

# NEWSLETTER

## JANUARY 2023



## Dimi and Nikki take flight at freezing Farnborough Half



...and our cover stars were just the tip of the iceberg!  
Katherine Streams finished 1<sup>st</sup> W50 and qualified to run for  
England, Jane Davies was 2<sup>nd</sup> W60, and Helen Campbell  
landed a new PB 🏆

## Editor's Intro

David Clay

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Welcome to the first newsletter of the new year!

I hope you all enjoyed the cover page title and subtitle (such wit 😊). I think it's clear I've missed my true calling in life; I'm going to ask David Dibben to put me in touch with some of his former journo contacts.

Putting my headline writing skillz to one side... well done to everyone who has been out there battling the cold recently. Lacing up the trainers in January isn't always that appealing, but you know the old saying: winter miles, summer smiles...

Personally, I've had a good start to the year and have been feeling my fitness and energy levels improve just through running fairly consistently. I've done 16- and 18-mile-long runs, a bit of parkrun tourism with the newlywed Mr Hopkins, and spent a lot of time running/splashing up and down the Thames Path to Sonning.

So far, so good! Well, unfortunately I managed to sprain my ankle near the finish of Handy Cross XC last weekend, so that's called a bit of a halt to my progress. I'm keen to return to running as soon as I sensibly can, but I'll have to be able to walk properly first!

Anyway, up until the ankle incident I'd been having a good battle with a runner from Sheen (who I've subsequently discovered had beaten me by 6 seconds at Bracknell 🏃). I was stubbornly 'running' up all the hills while he stopped to walk the steepest parts (probably far more efficient). As I trudged past him I'd reply to his 'well done!' with a 'see you soon!'... naturally, I was exhausted at the top of every hill and he'd come bombing back past me. It's only a few words exchanged, of course, but it's still quite nice to have that kind of camaraderie.

The atmosphere and culture of the XC events is really welcoming and supportive, and that was illustrated by the reactions of those around me when I fell over on the final steep downhill trail section. Several runners from other clubs stopped, and one even ran back up the hill, to check if I was alright. The marshals and first aiders from Handy Cross were also kind and attentive with a tired and slightly emotional runner. After the finish, I was grateful to Angela, Chloe, Dave, Sarah, Tony and others from the club who helped me out with a lift home, food and drink, painkillers or just some light-hearted chat!

It's fair to say I don't have a great record with XC and injuries 😬 but most people seem to get through them relatively unscathed! So, if you're a bit more robust than me (or maybe just don't fling yourself down hills with the same abandon 🤪) I'd definitely encourage you to give it a go in the future.

I'll sign off with my usual note of thanks to everyone who has sent an article to include. If you would like to contribute to the next edition then please message me at [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org) by Monday 20<sup>th</sup> February.

Have a great month.

David

p.s. I thought about including an arty photo collage of my Handy Cross ankle injury pics alongside my Tadley 2019 knee injury, but I've decided to spare you! Probably not the best advert for XC 😂

## Chair

### Sam Whalley

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

I can't believe another month has flown by and we are almost into February already.

If you have been down to the track recently, you will have noticed some changes. The leisure centre is open! We are now back to using the entrance we used before the rebuild, albeit with a different appearance, and the door will be open from 6.15pm. This will save us having to use the turnstile system in the main entrance, and as a consequence our gate volunteers will now have some shelter too. Thank you to Chris and Shirley Smith, who do more than their fair share of gate duties.

You might also be aware that we have had to take the difficult decision to cancel some track sessions recently. No one particularly wants to be the person making that call, but safety comes first, and on those occasions, the track was simply too icy. Thank you to our coaches for their support in this and for having the flexibility to adapt sessions.

On top of these challenges, it's an exceptionally busy time for the committee. Preparations are underway for the AGM on 7th March, so look out for the information pack relating to that very soon. We expect some vacancies to be arising – could you put yourself forward for a role?

We're also looking to make some changes to all areas of the membership process, so please bear with us while we get this up and running. All will be revealed when the renewal emails are sent out.

Elsewhere in the club we have just seen the last race of the TVXC season, and it looks as though Reading Roadrunners finished 3rd overall. I'm sure the captains will have more to say about that, but thank you if you turned out for the team at any point. It really is a joint effort. Don't forget the Hampshire XC League still has two races remaining, on 11th February and 4th March, so make sure you have a go at those if you're not ready to hang up your trail shoes yet, or want to improve your position in the championship table. The current standings are here: <https://readingroadrunners.org/wp-content/uploads/2023/01/Bracknell.1.pdf> You need to have taken part in at least five races this season to be in with a chance.

