

NEWSLETTER

DECEMBER 2022



Merry Christmas Everyone



Roadrunners gathering around the tree
at the Oracle, Riverside on 22 December

Editor's Intro

David Clay

Welcome to the December newsletter! It's been a cold and busy month and I am very much looking forward to taking some time to relax and unwind over the coming days. I hope you will have the opportunity to do the same with your friends and families too 😊

When it gets towards the end of the year, I always find myself scrolling through my Strava training log and profile, analysing all sorts of random stats (my 'elevation gain' is nowhere near the height of Everest this year 😊) and looking back on the races I've taken part in. Well, the races part didn't take me very long! I have only managed one race in the whole of 2022, although at least it was a good one – a marathon PB in Seville back in February. The rest of the year has been all about injuries and trying to recover from / manage them. I'm feeling more optimistic for 2023 though; I'm confident I'll complete more than one race, at least!

One of the most enjoyable parts of the year for me has been taking part in track sessions over the autumn and winter. While I've not been able to do them as often as I'd have liked, it's been fun to zoom around in circles under the floodlights and catch up with people. I would also like to thank our coach Jamie Smith for regularly highlighting my poor running form – I am now forever thinking about driving through with my left arm and not leaning into bends 😊 If I run any PBs next year I'm sure he will take all the credit!

I do hope you have enjoyed reading the newsletter this year and a huge thanks to everyone who has taken the time to write an article since my first edition in April. If you would like to contribute to the next one then please send your article to newsletter@readingroadrunners.org by Monday 23rd January.

Wishing you a great Christmas and a super year of running in 2023.

David

Chair

Sam Whalley



chair@readingroadrunners.org

What a chilly month we have had! No one likes to cause disappointment, but I hope you all appreciate that cancelling track sessions on those extremely frosty evenings was a decision not taken lightly, but the only sensible option to keep everyone safe. It looks like now we are back to the wind and rain we know, so it should be business as usual from January.

Palmer Park stadium should be fully open when we return, and we look forward to seeing what facilities it is offering, and how we, as a club, might be able to make the most of them.

It has been a busy month for XC, with teams participating in the Hampshire League, TVXC, Southern Masters and the Berkshire Championships. I am sure our team captains will fill you in on the details. I can say, though, that there has been excellent team spirit at these events, and it has been a real pleasure to take part and get to know any new members.

The Christmas party at the weekend was another such opportunity, and I made sure to make a beeline for the only member I hadn't met, and talk to him and his partner. I'd like to suggest that you do the same in the New Year; if there are people in your training group you can't name, introduce yourself, and find out who they are too.

This month I was sad to hear that we had lost a member after a short illness. Ruby Lee was a wonderful person, and many of us attended California Country parkrun on Saturday, in her memory, and thought of her as we ran past 'Ruby's Corner'.

I'd like to end this last report of the year by thanking the people that help keep this club together: those committee members who are beaver away behind the scenes looking at alternatives for this and that; David F, who does all the paperwork and keeps everything in order; Chris, who looks after the money; Sarah, who processes all the new members; Kerri, who keeps us all smiling with her socials; Paul and Sapna, for their website updates; Art and the coaches, for all their time spent planning and delivering sessions on Wednesdays and Fridays; the race directors and committees, for their ongoing hard work; the team captains, for rallying the troops for our fixtures; David D, who keeps track of results; Bob, for all the admin that he does; those who aren't on any kind of committee but who help out whenever and wherever they can; and David C, for putting together this newsletter. We would not be a club without you all.

I hope that everyone has a wonderful Christmas - see you in the New Year.

Sam

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

Well let's start with wishing you all a Merry Christmas and Happy New Year!

There were certainly good tidings to our ex-chairman **Phil Reay**, who finally got his place in the London marathon (via the club ballot).

I'm looking forward to some time away from work – hope to get in some much-needed miles over the break.

Some of us will be running at **Streatley Hill** on the **27th December** and there's also the **Gutbuster** on **31st December**. That's a sell out so I'm gutted to be missing out this year!

And it's a great time to be signing up for races in the New Year. **Box Hill fell race** is on my list again with entries set to open on **26th December** – it sells out fast.

