

NEWSLETTER

NOVEMBER 2022



Superstar!  



Congratulations to Gary Tuttle for finishing his 'Running for Orion' challenge. Gary completed the Centurion Double Grand Slam (4 x 50-mile & 4 x 100-mile races) in 2022, finishing 4th place overall in the 100-mile series.

Editor's Intro

David Clay

Good morning / afternoon / evening and welcome to the November newsletter.

I don't have much to say this month, mainly because if I write more than a couple of short paragraphs it's going to mess up my nice formatting of all the other articles – the struggle of the technologically-challenged editor is real 😞

So, very briefly, massive kudos to Gary Tuttle for everything he has achieved this year and thanks to everyone who has taken the time to put something together for this edition of the newsletter. If you would like to contribute to the next one, please send your article to newsletter@readingroadrunners.org by Monday 19th December. In the meantime, have a great month and enjoy the fresh air!

Cheers
David

Chair

Sam Whalley



chair@readingroadrunners.org

With these dark mornings and evenings, it really feels like winter is upon us. It is definitely not my favourite time for running, but the show (training) must go on, so it's time to get some winter running kit, put on something hi vis and attach some lights. I recently saw this useful list of tips for running safely at night: <https://tinyurl.com/3x7y3rbm>

Since the last newsletter we have hosted our TVXC fixture in Woodley, and won! Well done to Jamie Smith for race directing such a great event and thank you so much to everyone who helped out in one way or another. It really was all about teamwork, and we had very positive feedback from our fellow clubs. We have also taken part in the third fixture of the TVXC league, hosted by Datchet

Dashers, and we won that too! This is a brilliant start to the season so let's try and keep the momentum going. You can sign up for these races on Web Collect.

The Hampshire league is also now underway, with the first race having taken place in Aldershot. The atmosphere was fantastic, and, despite our small teams, was a really good afternoon out. My summary of the weekend is here: <https://readingroadrunners.org/2022/11/remembrance-day-roadrunners-wont-forget-this-one-in-a-hurry/>

Bob Thomas is keeping tabs on the XC championship for us, and you can view the table as it develops here: <https://readingroadrunners.org/2022/03/tvxc-results/>.

There has continued to be a good range of sessions offered on the track each week. Naomi Mitchell has joined the coaching team and will for the time being help Jamie out with his large group. Thank you to all of the other coaches and LiRFs who are standing out in the cold and wet so that the rest of us can train. Don't forget that Friday sessions are also available if that day suits you better, you like a quieter session, or

you like to train on the track twice a week. If you want to know what to expect, you can view sessions here: <https://readingroadrunners.org/training/>.

Depending on volunteer availability, there are also still outruns from Palmer Park on Wednesdays, and various locations on Thursdays. Thank you to everyone who steps forward to lead these, especially on these dark evenings. You can view the schedule for the Thursday social runs here: <https://readingroadrunners.org/2022/08/outruns/>. Let Ian Giggs know if you are able to fill a gap, and thank you to Ian for co-ordinating these.

Our non-running social calendar is as jam-packed as ever, and some of us have only just stopped laughing after an evening of indoor games at Spinners in Reading. I think you'll agree that social secretary Kerri French is doing an amazing job of keeping us all busy, with something for everyone. Keep your eyes on your emails, social media and Web Collect to see what's coming up, and if you haven't got your Christmas party ticket yet, do - it promises to be a fantastic night.

Looking ahead to next year, we will be looking for volunteers to help deliver our popular races – Bramley 20/10 in February, Shinfield 10k in May, and, new for 2023, all being well, Swallowfield 10k in September. If you haven't yet been involved in this way, why not put yourself forward to help? It's a great way to get to know other members.

By the next newsletter, normal service may have been resumed at Palmer Park stadium, according to this article which appeared recently in the local news: <https://www.getreading.co.uk/news/reading-berkshire-news/look-inside-palmer-park-leisure-25511090>. The committee is continuing to liaise with the stadium staff on this, so look out for any updates in your inbox/spam, as entry to the stadium, and payment for track sessions, will be affected.

