

NEWSLETTER

OCTOBER 2022



A grand day out in London for runners and volunteers



Editor's Intro

David Clay

Welcome to the October newsletter.

Well, what a few weeks it's been. It seems like every month there is some momentous / chaotic national event going on, but I'll put that to one side and just focus on the running stuff! Fortunately, there has been no shortage of top class and inspirational running since the last newsletter was published, so there's plenty to write about 😎

On an international level, we saw Eliud Kipchoge again break the marathon world record with a 2:01:09 in Berlin; this after going through halfway in less than an hour! Started too quick, I thought. What an amateur. If only he'd paced it a bit better eh?

Perhaps he needs to take some lessons from our women's captain, pacing queen Liz Johnson 🏆. We don't have a report from Liz this time as she takes a well-earned break following her super PB in London, but I'm sure she'll be back next month with an update! I won't try to cover all the other fantastic performances at London and other autumn marathons over the past few weeks, but as you'll see from David Dibben's results round up there were multiple PBs and even some age category podiums. Congratulations to everyone who has covered 26.2 miles.

Most of our marathon runners will have been enjoying a few easy weeks after their races, focusing on rest and recovery, but not Gary Tuttle! Just two weeks after finishing London in 3:22, Gary swapped the bright lights and razzmatazz of the capital for the Thames Path and a headtorch, completing his fourth 100 mile run of the year as part of his 'Running for Orion' challenge. Truly incredible. Gary has written a great article about how he got into ultra-running and what he has learned along the way, which you can find at page 8 of this newsletter. It's hard to comprehend the energy and determination you must need to get through such a long race, but Gary reckons anyone can do it!

Not quite on the same scale, but still mightily impressive by any normal standards, was Grant Hopkins' 6th place at the 47-mile Thames Trot last weekend. The first step on a slippery slope into ultra-running craziness...?! I joined Grant for the last 10 miles of the race and really enjoyed it, although I'm quite glad I didn't have to do the first 37!

Thanks to everyone who has contributed to this month's newsletter and I hope you enjoy reading it. If you would like to submit an article for the next edition, please send it to newsletter@readingroadrunners.org by Monday 21st November.

Cheers

David

p.s. You may be wondering, how come Kipchoge always runs so fast in Berlin? Is it the super-quick course? The great crowd support? His ultra-bouncy lightweight custom-made shoes? Of course not! Those of you who read the April edition of the newsletter will already know the real reason for Kipchoge's success... presenting the true hero of Berlin... the ultimate marathon wingman... it's Bottle Claus! [Behind The Scenes With 'Bottle Claus' Eliud Kipchoge's Bottle Man! - YouTube](#).

Chair

Sam Whalley



chair@readingroadrunners.org

Much as I love the summer, we have, in my opinion, now come to the best time of year, as far as races are concerned. If you have never tried cross country, you really should. Not only do you get to forget about PBs and race times, but you get to feel like part of a team too. We have kicked off the season with 29 runners at Metros in Hillingdon a few weeks ago. This coming weekend we have our own fixture of the Thames Valley XC League, in Ashenbury Park, Woodley, organised by Race Director Jamie Smith. This is really close for most people so why not come along and have a go? Or come and see what it's all about? Details of all upcoming XC fixtures can be found on our website. We also operate an XC Championship. Some details of this have changed, so make you have a read. Thanks to Bob Thomas for keeping track of all the scores for us.

The Club Road and Multi-Terrain Championship has just finished, with a great turnout of green vests at the Cabbage Patch 10 Mile in Twickenham. This was a deciding race for some of the age categories, so there was some excitement/pressure. You will notice that one category (I'm looking at you, Senior Men) only had one eligible runner in the end. Well done to Will Rankin for committing to four races. Well done also to Chris James, who increased his chances of a prize by running all 12 races in the championship.

Club kit is compulsory for both championships, and trophies for these, and the marathon championship (club kit not required), will be presented at the Awards Evening in March. Full details of this social can be found on Web Collect, in the events section of our Facebook page, and on our website. It is always a good night out. Bookings are also open for the Christmas party in December, so look for details of this in all the places mentioned above. It makes life so much easier for our social secretary, Kerri French, if people book things early.

Other events we have seen since the last newsletter have been a karaoke evening, organised by our charity co-ordinator, Claire Seymour, with help from Fiona Ross, and, race-wise, the Aldershot Road Relays, which I'm sure the team captains will report on, and the final Track Friday of the year. This was well attended by other clubs, with Finch Coasters using the event as one of their own club championship races, but fewer Roadrunners than usual. It would be great to see more club members down at the track on Fridays.