We are hoping that all prizes for the road, marathon and XC championships will be given out at the Annual Awards Night on 26th March. It would be great to see all of our winners there, and I expect our social secretary will fill in all the details about that.

Next up on our own club race calendar is Bramley 20/10 on 12th February. This is a huge deal, with the event having been cancelled for the past few years for one reason or another. I'm looking forward to having it back, and have opted to marshal this year for the first time. I'm anticipating a long day but a great opportunity to see everybody! Chief marshal and amazing volunteer Alan is still short of help, so email him – [rocket-al@hotmail.com](mailto:rocket-al@hotmail.com) – if you can put your name down too. He will be very grateful! Anyone who marshals out on the course could win a place in the Maidenhead Easter 10; it's a club championship race and we have two places to give away!

The full list of races for this year's club championship is later in this newsletter, but you may have seen that it kicks off with Wokingham Half Marathon on 26th February, which always promises to be a PB fest. With that in mind, stay warm, and I hope to see you at a race soon.

## Men's Captain

### Tony Page

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*teamcaptains@readingroadrunners.org*

I don't know about you but at this time, I like to plan my races for the year ahead.

You may have already seen I've announced the club championship races for 2023.

I will certainly be signing up to some of the new races recommended by you, like Binfield 10K, New Forest 10 and Frieth Hilly as well as some old favourites. It all starts next month at Wokingham. See p.5 for a list of all of this year's club races. You can also find these and all of the club championship rules on our website <https://readingroadrunners.org/club-championships/>.

After a year's break, I'm doing the Edinburgh marathon in May – I'm enjoying getting back to a training plan again. It's good to have that extra motivation to run on a cold Tuesday night!

There have been a lot of races since Christmas, and at the popular Woodcote 10K there were age group wins for **Dave Parton** (M50), **Brian Kirsopp** (M60) and **David Leake** (M70).

At last weekend's Farnborough winter half, the age group qualifier for England, there was an amazing PB for **Dimi Gospodinov**, more impressive on the back of the Box Hill Fell race with 520m of ascent over 12K, the day before.

On the cross country, there was a great turnout for the Hants league XC race at Prospect Park. Good to see so many of you running for the first time. There is a great report by Sam Whalley on our website covering that event and the TVXC at Bracknell, on the Sunday: <https://readingroadrunners.org/2023/01/big-roadrunners-turn-outs-for-a-weekend-of-double-mud-baths/>.

Last weekend, there was the final TVXC at Handy Cross, where there were some great performances. Our men's team was led by **Dave Boulton** (4th), followed by **Matthew Sarjent** (10th), **Fergal Donnelly** (11th), **Lance Nortcliff** (17th), **Gavin Rennie** (45th) and me (51st) for 3rd place. In the final standings, we finished 3rd overall, after Maidenhead and Datchet. The men's team were 3<sup>rd</sup> and the women's team 4<sup>th</sup>. See <http://tvxc.org.uk/content/league-tables> for the full results breakdown.

There were excellent individual results over the series by **Ryan O'Brien** (1st, 2nd and 4th), **Ben Paviour** (4th and 6th and 1st vet), **Matt Sarjent** (with 3 top 10 finishes) and **Fergal Donnelly**, with consistent top 20 finishes across all events. As a club we do best when we have a good turnout from you, so want to thank **Peter Higgs** who along with **Fergal** took part in all 7 events, and **Mike Worsfold**, **Mark Allen**, **Jon Green** and **Stuart Lunn** each with 6 events.

You can find an update on the clubs XC championship on p.12. Don't worry if you need to do more events to qualify, there are still 2 Hants fixtures to go. The next one is at Popham, near Basingstoke, on 11th February.

Looking ahead there are 2 team events for your diary, firstly for those members over 35 we will be entering teams at the British Masters Road Relays on **20th May** and secondly, the Ridgeway Relay is on **25th June**, so please save the date.