Sam

chair@readingroadrunners.org

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

The days are getting shorter and it feels so much harder to get out training.

We are still seeing a really good turnout at the track on Wednesdays, despite the rain.

I'm using those track sessions together with our cross country to build fitness and endurance for next year.

Well done to those of you who've run autumn marathons over the past few weeks, many of you taking advantage of some warmer weather abroad. Though I hear the unseasonably hot weather in New York was not conducive to fast times.

Closer to home, congratulation to Ben Paviour who represented England at the British and Irish Masters cross-country international in Dublin. Ben (pictured below, #5018) finished fourth and was part of the winning England team in the V50 race.

Well done to Gary Tuttle for completing the centurion double grand slam, running for Orion and raising an amazing £18,500 for the baby charity, Tommy's. There is still time to support Gary through <https://justgiving.com/fundraising/runningfororion>.

His final event earlier this month at Wendover woods looked a toughie with 5 x 10 mile laps and a total elevation gain of 12,000 feet, that's roughly equivalent to 3 ascents of Ben Nevis. Not to be put off by the hills, I hear Gary is planning to do the 100-mile event there next year!

Turning to the cross country, TVXC is well underway and I've been really pleased with how many of you have run in the last 2 events, particularly our new members, and it's feeding through in to our results. We've also had the first Hampshire league XC this month in Aldershot. There was a very high standard at the event with past and present GB runners such as Steph Twell and Andy Vernon. There's a great report of the latest event with a TVXC win for the Women's team and 3rd place for the Men and good performances at Aldershot: <https://readingroadrunners.org/2022/11/remembrance-day-roadrunners-wont-forget-this-one-in-a-hurry/?fbclid=IwAR3kr0N6c3tbU1RzuwvOGTkKNjTjG8wDnS69qn-oQpqYNXIClQYmUAXso88>.

Please do your bit if you can and sign up to run in as many of our XC races as you can, it really does make a difference and keeps us in the mix for the trophies at the end of the season!

There are also other cross country championship events over the coming weeks. We usually do well at the Berkshire XC, which this year is on Sunday 18th December. So, it would be good to have a strong team at this event again. You can enter via Open Track: https://data.opentrack.run/en-gb/x/2022/GBR/berksxcchamps/?fbclid=IwAR1f5_4sliXBbrA9hWqSYH9krK1u49scUWJWM_qrqlkl_B9VSLh1ClcJteU.

So, what else have I been up to as Men's captain. Well, I've been working with a small group looking at bringing back the popular Swallowfield 10k next autumn, as a new Roadrunners event. If anyone is lives in Swallowfield and/or has an interest in helping us please contact me.

Lastly, I've been approached to enter a team of 11 runners in the Green Belt Relay <http://www.greenbeltrelay.org.uk/index.htm>. This is a 220-mile team relay race around outer London, starting and finishing at Hampton court, near Kingston and taking place over the weekend of 13/14th May. The race entry cost will be £25-£30 per person. If you are interested in running this, please let me know!



Women's Captain

Liz Johnson



teamcaptains@readingroadrunners.org

When it's dark and wet outside, lacing up the trainers to go out and run can feel like a monumental struggle. It's safe to say that since the London Marathon my motivation has taken a bit of a hit and I've often felt that I'm out running because I feel I have to and not because I want to. This has left me feeling a bit rubbish so I decided to make a few changes to upcoming race plans and take the pressure off.

It's easy to get sucked into continuous blocks of training for the next race but both our minds and bodies need a rest every now and again and we need to step off the training hamster wheel! Funnily enough, since taking the pressure off, I've actually really started to enjoy just getting out for a run again and am hoping that means I'll be raring to go come January when London training starts again!

Motivation definitely isn't lacking in loads of you if the turnout and performances at cross country are anything to go by! We have started really strongly winning both our home fixture and Datchet in the TVXC league putting us firmly at the top of the leader board alongside Datchet and Maidenhead. It's been great to see some new faces getting involved and I'm just really sad that I have not been able to make any this year due to prior plans. Hoping to change that towards the end of the season though.

