadow Suite University

Saturday 25th March — Oscars/Annual Awards night at the Penta Hotel

Coaching Report

Art asked about water availability at Palmer Park, and was told that it is available from reception, but people need to bring their own receptacle.

Website

Paul sent his apologies and reported that he was up-to-date with web page updates.

Next Meeting: 19:00 Tuesday, 13 September by video call.

Main Club contact points:

Chair, Sam:
chair@readingroadrunners.org

Membership Secretary, Sarah:
membership@readingroadrunners.org

Secretary, David:
gensec@readingroadrunners.org

Treasurer, Chris:
treasurer@readingroadrunners.org

Social Secretary, Kerri:
socialsec@readingroadrunners.org

Coaching Co-ordinators, Pete & Sarah:
coach@readingroadrunners.org

Website / Media, Paul:
webmaster@readingroadrunners.org

Team Captains, Liz & Tony:
teamcaptains@readingroadrunners.org

Welfare Officer, Tom Harrison:
tom.harrison13w@btinternet.com

Welfare Officer, Nikki Gillard:
nicolagillard@hotmail.com

Mental Health Champion, TBD

Kit Manager, Dean Allaway
dean.allaway@yahoo.co.uk

Reading Roadrunners Committee Meeting

Tuesday 13 September, 7pm (video call)

The Committee

| | |
|--------------|---------------------|
| Sam Whalley | (Chair) |
| Chris Burt | (Treasurer) |
| Sarah Dooley | (Membership Sec) |
| Ian Giggs | (Ex officio) |
| Chris Manton | (Ex officio) |
| David Fiddes | (General Secretary) |

Apologies for absence

| | |
|---------------|--------------------|
| Paul Monaghan | (Website) |
| Angharad Ross | (Ex officio) |
| Kerri French | (Social Secretary) |
| Art Atwal | (Coaching liaison) |

Minutes of the previous meeting

The minutes of the previous meeting were proposed as a true record by Sarah, seconded by Sam.

Matters arising from the minutes of the previous meeting

None.

Chair's report

Sam reported that we still don't have an opening date for the Palmer Park building. Better don't have a firm date but are expecting it to be towards the end of the year or in early 2023.

Upcoming events include the road relays – for which the club captains are looking for participants; and the TVXC season – for which we will be looking for volunteers for our event on 30th October.

Vroni and Nicki are running a new session.

The Thursday outruns are continuing with variable numbers. Volunteer leaders are always welcome by Ian Giggs.

Thanks to Claire Seymour who has organised a number of charity events including Bake Off (go Rebs!) and Strictly sweepstakes.

Thanks to Fergal and team for organising the Track Friday this Friday, which is an evening of mile events.

General Secretary's Report

David reported that he had booked a 16-seater coach for London Marathon runners and spectators, which was now full. As per last year London Marathon are providing a coach for marshals.

A new process is now in operation for charging Reading university students for use of the track on Fridays based on a flat fee. It is hoped that this process will be more sustainable than the old process. The same process will be used by Reading Joggers who have requested occasional access to the track on Fridays.

Treasurer's Report

Chris presented the last profit and loss statement.

Membership Secretary's Report

Sarah reported that 10 new members have joined in the last month. Positive feedback has been received from the new contingent, including interest in the XC leagues.

Social Secretary's Report

In August - The highlight was certainly the Coach Trip to Bournemouth. The cool sea was the perfect place to relax and chill. The whole thing harked back to the carefree days of our childhoods. There was even a little singalong on the Coach on the way home.

In September - Sunday Lunch at The Red Lion in Overton. Usually we all dash off after races, so it was nice to take things slowly and any excuse for a refuel! We even bumped into local celebrity Mike Bushell of BBC & Strictly Come Dancing Fame.

We've got an action-packed Autumn too!

Saturday 24th September - Stanlake Estate Wine Tour. Booking via WebCollect.

Sunday 16th October - Post Cabbage Patch 10 Pub Lunch at The Fox in Twickenham. Table booked for 12 people. Booking via Webcollect.

Sunday 23rd October - Coffee & Catch up Dinton Pastures (optional walk/run before). Available on Webcollect to show interest.