On Saturday 8th October Fergal Donnelly organised a takeover at Reading parkrun, and this was a great success, with lots of us running and volunteering. You can read Dimi Gospodinov's report on the club website: later in the newsletter.

The building work at Palmer Park continues, and we hear there will be repairs to the velodrome over the next couple of weeks. There is still a good range of sessions on offer at the track, and a regular outrun is being offered by Harriet Turner too. Don't forget anyone can offer a social outrun on Thursdays – there are plenty of gaps for these going forward, and it would be nice for people to be able to run together on these darker evenings.

Thank you to everyone who contributes to our club. It really is much appreciated. Hope to see you in a field soon!

Sam. chair@readingroadrunners.org

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

I'm writing this late on Monday night, following the results of the London marathon ballot, nice to see the joy on social media of those of you that made it through ...commiserations to those that didn't. You are in good company.

I really enjoyed being up in London, soaking up the atmosphere and seeing lots of you doing the club proud. And what a great run by **Dave Boulton** with a massive PB of 2.42. Also, I will be taking training tips from **Matt Davies** with 2.56 off only 4 weeks of training. I won't be in London in the Spring, but have just entered Chicago next autumn, so plenty of time to train.

There's been a lot else on this month, we had the road relays, seen the finale of the club championship, our 1st Thames valley XC and popular local races such as the Oxford half. A full round up has been provided by **David Dibben**.

I want to congratulate all of those that completed an event in each distance, in the club championships, the final results will be announced soon. Well done to **Chris James**, who ran in all of the 12 races! The prize giving will be at our award's evening in March.

I'll be starting to plan the races in next year's competition soon, and I want to hear from as many of you as possible about how we can make this better!

Those of you who were at the first TVXC at Hillingdon will be glad that there'll be a new gazebo for our home fixture at Ashbury. With the rain we've had, I think it'll be perfect conditions for Sunday. Will see you all on the start line – let's make sure we are the biggest team!

Social Stuff!

Kerri French, Social Secretary

Get your dancing shoes ready for the biggest event of the year so far...



Christmas Party!

Saturday 17th December - The Meadow Suite Reading University

Time to party, like only a Roadrunner knows how to!

Tickets are now on sale via [Webcollect](#) please book as soon as possible.

£30 per head which includes 2 arrival drinks, a buffet & DJ

Partners and family/friends over 18 are welcome

It would make my job really easy if people could book up and not delay. As the venue need to plan staff numbers to serve us and get food orders in.

In October we had two social events and both involved being outside.

One very dry post Cabbage Patch 10 pub get together and one very wet Dinton Pastures Run/Walk/Coffee catch up. But as hardy Reading Roadrunners we don't let a bit of rain put us off!



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

Reading parkrun takeover!

Dimitar Gospodinov

Roadrunners' 'takeover' of the 570th running of Reading parkrun was a big success, with a huge turn-out on a glorious day. The special occasion has been marked by an in-depth report from the front line by one of our own, Dimitar Gospodinov (originally published on the club website).

I have to admit I am not much of a parkrunner. Living in Burghfield Common, in order to get to a parkrun I have to either drive, which feels wasteful, or run on the side of the road down to Prospect Park looking at all the things people have discarded from their cars, plus an uphill run back adding up to over 10 miles in total distance.

So, most Saturdays I opt for a solo run on the lovely trails of Englefield Estate I have on my doorstep. Parkrun is usually a social event for me and this week I have a really good reason to make it down to Thames Valley Park — Reading Roadrunners 'takeover'.

I joined Roadrunners in between lockdowns back in 2020 looking to try something new and improve my running. I had been thinking about going to the track sessions for a while before joining but the idea of going around in circles didn't sound like something I would enjoy. I was so wrong.

The club offers so much more than track sessions, from couch to 5k, pub runs, cross-country, day trips and social events. But what grabbed me straight away was how friendly and supportive everyone was.



If you are looking to improve your running or just make some new friends, I would encourage you to come to Palmer Park on Wednesday evenings and join one of the groups.

At TVP, it is just after 8.30am and the place is already buzzing. I say a quick hello to our run director Fergal Donnelly and I am off warming up and chatting with friends.