Take care when running in the dark – be safe, be seen, and tell someone your plans if you are running solo!

Charity of the Year – Herbie Hedgehog Rescue

Claire Seymour



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 recent fundraising efforts in aid of 'Herbie Hedgehog Rescue'. We had the refreshments from the October track Friday event which raised **£83.00**. Thanks to Fergal and the volunteers who covered refreshments on the evening. We also held a Sweepstake for Great British Bake off and raised **£60.00** with the current total banked into the charity account being an amazing **£2857.71**! We have also had a few kind donations that have been made via our fundraising link of **£192.50**.

With Herbie Hedgehog rescue being our club charity of the year, this helps to create awareness with our members as to the work that the charity carries out, how you can help to save hedgehogs, and the expenses that go in to running a rescue, with up to 30 Hedgehogs under their care at any one time! With this two of our members Gill Manton and Peter Higgs kindly nominated Herbie Hedgehog rescue to receive charity donations at their places of work.

Peter Higgs' company 'care committee' kindly made a donation of £150 via our club fundraising link (this is included in the £192.50 mentioned above).

Gill's nomination of Herbie Hedgehog Rescue was in aid of Nature and the Environment where employees had the opportunity to vote for 10 different charities with the top 3 being chosen for a charity donation. HHR came 2nd and received a cheque for £1000!

Both donations are an amazing boost for the RR Charity pot and Herbie Hedgehog rescue directly, and I would like to say a big thank you to Gill and Peter for nominating HHR.

As always, I also want to thank the members of RR that have been involved with fundraising for Herbie Hedgehog Rescue so far! It really is appreciated.

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. Funds received will contribute to the RR Charity pot, all of which is very much appreciated.

Ways in which RR members can help in November/December

- 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. 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/>

Charity events

We currently have two sweepstakes running, one for Strictly Come Dancing and one for the World Cup – Good luck to everyone that has entered these 😊

We are also in the process of organising a combined quiz night and Hedgehog bake-off, date will be at the end of January/Beginning of February, more details will be available soon! Watch this space...

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

With shorter daylight hours, healthy hedgehogs come out at dusk or soon after sunset looking for food which could be a busy time on the roads. Please bear hedgehogs in mind while driving to avoid running them over.