Saturday 19th November - Indoor Games Night at Spinners. Booking via Webcollect.

And further ahead:

Saturday 17th December - Christmas Party at The Meadow Suite University

Saturday 25th March – Oscars/Annual Awards night at the Penta Hotel

Coaching Report

Vroni & Nikki commenced a new coaching series on 7th September.

Pete continues to shadow Jamie in order to progress as a coach.

Tony has secured some coaching help from EA, following a coach-meeting on 7th September. Tony will be confirming next steps with EA in order to set up these training sessions. These are likely to be train-the-trainer, however some sessions may involve the club runners too. The plan is to use the Friday track sessions, classroom for these sessions.

Art raised the matter of jackets for coaches. He proposed a couple of options. It was agreed to proceed and issue to eligible coaches.

Website

Nothing to report

AOB

Life Members

As per procedure a meeting will be arranged next month to discuss new life members.

Cross Country Fees

It was agreed to continue to collect entry fees for TVXC events, and to use Webcollect rather than cash.

Track Fees

It was agreed to delay the reintroduction of track fees until the reopening of the Palmer Park building, and use contactless payment. The idea of track and non-track membership was rejected.

Next Meeting: 19:00 Tuesday, 11th October by video call.

Main Club contact points:

Chair, Sam:

chair@readingroadrunners.org

Membership Secretary, Sarah:

membership@readingroadrunners.org

Secretary, David:

gensec@readingroadrunners.org

Treasurer, Chris:

treasurer@readingroadrunners.org

Social Secretary, Kerri:

socialsec@readingroadrunners.org

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tom.harrison13w@btinternet.com

Welfare Officer: Nikki Gillard:

nicolagillard@hotmail.com

Mental Health Champion, TBD

Kit Manager, Dean Allaway

dean.allaway@yahoo.co.uk

Roadrunners' Race Results

David Dibben

Plenty of variety in the latest batch of results... track championships, marathons from round the world, ultras, summer series, road races, club championships, Track Friday — you name it, we've got it.

In case you think you can spot an obvious error, we can confirm that Linda Wright did contest a 10k trail race and a five-mile road race on the same day.

July 27th

Vets AC 5000m Championships

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-----------------|---------------|
| 14 | Fergal Donnelly | 17.47.24 |
| 3 | Helen Pool | 19.59.75 |
| 10 | Eddie Thorpe | 26.49.34 |

July 30th

Round Reading Ultra (50k)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------------|-------------|
| 64 | Swinda Falkena | 5:09.56 |
| 79 | Grant Hopkins | 5:19.57 |
| 84 | Caroline Jackson | 5:23.20 |
| 117 | Taryn Milligan | 5:55.54 |
| 118 | Graeme Milligan | 5:55.56 |
| 129 | Donald Scott-Collett | 6:14.31 |
| 154 | David Walkley | 6:42.59 |
| 165 | Sarah Richmond-Devoy | 6:52.52 |
| 166 | Pete Morris | 6:52.53 |
| 167 | Martin Bush | 6:52.54 |

August 2nd

Exeter 5k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 48 | Sarah Dooley | 20.17 |

August 3rd

Yateley 10k (race 3)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|------------------|-------------|
| 63 | Chris Webber | 40.56 |
| 84 | Pete Jewell | 41.49 |
| 86 | Gareth Griffiths | 41.58 |
| 120 | Ian Giggs | 44.38 |
| 160 | Jon Green | 46.36 |

| | | |
|-----|-------------------|-------|
| 161 | Collette Callanan | 46.34 |
| 162 | George Mitchell | 46.25 |
| 200 | Paul Carter | 48.44 |
| 285 | Martin Douglas | 53.15 |

August 6th

North Downs Way 100

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 16 | Gary Tuttle | 22:13.58 |

Hercules Wimbledon Graded 5000metres races

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 5 | Ben Paviour | 15.54.49 |

August 7th

Hook Norton 6

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 134 | Tim Miller | 57.34 |
| 180 | Pete Morris | 80.29 |