There are green Roadrunners vests everywhere and I am going from conversation to conversation until I hear that there is a briefing for first-timers happening. This should apply to me but talking to people is more exciting and I decide that getting lost is a low risk.

We clap for all volunteers giving up their time every Saturday to make the event possible. Next, we are on to parkrun tourists. We start from Bracknell and finish all the way to Australia. The thought that maybe living in Burghfield Common is not a valid excuse for only making it to 12 parkruns over the last year crosses my mind and we are off to the start.

Today I am trying to avoid my normal routine of starting too quickly and slowing down in the last mile. With quite a few sessions in my legs this week already and the Thames Valley Cross-Country league tomorrow I

decide to pace myself. I see Pete Jewell (above) disappearing into the distance quite quickly. I have to admit it is a nice sight to see. Pete has struggled with injuries lately but is quickly getting back into shape, so I am sure I will be seeing his backside more often and many people will be losing their VM60 course records in the area.

The first two miles are steady running alongside Tony Page (right) chatting and thanking the marshals, but with a mile to go Tony picks up the pace and all of a sudden I run out of conversation.

Once we are done and scanned we are straight back to the finish line to encourage all the other runners and walkers. It is always great to see all sprint finishes and people having fun.



With 295 runners we had some great achievements today, Thomas Palmer not only finishing first comfortably but also running his 250th parkrun; first female Penny McCrabbe coming in 25th overall, Phil Burke running a PB of 20:11 in his sixth parkrun — I don't see his PB starting with a '2' for much longer.

Also, there were some really impressive age-grade results with Jane Davies achieving over 90 per cent in VW60 and Pauline Siddons, Pete Jewell, Chris Webber and Claire Marks all above 80 per cent.

Thanks to the volunteers who made this event happen: Mark Allen, Art Atwal, Pauline Bravet, Angela Burley, Michelle Dean, Fergal Donnelly, Katherine Foley, Elizabeth Ganpatsingh, Nicola Gillard, Jon Green, Sophie Harris-Watkins, David Hodgkinson, Charlie Jackson, Lee Jackson, Elizabeth Johnson, Sue Jones, Jon Kew, Sara Lopez, Hannah McPhee, Kaja Milczewska, Laura Priest, Ruth Rogers, Chris Smith, Stephanie Smith, Bob Thomas, Michael Turner-Hibberd and Sam Whalley. Many thanks to KAJA MILCZEWSKA for the pictures.



Ultra Running

Gary Tuttle

I started running in October 2013 when a magazine dropped through my door saying 'Congratulations, you're in'.

This was 6 months after I had been up to watch my friend run the London Marathon, and having never given it a thought, decided it looked like fun and I might put my name in the ballot. 6 months is enough time to forget all about it, if you didn't run.

So I was faced with the task of 6 months to train and run a marathon. My friend at the time was a member of Reading Roadrunners, so I thought that was a good place to start and came along to help my training. Another running friend would give me books to read to help inspire me, and I was easily influenced. One of the first ones he gave me was 'Ultra Marathon Man', by Dean Karnazes. I was hooked and thought wow how far can I go, could I run 100 miles?

I carried on my training and did London in a decent 1st effort of 3 hours 20 mins and 40 seconds, I signed up to more marathons and continued to improve, but I kept looking at 100 mile races. Eventually in 2015 whilst on holiday traveling around Europe I saw another RoadRunner had signed up to Thames Path 100 in May 2016, 100 miles along the Thames Path from Richmond to Oxford. I thought brilliant, a flat fast 100 mile race, let's do this. I convinced my mate it was a good idea, so he signed up as well. We also needed a 50 mile qualifying race, so I found the Thames Trot, about 50 miles from Oxford to Henley in February. Perfect, that will give me a chance to recce the route as well!

I set about looking for everything I could to train and run 100 miles. I was recommended a brilliant book called 'Relentless Forward Progress' and it had a few different training plans, one of which looked manageable for me, running 5 times a week and peaking at 70 miles per week.

Running ultras is not just about the physical training, it is also a hugely mental challenge. I have heard it is about 10% physical and 90% mental. You find it with the training, just dragging yourself out of bed in the early mornings, forcing yourself outside, even if it's pouring with rain. These are daily battles, even for the elites. Kipchoge, arguably the GOAT, was asked if he felt like sacking a training session off, and he replied "everyday". Everyone is in good company there!