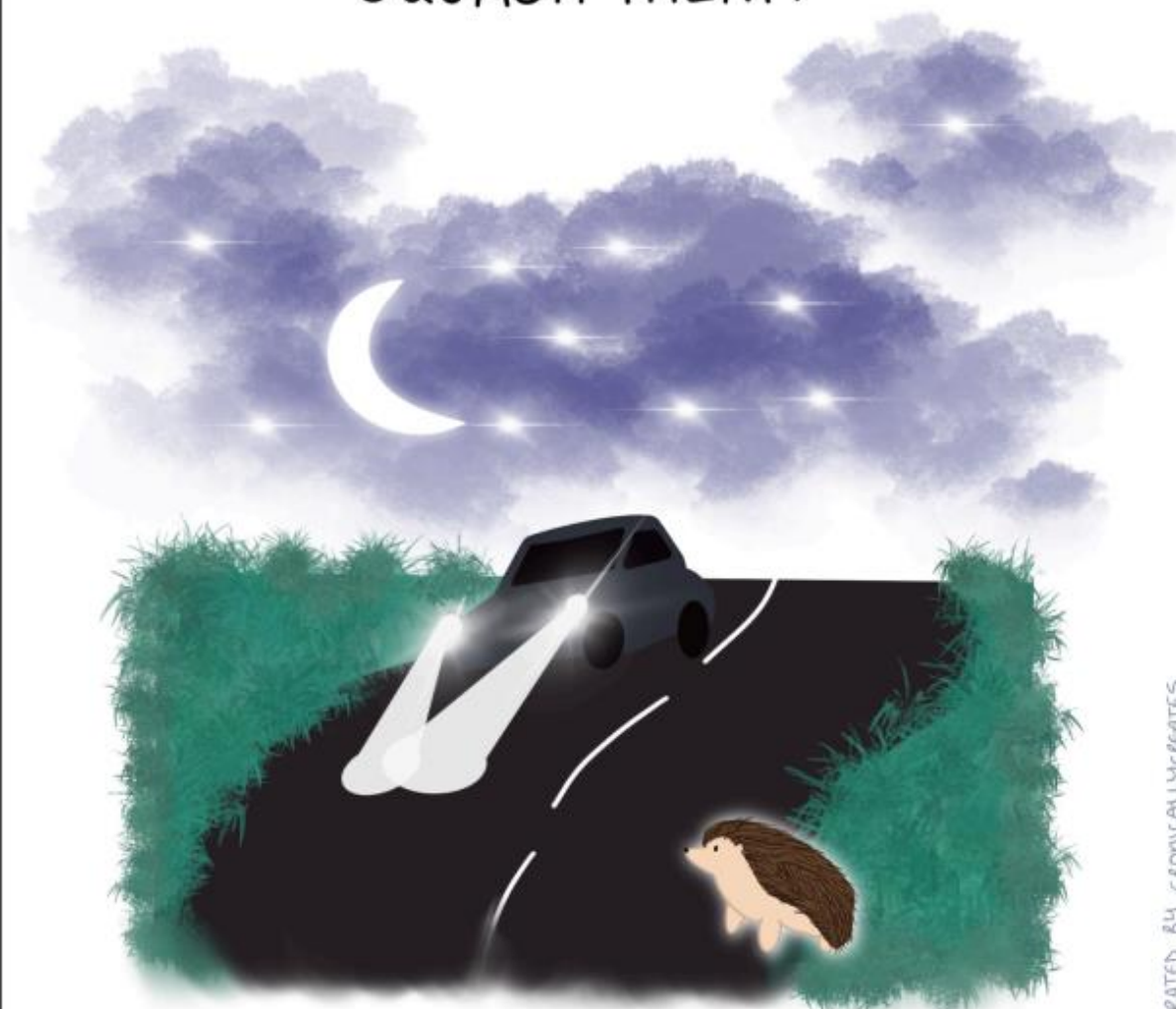
If a hedgehog is out during the day, it is most likely very ill. Please secure the hedgehog in a tall cardboard box and indoors in a warm quiet room before contacting your local rescuer.

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



HEDGEHOGS OFTEN CROSS ROADS AT NIGHT

DRIVE SLOWLY AND PLEASE DO NOT
SQUASH THEM !



ILLUSTRATED BY CROMICALLYCREATES

Social Stuff!

Kerri French, Social Secretary (& Bringer of the Fun)



In November there's been just the one social event, an indoor games night at Spinners. It was great to see the joy on people's faces as they took on each game. It was billed as a later event with some fun thrown in and those that took part certainly spent the night giggling.

Antony Eastaway made it a clean sweep of wins at his two events. He's clearly been keeping

these talents a huge secret. Tony Page despite a shocking 7th hole where the mound of doom proved more tricky than the hill at Lord Wandsworth's College cross country had the last laugh and won his round of crazy golf.

The night did bring out the naturally competitive side of us so to finish you really should see the results of the games.



Crazy Golf

Match 1 - Antony Eastaway

Match 2 - Kevin Bilsby

Match 3 - Tony Page

Bowling

Game 1 - Clive Bate

Game 2 - Antony Eastaway

Darts

Match 1 - ? I was too busy to note it down

Match 2 - Mark Allen

Match 3 - Ian Giggsy

There's an album of more photos on our Facebook group.

Coming up soon on 17th December we have the Christmas Party – time is running out to book your tickets!

Finally, remember to keep Saturday 25th March free for the Annual Awards night, formal dinner and music from the amazing 'Pink Fish' Band. More information will be in our website and webcollect in January.