Sturminster Newton Half Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------|-------------|
| 86 | James Chandler | 1:45.12 |

August 11th

Dinton Summer Series 10k (race 4)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------------|-------------|
| 13 | Chris Webber | 42.50 |
| 14 | Richard Hallam-Baker | 43.13 |
| 32 | Ian Giggs | 48.47 |
| 48 | Sian James | 52.30 |
| | (1st W60) | |
| 53 | Matthew Brown | 53.55 |
| 62 | Julie Sugden | 55.24 |
| 77 | Chris Manton | 58.55 |

Series overall: 2nd Chris Webber, 4th Richard Hallam-Baker (1st M40), 2nd lady Julie Sugden, 3rd lady Sain James.

Dinton Summer Series 5k (race 4)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 16 | Pete Morris | 24.58 |
| 46 | Dan Manton | 31.13 |
| 58 | Adele Graham | 32.32 |
| 96 | Gill Manton | 43.40 |

August 14thBurnham Beeches Half Marathon (club champs)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|---------------------------------|-------------|
| 12 | Will Rankin | 1:28.08 |
| 21 | Tony Page (3rd M50) | 1:31.31 |
| 23 | Katherine Streams (3rd lady) | 1:31.46 |
| 28 | Chris Webber | 1:34.09 |
| 39 | Andrew Butler | 1:39.25 |
| 43 | Ann Rostern (1st W50) | 1:40.57 |
| 58 | Tony Streams (1st M60) | 1:43.29 |
| 62 | Chris James | 1:44.38 |
| 68 | Alan Freer (2nd M60) | 1:45.27 |
| 70 | Bruce Sarjent | 1:45.45 |
| 86 | Brian Kirsopp | 1:50.21 |
| 127 | Gary Clarke | 1:57.14 |
| 129 | Liz Jones (1st W60) | 1:57.22 |
| 149 | David Walkley | 2:00.11 |
| 150 | Nora Halford | 2:00.23 |
| 168 | Sam Whalley | 2:05.24 |
| 176 | Steve Dellow | 2:06.47 |
| 226 | Martin Bush | 2:20.30 |
| 265 | Pete Morris | 2:33.39 |
| 282 | Heather Bowley (1st W70) | 2:49.18 |
| 290 | Linda Wright | 3:08.41 |
| 292 | Cecilia Csemiczky | 3:19.29 |

Burnham Beeches 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 69 | Sara Lopez | 53.08 |
| 116 | Jim Kiddie | 58.32 |
| 267 | Nick Adley | 89.47 |

Midnight Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 38 | Dan Brock | 4:51.27 |

August 21stIsle of Wight Half Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|---------------|-------------|
| 6 | Chris Lucas | 1:19.12 |
| 126 | Mireia Garcia | 2:07.26 |

August 28thEnglefield 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------------------|-------------|
| 4 | David Parton (2nd M50) | 41.27 |
| 19 | Colin Cottell (2nd M60) | 51.02 |
| 55 | Ben Fasham | 59.01 |
| 61 | Toni McQueen (1st W60) | 1:00.33 |
| 68 | Jim Kiddie (1st M70) | 1:01.50 |
| 140 | Linda Wright | 1:26.08 |
| 143 | Tom Harrison | 1:26.40 |

Dorney Half Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------------------|-------------|
| 34 | Matt Davies | 1:27.45 |
| 45 | Chris Webber | 1:30.20 |
| 144 | David Leake (1st M70) | 1:56.20 |

Headington 5

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 77 | Alan Freer | 35.47 |
| 121 | David Dibben | 38.51 |

September 3rdAndover Trail Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 3 | Dan Brock | 3:55.10 |

September 4thThe Big Half

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|---------------------------------|-------------|
| 480 | Alex Harris | 1:22.42 |
| 644 | Katherine Sargeant (1st W50) | 1:24.48 PB |
| 730 | Jacob Atwal | 1:25.54 |
| 997 | Sarah Dooley | 1:28.45 PB |
| 2722 | Tony Streams | 1:42.31 |
| 5072 | Chris Manton | 1:55.00 |
| 5322 | David Caswell | 1:56.18 |
| 11799 | Dan Manton | 2:58.23 |
| 12297 | Anthony Eastaway | 3:31.34 |
| 12298 | Gill Manton | 3:31.35 |