I'm announcing the first club championship race in 2023 will be the **Wokingham Half Marathon** on **Sunday 26th February**. This is always a popular race for us and usually sells out so worth entering soon to avoid disappointment. Details of the remaining races will follow in early January – which will take in to account your feedback on this year's races.

So, what are my reflections on the past month? Well, cross country has come thick and fast.

The **Men's vets team** have brought home two bronze medals in consecutive weeks – there's a report on our website here: [Tidings of comfort and joy as Jacob's cracker earns county call – Reading Roadrunners](#). Well done to **Fergal Donnelly** (1st M50, Berks championship) who featured in both and to **Chris Burt** (1st M35), in his first vets race. Also, congratulations to **Ryan O'Brien** (seniors) and **Jacob Atwal** (under 20's) for qualifying to run for Berkshire in next year's Inter-counties, and thanks to **Nathan Davies** and **Dimi Gospodinov**, who joined Ryan in our seniors team (5th place).

There were lots of good performances in popular trail race(s) at Mapledurham 10, **Dimi Gospodinov**, 3rd place, **Fergal Donnelly**, 4th overall (1st M50) and **Pete Aked** (2nd M50). **Gavin Rennie** (1st M50, half marathon) and **David Leake** (3rd M70, 10k). There were other podium finishes for **Eddie Thorpe** (3rd M75) and **Ben Paviour** (1st M50) in British Masters 10- mile race and 5k respectively.

And that's it for 2022, see you back at track on Wednesday 4th January!

Women's Captain

Liz Johnson



I know we say it every December, but really, where did the past year go?! I can't quite believe it is Christmas this weekend, and no, I haven't done all my shopping either. Anyway, onto the running.....

It has been a really good year for the club with numerous amazing performances from the women of the club. From sub 3 marathons to first attempts at cross-country, and everything in between, each week I have been left impressed, inspired and proud of every one of you who pull on the green vest and get out there to run.

teamcaptains@readingroadrunners.org

This mentality was really put on show at the recent SEAA Masters XC championship, where our v60 women won an impressive silver medal.

Huge well done to **Jane Davies** (also picking up individual gold), **Tracey Lissan** (ind. bronze) and **Cecilia Csemiczky**. Fantastic work. Our v50 team of **Ann Rostern**, **Sam Whalley**, and **Becky Mellor** were a creditable 5th in their category too. At the Berkshire Championships last weekend, **Helen Pool** finished an excellent 12th overall, picking up the V35 bronze along the way.

Away from the mud, but unfortunately not the rain (although it did brighten up significantly for the post-race celebrations) PBs were to be found for myself, **Chloe Lloyd** and **Carmen Fuentes** (although the latter now repping the colours of her Madrid based running club) at the Malaga Half Marathon. It was a super weekend away with around 15 Roadrunners competing in the half and marathon in total. Check out the Runners on the Road section of the club website for future overseas jaunts!

The end of the year is always time for reflection and this year even more so with the passing of clubmate Ruby Lee. It was really lovely to take part in last weekend's "Ruby's parkrun" at California Country park where Gill Manton summed up Ruby so well. Ruby embodied much of what I love about this running club - having a go, getting stuck in, and finding joy in supporting others.

Wishing you all a wonderful Christmas and a very happy New Year.

Liz

Remembering Ruby Lee

Gill Manton

Ruby, well what can I say about our wonderful friend and volunteer Ruby.

She was one of the first to come forward to support Cali before it had got off the ground, she was one of the small crew who tested out routes, was a marshal on our test event and indeed marshalled for us 72 times – woe betide any RD who tried to pop her on a spot other than Ruby's Corner! Her huge smile would drop but she would always respond with "I will go where you need me to go" – she never marshalled anywhere except Ruby's Corner.

So why Ruby's Corner? She particularly liked that spot as she would see all the park runners twice, she loved to give encouragement to all and truly hoped that her smiles and cheers gave you the oomph to get up that hill! She was so enthusiastic and although aghast when a local "camper" complained to her once about her being cheery and noisy so early on a Saturday morning, I secretly believe that she was proud of that too!



