

NEWSLETTER

MARCH 2023



Friday Night Lights



Photos from our 'Night of the 5k PBs', the first Track Friday event of the year. Thanks to Fergal, Tony and the team of volunteers!

Editor's Intro

David Clay

Welcome to the March newsletter!

Easter is just around the corner, the clocks spring forward on Sunday, and lighter evenings are coming! Hopefully, it won't be long before we get a bit of sunshine too 🌞 🙌 After 61 days without going for a run (not that I'm counting or anything...) I'm certainly looking forward to brighter times ahead and taking some tentative steps towards a comeback. It has been a frustrating period, to put it mildly, but I'm starting to trust my ankle a bit more now, so I plan to do a (very) gentle test run/walk sometime in the next few days. Wish me luck... 🍀

If you weren't able to make the AGM this month, you can catch up with all the key points by reading through the AGM minutes, starting on page 5. Thanks to our general secretary, David Fiddes, for noting everything down and typing it up, and good luck to the new committee, our new women's captain, and our team of charity coordinators for the next 12 months.

Seeing as we have Brighton, Manchester, London and many other UK and international marathons taking place over the next month, I would like to wish everyone who has been logging the miles in training a speedy and enjoyable race. On a more reflective note, this year will mark the 10th anniversary since three people were tragically killed and hundreds injured by explosions near the finish line of the Boston Marathon in the United States. I watched the film 'Patriots Day' last weekend, which focuses on the bombings and the aftermath, and found it very moving, especially the closing scenes showing some of those who were injured coming back to complete the race in the following years. It definitely put my recent injury troubles into perspective and has reminded me how fortunate I am in the grand scheme of things.

Thanks to all who have sent in an article for this edition. If you would like to contribute to the next edition, then please message me at newsletter@readingroadrunners.org by Monday 24th April. Have a great month.

Chair

Sam Whalley



chair@readingroadrunners.org

So a new committee year has begun.

Thank you if you attended the AGM at Suttons Bowls Club earlier this month. I must admit, after some of the comments I had heard about the membership fee changes, I went into the meeting feeling very defensive, and was very surprised to receive 100% support as chair for the coming year. We have some more things to sort out, so thank you for giving me the opportunity to stay on for a bit longer.

The rest of the committee will be David Fiddes (General Secretary), Chris Burt (Treasurer), Ian Giggs (Membership Secretary), Kerri French (Social Secretary), Art Atwal (Coaching Liaison), Kayleigh Forbes (Social Media), Angharad Ross (Ex-Officio), Chris Manton (Ex-

Officio) and Stuart Lunn (Ex-Officio). The Team Captains will be Tony Page and Chloe Lloyd. The Charity Co-Ordinator will be Liz Atkinson, for the charity Understanding Dementia.

I was so nervous about the meeting that I forgot to thank all of the volunteers – what a faux pas! It takes a lot of people to keep the club going, so if you've helped out at any time over the past year, by marshalling at a race, checking membership cards at the gate, welcoming first-timers, leading an outrun, completing team admin, coaching at the track, or being part of an official committee, I hope you feel appreciated. You are a real asset to the club.

On that note, thank you if you stepped forward to help out at Bramley 20/10 – what a star you are! Our next club race will be Shinfield 10k on Monday 1st May, so look out for news of that.

This weekend we have our Annual Awards Night to look forward to, with plenty of merriment, along with thank yous for the most prominent volunteers, and trophies for the prize winners in the Club, XC and Marathon Championships. We will also be awarding three Life Memberships this year, voted for by our existing life members, having met a large number of criteria. Watch this space to find out who the recipients will be.

The Awards Night usually symbolises the end of winter and the beginning of spring – someone should tell the weather! The race calendar will now move away from XC and towards road races, relays, and some track. There are often some more social races too, often with a picnic. What's not to like?

I see that social and running events have now started appearing on our new platform, myClubhouse. Have a look and see what you fancy getting involved in:

<https://readingroadrunners.myclubhouse.co.uk/Events/Calendar>

I hope to see you at the track or a social soon.

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

Since the last issue, the cross-country season has finished, and we are now into the Road season with many of you, with a spring marathon in the coming weeks. Hope the training is going well.

Also, a new membership year has started and of course we've had the AGM and a new committee. I'd like to thank **Liz Johnson** who stepped down as ladies captain and to welcome **Chloe Lloyd** to the role. Those of you at the AGM, will know that I'm staying on for another year!