Farnham Pilgrim Half Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|---------------|-------------|
| 186 | Andy Atkinson | 2:27.18 |

Overton 5 (club champs)

| <i>Pos</i> | <i>Name</i> | <i>Gun</i> |
|------------|---------------------------|------------|
| 43 | Will Rankin | 30.16 |
| 59 | Tony Page (3rd M50) | 31.17 |
| 69 | Terry Dowling | 31.37 |
| 81 | Nikki Gray | 32.12 |
| 82 | Chris Webber | 32.18 |
| 110 | Brian Kirsopp | 33.28 |
| 121 | Helen Pool (2nd W45) | 34.16 |
| 168 | Alan Freer (1st M65) | 36.06 |
| 176 | Chris James | 36.33 |
| 189 | Bruce Sarjent | 37.15 |
| 197 | Jane Davies (2nd W60) | 37.32 |
| 228 | Ruth Rogers | 38.36 |
| 258 | Lorna McLeod | 40.40 |
| 267 | Sam Whalley | 41.01 |
| 310 | Julie Sugden | 43.40 |
| 325 | George Niamey | 44.45 |
| 330 | Eddie Thorpe (2nd M75) | 45.16 |
| 342 | Phil Davies | 45.43 |
| 404 | Caroline Hargreaves | 52.36 |
| 418 | Liz Atkinson | 55.48 |
| 431 | Kerri French | 59.37 |
| 434 | Linda Wright | 63.05 |
| 445 | Julie Wing | 70.52 |

Trail Mapledurham Half Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------------------------|-------------|
| 18 | Florence Ledger (3rd lady) | 1:44.38 |

Trail Mapledurham 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-----------------|-------------|
| 71 | Stephanie Smith | 1:08.29 |
| 78 | Andrea Marnoch | 1:10.50 |
| 103 | Linda Wright | 1:30.08 |

Worcester 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 11 | Matt Sarjent | 35.07 PB |

Dunstable Downs Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------|-------------|
| 46 | Julia Molyneux | 6:04.20 |
| 47 | Pete Morris | 6:04.20 |

Jersey Half Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 40 | Peter Rennie | 1:40.30 |
| 66 | Katie Rennie | 1:51.32 |

September 11thGreat North Run

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|---------------|-------------|
| 1444 | Grant Hopkins | 1:32.33 |
| 6706 | Lorna McLeod | 1:51.44 |
| 6711 | Eoin McLeod | 1:51.45 |

New Forest Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 513 | Pete Morris | 5:05.09 |

New Forest 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 672 | Becky Mellor | 1:18.45 |

Bacchus 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-----------------|-------------|
| 217 | Michael Hibberd | 1:33.10 |

September 14thVets AC 10000metres championships

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|------------------------------|---------------|
| 4 | Ben Paviour (2nd M45) | 33.54.89 |
| 14 | Fergal Donnelly (2nd M50) | 37.52.12 |
| 23 | Jon Kew | 40.38.46 |
| 29 | Sarah Dooley (2nd W45) | 42.33.56 |
| 30 | Helen Pool (3rd W45) | 42.51.52 |
| 43 | Eddie Thorpe (1st M75) | 54.37.45 |

September 16thTrack Night of Mile PBs (race 1)

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|------------------------|---------------|
| 1 | Justin May | 6.22 |
| 2 | Sam Whalley | 7.13 |
| 3 | Pete Morris | 7.25 |
| 4 | Amelia Busby | 7.41 |
| 5 | Natalie Harris (Shinf) | 7.54 |
| 6 | Kevin Strong | 8.10 |
| 7 | Eddie Thorpe | 8.11 |
| 8 | Gina Hopkins (Joggers) | 8.27 |
| 9 | Tim Miller | 8.27 |
| 10 | Natasha Hall | 8.58 |
| 11 | Kerri French | 9.36 |