Ruby was our special weapon taking new volunteers under her wing including many of our young DofEs; she'd sweep them up and infect them with her enthusiasm and motivation.

So some stats for you - Ruby completed parkrun 13 times, 11 of which were at Cali and 8 of those she was our tailwalker – her PB at Cali was 46:33. She completed 94 tasks at 83 parkruns as a volunteer. She marshalled once at Reading when the Cali core team did a takeover ahead of us going live, but all of her other volunteering stints were at Cali where she was a marshal on Ruby's Corner 72 times. No one else has done a single task at Cali as much as Ruby.

In her time at Ruby's Corner, she has cheered 12,131 participants and as each of those will have passed Ruby twice that's 24,262 times she will have clapped and cheered. What that equates to is 3,946 different named individuals and 891 unknowns - over 4,000 people have had the joy and benefit of Ruby's smile to help them up that hill! That includes Paul Sinton Hewitt, who knew exactly who she was when he met her last year.

We, with her family's permission, would like to put in place a permanent memorial at her corner. If you wish to contribute towards this the link is <https://pay.collectiv.com/rubys-corner-memorial-bench-60583>.

We hope the bench, when it's in situ, will be a permanent reminder that you can achieve anything you want to achieve, that she will always be with us at Ruby's Corner and it will be a place if you choose to gather some energy for a spurt up the hill or just to contemplate what she means to us.

We will all have our own special memories of our wonderful Ruby. One for me will be whenever I hear the Kate Bush song played "running up that hill" and I will smile remembering how much she hated that song and how much it was being played over the summer.

Ruby's family are so very grateful for all the well wishes they have received and for the love they feel from everyone who has shown it towards them.

Ruby's funeral will be on 28th December at 12:15 at Caversham Crematorium. The service is open to all.

London Marathon Draws

David Fiddes, General Secretary

The club received five guaranteed places for the 2023 London Marathon. Four for being a UKA registered club with more than 350 members and one for providing marshals at this year's event.

The winners of the four club places are:

Martin Gould
Philip Reay
Jamie Smith
Peter Rennie

The winner of the marshal place is:

Chris Manton

Congratulations and good luck.

Social Stuff!

Kerri French, Social Secretary

[Editor – Kerri has told me she isn't feeling especially great, so get well soon. Based on the photos (and videos 😊) on Facebook it looks like everyone had a great time at the Christmas party on 17 December! Many thanks to Kerri for organising. If you enjoyed that, I'm sure you'll enjoy the Annual Awards Night in March as well. See below for more details.]

Saturday 25th March

Annual Awards Night

A celebration of all the fantastic achievements from the year.

Formal 3 course dinner with awards ceremony and live band Pink Fish getting us up on the dance floor. Discounted rate for hotel room bookings – details to be confirmed nearer the time. Food choices required in advance and will be bookable on Webcollect in January.

Partners or plus ones welcome.

The best night on our social calendar!



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

Reading Roadrunners Committee Meeting

Tuesday 6 December, 7pm (video call)

The Committee

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

Apologies for absence

Sarah Dooley	(Membership Sec)
Chris Burt	(Treasurer)
Paul Monaghan	(Website)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

Membership cards – Angharad is working with Bob Thomas who has built and tested some software to generate membership cards. This doesn't work with WebCollect. This might be an opportunity to move away from WebCollect to a more user-friendly membership system for an additional fee. This led on to further discussions on raising the membership fee and cross country and track fees. Action – Ang to discuss costings and next steps with Chris B, Bob and others.

Chair's Report

Sam reported the sad news of the passing of Ruby Lee. She was a popular member and a regular volunteer at club events and California parkrun.

The cross-country season is now in full flow. The next events are the Masters XC champs and a new TVXC event at Henley Showground this weekend.

Thanks again to the people organising outruns. And a reminder to leaders to get details up on the website ahead of time.

It has been announced in the local press that Palmer Park Stadium will be re-opening on 19th December. As the stadium is shut from 5pm over the Christmas fortnight we won't see this until the new year. The last track session in 2022 will be Friday 16th December. The first track session in 2023 will be Wednesday 4th January.

General Secretary's Report

As expected, we received four confirmed club places for the London Marathon. The draw of eligible members will take place on 14th at track. Either before or after the Wednesday session depending on how England do in the World Cup.

