

# NEWSLETTER

## FEBRUARY 2023



### Bramley's back, alright!



Roadrunners' flagship race returned on 12 February, for the first time since 2019. Kudos to everyone who made it happen. 🙌

## Editor's Intro

David Clay

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Welcome to the February newsletter! To start off with, congratulations to the volunteer team at Bramley and well done to everyone who took on the 10 or 20 miles on race day.

Bramley is one of the many races I intend to return to and 'vanquish' because I ran it so dreadfully the first time around. Other races on this list include London and Berlin Marathons and Maidenhead Half (if it's happening anymore?). In contrast, I'm wary of going back to Valencia because it was amazing and I don't want to ruin the good memories. Not sure if anyone else takes this approach or if I'm just weird 😊

Of course, the reason I didn't do Bramley this year is because of my ankle injury, so obviously I am going to use the rest of my intro article to talk about that. Sorry not sorry. You'll have to humour me.

'Spraining your ankle' doesn't really sound like it can be that bad, does it? Not as bad as breaking something, surely? But, as I've discovered, they can certainly take a long old time to get better. Doctor Google tells me that you generally get three different grades of ankle sprain, with grade 1 being fairly minor (ligaments stretched, back to running in a couple of weeks) and grade 3 being really bad (ligaments seriously torn/ruptured, likely out for several months).

I have self-diagnosed my injury as being in the middle, grade 2, which is supposed to have a 6 to 8 week recovery time. When I first read this I decided that was too long for me not to run and I would just get better more quickly. Surprisingly, this plan doesn't seem to be speeding things up 😞 It has been the best part of 5 weeks now, so I'm hoping that 6 to 8 weeks proves accurate! Anyway, I'm sure it'll heal itself eventually. At least I can pretty much walk normally again.

Thanks to all who have sent in an article. 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> March. Have a great month, and good luck to everyone who is racing this weekend.

By the way, get the Backstreet Boys cover link? 😊 I'm too cool.

## Chair

Sam Whalley

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

At last it is starting to feel like spring!

The main focus this month has been transferring our membership host from Web Collect to myClubhouse, where the membership renewals are underway. Huge thank you to Angharad and the rest of the committee for setting this up. We hope this will make things simpler throughout the club, so please bear with us as we navigate our way through the process. If you haven't heard anything about renewals, be sure to check your junk folder in the first instance.

We have also been finding our way around the new Palmer Park leisure centre. Thank you to Kerri and David for liaising with the centre staff, and to Sarah, Chris and Shirley for making sure that the

entry procedure runs smoothly. Simply speaking, we will be entering the stadium on a Wednesday via the back door, the old foyer that we used to use, and leaving via the main reception. On Fridays, access is via main reception both at the start and finish of the session. I am sure we'll soon get used to this.

Last weekend we had one of our main events of the year - Bramley 20/10. Well done to Adele and her race committee for all their planning and organisation. It was great to see this race go ahead after three years of cancellations, and feedback from athletes was very positive. Thank you to everyone who helped out in one way or another.

In the next month we will also see the end of the XC season and the beginning of the club championships. Thank you to the captains for putting all this together. You can find details of this year's club champs races on the website and on our Facebook page.

Throughout all of this, training on the track continues. Thank you to Jamie for taking on the role of coaching co-ordinator, and to the coaches and LiRFs who continue to provide sessions on Wednesdays and Fridays.

The Thursday outruns have remained popular. Thank you to everyone who has hosted one of these, and to Ian for co-ordinating.

Running aside, the next big event for the club is the Annual Awards Night on 25th March. Check your emails and social media for details, and thank you to Kerri for continuing to keep us entertained.

Our AGM will be on 7th March, and I intend to stand as chair for another year. I am pleased with the work that this committee has done so far, but I am sure there will be more to do in 2023-24. Constructive feedback is always welcome.

## Men's Captain

### Tony Page

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*teamcaptains@readingroadrunners.org*

It's been a relatively quiet month for me. I kicked off my training for the Edinburgh marathon, but it's early days... I'm looking forward to running Wokingham half marathon on Sunday, the first event in this year's club championships.

A real highlight this month was the return of Bramley. Thank you, on behalf of all of our runners, to Adele Graham and the organising committee for putting on a great event and to all of you that volunteered to make it possible.