Before my 1st 100, I had a little wobble about 2 weeks before the race. The distance freaked me out. I had to put my trust in the training that I had done and break the race down into sections. Rather than focus on the whole distance, just worry about getting to the next aid station. This makes it much more manageable. Then, throughout the race, counting off significant distances, 10 miles, 20, 25, 30, 40 and so on. Before you know it, you can then start counting down.

There are different strategies for running ultras, depending on the course. Most courses tend to be undulating, so because it is difficult to run continuously, unless you are an elite runner, you need to factor in walking breaks. The best way to do this is by running the flats and downhills and walking the uphills.

When the course is flat like the Thames Path you don't get those natural walking breaks so I had to find a different strategy. Originally I thought I would run for 25 minutes and walk for 5 minutes. After asking for some advice, someone suggested that this would be too much. At the start of the race it would be manageable but 70 miles into the race, those 25 minutes would be a long time. They suggested I went with a 9 minute run and 1 minute walk, and do this from the start. This worked out really well. While it was counterintuitive to walk, and to walk so early in the race, I found it preserves your legs and allows you to

use different muscles. When you start doing it, and more so further into the race, those 1 minute walk breaks do not last very long – blink and you'll miss it! I also used these walk breaks to focus on eating and drinking. It's much easier to eat and drink whilst walking than when running. Also, just getting food in is important to give you the energy to finish. So many people's races can come unstuck through lack of food

Fuelling is completely different for everyone, so it takes time to work out what your body can handle. In the past, eating gels has played havoc with my stomach, so I wanted to try solid food. Even over the years this has changed for me. I've eaten salty plain food, things like crisps and sausage rolls, sometimes sandwiches, jam, cheese and cereal bars. Even this gets too much and all I can handle is watermelon, pineapple and oranges. Foods that are easy to swallow and chew. But I still struggle and am always changing and trying different foods.

More recently I have tried Gu gels, as they are less liquidy and have a much nicer flavour and texture. Again on the drink front, there are lots of options, at the Centurion race aid stations they use Tailwind, which is a powder mixed in water and contains a lot of calories. I've tried that but don't like the texture and it's not watery enough. So, I use High 5 electrolyte tablets to keep my salts and sugars in check. I also find cola is good as well. I know some people will be shocked to find there is no mention of doughnuts and redbull in here! I will have one before the start, but can't stomach it during the race.

After my 1st ultra races in 2016 I had a bit of a break from them and focused on marathons. I had a job in Reading that allowed me to run to and from work, about 9 to 10 miles each way, so I was running 3- 5 times a week to work and Trin asked me how that compared to what I was running whilst training for the 100 miles. I took this as permission to go for 100 miles again, so looked at the Centurion Running 100 grand slam, that consists of their 4x 100 mile races in one year, and volunteered at their 2019 races to gain a free entry to the 2020 races.

As we all know 2020 caused havoc and the first two 100 mile races had to be rescheduled to later in the year. This meant that instead of the 1st race being the Thames Path 100 it was the North Downs Way 100. I only managed to get to mile 87 before having to pull out due to an injury when I rolled my foot earlier on in the race, and couldn't put weight on it. This meant that my grand slam challenge was over before it had even started. In the end I completed the Thames Path 100 5 weeks later and then the Autumn 100 after another 6 weeks. The South Down 100, due to be in November, had to be postponed due to another lockdown.

After our son, Orion, was stillborn in April 2021, I had the idea of raising money in his name for a charity, and we picked Tommys, who do research into stillbirth and miscarriages. I felt that due to the amount of running that I did, I needed to find a challenge that would push me to my limit. I knew that Centurion did the 100 Grand Slam and also had a 50 Grand Slam, and a few people would take this on at the same time, so that is why I ended up volunteering at their races in 2021 to get free entries for 2022 to take on the Centurion Double Grand Slam as part of my 'Running For Orion' challenge. If you would like to make a donation, then the justgiving page is: <https://justgiving.com/fundraising/runningfororion>.

What I love about ultras is the challenge of training and taking part, and the ultra community. They are all out to do the same thing and everyone is so encouraging and willing to help, from all the volunteers at the aid stations to the runners out on the course. Running on the trails you get to see some beautiful places and running off road there are some really technical routes.

Anyone is capable of running an ultra. You just need to put your mind to it, focus on a training plan that is right for you, be consistent with the training and have the mental toughness to get through the low points. To anyone considering an ultra, I'd really recommend giving it a go!