The partial closure of the Palmer Park car park was announced. This is part of the building upgrade and should be temporary.

Treasurer's Report

Chris sent through an update via email.

The November accounts for the club show a net £5.1k outflow for the period. Primarily driven by:

Bulk order of club hoodies (£3,390), which we will recover once members pay Dean for their items on collection.

Q4 track hire (£1,231), this should be the last quarter the club fully cover the cost of track for members. Paul – please send me the details of the iZettle that needs to be ordered so that we are set up to start taking track payments from Jan.

TVXC event costs (c.£1,000). In the process of recovering entry fees from TVXC clubs. Expect to be roughly net neutral once we receive the income owed to us.

Membership Secretary's Report

None this month.

Social Secretary's Report

Kerri reported that the Spinners games night was successful.

The next event will be the Christmas party which is almost a sell-out.

Coaching Report

Harriet is stepping down from leading Weds outruns and may return in spring.

Tom has returned to coaching part time - every 2 to 3 weeks.

We had an encouraging meeting with Kerry (England Athletics coach) and have the first in-person "train the trainer" session planned for Friday 6th Jan at track. With follow up sessions likely to be six weeks later.

The plan is to have sessions based on race events e.g., Bramley, Reading HM, London/Manchester etc marathons, 5k, XC/10k. Perhaps athletes may see the sense in more focussed training, or they may pick their favourite coach/stick with their friends.

Waterproof jackets - the three Reading-based printers Art contacted all use heat-transfer which would damage the surface of these jackets. Instead, we shall use stickers. The committee agreed to the acquisition of badge and "COACH" stickers.

Art asked whether there were going to be mince pies & mulled wine this year. Given the situation with the stadium it was decided that this wouldn't be happening this year.

Website

None this month

AOB

- Reading half – Kerri reported that the organisers have asked for fees for the tent. Kerri and Angharad will follow this up outlining the level of support members already give to this event including start

marshals, pacers, and water marshals, plus many competitors.

- Palmer Park will not be opening in the evenings between the 19th and 30th December. Therefore, we shall take a break from track sessions until the new year. Action – David to tell Better.
- The AGM date and venue were confirmed as 7th March 2023 at Suttons Bowling Club.
- Art reported broken lighting at Palmer Park. Action – David to raise with Better.
- 2024 London Marathon places – Given that the number of available places might be further reduced, a change to the club places ballot to limit to volunteers was discussed.

Next Meeting: 19:00 Tuesday, 10th January by video call.

Main Club contact points:

Chair, Sam:

chair@readingroadrunners.org

Membership Secretary, Sarah:

membership@readingroadrunners.org

Secretary, David:

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Treasurer, Chris:

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Social Secretary, Kerri:

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Coaching Liaison, Art:

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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

In the bleak midwinter we don't normally get many club records. So congratulations to Helen Pool, who set a new mark of 19.21 for 5k in the vets' W40 age group.

Her time at the British Masters Championships in Battersea shaved two seconds off the record which had stood to Sarah Urwin-Mann for 11 years, and it was a PB by 27 seconds. For an encore, Helen medalled at last weekend's Berkshire XC Championships.

Hopefully in 2023 — when the revamped Palmer Park stadium is finished — RR will have a noticeboard where we can keep a permanent display of these club records.

In the meantime, back to the XC season...

November 27th

Thames Valley XC League (race 4, Sandhurst)

Pos	Name	Gun
4	Ryan O'Brien	35.25
13	Brendan Russell	37.33
20	Fergal Donnelly	38.13
27	Dimitar Gospodinov	39.15
33	Nathan Davies	39.45
46	Toby Laver (guest)	40.48
48	Nikki Gray	40.55
49	Sarah McDade	41.03
50	Gavin Rennie	41.04
58	Tony Page	41.30
81	Jamie Smith	43.20
96	Mike Worsfold	44.34
100	Ian Giggs	44.39
107	Pete Aked	45.13
109	Alan Freer	45.22
113	Isobel Nicklin	45.49
121	Rhona Fishburn (guest)	46.08
151	Pip White	48.30
162	Sarah Dooley	48.54
171	Mary Janssen	49.15
177	Dean Allaway	49.33
187	Mark Allen	50.28
198	Daniel Gurney (guest)	51.12
201	Bryan Curtayne	51.29
219	Brian Fennelly	53.30