Well done to all of you with PBs in the 10-mile race, including for **Ryan O'Brien** (56.03) who was 5th place in a quality field. **Brian Kirsopp** was 1st place in the M60 age category, in his final event in

a green vest. Sorry to see you go, Brian.

I really enjoyed watching the 20-mile race shape up from my marshal point at the start of the second lap. Highlights were an 8-minute Vet40 course record for Ronnie Richmond from Bideford and a close battle between **Callum Evans** (2.15.05) and **Matthew Davies** (2.15.09) for 1st roadrunner home. The lead changing hands more than once, with Callum finally coming out on top. Third roadrunner to finish was **Chris Webber** with a PB in 2.19.39.

We also had the penultimate event of the Hampshire XC League, at Popham airfield, the day before Bramley. We had some good results, with **Mark Worringham** (38th, 5th Vet), **Chris Burt** (42nd), **Lance Nortcliff** (46th, 10th Vet) and **Pete Jewell** (a close 3rd Vet 60) in with a chance of a series age group win going in to the last race, next weekend. This leaves our Senior team in 8th place out of the 10 teams in the top division, just out of the relegation places, and the Vets team in 4th. So, we really need the strongest possible team at Bournemouth, on Saturday 3rd March.

A full race report is here: <https://readingroadrunners.org/2023/02/katherine-the-great-sets-new-age-group-course-record-at-bramley/>.

## Women's Captain

**Liz Johnson**

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How great was it for the Bramley 20/10 to be back after weather and covid scuppered that last few editions?! Although not running this year, I spent a happy few hours at the school on Saturday, ramming stakes into the ground and unfurling tape to make sure no participants wandered off somewhere they shouldn't! Race day itself didn't disappoint and the women of Reading Roadrunners put in some amazing performances. In the 10 mile event, **Katherine Streams** took the honour of first RR home in 5<sup>th</sup> place, collecting the V50 course record along the way. She was closely followed home by **Nikki Gray** in 6<sup>th</sup> and **Sarah McDade** in 7<sup>th</sup>.

*teamcaptains@readingroadrunners.org*

In the 20 miler, **Florence Ledger** was first RR home in 8<sup>th</sup> place just a day after finishing first female at the Guildford 10k, and only a week after nabbing a sub 20 min parkrun at Woodley. Congratulations Flo, super running! **Jane Davies** also managed to pick up first place in the v60 category.

Away from the roads and back to mud, there was Hampshire league fun at Popham airfield. **Helen Pool**, **Sam Whalley** & **Katie Rennie** were scorers for the female team, and **Clare Seymour** was a scorer for our vets team. There is one last chance for xc joy this season on March 4<sup>th</sup> at Bournemouth.

Well, after 2 years as your women's captain, this is my last newsletter article as I am stepping down at the AGM. It has been an absolute pleasure to be your captain and I am so proud of every woman who puts on the green vest and runs for the club. I've loved the team spirit on show at the various relays (whether they be on road or the Ridgeway) and seeing members new and old getting stuck in and trying something new. I will not miss, however, trying to arrange a bus and parking permits for said bus at Parliament Hill!

As you know, this club is run by volunteers and being part of that and seeing all the hard work that goes on behind the scenes by the committee members, the men's captain (Tony - you are great at this!) coaches, race committees, volunteers is truly staggering. There are a lot of people who care deeply about this little club of ours, me included, and although I won't have an official role next year that won't change and I look forward to representing RR at future events (just probably not cross country because I'm not really a running in mud kind of girl!).

Take care,  
Liz



## New Membership System

### Update from the Committee

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We have moved from Web Collect to MyClubhouse, which is easier to use and gives us **digital membership cards** on your phone using your digital wallet. There is an option to print your card if you do not have a smartphone.

#### Track Fees and Simpler Memberships

The club has been absorbing track fees throughout the pandemic and Palmer Park's upgrade works. If you're new: £1.50 per person track fee was paid in cash at the entrance to every coached session at the track. Absorbing these fees is no longer financially sustainable because it loses the club money.

To allow the club to break even, make getting on to track quicker and make gate volunteering easier **we have included coaching, track fees, club costs and England Athletics affiliation\* in the annual membership fee, starting now with 2023/2024 memberships**. No money will be taken at coached sessions.

We have kept the increase as low as possible so the new membership fees are an **increase of less than £1.50 per month**, that's less than a post-parkrun coffee! As per club rules, this will be on the AGM agenda. Our club is run by members for members and is operated entirely by unpaid volunteers.