Club Kit @ Up and Running

Dean Allaway

A reminder that Roadrunners kit is now being sold at Up and Running in the town centre!

Exact Cash Only

Tees £25

Vests/Racer Back £16

Shorts £27

Don't forget you also get a 10% discount with RR Membership (though this excludes club kit)





Roadrunners' Race Results

David Dibben

At the height of the autumn marathon season the results desk has a special mention for a member who distinguished himself in a white vest rather than green.



While dozens of his RR pals were putting in stellar performances in London, Alex Harris (left) defied a nasty bout of Covid to represent the England age group masters squad at Chester.

He did so in style, too, treating the race as a 26.2-mile training run! You know the sort of thing... bit of race pace, bit of tempo, bit of fartlek... mixing it up.

Although he's probably old enough to remember when "podium" was a noun rather than a verb... Alex podiumed!

And for a follow-up he ran sub-3 at Abingdon three weeks later. Genius.

Here's the month's results. I haven't included any placings for London as they seem pretty meaningless among the 40,000-plus heroes, or any 'virtuals'. But well done to everyone who got round.

September 11thVilnius Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
580	Martin Bush	4:46.20

September 24thAldershot Road RelaysSenior Men, RR A

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Matt Sarjent	21.26
-	Oliver Watts	22.28
-	Jacob Atwal	21.25
-	Matt Davies	22.00
-	Ryan O'Brien	20.37
-	Mark Worringham	21.03

RR A 52ndSenior Men, RR B

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Sean Hancox	23.00
-	Chris Burt	22.23
-	Jamie Smith	23.36
-	Dimi Gospodinov	22.36
-	Brendan Morris	20.43
-	Chris Moseley	22.04

RR B 62ndMen Vets 40+, RR A

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Fergal Donnelly	22.17
-	Tony Page	23.08
-	Lance Nortcliff	23.06
-	David Parton	21.50

RR Vets A 14thMen Vets 40+, RR B

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Tony Streams	26.40
-	Paul Bandy	27.24
-	Colin Cottell	26.28
-	Jon Kew	24.20

RR Vets B 21stMen Vets 55

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Gavin Rennie	23.51
-	Pete Jewell	23.21
-	Chris Webber	23.36
-	Terry Dowling	23.30

RR 2ndSenior Women

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Hannah Green	24.32
-	Ann Rostern	26.20
-	Liz Johnson	27.56
-	Pip White	25.29

RR 35thVet Women 40+ A

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Katherine Streams	22.49
-	Helen Pool	25.18
-	Sarah Dooley	24.43

RR A 3rdVet Women 40+ B

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Wendy Davies	33.36
-	Toni McQueen	33.53
-	Sam Whalley	29.33

RR A 8th**September 25th**Pangbourne 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Adam Lewis	37.58
46	Alix Eyles	52.03
49	Bryan Curtayne	52.36
57	Saba Reeves	54.32
58	David Leake	54.39
66	Katie Gumbrell	56.00
139	Linda Wright	1:23.05

Berlin Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23199	Anthony Eastaway	6:43.39

Goodwood Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
63	Angela Burley	1:55.03

Humber Bridge Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
175	Caroline Jackson	1:47.39
414	Paul Monaghan	2:08.15

October 2ndDorney Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
39	Dan Brock (3rd M50)	3:34.32

Dorney Half Marathon (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Terry Dowling	1:25.49
20	Chris Webber	1:27.55
22	Brian Kirsopp (1st M60)	1:32.40
25	Pete Jewell	1:34.58
26	Helen Pool (1st W45)	1:34.59
38	Chris James	1:40.22
56	Mark Allen	1:48.14
68	David Fiddes	1:51.24
76	Julie Sugden	1:52.31
106	Jim Kiddie (1st M70)	2:09.27
126	Stephanie Smith (1st W55)	2:26.19

London Marathon

<i>Name</i>	<i>Chip</i>
Dave Boulton	2:42.40 PB
Andrew Smith	2:55.10
Matt Davies	2:56.15
Carrie Hoskins (3rd W50)	2:57.34
Katherine Streams	2:57.36 PB
Sarah Dooley	3:06.09 PB
Florence Ledger	3:22.23 PB
Gary Tuttle	3:22.46
Gavin Rennie	3:26.43
Tony Streams	3:28.03
Alan Freer	3:30.11
Liz Johnson	3:40.16 PB
Hrushikesh Padhi	3:42.53
Chloe Lloyd	3:46.26
Julie Rainbow	3:51.24
Kaja Milczewska	3:53.03 PB
Lorna McLeod	4:04.19
Eoin McLeod	4:04.19
Peter Cave	4:24.05
Matthew Brown	4:36.14
Paul Jenkins	4:40.37
Katie Gumbrell	4:40.41
Pete Morris	4:42.17
Tom Beasley	4:45.53
Shweta Saikumar	4:58.15
Donna Saunders	5:04.00
Nicola Gillard	5:14.36
Vicki Adams	5:14.36
Katie Macaulay	5:17.26