229	Ruth Rogers	53.53
246	Sam Whalley	55.17
254	Gary Clarke	56.11
255	Martin Douglas	56.12
265	Julie Sugden	57.32
s270	Pete Morris	58.06
279	Andy Atkinson	59.12
283	Stuart Lunn	1:00.16
306	Christina Calderon.	1:02.30
311	Harry Bowden (guest)	1:03.45
321	Kirsten Bishop	1:06.11
333	Peter Higgs	1:08.41
334	Tracy Eddington (gst)	1:08.50
336	Sally Caldwell	1:08.59
339	Charlie Macklin (get)	1:09.27
341	June Bilsby	1:09.56
351	Yvonne Edwards	1:14.04
352	Andrea Marnoch.	1:14.05
362	Becky Mellor	1:16.49
363	Liz Fleming	1:17.03
366	Kerri French	1:24.02

Men's positions: 4 O'Brien, 13, B Russell, 20

Donnelly, 27 Gospodinov, 32 Davies, 47 Rennie.

Total: 143. **Roadrunners:** 2nd.

Women's positions: 1 Gray, 2 McDade, 15 Nicklin, 29 Dooley. **Total:** 47. **Roadrunners:** 3rd.

Overall: Roadrunners 2nd.

British Masters 10-miles Road Championship

Pos	Name	Chip
86	Eddie Thorpe	1:33.39
	(3rd M75)	

December 3rd

Hampshire League (race 2, Bournemouth)

Men's race

Pos	Name	Gun
90	Matt Davies	35.51
92 (21)	Lance Nortcliff	35.59
136 (46)	Jamie Smith	38.15
137 (47)	Alex Harris	38.20
139 (49)	Tony Page	38.23
146 (52)	Pete Jewell	38.42
207 (93)	Ian Giggs	42.47
249 (137)	Pete Morris	52.19

Roadrunners men: 10th.

Roadrunners vet men: 9th.

Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
32	Kat Charles	23.50
59	Chloe Lloyd	25.34
93 (31)	Sam Whalley	28.12
97	Julie Sugden	28.32
120 (53)	Claire Seymour	34.03
135 (65)	Cecilia Csemiczky	41.00

Roadrunners women: 10th.**Roadrunners vet women: 11th.****December 4th**Mapledurham 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	Ruth Rogers	55.11
68	Wendy Davies (2nd W60)	1:02.14
92	David Leake (3rd M70)	1:04.49
139	Maureen Sweeney	1:19.47
148	Linda Wright	1:27.43
149	Kathy Tytler	1:34.31

Mapledurham 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Dimi Gospodinov	1:06.31
4	Fergal Donnelly (1st M50)	1:08.05
10	Nikki Gray (2nd lady)	1:12.38
17	Pete Aked (2nd M50)	1:17.39
37	Claire Marks (2nd W50)	1:25.10
38	Mark Allen	1:25.22
52	Bryan Curtayne	1:29.47
75	Gary Clarke	1:34.49
102	Jo Sollesse	1:40.01
114	Chloe Ryce	1:44.11
117	Vroni Royle	1:45.21
118	Lee Hinton	1:45.22
122	Sarah Richmond-Devoy	1:45.49

Mapledurham Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Gavin Rennie (1st M50)	1:37.54
12	Flo Ledger (3rd lady)	1:44.52
32	Mary Janssen (2nd W50)	1:54.28

35	Sarah Alsford (1st W40)	1:56.08
52	Chris Cutting	2:01.57
66	Amelia Busby	2:07.53
79	Katie Gumbrell	2:17.08
83	Julia Molyneux	2:27.46
88	Pete Morris	2:34.19

Weybridge 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
35	Carrie Hoskins (2nd lady, 1st W50)	39.31
135	Julie Rainbow (1st W55)	46.23

British Masters 5k Championships

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Ben Paviour (3rd M50)	16:10
97	Helen Pool	19.21 PB
167	Eddie Thorpe	26.35