#### Renewals

Current **memberships end on the 28th of Feb 2023** and there is a renewal grace period of 30 days, so renew before then to avoid your membership expiring and having to pay the new members joining fee.

**You can renew [here](#)** (go to Subscriptions then Register another member). As this is a new Reading Roadrunners service you will need to enter your details on to this new myclubhouse system. Reading Roadrunners is cost competitive and we would like to thank everyone who gives time and energy to ensure it remains so and continues to be the great club it is.

#### Things to remember

- You will need to create a new account (new username and password) – Your details from Webcollect do not carry over.
- Need to pay by card – Direct debit details do not carry over from Webcollect.
- Please check you are registering in the correct category (1st claim vs 2nd claim for instance).
- Social membership is what it says on the tin – this is only for people who do NOT want to attend track sessions/outruns or any running activities. This is purely for Social events put on by Reading Roadrunners.
- Family membership needs to be set up when you first register
- If you have joined the club from 1st December onwards – you need to login to My clubhouse and register and not pay. We will register you as paid and generate your membership card.

- If you are a LIFE member – You need to log in and not pay and email membership who will change your category in the system.
- If you do not require EA membership – please purchase the EA affiliation, email Membership and we will refund you and change your category in the system.
- Your EA number is not currently included on the digital downloaded card – we are looking at whether this can be added.
- In the meantime, you can log into webcollect to find it or in EA portal itself. I will add this manually in Myclubhouse to those new people who have not been affiliated previously.
- If you are an older member, your EA/URN number should already be included on your old card and you can login and update this in Myclubhouse

If you have any questions please contact us at [membership@readingroadrunners.org](mailto:membership@readingroadrunners.org) or ask us at the AGM on the 7th March 2023. We look forward to seeing you there!

Kind Regards,  
The Reading Roadrunners Committee.

\*England Athletics (EA) affiliation gives discounted entry to many races, partner discounts & provides public liability insurance cover. If you do not wish to be EA affiliated please send an email to [membership@readingroadrunners.org](mailto:membership@readingroadrunners.org) within 24 hours of buying your membership. You will get a refund/credit for the EA fee.

## Photo Gallery

### Hampshire League XC

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Our women's team (above) and men's team (next page) at Popham, Basingstoke on 11 February





## Tales of a Hampshire League Newbie

Kerri French, Social Secretary

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There will be no social update this month - as the deadline for booking your tickets for the Annual awards night may have passed by the time the newsletter comes out... so instead I've written an article about my experience giving Hampshire League a go for the first time.

I've been a member almost 11 years and for some reason was always under the impression that the league was 'serious and elitist'. It really couldn't be further from the truth....

What on earth was I scared of 🤖

I've ran 2 fixtures this season and at both I've had the most amount of fun. Fellow runners and the spectators were so encouraging and respectful to one another, plus cheering on everyone, not just their own clubs!

Racing before the men means you have a ready made home cheer squad popping up all over the course too.

There really is a mix of speeds & ages, the field is smaller than Thames Valley so you actually feel like you've got some space and can have quite a peaceful race with yourself in nature.

I'd really recommend giving it a go, the last fixture is/was Saturday 4th March. I'm gutted I can't/couldn't make it – but Hampshire League I'll be back for sure!

Give it a go next season - it really is for everyone 💚 💙

Kerri, Social Secretary



## Reading Roadrunners Committee Meeting

**Tuesday 10 January, 7pm (by video call)**

### The Committee

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

### Apologies for absence

None

### Minutes of the previous meeting

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

### Matters arising from the minutes of the previous meeting

David reported the broken floodlight to Better, but this has not been fixed and now a second light is broken.

Kerri has offered to help with assessing potential life members.

### Chair's report

Sam reported that the Palmer Park building was re-opened. Members will continue to access via the side gate.

As previously stated, track fees will be reintroduced following the opening of the refurbished building. There has been a lively discussion on how this is best done, and it has been decided to incorporate this into the renewal process, which gives members options on how they pay. Thanks to Angharad for leading the investigation behind this and the rest of the

committee for their suggestions, help and opinions.

### General Secretary's Report

David reported difficulty in getting a response from Suttons Bowling club to book the AGM venue. He will continue chasing them this week.

### Treasurer's Report

Chris is preparing the end of year accounts ahead of auditing and the AGM.

### Membership Secretary's Report

Sarah reported that there has been a surge in new members over the Christmas/new year period. This includes 11 in the last couple of weeks.