2023 Race Planner

Date	Club Champ race	Other Race	Other
15/1/23		XC Prospect Park (Hants)	
16/1/23		XC Bracknell	
22/1/23		XC Handy Cross	
11/2/23		XC Popham (Hants)	
12/2/23			Bramley
26/2/23	Wokingham HM		
4/3/23		XC Bournemouth (Hants)	
12/3/23	Goring 10K		
25/3/23			Awards Evening
2/4/23			Reading HM
7/4/23	Maidenhead Easter 10		
23/4/23			London Marathon
1/5/23			Shinfield 10K
14/5/23	Marlow 5		
20/5/23		Masters Road Relays	
21/5/23	Binfield 10K		
4/6/23	Dorking 10 miles		
10/6/23			Endure 24
18/6/23	Hampshire Hoppit HM (MT)		
25/6/23			Ridgeway Relay
2/7/23	Didcot 5 (TBC)		
2/8/23	Yateley 10K		
27/8/23	Headington 5 (TBC)		
24/9/23	Windsor HM		
8/10/23			XC Metros
15/10/23	Frieth Hilly 10K (MT)		
29/10/23	New Forest 10 miles (MT)		
12/11/23			XC Datchet



## Women's Captain

Liz Johnson

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*teamcaptains@readingroadrunners.org*

Happy New Year team (are we still allowed to say that at the end of January?!). Anyway, the first month of the year is nearly over and boy has it been a busy one! There has been xc a plenty and the TVXC league has already come to an end following the cancellation of the TVT hosted event. Fear not, there is still time to get your final xc fix at the Hampshire League event at Popham on the 11<sup>th</sup> February.

The stars did align and January treated us to a double xc weekend with both Prospect Park (Hants) and Bracknell (TVXC) taking place. Kudos to **Sam Whalley** and **Chloe Lloyd** for taking part in both. Also well done to **Kat Charles** who finished a v impressive 24<sup>th</sup> at the Prospect Park event.

Away from the mud, the Farnborough Half proved a speedy stomping ground for the women of RR. **Nikki Gray** (8<sup>th</sup> in cat), **Katherine Streams** (1<sup>st</sup> in cat), **Jane Davies** (2<sup>nd</sup> in cat), and **Helen Campbell** (14<sup>th</sup> in cat) did phenomenally well and have definitely provided me with inspiration over the coming months when the cold weather and dark nights make it that little bit harder to get out of the door.

Also, how good is it that the Boston marathon have now finally allowed deferrals due to pregnancy bringing them in line with fellow WMM London and Berlin. You may be thinking 'so what' but anything that makes our sport a little more accessible is a plus in my book especially when the participation of women has historically been a lot lower.

Take care,  
Liz

## Social Stuff!

Kerri French, Social Secretary

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January has been a quiet on the social front, what with increasing energy bills, price of petrol and the cost-of-living crisis all topped off with recovering from Christmas I deliberately didn't book anything in to give our wallets a rest!

However, we are social beings at Roadrunners and have some nice cheap socials organised to see us through to the main event of our social calendar - the **Annual Awards night**. Think glitz, glamour, 007 or our very own 'Oscars' and this event ticks those boxes.

Saturday 4th Feb from 7pm onwards

**Pub Night with Rigsby the Band**

Get those dancing shoes out of the cupboard we shall be blowing away those winter blues with the mighty Rigsby at The Victoria Pub 1 Norcot Road Tilehurst. No booking required.

Monday 27th Feb 10.30am

**Alumnus and Retired Members Coffee Club – Bosco Lounge Woodley**

An opportunity for previous and our retired members to meet up and catch up. Kindly organised by Carl Woffington. No need to book just turn up on the day.

Saturday 25th March from 6.30pm

**Annual Awards Night**

A celebration of all the fantastic achievements from the year. It's a black-tie event with a formal 3 course dinner, awards ceremony, big charity cheque reveal and live band Pink Fish getting us up on the dance floor. Food choices are required in advance and bookable on Webcollect by 4th March at the very latest. Guests, Partners or plus ones welcome. **The best night on our social calendar!**

I'm also all ears on any suggestions you have for future events. I've really enjoyed being the social secretary this year and plan to put myself forward for another year at the AGM on 7th March. So, please do get in touch with your suggestions, I do hope you're happy with the variety and frequency of events I planned and want to make sure I serve the membership well. Kerri French – [socialsec@readingroadrunners.org](mailto:socialsec@readingroadrunners.org)



## Roadrunners' Race Results

**David Dibben**

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There's never a good time to miss a race through injury but, if there was, it would have been last Sunday.

Must say I enjoyed an extra half-hour in bed while chums were setting out in the dark on the coldest

day of the century to try to qualify for something for which I had already qualified.

However, the Farnborough Winter Half Marathon ended happily enough for Reading Roadrunners, with our own Katherine Streams sitting proudly at the top of the national W50 rankings.