Though, before moving on from cross country, I want to congratulate **Lance Nortcliff**, who was 2nd M50, and 10th Vet overall in the individual Hants XC League results, after the final event in Bournemouth. The following week, I was at the British Inter Counties Championships, with the senior Men's event won by UK international, Mahamed Mahamed, a past winner of Hants league XC. This year,

the Berkshire Men's team was made up of runners from Datchet, Newbury and Reading AC; next season, I would like to see our runners in that team! In other races, **Jacob Atwal** was in the Berkshire team U20 team, winning the silver medal (together with winner, Luke Birdseye).

<https://www.britishathletics.org.uk/news-and-features/carson-and-mahamed-take-the-senior-honours-at-the-cross-challenge-final-uk-cau-inter-counties/>

In terms of other races, we've now had races in 2 of the 4 distances, in our club championship, with 100 of our runners at the **Wokingham Half Marathon** and nearly 50 at **Goring 10K**. In both races there was some really strong competition and lots of PBs. Great that we won team prizes at Goring too! For full reports see: <https://readingroadrunners.org/2023/02/good-golly-miss-holly-you-sure-like-a-club-championships-pb/> & <https://readingroadrunners.org/2023/03/farnborough-bramley-wokingham-and-now-goring-katherines-won-the-lot/>. Entries for the next event **Maidenhead Easter 10**, close soon. So why not sign up...for me it's a perfect start to the Easter holiday.

Looking through the results, there been lots of other road races going on and too many PBs to mention. Congratulations to **Chris Moseley**, winner at the Reading 20.

Last but not least, I was really pleased to see so many members running or volunteering at the 5K track Friday event. The fastest time on the night was 17.10 by new member, **Jeff Armstrong**. A timed race on the track is a great opportunity to get a PB; btw don't forget to email these to results@readingroadrunners.org. The next one is the **night of the 3K PBs** on 14th April.

As usual, there will be a full programme of Road, Relay and Track races over the coming months. I'm looking to put this up on My Clubhouse soon. So, keep an eye out on there!

Women's Captain

Chloe Lloyd



teamcaptains@readingroadrunners.org

Hello Reading Roadrunners, my name is Chloe and as of the 7th March, I became your Ladies Captain.

I joined Reading Roadrunners shortly after running the Reading Half Marathon as a non-affiliated runner back in 2016. Sarah Richmond-Devoy, a current member, took me under her wing and got me to the finish line in one piece. What struck me that day was the amount of support that she received on the side lines. It was the iconic green and blue t-shirt that everyone could see from a mile away. That was it, I was sold and the following week I signed up.

I am a frequent attender at the cross-country events in the winter, and am partial to a few well-known road races in the spring/summer, such as Wokingham Half, Bramley, Maidenhead 10 and Marlow 5, some of which are in the Club Championships this year. I have one marathon under my belt and am training for my second, Manchester, next month. I am prone to a few niggles, stress fractures and tantrums, but the social aspect and camaraderie of the club pulls me back to my happy place.

I am inspired by so many of you, and the effort that you give on a Wednesday night, especially in the freezing cold, does not go unmissed. Seeing what so many have achieved over the recent months, I believe as a club we could be so much more competitive on both road and trail, some of you just need a gentle nudge in the right direction!

Taking over from **Liz Johnson** will be no mean feat but it is time to step out of my comfort zone and give something back to the club after all these years. Liz, thank you for the time that you have invested as both captain and club social blogger.

Why do I want to be our Ladies Captain? I honestly do not know where I would be today if it was not for being part of this club. I am passionate about the sport, a team player and very competitive. With the size of the club that we are, we have the talent to be a great team. During my time in this role, I will endeavour to actively encourage and support you to participate, have fun, and be your listening ear should you need it.

So, ladies, come on this journey with me, put on that green vest with pride and let us bring home the trophies!

Reading Roadrunners AGM

Tuesday 7 March



Reading Roadrunners

Minutes of the Annual General Meeting 2022-23

19:00 7th March 2023 at Suttons Bowls Club, Lower Earley

1. Apologies were received from David Clay, Roger Pritchard, Phil Reay.
2. Minutes of the AGM held on 15th March 2022: proposed as a true and accurate record of the meeting by Chloe Lloyd, seconded by Kerri French.
3. Annual reports were delivered by the relevant officials:

• Chair	Sam Whalley
• General Secretary	David Fiddes
• Treasurer	Chris Burt
• Membership Secretary	Sarah Dooley
• Social Secretary	Kerri French
• Men's Team Captain	Tony Page
• Women's Team Captain	Liz Johnson

3.1 Chair Report

Good evening, everybody. Thank you for coming out. It is so nice to see you here, after two years of virtual AGMs; it at least means you have renewed your membership.

This has, I think, been a productive year. It may well have been the first time the committee has been made up of people who all have jobs, so it's definitely been busy. We have supported each other, shared the workload, and have come to all of our decisions with respect for the club's constitution and rules. Not one of us members owns this club, whether you have been a member for 3 years or 33 years. We are all just caretakers, doing our best to make the club the best it can be.