Track Night of Mile PBs (race 2)

| Pos | Name | Timing |
|-----|----------------------|--------|
| 1 | Jordan Meikle (Uni) | 5.41 |
| 2 | Chris Wicks (Shinf) | 5.45 |
| 3 | David Clay | 5.51 |
| 4 | Mark Dibley (Shinf) | 5.58 |
| 5 | Gavin Harris (Shinf) | 6.13 |
| 6 | David Fiddes | 6.33 |
| 7 | Nick Adley | 6.54 |

Track Night of Mile PBs (race 3, above)

| Pos | Name | Timing |
|-----|-----------------------|--------|
| 1 | Liam Dougherty (BFR) | 4.54 |
| 2 | Jacob Atwal | 5.03 |
| 3 | Chris Moseley | 5.12 |
| 4 | Jamie Smith | 5.22 |
| 5 | Tony Page | 5.30 |
| 6 | Pete Jewell | 5.32 |
| 7 | Herve Bavazzano (Mai) | 5.41 |
| 8 | Ian Giggs | 5.43 |
| 9 | Jon Oliver (Mai) | 5.46 |
| 10 | Mark Andrew | 5.53 |
| 11 | Pip White | 5.55 |

September 17thOslo Marathon

| Pos | Name | Chip |
|-----|-------------------|---------|
| 610 | Liang Guo (right) | 3:40.21 |

Chiltern Wonderland 50

| Pos | Name | Chip |
|-----|-----------------|----------|
| 14 | Gary Tuttle | 8:34.17 |
| 47 | Gemma Buley | 9:32.09 |
| 155 | Jonathan Ridley | 12:00.07 |

September 18thMarlow 10k (club champs)

| Pos | Name | Chip |
|-----|---------------------------|---------|
| 3 | Chris Webber (1st M50) | 43.12 |
| 4 | Nikki Gray (1st lady) | 43.48 |
| 5 | Chris James | 46.13 |
| 31 | Ben Fasham | 53.27 |
| 34 | Phil Sharman | 53.47 |
| 42 | Sam Whalley (1st W50) | 55.54 |
| 70 | Jim Kiddie (2nd M70) | 61.26 |
| 110 | Liz Atkinson (2nd W70) | 1:14.44 |
| 130 | Julie Wing | 1:40.30 |

Marlow 10

| Pos | Name | Chip |
|-----|---------------------------|---------|
| 1 | Chris Moseley | 1:07.49 |
| 5 | Fergal Donnelly | 1:11.02 |
| 10 | Tony Page (2nd M50) | 1:13.06 |
| 22 | Ann Rostern (2nd lady) | 1:21.58 |
| 90 | Andy Atkinson | 1:49.13 |



Phantom Brewery 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------------------------|-------------|
| 1 | Keith Russell | 36.21 |
| 7 | Adam Lewis | 38.50 |
| 25 | Florence Ledger (2nd lady) | 44.42 |
| 32 | Jon Green | 45.53 |
| 35 | Dean Allaway | 46.38 |
| 44 | David Caswell | 47.32 |
| 51 | Dan Rickett | 47.59 |
| 71 | David Fiddes | 49.50 |
| 73 | Chris Manton | 50.21 |
| 75 | Pete Morris | 50.29 |
| 120 | Amelia Busby | 53.49 |
| 122 | Kayleigh Forbes | 54.11 |
| 139 | Saba Reeves | 56.38 |
| 178 | Fiona Ross | 1:01.23 |
| 214 | Trisha Arnold | 1:08.26 |
| 232 | Natasha Hall | 1:13.50 |
| 235 | Kerri French | 1:18.48 |
| 237 | Dan Manton | 1:24.25 |
| 238 | Gill Manton | 1:24.25 |

Treehouse 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------|-------------|
| 34 | Jane Davies | 48.02 |
| 58 | Bryan Curtayne | 51.34 |
| 79 | Phil Davies | 55.47 |

Swansea Bay 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 540 | Mark Allen | 47.23 |

Club Championships

Bob Thomas

Main championship

With only two races left, 23 men and 23 women remain in the competition, having eliminated members who didn't return a result in either the 10K and/or 5M categories. Hats off to Chris James, who has run all the ten races that have taken place so far. The remaining races are the Dorney HM on 2Oct and the Cabbage Patch 10M on 16Oct.