Best story of the month was our man Dan Brock running a marathon in Chennai, India, an event which started at 4am in temperatures of 26C and 80 per cent humidity.

Dan's employers are not keen to publicise his achievement, but his friends will know that the most interesting part of the race weekend was his journeys there and back.

### December 27th

#### Sherfield 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Chris Moseley	40.23
10	Brian Kirsopp (1st M60)	44.40
41	Bryan Curtayne	53.40
133	Andrea Marnoch	1:13.29

### December 31st

#### Gutbuster 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
16	Chris Webber (2nd M50)	1:19.13
17	Dimi Gospodinov	1:19.18
80	Mary Janssen (2nd W50)	1:31.18
101	Bryan Curtayne	1:35.01
125	Jo Sollesse	1:40.46
142	Ben Ganpatsingh	1:47.33
143	David Walkley	1:47.17
144	Liz Ganpatsingh	1:47.35
212	Lee Hinton	2:05.27
213	Vronin Royle	2:05.02
227	Justin Watkins	2:13.13

#### Gutbuster 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
19	Alex Harris (3rd M50)	53.51
116	Sarah Alsford	1:11.57
128	Tina Woffington	1:12.57
129	Jo Rippingale	1:12.57
134	Eoin McLeod	1:13.12
137	Lorna McLeod	1:13.15
160	Nicola Gillard	1:18.03
161	S Richmond-Devoy	1:18.04
216	Linda Wright	1:39.48

### Liverbird New Year's Eve Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
44	Martin Bush	5:19.05

### January 1st, 2023

#### Liverbird New Year's Day Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
28	Martin Bush	5:09.22

#### Serpentine 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
70	Lance Nortcliff	39.01
83	Pete Jewell (2nd M60)	39.46
121	Helen Pool (3rd M45)	42.20
389	Claire Seymour	59.46

### January 8th

#### Woodcote 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	David Parton (1st M50)	38.28
8	Callum Evans	38.49
9	Chris Lucas	38.59
27	Brian Kirsopp (1st M60)	41.02
37	Kate Williams (1st W40)	41.48
65	Jon Green	46.11
103	Steve Dellow	49.27
111	Naomi Gardner (2nd W50)	49.50
119	Joe Blair	50.33
132	Bryan Curtayne	51.48
156	Tim Miller	53.44
163	Liz Ganpatsingh	54.01
187	George Nyamie	55.51
193	David Leake (1st M70)	56.56
204	Phil Davies	57.40
212	Catherine Leather	58.15
244	Christina Reay	1:00.53
269	Rob Bursell	1:03.36
280	Phil Reay	1:05.27
288	Andrea Marnoch	1:06.15
299	Caroline Hargreaves.	1:08.06
316	Linda Wright	1:12.06
324	Julie Wing	1:28.13



Inkpen Gibbet Hangover

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
18	Chris Cutting	1:36.43
31	Richard Usher	1:48.00
33	Katie Gumbrell	1:52.00
43	Julia Molyneux	2:10.23
44	Sarah Richmond-Devoy	2:10.23
45	Sophie Higgs	2:12.00
46	Peter Higgs	2:12.00

Regents Park 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
87	Jane Davies	44.32

Tamworth 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Fergal Donnelly (3rd M50)	1:07.26

Oxfordshire Cross Country League (race 3)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
110	Mike Turner-Hibberd	36.27

Chennai Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
83	Dan Brock	4:25.47

**January 14th**Hampshire XC League (race 3, Prospect Park)Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
24	Kat Charles	23.51
44 (12)	Helen Pool	25.08
51	Chloe Lloyd	25.40
72 (29)	Ann Rostern	27.18
73	Kaja Milczewska	27.21
81 (32)	Sam Whalley	28.46
92	Julie Sugden	30.41
107 (53)	Claire Seymour	37.24
115 (59)	Becky Mellor	40.11
122 (66)	Cecilia Csemiczky	48.54
123 (67)	Kerri French	63.37

**RR women: 8th. RR women vets: 5th**Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
12 (2)	Ben Paviour	35.31
23	Ryan O'Brien	36.05
39	David Boulton	37.42
54	Chris Burt	38.55
57 (11)	Mark Worringham	39.16

72 (18)	Lance Nortcliff	40.17
86	Callum Evans	41.53
112	Matt Davies	43.44
116 (48)	Tony Page	44.07
121 (53)	Oliver Atwal	44.35
122 (54)	Pete Jewell	44.44
181	Jon Green	50.58
188 (98)	Dean Allaway	52.32
192 (100)	Eoin McLeod	53.13
200 (108)	David Fiddes	55.42
206 (112)	Paul Carter	58.38
211 (117)	Stuart Lunn	63.48