### Social Secretary's Report

Kerri reported that the Christmas party was a great success despite the late arrival of the DJ.

A planned charity quiz night is not being held due to difficulty getting a venue. Instead, a pub social will be organised for the end of January.

The next big event is the Annual Awards Night at the Pentahotel in the centre of Reading on the 25<sup>th</sup> of March. Tickets are now on sale with a good number already sold.

### Coaching Report

Art announced that Jamie Smith was voted in as the new coach coordinator by the coaches this week.

On Friday 6th Jan Kerry ran a train-the-trainer session which was very well attended by coaches & LiRFs; with very positive comments from them as well as from our athletes who helped on the day. Great work by Tony for organising these sessions with EA.

The next session with Kerry is planned for 6th Feb.



Based on the initial session with Kerry the club now has race-oriented training sessions with meso-cycle plans documented in one place on our website. This is as a Google sheet which means coaches can update it without the need for Paul or Sapna to do so.

A coach's request for a non-standard coaching course was declined in the absence of a supporting business case.

## Website

Nothing to report.

## AOB

- Membership feedback – Sarah

Feedback from new members indicated that members hear about the club through a mixture of methods. Of those that answered the question on how they heard about the club, the breakdown of reasons was as follows:

41% word of mouth – from friends, family, parkrunners, etc.

28% internet search – most cited Google

21% were re-joiners

5% said they had seen RRR shirts at events

5% said they were local or had seen the noticeboard poster

- Facebook group name change – Sam

To make the distinction between the members-only and public Facebook pages clearer it was agreed that the names are changed as follows: "Reading Roadrunners" to "Reading Roadrunners Members"; and "Reading Roadrunners Races" to "Reading Roadrunners"

- Club championship's survey - David

The club captains asked for feedback on the club championships and the report was presented to the committee.

The survey identified a few possible changes. The captains will consider these for future years, but for now are proposing continuing with the current format and have produced a list of races that will be issued this week.

- Myclubhouse proposal – Angharad

Angharad updated the committee on progress with this investigation. It was agreed that a working party including Angharad, the membership secretary and Art will continue with this task.

**Next Meeting:** 19:00 Tuesday, 7<sup>th</sup> February by video call.

*Main Club contact points:*

Chair, Sam:

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

Membership Secretary, Sarah:

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

Secretary, David:

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

Treasurer, Chris:

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

Social Secretary, Kerri:

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

Coaching Liaison, Art:

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

Website / Media, Paul:

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

Team Captains, Liz & Tony:

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

Mental Health Champion, Laura Lou:

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

Kit Manager, Dean Allaway:

[dean.allaway@yahoo.co.uk](mailto:dean.allaway@yahoo.co.uk)

## Reading Roadrunners Committee Meeting

Tuesday 7 February, 7pm (by video call)

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### The Committee

Sam Whalley	(Chair)
David Fiddes	(General Secretary)
Kerri French	(Social Secretary)
Sarah Dooley	(Membership Secretary)
Paul Monaghan	(Website)
Art Atwal	(Coaching Liaison)
Chris Manton	(Ex officio)
Ian Giggs	(Ex officio)
Angharad Ross	(Ex officio)

### Apologies for absence

Chris Burt (Treasurer)

### Minutes of the previous meeting

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

### Matters arising from the minutes of the previous meeting

David reported the broken floodlights to Better, these have been fixed, but two different lights were now broken. These have also now been fixed.

Myclubhouse is now up-and-running and available for renewals, new joiners, and future events. Angharad is able to provide support.

### Chair's report

The main focus this month has been to get myclubhouse set up in time for renewals. Thanks to Angharad for leading with this. And for other committee members in supporting her.

We are continuing to liaise with Palmer Park following the re-opening. The admissions procedure appears to be operating well. We are continuing to pursue other matters such as

storage, the trophy cabinet, and a club poster. Thanks to Kerri and David for this.

It appears that Bramley is on track to actually take place this year. They are still in need of some extra volunteers. Good luck to Adele and her team.

The TVXC season has now finished with 3<sup>rd</sup> place for the men, 4<sup>th</sup> for the ladies, and 3<sup>rd</sup> overall. Maidenhead topped all three leagues. The Hampshire XC league continues with two more events left.

Thanks to the coaches for continuing to turn out on Wednesdays and Fridays and coping with recent weather conditions.