Andy Atkinson	5:21.10
Justin Watkins	5:28.51
Kirsten Bishop	6:36.49
Patricia Seabrook	7:01.49

Chester Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
204	Alex Harris (3rd M50)	3:04.10

Great Scottish Run

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3332	Angela Burley	1:56.00

Clarendon Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
297	Julie Wing	8:22.37

Clarendon Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
60	Ben Fasham	2:05.03

Clarendon 5 Miles

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Stephen Wing	1:33.23s

Cardiff Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8184	Hannah Phelps	2:43.37

Loch Ness Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2364	Trisha Arnold (1st W70)	5:56.17

October 8thBournemouth 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
428	Linda Wright	36.12

October 9thThames Valley XC League (Race 1, Metros)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
7	Ben Paviour	35.44
23	Fergal Donnelly	38.03
29	Nathan Davies	38.45
30	Tony Page	38.46
39	Brendan Russell	40.13
43	Dimi Gospodinov	40.45
44	Jamie Smith	40.49
64	Ian Giggs	42.07

66	Chris Webber	42.14
76	Sarah Dooley	43.10
87	Mike Worsfold	44.01
88	Mark Andrew	44.02
101	Richard Usher	44.58
105	Graeme Fancourt (guest)	45.07
107	Alan Freer	45.14
139	Jon Green	47.29
159	Mark Allen	49.16
184	Bryan Curtayne	51.18
210	Mel Silvey	53.14
218	Sam Whalley	53.42
230	Gemma Higgs	54.57
249	Jim Kiddie	56.21
275	Sarah Richmond-Devoy	60.16
289	Jo Rippingale	61.30
295	Stuart Lunn	62.09
310	Peter Higgs	65.14
315	Sally Caldwell	65.39
338	Cecilia Csemiczky	74.09
340	Liz Fleming	75.50
347	Sophie Higgs	82.21

Men's positions: 6 Paviour, 22 Donnelly, 28 Davies, 29 Page, 38 Russell, 42 Gospodinov. Total: 165. **Roadrunners:** 3rd.

Women's positions: 2 Dooley, 52 Whalley, 57 G Higgs, 81 Richmond-Devoy. Total: 192.

Roadrunners 8th.

Overall: Roadrunners 4th.

Henley Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Chris Moseley	1:20.50
22	David McCoy	1:36.05

Manchester Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
47	Brendan Morris	1:13.44 PB
614	Chris Stitt	1:34.20

Chicago Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2862	Ollie Watts	3:07.16 PB
5969	Peter Rennie	3:25.13 PB
13090	Carmen Fuentes	3:54.58
13120	Katie Rennie	3:55.04

Budapest Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
248	Dan Zagya	3:27.24
759	Andrew Butler	3:58.09

1489	David Walkley	4:31.39
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Palma Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
457	Martin Bush	4:46:38

Palma Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
455	Caroline Jackson	1:46.33
1042	Paul Monaghan	2:02.07

Bournemouth Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
42	Michael Turner-Hibberd	1:27.59
1944	Deborah Clay	2:09.42

Bournemouth 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
905	Linda Wright	1:15.16

Richmond Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	James Chandler	1:28.05 PB

October 15th

Centurion Autumn 100

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
42	Gary Tuttle	20:57.16

British Masters XC selection race (Derby)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Ben Paviour (2nd M50)	38.48

RTTS Bournemouth Ultra

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
154	Jo Sollesse	5:57.01

October 16th

Cabbage Patch 10 (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
75	Fergal Donnelly	1:03.05 PB
81	Tony Page	1:03.23
112	Katherine Streams (1st W45-54)	1:05.07
119	Terry Dowling	1:05.35
155	Chris Webber	1:06.59
192	Brian Kirsopp	1:07.17
219	Helen Pool	1:09.33
269	Alan Freer	1:10.41
284	Ann Rostern	1:12.15