**RR men: 6th. RR men vets: 2nd.z**Dorney Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
80	Gary Clarke	1:54.34

**January 15th**Thames Valley XC League (race 6, Bracknell)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
11	Matt Sarjent	38.57
15	Fergal Donnelly	39.26
36	Dimi Gospodinov	41.52
65	Gavin Rennie	44.05
70	Tony Page	44.40
71	Ian Giggs	44.44
74	David Clay	44.56
129	Jamie Smith	48.34
134	Pip White	48.59
150	Bill Watson	49.36
170	Chloe Lloyd	50.32
178	Mark Andrew	51.06
187	Bryan Curtayne	51.51
191	Mark Allen	52.01
195	Mary Janssen	52.10
202	Jon Green	52.23
236	Claire Marks	54.32
254	Sarah Alsford	55.50
266	Martin Douglas	56.22
267	Angela Burley	56.24
282	Brian Fennelly	57.40
286	Liz Ganpatsingh	57.59
302	Sara Lopez	59.06
316	Pete Morris	1:00.36
321	Colin Cottell	1:00.58
327	Sam Whalley	1:01.24
338	Jim Kiddie	1:02.16
360	Sarah Richmond-D	1:05.45
365	Stuart Lunn	1:06.12
381	Peter Higgs	1:08.10

390	Sally Caldwell	1:10.08
405	Kevin Bilsby	1:13.07
410	John Bailey	1:14.14
411	June Bilsby	1:14.40
419	Lorraine Bailey	1:21.18
422	Liz Fleming	1:23.31
425	Sophie Higgs	1:27.17
427	Tom Harrison	1:38.08
429	Linda Wright	1:51.29

**Men's scoring:** 11 Sarjent, 15 Donnelly, 35 Gospodinov, 61 Rennie, 65 Page, 66. Giggs. Total: 253. **Roadrunners:** 6th.

**Women's scoring:** 16 White, 25 Lloyd, 30 Janssen, 43 Marks. Total: 114. **Roadrunners:** 6th.

**Overall: Roadrunners 5th.**

#### LDWA Winter Tanners 20

Pos	Name	Time
1	Alan Freer	3:54
-	Caroline Hargreaves	6.13

#### **January 21st**

##### Box Hill Fell Race

Pos	Name	Chip
46	Dimi Gospodinov	1:06.07
93	Tony Page	1:12.53

#### **January 22nd**

##### Thames Valley XC League (race 7, Handy Cross)

Pos	Name	Gun
4	David Boulton	34.08
10	Matt Sarjent	34.59
16	Fergal Donnelly	35.30
17	Lance Nortcliff	35.49
47	Gavin Rennie	39.25
54	Tony Page	39.51
79	Mike Worsfold	42.05
104	Jon Green	44.29
107	Alan Freer	44.33
108	Bill Watson	44.42
130	Bryan Curtayne	46.22
144	Eoin McLeod	47.20
148	David Fiddes	48.00
167	Sarah Alsford (above)	49.20
168	Dan Rickett	49.22
170	Roger Ganpatsingh	49.27
173	Liz Ganpatsingh	49.52

174	Martin Douglas	49.57
184	Angela Burley	50.26
199	David Clay	51.51
201	Colin Cottell	52.08
214	Sam Whalley	52.55
222	Gary Clarke	54.01
243	Jim Kiddie	56.40
257	Sarah Richmond-D	59.52
264	Andy Atkinson	1:00.57
272	Peter Higgs	1:03.24
277	Sally Caldwell	1:04.15
278	John Bailey	1:04.50
292	Claire Seymour	1:06.45
302	Becky Mellor	1:11.20
305	Lorraine Bailey	1:13.17
316	Liz Fleming	1:18.13
317	Kerri French	1:24.46

**Men's scoring:** 4 Boulton, 10 Sarjent, 16 Donnelly, 17 Nortcliff, 45 Rennie, 51 Page. Total:143.

**Roadrunners:** 3rd.

**Women's scoring:** 30 Alsford, 32 Ganpatsingh, 35 Burley, 49 Whalley. Total: 146. **Roadrunners:** 7th.

**Overall: Roadrunners 5th.**

#### Farnborough Winter Half Marathon

Pos	Name	Chip
115	Dimi Gospodinov	1:21.53 PB
179	Nikki Gray	1:25.55
192	Katherine Streams	1:26.38
	(1st W50)	
428	Hrushikesh Padhi	1:36.47
432	Jane Davies	1:36.43
	(2nd W60)	
463	Helen Campbell	1:37.59 PB
498	Pete Aked	1:39.23
589	Tony Streams	1:43.08