If you have any suggestions or questions then you can contact me at:

socialsec@readingroadrunners.org



Reading Roadrunners Committee Meeting

Tuesday 11 October, 7pm (video call)

The Committee

Sam Whalley	(Chair)
Sarah Dooley	(Membership Sec)
Chris Manton	(Ex officio)
David Fiddes	(General Secretary)
Angharad Ross	(Ex officio)
Kerri French	(Social Secretary)

Apologies for absence

Chris Burt	(Treasurer)
Ian Giggs	(Ex officio)
Paul Monaghan	(Website)
Art Atwal	(Coaching liaison)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Angharad has discussed the membership card update proposal with Bob and it looks possible. Sarah and Angharad will work together to start the new process.

Chair's report

The building work at Palmer Park Stadium continues. The latest announced opening date is December 2022. There will be additional repairs to the bike track, fortunately the running track will remain open.

Thanks to Harriot and Ian for organising mid-week outruns.

We had eight teams competing at the Aldershot Road Relays. There were lots of great runs, but especial congratulations for the men's V55+ team for coming second – missing out on first place by just 3 seconds; and the ladies V40+ team for

coming third. Thanks to Tony Page and Liz Johnson for organising.

TVXC season started at Metros. There was a good turnout for the team, but we are currently lying fourth. Metros had no official first aiders – only members with first aid experience, which was a bit of a concern. The next event is our home fixture at Ashenbury Park on 30th October.

Thanks to Carl for organising the London Marathon marshals. We were short on numbers for our marshalling points. Kerri French has reported back the issues and has offered to help next year.

The Reading parkrun was a great success with 20 volunteers and 50 runners from the club. Thanks to everyone who helped.

General Secretary's Report

David reported that the London Marathon runners' coach was booked and delivered.

Treasurer's Report

Chris presented the last profit and loss statement.

Membership Secretary's Report

Sarah reported six new members. EA has put up fees by a pound which will increase membership fees

There is a possible issue with December new members. Sarah will advise Bob Thomas to update WebCollect.

Social Secretary's Report

Everyone who attended enjoyed the Stanlake Wine Tour.

Upcoming social events include a social run/walk at Dinton Pastures, a games night at Spinners in Reading and the Christmas party. Further details and booking via WebCollect.

Costings for Annual Awards night will be £40 per head for a 3-course formal dinner. Members & guests can purchase their own alcohol as it works out far too expensive per head to roll this into the costs. Everything has gone up significantly in price when getting quotes & this gives people choice.

Coaching Report

Art reported that Debbie Clay has expressed an interest in coaching.

Website

Nothing to report

AOB

Art raised a number of matters for discussion raised by the coaches:

- Approval for a WhatsApp group purely for announcements was agreed by the committee.
- Track fees will be re-introduced on the re-opening of the stadium building. Contactless payment methods will be used. It was not thought that this would cause any issues with queuing compared to cash.
- It was agreed that whether outruns are led by solo leaders or pairs was a decision for the individual leaders.
- It was confirmed that in the instance of an insurance claim being made that the club would cover any excess.

- It was agreed that outruns are not formal coaching events, but are informal events organised by members.
- The 1:10 Coach/Leader to athlete ratio is a guideline. Needs further investigation.

Next Meeting: 19:00 Tuesday, 8th November 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-ordinator, Art:

coach@readingroadrunners.org

Website / Media, Paul:

webmaster@readingroadrunners.org

Team Captains, Liz & Tony:

teamcaptains@readingroadrunners.org

Mental Health Champion, Laura Lou:

goodtotalk@readingroadrunners.org

Kit Manager, Dean Allaway:

dean.allaway@yahoo.co.uk

Reading Roadrunners Committee Meeting

Tuesday 8 November, 7pm (video call)

The Committee

Sam Whalley	(Chair)
Sarah Dooley	(Membership Sec)
Chris Manton	(Ex officio)
David Fiddes	(General Secretary)
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Paul Monaghan	(Website)

Apologies for absence

Art Atwal	(Coaching liaison)
Angharad Ross	(Ex officio)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Bob has adjusted the Webcollect membership fee to include the increase in price from England Athletics.