338	Chris James	1:13.21
356	Eoin McLeod	1:14.22
357	Tony Streams	1:14.10
385	Caroline Jackson	1:16.08
652	Lorna McLeod	1:23.36
701	Vince Williams	1:25.27
760	Sam Whalley	1:27.30
765	Julie Sugden	1:26.37
795	Gary Clarke	1:28.30
883	Eddie Thorpe	1:31.42
994	Pete Morris	1:33.49
1048	Rachel Helsby	1:36.10
1362	Liz Atkinson	1:56.04
1363	Andy Atkinson	1:56.04
1417	Cecilia Csemiczky	2:02.39
1444	Kerri French	2:08.30
1463	Linda Wright	2:24.43

Oxford Half Marathon

Pos	Name	Chip
63	Chris Burt	1:16.57 PB
1245	Martin Jones	1:46.19
1926	Joe Blair	1:53.46
5079	Candy Cox	3:03.56

Frieth Hilly 10k

Pos	Name	Chip
80	Bryan Curtayne	53.43

Bath Half Marathon

Pos	Name	Chip
88	Matt Sarjent	1:17.56 PB
1650	David Dibben	1:46.57

Amsterdam Marathon

Pos	Name	Chip
12627	Anthony Eastaway	6:23.30

Great South Run

Pos	Name	Chip
887	Peter Rennie	1:12.42 PB
890	Kat Charles	1:12.44
2408	David Caswell	1:22.36
2413	Chris Manton	1:22.36
3947	Andy Bennett	1:29.08
4235	Vroni Royle	1:36.13
6428	Sarah Richmond-Devoy	1:38.34
7078	Tina Woffington	1:40.56
9613	Stewart Wing	1:52.07
9809	Kirsten Bishop	1:53.14
10598	Helen Wing	1:57.32

October 21stTrack Friday 3,000metres (race 1)

Pos	Name	Chip
6	Pete Morris	14.02
7	Ed Clark	14.02
14	Kerry Eastwood	14.41
18	Kevin Strong	16.16

Track Friday 3,000metres (race 2)

Pos	Name	Chip
2	Holly Sedgwick (above)	12.01
7	Dean Allaway	12.26
15	Bill Watson	12.40
16	Justin May	12.50

Track Friday 3,000metres (race 3)

Pos	Name	Chip
3	Brendan Russell	10.25
9	Ian Giggs	11.07

October 22ndThames Trot (47 miles)

Pos	Name	Chip
6	Grant Hopkins	7:50.27

October 23rdAbingdon Marathon

Pos	Name	Chip
78	Alex Harris	2:56.52
95	Markus Orgill	2:57.48 PB
319	Ian Horritt	3:31.22
348	Brian Grieves	3:34.46
699	David Leake	5:14.58

Kingston Half Marathon

Pos	Name	Chip
330	Ben Fasham	1:48.10

Club Championships

Bob Thomas

Road & Multi-terrain Championship

The Cabbage Patch 10 brought this year's Championship to a close and, as can be seen from the results, the competition was tightly fought. Here are the trophy winners...

Senior Women		
Nikki Gray	1	200
Julie Sugden	2	198
Ruth Rogers	3	192
Women Vet 40		
Helen Pool	1	200
Alex Bennell	2	193
Sarah Richmond-De'Voy	3	182
Women Vet 50		
Katherine Streams	1	200
Ann Rostern	2	196
Lorna McLeod	3 =	194
Sam Whalley	3 =	194
Women Vet 60		
Liz Atkinson	1	198
Sarah Bate	2	197
Linda Wright	3	196
Women Vet 70		
Heather Bowley	1	200
Cecilia Csemiczky	2 =	199
Julie Wing	2 =	199

Senior Men		
Will Rankin	1	200
Men Vet 40		
Tony Page	1	199
Chris James	2	198
Andrew Butler	3	193
Men Vet 50		
Chris Webber	1 =	200
Terry Dowling	1 =	200
Bruce Sarjent	3 =	193
David Fiddes	3 =	193
Men Vet 60		
Brian Kirsopp	1	200
Alan Freer	2 =	198
Tony Streams	2 =	198
Men Vet 70		
Eddie Thorpe	1	200
Jim Kiddie	2	199
Andy Atkinson	3	196

All runners positioned by Age Grade		
Katherine Streams	1	200
Chris Webber	2	197
Terry Dowling	3	195

The full results are available on the Club website.