#### Farnborough 5k

Pos	Name	Chip
136	Gill Manton	39.52
151	Alexander Harrison	77:02

#### Madeira Marathon

Pos	Name	Chip
186	Pete Morris	5:00.54

## Marathon Championships 2022

### Bob Thomas

The 2022 Marathon Championship completed on 31st December with 96 members having recorded 153 results across 45 marathons, of which 22 were not in the UK. Our most prolific marathon runner was Dan Brock, having returned 10 results during the year.

Unsurprisingly, the most popular race was London with 33 entrants, followed by Manchester and Seville with 13 each, and Edinburgh with 11.

The best men's & women's recorded times were Dave Boulton's 2:42:40 and Carrie Hoskins's 2:57:34, both achieved at London, with Carrie beating Katherine Streams by just two seconds.

Trophies will be awarded to 1st, 2nd and 3rd placed runners in each of the gender-age categories. Winners who attend the annual awards dinner will be presented with their trophies at the event.

The 2023 Marathon Championship is now underway and will run until 31Dec23; rules are unchanged from 2022 and are available on the website, as is the full results sheet for the 2022 competition.

Congratulations to the 2022 trophy winners, who comprise...

Senior Women	Pos	Event
Flo Ledger	1	London
Swinda Falkena	2	Rotterdam
Chloe Lloyd	3	London
<b>Women Vet 40</b>		
Sarah Dooley	1	London
Elizabeth Johnson	2	London
Caroline Jackson	3	Riga
<b>Women Vet 50</b>		
Caroline Hoskins	1	London
Katherine Streams	2	London
Nora Holford	3	Manchester
<b>Women Vet 60</b>		
Sian James	1	Paris
Linda Flintoff	2	Edinburgh
Liz Atkinson	3	Edinburgh
<b>Women Vet 70</b>		
Julie Wing	1	Clarendon
<b>Women Vet 80</b>		
Patricia Seabrook	1	London

Senior Men	Pos	Event
Dave Boulton	1	London
Sibrand Rinzema	2	Ronde Venen
Brendan Morris	3	New York
<b>Men Vet 40</b>		
Keith Russell	1	Manchester
Andrew Smith	2	London
Phil Woolfall	3	Dorney
<b>Men Vet 50</b>		
Alex Harris	1	Abingdon
Christopher Webber	2	Seville
Peter Rennie	3	Chicago
<b>Men Vet 60</b>		
Antony Streams	1	Manchester
Alan Freer	2	London
Paul Bandy	3	Milton Keynes
<b>Men Vet 70</b>		
Paul Jenkins	1	London
David Leake	2	Abingdon
Andrew Atkinson	3	London

## XC Championships 2022/23

Bob Thomas

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The XC Championship is reaching its conclusion with just two fixtures yet to take place: Basingstoke on 11 February and a second iteration of Bournemouth on 4 March, both Hampshire League. The TVXC League concluded at Handy Cross on 22 January.

The full set of results is available on the Club website: [XC-Results – Reading Roadrunners](#). For now, the leaders in each category are...

	Women	Men
<b>Senior</b>	Sophie Higgs	Ryan O'Brien
<b>V40</b>	Sarah Richmond-DeVoy	Ian Giggs
<b>V50</b>	Mary Janssen	Fergal Donnelly
<b>V60</b>	June Bilsby	Alan Freer
<b>V70</b>	Cecilia Csemickzy	Andrew Atkinson
<b>V80</b>	—	Tom Harrison

...but this can still change by results from the final two races; indeed, some of these leaders may yet be disqualified, so don't give up just yet.

In arriving at the results displayed on the website, two of the XC Championship rules have been applied to disqualify 54 members who have not run at least one race in either the TVXC or Hampshire League. Six members who didn't run in a TVXC fixture have been disqualified, as have the 48 members who cannot now achieve the minimum required number of race results (5).

To encourage participation, the competition rules include a "Participation Award" to be awarded to any member who returns at least eight results from the two leagues. Two hardy members have already over-achieved to qualify for a participation award: Sam Whalley & Tony Page, both of whom have run in ten fixtures so far. A further nine members could qualify with the final two races.



▲ Team photo ahead of the penultimate TVXC event at Bracknell on 15 January.