December 10thSEAA Cross-Country ChampionshipsWomen's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
21	Helen Pool	26.47
35	Jane Davies (1st W60)	28.08
49	Ann Rostern	30.00
58	Sam Whalley	30.55
61	Tracey Lasan (3rd W60)	31.54
78	Claire Seymour	40.26
82	Becky Mellor	44.40
83	Cecilia Csemiczky	44.42

V60: RR 2nd.Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
32	Fergal Donnelly	38.16
39	Lance Nortcliff	39.03
62	Tony Page	41.05
78	Pete Jewell	42.35

V50: RR 3rd

December 11thThames Valley XC League (race 5, Marlow)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Ryan O'Brien	33.47
9	Matt Sarjent	35.49
17	Fergal Donnelly	36.39
19	Nathan Davies	36.56
38	Tony Page	38.43
54	Ian Giggs	39.53
62	Kat Charles	40.38
64	Matt Davies	40.41
85	Mike Worsfold	42.16
105	Pete Aked	43.26
109	Alan Freer	43.31
114	Bill Watson	43.52
130	Jon Green	45.21
151	Mary Janssen	46.19
153	Mark Allen	46.23
168	David Fiddes	47.09
177	Colin Cottell	48.09
181	Bryan Curtayne	48.14
197	Liz Ganpatsingh	49.03
212	Ruth Rogers	51.21
224	Sam Whalley	52.35
257	Gary Clarke	55.12
262	Stuart Lunn	55.59
266	Andy Atkinson	56.42
283	Pete Morris	59.36
284	Gemma Higgs	1:00.05
289	Peter Higgs	1:00.52
290	Sarah Richmond-D	1:01.05
315	Kim Stevens	1:06.55
318	Sally Caldwell	1:07.27
329	Cecilia Csemiczky	1:12.31
331	Liz Fleming	1:13.38
336	Sophie Higgs	1:20.50

Men's positions: 1 O'Brien, 9 Sarjent, 17 Donnelly, 19 N Davies, 37 Page, 49 Giggs.

Total: 132. **Roadrunners:** 2nd.

Women's positions: 8 Charles, 28 Janssen, 41 Ganpatsingh, 46 Rogers. **Total:** 123.

Roadrunners: 7th. **Overall:** RR 3rd.

Malaga Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
628	Dan Brock	3:19.28
1579	Caroline Jackson	3:50.23
2608	Martin Bush	4:49.11
2638	Christina Calderon	4:56.47
2713	Phil Reay	5:15.43

Malaga Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
27	Dave Boulton	1:17.52 PB
105	Brooke Johnson	1:25.23
544	Pip White	1:40.00
584	Chloe Lloyd	1:42.10 PB
605	Carmen Fuentes	1:42.36 PB
678	Liz Johnson	1:44.09 PB
1269	Julie Sugden	1:53.23
1448	Angela Burley	1:56.20
1532	Sara Lopez	1:57.52

December 17thSouth of the Thames XC Championships

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
-	Ben Paviour (1st M50)	42.53

December 18thBerkshire XC ChampionshipsMen's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
13	Ryan O'Brien	34.28
21	Chris Burt	36.09
	(1st M35)	
26	Nathan Davies	37.33
27	Fergal Donnelly	38.03
	(1st M50)	38.03
34	Dimitar Gospodinov	39.42
39	Tony Page	40.40

Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
12	Helen Pool	35.52
	(1st W45)	

Under 20 men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
5	Jacob Atwal	27.43

Winter Woolly 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
12	Paul Billing	46.42
29	Bryan Curtayne	51.45
66	Amelia Busby	59.54
69	Pete Morris	1:00.08
94	Paul Bennett	1:04.32
108	Sarah Richmond-D	1:07.40

Photo Gallery



◀ Far left: Ryan O'Brien on the way to 1st place at Marlow, race 5 of the Thames Valley XC League, on 11 December.

◀ Near left: Jacob Atwal at the Berkshire XC Championships on 18 December, where he finished 5th in the Under 20 men's race.

▼ Roadrunners celebrating (with Picasso!) after the Malaga Marathon and Half Marathon in Spain, on 11 December.