The bike track refurbishment has finished but wasn't as disruptive as threatened. There is still no official announcement on the re-opening of the stadium building, but it is imminent.

Chair's report

Sam reported that the 2022 club champs had finished. Bob has sent out emails to trophy winners.

Cross country season is well under way with the completion of the second TVXC event and with the Hampshire league starting this weekend. The TVXC event was our home event at Ashbury park and was a success from a hosting and competitive perspective with over 60 volunteers delivering the event and both the men's and

women's teams winning. Thanks to all the helpers for this.

The Thursday outruns are continuing with varied attendance. Thanks to the leaders.

General Secretary's Report

David received details of a Sportshoe discount code that will be distributed monthly. Members are requested not to share the code.

There were a couple of Bramley 20/10 queries concerning discount codes and cut-off times that came David's way. These were forwarded to Adele Graham, but it was noted that there is no contact information on the Bramley race page or any information on a cut-off time.

The call to arms for Bramley 20/10 volunteers was issued. This was delayed until after the home TVXC event.

David has applied for four London Marathon club places from EA based on the club's current first claim, adult membership of 442.

David cannot make the Berkshire Athletics AGM. Sam will be attending in any case.

Treasurer's Report

Chris reported £450 up and running kit sales. Thanks to Dean for supporting this.

There was an unforeseen £600 cost for the toilet charges for Bramley 20/10.

The coaches' jackets cost £500.

Hopefully next month should be better with income from TVXC.

Membership Secretary's Report

Sarah reported 11 new members. Naomi Mitchell has joined as a non-member coach.

Social Secretary's Report

Kerri reported that both the Cabbage Patch 10 post-race catch-up and Dinton Pastures walk

were well attended with about 25 people at each social event.

The Spinners games evening is now fully booked. The next event after that will be the Christmas party for which over 40 tickets have been sold.

Coaching Report

Via email, Art confirmed that Naomi Mitchell was a new LiRF helping out coaching with Jamie and that the coaching waterproof jackets had been ordered and he was looking into branding requirements. He was also looking into the insurance ARC insurance.

Website

Nothing to report

AOB

- Ian presented the Shinfield budget. A few questions were raised, and Ian agreed to feed back on these at the next meeting.

Next Meeting: 19:00 Tuesday, 6th December 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 Liaison, Art:
coach@readingroadrunners.org

Website / Media, Paul:
webmaster@readingroadrunners.org

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

Mental Health Champion, Laura Lou:
goodtotalk@readingroadrunners.org

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

Roadrunners' Race Results

David Dibben

We're into the guts of the cross-country season now and it has started really well for Roadrunners, with a couple of wins already in the TVXC.

That must be the most egalitarian of all competitions, for while the flying Sarah McDade and her speedster pals get most of the glory, those who seldom trouble the leaderboard can have the satisfaction of finishing 425th and still knowing they have contributed to the team success by pushing down another club's scorer. Great stuff!

October 9th

Budapest Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Will Rankin	2:56.37 PB

October 29th

Surrey Masters XC Champs

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	Ben Paviour (1st M45)	32.43

October 30th

Thames Valley XC League (race 2, Ashenbury)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	Ryan O'Brien	29.36
4	Steve Ridley	29.47
5	Ben Paviour	30.00
9	Dave Boulton	30.29
17	Fergal Donnelly	31.44
18	Matt Sarjent	31.46
19	Chris Burt	31.48
29	Calum Evans	32.40
35	Lance Nortcliff	32.50
36	Dimi Gospodinov	32.51
40	Ollie Watts	33.13