The next major events in the calendar are the AGM and the Annual Awards night.

### General Secretary's Report

David reported that the hall is booked for next month's AGM and the calling notice has been sent out. Nominations are starting to come in for the new committee.

### Treasurer's Report

Chris reported that Stripe payments are now up and running, and we are expecting the first membership payment deposits into the club account next week. Work is underway to prepare the 2022 accounts ahead of the AGM.

### Membership Secretary's Report

Sarah reported that the Myclubhouse process is up-and-running for renewals and new members. She requested whether the confirmation emails she receives could be turned off.

64 people have renewed so far.

15 new members since Christmas.

## Social Secretary's Report

Annual Awards night – tickets are still available.

A quiz night has been organised by Stuart Lunn in Caversham.

## Coaching Report

Coaches/LiRFs have been working together to ensure coaching cover for Wednesdays.

Kerri French expressed an interest in training for LiRF & CiRF qualifications.

Kerry Newall (England Athletics) delivered a classroom 'train the trainer' session on Monday 6/Feb - attended by 14 coaches, including two from Reading Joggers.

Phoned EA Insurance regarding coach to athlete ratio - "we'll get back to you...".

## Website

Nothing to report.

## AOB

- **Life members**

As per the life membership process, Sam organised a meeting with life members and David to review eligible candidates; and recommendations were made. The committee have selected a new life member(s) based on the meeting ranking. There will be a presentation at the Awards Evening.

- **Up and Running try-out event**

Up and Running have offered to host a try-out event on one of our track sessions in May or June. This was agreed by the committee. David will discuss the date and further arrangements with Up and Running.

- **Annual awards rewards**

Sam led a discussion on the arrangements for rewards at the Awards Evening.

- **London Marathon bus**

There have been a few requests about the London Marathon bus for runners. David will issue a poll to gauge interest and get quotes.

- **AGM**

David reminded committee members that if they want to stand again for the committee that they need to get nominations done, and that they need to prepare reports and/or re-election speeches for the evening.

**Next Meeting:** 19:00 Tuesday, 18<sup>th</sup> April by video call.

*Main Club contact points:*

Chair, Sam:

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

Membership Secretary, Sarah:

[membership@readingroadrunners.org](mailto: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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Kit Manager, Dean Allaway:

[dean.allaway@yahoo.co.uk](mailto:dean.allaway@yahoo.co.uk)



## Roadrunners' Race Results

David Dibben

Very slim pickings this month, with many members concentrating on training for their spring marathon or half rather than competing. The results list is consequently dominated by one big event — Bramley 20/10. Great to have it back!

Quite a few PBs recorded in the 10 but not so many in the 20, because a good percentage were racing at the distance for the first time.

### January 27th

#### South of England Cross Country Championship

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
113	Ben Paviour	52.39

### January 28th

#### Getafe Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1444	Carmen Fuentes	1:42.26 PB

### February 3rd

#### Phoenix Old Skool Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Brian Grieves	3:47.25

### February 5th

#### London Winter 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
29	Ben Paviour	34.31
11873	Anthony Eastaway	1:15.59
12040	Sue Jones	1:17.01
12847	Gill Manton	1:24.33

#### Watfird Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
80	Fergal Donnelly	1:26.49

### February 11th

#### Hampshire XC League (race 4, Popham)

##### Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
38 (5)	Mark Worringham	36.14
42	Chris Burt	36.36

46 (10)	Lance Nortcliff	37.07
93 (38)	Pete Jewell	41.48
98 (42)	Tony Page	42.31
107 (48)	Jamie Smith	43.19
121 (58)	Mike Worsfold	44.48
168 (98)	Gary Clarke	54.58

**RR: 7th. RR Vets: 4th.**

#### Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
33 (7)	Helen Pool	26.06
82 (35)	Sam Whalley	31.08
86	Katie Rennie	32.19
101 (50)	Claire Seymour	35.47
118 (66)	Kerri French	47.20

**RR: 13th. RR Vets: 6th.**

#### Dorney Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
64	Julian Hough	1:42.27

#### Dorney 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Markus Orgill	17.39
8	Justin May (1st M40)	21.57
40	Amit Dutta	36.36