Here are a few stats from the competition...

195 members ran at least one race; they returned 454 results and collectively ran 6,826Km.

37 members completed the competition: 20 women & 17 men.

The age spread of finishers was...

	Senior	Vet 40	Vet 50	Vet 60	Vet 70
Women:	4	3	7	3	3
Men:	1	4	4	5	3

Chapeau to Chris James, who ran in all 12 of the Championship races.

Marathon Championship

The Marathon Championship continues through to New Year's Eve. Results are included for races up to 21 October 2022. As at that date, here's the leaderboard...

Senior Women		Time
Flo Ledger	1	03:22:23
Swinda Falkena	2	03:36:21
Chloe Lloyd	3	03:46:26
Women Vet 40		
Sarah Dooley	1	03:09:25
Elizabeth Johnson	2	03:40:16
Caroline Jackson	3	03:40:58
Women Vet 50		
Caroline Hoskins	1	02:57:34
Katherine Streams	2	02:57:36
Nora Holford	3	03:42:34
Women Vet 60		
Linda Flintoff	1	04:47:52
Liz Atkinson	2	05:40:00
Trisha Arnold	3	05:56:17
Women Vet 70		
Julie Wing	1	08:22:37
Women Vet 80		
Patricia Seabrook	1	07:01:49

Senior Men		Time
Dave Boulton	1	02:42:40
Matthew Davies	2	02:56:15
Markus Orgill	3	02:57:48
Men Vet 40		Time
Keith Russell	1	02:35:06
Andrew Smith	2	02:55:10
Phil Woolfall	3	03:03:13
Men Vet 50		
Alex Harris	1	02:56:52
Chris Webber	2	03:08:21
Peter Rennie	3	03:25:13
Men Vet 60		
Tony Streams	1	03:24:21
Alan Freer	2	03:30:11
Paul Bandy	3	03:43:17
Men Vet 70		
Paul Jenkins	1	04:40:37
David Leake	2	05:14:58
Andy Atkinson	3	05:21:10

To date, 90 members have recorded a marathon result over 36 races, accumulating a total of 5,460km.

XC Championship

The XC Championship is now underway, with one result available at the time of writing, with our home fixture looming. Here is the initial leaderboard...

Senior Women		
Gemma Higgs	1	50
Jo Rippingale	2	49
Sophie Higgs	3	48
Women Vet 40		
Sarah Dooley	1	50
Sarah Richmond-DeVoy	2	49
Sally Caldwell	3	48
Women Vet 50		
Samantha Whalley	1	50
Women Vet 60		
June Bilsby	1	50
Women Vet 70		
Cecilia Csemiczky	1	50

Senior Men		
Nathan Davies	1	50
Brendan Russell	2	49
Dimitar Gospodinov	3	48
Men Vet 40		
Ben Paviour	1	50
Ian Giggs	2	49
Mike Worsfold	3	48
Men Vet 50		
Fergal Donnelly	1	50
Tony Page	2	49
Christopher Webber	3	48
Men Vet 60		
Alan Freer	1	50
Mark Allen	2	49
Men Vet 70		
Jim Kiddie	1	50

For the first time, the XC Championship is being staged across both the TVXC and Hampshire Leagues. You can run as many races as you like in either or both leagues and your overall score will be the sum of your best five results, subject to you having run at least one race in the TVXC league.

The competition rules are posted on the Club website [here](#), of which the highlights are...

- You'll need to return at least five results, of which at least one must be a TVXC fixture.
- You must wear your Club vest (this is a league requirement).
- For TVXC races you [book on WebCollect](#) and pay the £4 entry fee for each fixture you wish to run.
- You compete only against members in your gender-age category. You earn points based on your finishing position relative to other members in your gender-age category. i.e., first to finish gains 50pts, second 49, etc. Age breaks are at 40, 50, 60, 70, and 80 years.
- If you volunteer at the Club's home fixture, it counts as if you'd run the race: you are awarded the average score from your other TVXC races.
- Trophies are awarded to the first, second and third placed in each gender-age category.

Races up to Christmas are as follows, with a further six fixtures scheduled in the New Year.

TVXC: Reading Roadrunners (Sun 30 Oct) Datchet Dashers (Sun 13 Nov) Sandhurst (Sun 27 Nov)

Marlow (Sun 11 Dec) **Hants:** Aldershot (Sat 12 Nov) Bournemouth (Sat 2 Dec)