41	Nathan Davies	33.16
44	Tony Page	33.27
47	Brendan Russell	33.41
62	Gavin Rennie	34.26
66	Nikki Gray	34.45
72	Ian Giggs	35.08
77	Sarah McDade	35.18
78	Kat Charles	35.20
90	Chris Webber	35.58
106	Mike Worsfold	36.52
111	Sarah Dooley	37.00
120	Alan Freer	37.30
130	Flo Ledger	38.15
143	David Ledger (guest)	38.38
154	Richard Usher	38.56
156	Jon Green	39.04
157	Bill Watson	39.05
166	Colin Cottell	39.17
174	Kaja Milczewska	39.42
187	Chloe Lloyd	40.12
195	Mark Allen	40.30
203	Chris Cutting	40.49
208	David Fiddes	41.09
209	Pip White	41.10
215	Bryan Curtaayne	41.22
223	Mary Janssen	41.47
248	Sarah Alsford	43.01
249	Sam Whalley	43.04
250	Pete Morris	43.06
253	Julie Sugden	43.09
263	Brian Fennelly	43.54
264	Peter Cave	44.10
269	Rob Gladwin	44.22
274	Chris Manton	44.34
313	Amelia Busby	46.17
331	Gary Clarke	47.14
340	Rachel Helsby	47.40
341	Nathan Helsby (guest)	47.41
356	Andy Atkinson	48.45
366	Katie Gumbrell	49.41
369	Tracy Edington (guest)	50.12
370	Stuart Lunn	50.21
384	Jo Rippingale	51.44
393	Melvin Mann	52.42
401	Claire Seymour	53.31
413	Leo French (guest)	54.33
419	Peter Higgs	55.05
429	Kevin Bilsby	56.26
433	June Bilsby	56.48
453	Becky Mellor	61.57
454	Linda Wright	62.52

455	Liz Fleming	62.53
461	Tom Harrison	70.09
462	Sophie Higgs	76.37

Men's positions: 2 O'Brien, 3 Ridley, 4 Paviour, 8 Boulton, 16 Donnelly, 17 Sarjent. **Total:** 50.

Roadrunners: 1st.

Women's positions: 4 Gray, 5 McDade, 6 Charles, 12 Dooley. **Total:** 27. **Roadrunners:** 1st.

Overall: Roadrunners 1st.

Dublin Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8558	Liz Ganpatsingh	4:22.01

Fleet 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
25	Matt Davies	37.06
478	Andrea Marnoch	62.08
599	Colin Wilson	86.32

November 6th

New York Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Brendan Morris	2:52.02
-	Katherine Streams	3:20.17
-	Tony Streams	3:56.29
-	Simon Denton	3:59.48
-	Sian James	5:11.45

Marlow 7

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
12	Fergal Donnelly (1st M50)	45.59
17	Carrie Hoskins (2nd lady, 1st W50)	47.34
30	Helen Pool (1st W40)	50.30
50	Gemma Buley	52.25



82	Claire Marks	56.46
88	Julie Rainbow	56.57
89	Ruth Rogers	57.45
96	Sophie Mures	58.07
213	Jim Kiddie	1:07.40
308	Rita Dykes	1:13.36
335	Stephanie Smith	1:15.19
359	Ben Fasham	1:18.30
370	John Bailey	1:18.49
411	Dan Manton	1:22.14
443	Lorraine Bailey	1:27.35
449	Tom Harrison	1:28.07
455	Claire Rayner	1:29.44
464	Linda Wright	1:32.10
478	Julie Wing	1:44.03

Marlow Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
15	Chris Moseley	1:25.32
41	Gavin Rennie	1:32.24
56	Chris Webber	1:34.35
154	David McCoy	1:46.01
227	Mary Janssen	1:52.00
258	Chris Cutting	1:53.51
314	Mark Allen	1:57.47
317	David Caswell	1:58.01
350	Chris Manton	2:00.02
392	Nora Holford	2:03.16
455	Katie Gumbrell	2:11.20

Cornish Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
247	Martin Bush	5:08.17
265	Pete Morris	5:25.38

Rivermead 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
69	Amelia Busby	55.39
172	Kathy Tytler	1:21.42