The results are on the Club website. Road Champs leaderboard...

| Senior Women | | | Senior Men | | |
|-----------------------|-----|-----|-------------------|-----|-----|
| Nikki Gray | 1 | 200 | Will Rankin | 1 | 200 |
| Ruth Rogers | 2 | 192 | Jake Dellow | 2 | 145 |
| Donna Saunders | 3 | 186 | Men Vet 40 | | |
| Women Vet 40 | | | Chris James | 1 | 196 |
| Alex Bennell | 1 | 193 | Andrew Butler | 2 | 193 |
| Sarah Richmond-De'Voy | 2 | 182 | Eoin McLeod | 3 | 191 |
| Helen Pool | 3 | 149 | Men Vet 50 | | |
| Women Vet 50 | | | Chris Webber | 1 | 200 |
| Katherine Streams | 1 | 200 | Bruce Sarjent | 2 | 193 |
| Ann Rostern | 2 | 195 | David Fiddes | 3 | 189 |
| Lorna McLeod | 3 = | 194 | Men Vet 60 | | |
| Sam Whalley | 3 = | 194 | Alan Freer | 1 = | 198 |
| Women Vet 60 | | | Tony Streams | 1 = | 198 |
| Liz Atkinson | 1 | 198 | Gary Clarke | 3 | 189 |
| Sarah Bate | 2 | 197 | Men Vet 70 | | |
| Linda Wright | 3 | 196 | Eddie Thorpe | 1 | 200 |
| Women Vet 70 | | | Andy Atkinson | 2 | 196 |
| Heather Bowley | 1 | 200 | Jim Kiddie | 3 | 149 |
| Julie Wing | 2 | 199 | Age Grade | | |
| Cecilia Csemiczky | 3 | 149 | Katherine Streams | 1 | 200 |
| | | | Chris Webber | 2 | 196 |
| | | | Ann Rostern | 3 | 187 |

Marathon championship

The results for the Marathon Championship are also to be found on the Club website. The fastest results returned so far by a man and by a woman are both sub-3hrs. The Marathon Champs closes on 31Dec22.

Marathon Champs leaderboard...

| Senior Women | Pos | Time |
|------------------------|-----|----------|
| Swinda Falkena | 1 | 03:36:21 |
| Flo Ledger | 2 | 03:41:44 |
| Julie Sugden | 3 | 04:18:27 |
| Women Vet 40 | Pos | Time |
| Sarah Dooley | 1 | 03:09:25 |
| Caroline Jackson | 2 | 03:40:58 |
| Carmen Fuentes-Vilchez | 3 | 03:43:26 |
| Women Vet 50 | Pos | Time |
| Katherine Streams | 1 | 02:58:22 |
| Nora Holford | 2 | 03:42:34 |
| Mary Janssen | 3 | 03:49:49 |
| Women Vet 60 | Pos | Time |
| Linda Flintoff | 1 | 04:47:52 |
| Liz Atkinson | 2 | 05:40:00 |

| Senior Men | Pos | Time |
|---------------|-----|----------|
| Chris Burt | 1 | 02:58:33 |
| Matt Sarjent | 2 | 02:59:39 |
| Jake Dellow | 3 | 03:13:28 |
| Men Vet 40 | Pos | Time |
| Keith Russell | 1 | 02:35:06 |
| Phil Woolfall | 2 | 03:03:13 |
| Richard Usher | 3 | 03:08:14 |
| Men Vet 50 | Pos | Time |
| Chris Webber | 1 | 03:08:21 |
| Brian Grieves | 2 | 03:28:36 |
| Bruce Sarjent | 3 | 03:52:26 |
| Men Vet 60 | Pos | Time |
| Tony Streams | 1 | 03:24:21 |
| Paul Bandy | 2 | 03:43:17 |
| Mo Fassihinia | 3 | 03:43:30 |
| Men Vet 70 | Pos | Time |
| Andy Atkinson | 1 | 05:39:59 |