### February 12th

#### Bramley 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Ryan O'Brien	56.03
30	Dimi Gospodinov	1:01.45 PB
39	Terry Dowling (3rd M50)	1:03.59 PB
43	Katherine Streams (1st W50)	1:04.42 PB
46	Nikki Gray	1:04.50
49	Sarah McDade	1:05.34 PB
51	Brian Kirsopp (1st M60)	1:05.41
52	Brendan Russell	1:05.54 PB
64	Kat Charles	1:07.59 PB

72	Dan Zagvya	1:08.19
88	Peter Rennie	1:11.11 PB
90	Caroline Jackson	1:11.12
91	Ann Rostern (2nd W50)	1:11.32
107	Eoin McLeod	1:13.46
109	Paul Billing	1:14.04
124	Julie Rainbow	1:15.34
134	Bryan Curtayne	1:18.07
139	Dean Allaway	1:19.09
147	Saba Reeves	1:19.59
151	Dan Coleman	1:20.46
173	Lee Hinton	1:23.34
204	Martin Gould	1:26.20
228	Paul Monaghan	1:28.40
243	George Nyamie	1:30.56
268	Phil Davies	1:33.55
278	Ellis Breese	1:34.44
280	Jim Kiddie	1:34.52
281	Tina Woffington	1:34.55
287	Claire Woodhouse	1:36.10
315	Sarah Richmond-Devoy	1:39.40
328	Vicky Adams	1:43.07
329	Donna Saunders	1:43.07
330	Caroline Hargreaves	1:42.48
339	Stephanie Smith	1:44.12
341	Heather Bowley	1:45.06
351	Miriam Coleman	1:48.52
352	Estelle Chase	1:49.20
353	Catherine Bruce	1:48.53
360	Ashley Pinder	1:49.57
387	Tom Harrison	1:58.32
398	Linda Wright	2:04.02
401	Sarah Walters	2:06.56
402	Anthony Eastaway	2:07.14
409	Julie Wing	2:23.00
412	Stephen Wing	2:37.35

**Bramley 20**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
39	Callum Evans	2:15.05
41	Matt Davies	2:15.09

59	Chris Webber	2:19.39
61	Gavin Rennie	2:20.34
100	Florence Ledger	2:27.52
121	Hrushikesh Padhi	2:31.20
137	Mark Andrew	2:33.59
139	Richard Usher	2:34.19
161	Jane Davies (1st W60)	2:37.54
184	Mary Janssen	2:45.41
215	Jon Green	2:52.42
228	Alex Squire	2:54.41
240	David Caswell	2:56.07
256	Mark Allen	3:02.43
305	Art Atwal	3:18.30
308	Pete Morris	3:20.52
355	Justin Watkins	3:56.35

**Wiltshire 10**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	Fergal Donnelly	1:02.55
67	Helen Pool	1:10.50

**Hindhead Punchbowl 20**

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
2	Alan Freer	3:17.00

**February 19th****Barcelona Half Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1001	Matt Davies	1:22.38

**Seville Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2858	Justin Simons	3:27.40 PB
469*	Caroline Jackson	3:53.39
6654	Paul Monaghan	4:45.18
6738	Martin Bush	4:53.21

## XC Championships 2022/23

### Bob Thomas

With the Hampshire League Basingstoke race having taken place, we've now had the penultimate fixture of this 22-23 season Club XC Championship, with the final fixture being a (second) Hampshire League race at Bournemouth on 4 March.

40 members remain in the competition. The leaders in each category after 11 possible races are:

Category	Women	Score	Men	Score
Senior	Sophie Higgs	226	Ryan O'Brien	250
V40	Helen Pool	250	Ian Giggs	248
V50	Mary Janssen	250	Fergal Donnelly	250
V60	June Bilsby	200	Alan Freer	250
V70	Cecilia Csemiczky	250	Andy Atkinson	249

Recall that a runner's score is calculated from their best five placements across all the fixtures in which they've returned a result, with the proviso that at least one of those races is a TVXC fixture. Hence a runner's maximum score is 250.

Last month I reported that Sam Whalley and Tony Page have both qualified for participation awards, for which the requirement is to have returned results from at least eight races. In fact, they have both now run all 11 of the fixtures held so far. They are joined this month by Mike Worsfold, who has also qualified for the award. A further six members will qualify if they run at Bournemouth.

### 2022 Marathon Championship correction

The outcome of the 2022 Marathon Championship published last month sadly contained an error. I wrongly reported the fastest men's time as Dave Boulton's 2:42:40 at London when it should have been Keith Russell's 2:35:06 result at Manchester. Apologies to both Dave and Keith.