November 12thHampshire League (race 1, Aldershot)Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
67 (10)	Helen Pool	26.53
85	Isobel Nicklin	27.40
91 (21)	Ann Rostern	27.55
156 (50)	Sam Whalley	32.20
193 (83)	Cecilia Csemiczky	46.58

Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
40	Ryan O'Brien	34.26
80 (9)	Mark Worringham	36.25
102	Chris Burt	37.40
127 (24)	Lance Nortcliff	38.40
149	Dimi Gospodinov	39.34
156 (38)	Tony Page	40.02
187 (52)	Pete Jewell	41.09
248 (98)	Mike Worsfold	45.38

British and Irish Masters XC international

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
4	Ben Paviour	27.36

Wendover Woods 50

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
42	Gary Tuttle	10:49.15

November 13thAthens Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
239	Matt Davies	3:04.59

Thames Valley XC League (race 3, Datchet)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
8	Keith Russell	34.53
16	Matt Sarjent	36.04
17	Nathan Davies	36.05
24	Fergal Donnelly	36.29
29	Brendan Russell	36.51
33	Callum Evans	37.14
39	Dimi Gospodinov	37.50
50	Toby Laver (guest)	38.39
52	Sarah McDade	38.53
55	Tony Page	39.00
58	Nikki Gray	39.06
69	Gavin Rennie	39.59
90	Holly Sedgwick	41.34
100	Helen Pool	42.07
122	Flo Ledger	43.18
123	Pete Aked	43.28
139	Mike Worsfold	44.17
157	Jon Green	45.07
167	Mark Allen	45.34
177	Daniel Gurney (guest)	46.03
190	David Fiddes	46.34
195	Mary Janssen	46.47
208	Claire Marks	47.18
226	Brian Fennelly	48.25

233	Alix Eyles	48.39
235	Sarah Alsford	48.46
246	Pete Morris	49.38
254	Liz Ganpatsingh	50.16
269	Sam Whalley	51.16
274	Amelia Busby	51.29
306	Martin Douglas	52.49
321	Andy Atkinson	53.56
322	Jim Kiddie	54.02
330	Gary Clarke	54.23
339	Gill Gillard	55.06
345	Kayleigh Forbes	55.30
364	Stuart Lunn	57.25
383	Andrea Marnoch	59.42
385	Peter Higgs	59.54
392	Adele Graham	1:01.04
393	Tracy Eddington(gst)	1:01.08
395	S Richmond-Devoy	1:01.18
396	Charlie Macklin (gst)	1:01.19
408	John Bailey	1:02.16
423	Heather Bowley	1:05.47
430	Becky Mellor	1:07.48
432	Tom Harrison	1:08.16
434	Leo French	1:08.45
442	Cecilia Csemiczky	1:09.39
444	Linda Wright	1:10.17
446	Lucy Rayburn	1:10.38
447	Natasha Hall	1:11.01
448	Liz Fleming	1:11.27
449	Lorraine Bailey	1:11.29
450	Kerri French (right)	1:12.18
453	Kathy Tyler	1:19.59
454	Sophie Higgs	1:22.50

Men's positions: 8 K Russell, 16 Sargent, 17 Davies,

24 Donnelly, 29 B Russell, 33 Evans. **Total:** 127.

Roadrunners: 3rd.

Women's positions: 2 McDade, 3 Gray, 7 Sedgwick, 10 Pool. **Total:** 22.

Roadrunners: 1st. **Overall: Roadrunners 1st=**



November 20th

Larnaca Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Caroline Jackson (2nd in age cat)	4:10.42
-	Martin Bush	5:01.41

Larnaca 10K

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Paul Monaghan	54:19

Las Palmas Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Pete Morris	5:45.44

De Ronde Venen Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Sibrand Rinzema	2:48.31 PB
22	Swinda Falkena	4:12.15

Photo Gallery



- ▲ Alan Freer: 1st MV60 in the Berkshire Road Running Champs | Roadrunners after track on 23 November
- ▼ Jane Davies: Female Veteran of the Year at the Reading Sports Awards on 20 November