This year we have seen the reopening of the Palmer Park leisure centre, and a full return to track sessions, outruns, club events and races, following the global pandemic. It has been great to be back to normal. We were particularly delighted to see the return of the Bramley 20/10 road race to the calendar, after three years of cancellations.

As far as the leisure centre is concerned, we are still finding out exactly what facilities are available to us, with a view to at least regaining some kind of storage area and potentially having a space in which to socialise. During the leisure centre rebuild we were required to move a lot of equipment into a secure storage unit, which has been costly. We are now looking to have a major clear-out of anything that we no longer need, facilitated by our race committees. This is expected to be a big but very necessary job.

The most important event of the last few months has been the change to membership subscriptions. This will come up as a separate issue later.

Thank you to everyone who has been onside this year, and in particular, those on the committee. Specifically, thank you to our general secretary David, for doing so much behind the scenes, and not complaining when yet more things get pushed his way. Chris, for doing such a great job of looking after the money, and always being sensible. Sarah, for keeping on top of the membership, which has been pretty epic this year, and Ian, who's been helping out with membership recently and various other bits and pieces through the year, including reinstating the Thursday outruns. Kerri, you've had some wonderful ideas this year for keeping us busy and entertained, so thank you for that. Chris, you've always been really calm, and a useful link to the Bramley committee, among other things. Art, thank you for facilitating communication between us and the coaches. Angharad is away overseas at the moment; I'm not sure she was expecting to have such a big job to do when she joined as ex-officio, but she has worked really hard on all the membership changes. Finally Paul. You've been maintaining the website for 12 years, and now you're stepping down from the committee. Thank you so much for all that you have done. There are plenty of you on this committee, and even in this room, who would be better at this than I am. It has been a pleasure working alongside all of you this year, so thank you. Thank you also to those not on the committee – Bob, who has been our club admin, and David, the newsletter editor, who have both done a brilliant job. Finally, thanks to Liz, Tony, Jamie and Phil, captains and former captains, basically, who have been my sounding boards and support network this year.

3.2 General Secretary Report

Affiliations

The club renewed affiliation to Berks AA, South of England AA and England Athletics.

London Marathon places

The club were allocated 4 London Marathon places. The following member's names were drawn out of the hat:

- Martin Gould
- Philip Reay
- Jamie Smith
- Peter Rennie

Committee Meetings

The monthly committee meetings continue to be held virtual via Zoom calls. I am planning on holding at least one in-person meeting this year.

Palmer Park Stadium

The Palmer Park stadium building was closed from April 2022 until January 2023. Throughout this time the track was open, however, the suspension of track fees that was introduced during the pandemic remained in place. It was planned to reintroduce track fees when the stadium re-opened. During the run up to the re-opening, and after much discussion, the committee decided to incorporate track costs as part of the annual membership fee rather than reintroduce pay-as-you-go track fees.

We're still in discussion with Better/GLL on storage, posters and the trophy cabinet, but things are currently progressing well. Thanks to Kerri for leading with this.

Friday attendances are low. We are continuing to allow Reading University to use their sessions during term times. And Reading Joggers have started using the track on a monthly basis. Track Fridays remain popular.

myClubhouse

An initiative to look at options for improving the membership process led by Angharad Ross identified myClubhouse as a new membership solution. This provides electronic membership cards which will reduce the workload on the membership secretary. Physical copies can be generated, and re-generated if lost in the washing machine. myClubhouse has similar capabilities to WebCollect for membership subscriptions and events. myClubhouse also provides social networking opportunities that have not been explored yet. These were not the primary drivers for choosing them but may provide an additional benefit. Use of the various club social media channels has been a point of discussion at recent committee meetings particularly regarding coaching and track announcements. The new media liaison officer is invited to continue this discussion.

3.3 Treasurer Report

Calendar year 2022 was a tough period for the club's finances, as we recorded a £-26k deficit in surplus cash available.

A key feature of this was the unfortunate cancellation of the 2022 Bramley race, incurring a significant level of unavoidable costs due to the timing of the cancellation. We were clearly all pleased to see the race finally go ahead again last month. This will help offset some of the losses we've absorbed through the previous year's cancellations.

Other notable costs the club absorbed included a full year's track fees, offsite storage for our club equipment during the refurbishment of PP, and coaching courses and new coaching kit.

Positively we have generated some additional income through the selling of old kit, and by cutting back on a number of expenses through the move to digital solutions for our membership cards and accounting services.

Looking ahead, hopefully 2022 should now remain as a one-off. Whilst a difficult decision for the Committee to take, re-basing our membership fees will go a long way to ensuring a financially sustainable future for the club in the long term.

3.4 Membership Secretary Report

Currently 346 people registered in myclubhouse

Currently 469 registered athletes in EA

518 Registered in Webcollect

Of those 346 that have registered in myclubhouse:

- Male: 183 (52%)
- Female: 163 (48%)
- Average age: 48.75
- Youngest: 17
- Oldest: 90

Joined RR since 1st December 2022: 42

Joined RR since I took over in March 2022: 137

3.5 Social Secretary Report

One of my aims when I put myself forward as Social Secretary last year was how I can help foster and grow the social feel of the club. Particularly after the testing and isolating years we had during and post covid.

I'd like to think I've brought people back together and encouraged new members to mix in.

I came up with a calendar of events giving people more notice to attend after surveying the members and you voted for your favourites.

I delivered 18 events in 12 months, ranging from a cheese tasting evening, a picnic in the park in London, many pub meetups after races, a BBQ, a day at the beach, a wine tour, a walk/run and coffee catch up at Dinton, an indoor games night, a Christmas party and I've still got the main event our Annual Awards night at the end of the month- which is the only event the club partly fund by paying for the band, table decorations and arrival prosecco.

My other brainchild was the initiation of the Retired Members and Alumnus Meet ups which now thanks to Carl Woffington happen monthly. It's so important to stay connected even when we're not running round the track.

What I have continued to learn over the year is that you can never please all of the people all of the time. Luckily, I only had three grumbles to deal with - One was a break down in kitchen opening times at the indoor games night. One involved sausage rolls or lack of, and the other involved too much Butternut Squash. So, it's clearly food that causes the biggest of issues when it comes to organising social events.

I also had some helpers- I'd like to thank Sam Whalley, Tony Page and Liz Johnson for promoting the socials to the membership on social media. Stuart Lunn for organising some pop up socials when we had a gap appear in the calendar. Anne Goodall for sharing her wisdom and organisational tips for the Annual Awards night and making the table decorations. Bob Thomas for being a great admin support on Webcollect and the members email system. And the Committee for their support with my ideas for keeping you entertained and connected.

3.6 Men's Team Captain Report

A chance to look back over the newsletters and articles over the year – what a lot we've done, some great performances, volunteering / supporting. Thanks to **Dave Clay** for newsletter and **Dave Dibben** for publishing the results and articles on the website

What?

Re-start of the club championships – following a 2-year break – Thanks to **Liz Johnson** for organising and **Kerri French** for post-race socials. This concluded with the final race at **Cabbage Patch 10** last October.

2 x southern road relays – Milton Keynes and Aldershot (with top clubs in the South-East represented and some household names for example Ellis Cross, Jack Rowe, Steph Twell). Really proud that we got 8 teams competing (5 Men's and 3 Women's) and an excellent 2nd place finish for our M55 team (Gavin Rennie, Pete Jewell, Chris Webber and Terry Dowling).

Ridgeway and **Runnymede** relays – we had an amazing day out on the Ridgeway -starting at Ivinghoe Beacon at 7.30am in the morning and finishing late afternoon in Marlborough. Had 40 runners, again victory in the Vets race and a close 2nd to Newbury in our Seniors team.

Cross country, 2 events (7 race in TVXC, 5 Hants league) make up Clubs, XC champs, now completed.

TVXC, thank you to all our Runners, hope you all enjoyed it. This was really closely contested this year between ourselves, Datchet and Maidenhead, eventually finishing 3rd Men / (3rd overall). Our event at **Ashenbury** was expertly organised by Race Director, **Jamie Smith**, with a great team of volunteers. This was our best result in the year, in 1st place in both Men's / Ladies, proving that if we can win it.

Hants league – much lower participation in this one, people have done it across the board say it is more competitive (includes many Tier A club in South, AFD and Winchester) but nonetheless it remains very friendly. 4th in Men's Vets (with **Lance Nortcliff** and **Mark Worringham** starring), 9th (and in the relegation places) for senior team, so next year's target will be promotion.

Berkshire Champs, team of **Burt, Donnelly** and **Page** (3rd V35) and SEEA Masters **Donnelly, Nortcliff** and **Page** (3rd M50)

London marathon –30 + members ran in October, 2 teams of marshals at the Tower and Rotherhithe). Marathon champs (2022) finalised and published on the website.

Awards for 2022 Club champs, XC champs and marathon champs will be awarded at Award Evening on **25th March** (tickets still available). Big thank you to **Bob Thomas**, for compiling the results.

Vets track and field – 3 events in Summer 22 (thanks to Chris Manton) and the **Track Friday Races** – thanks to **Tony Canning** and **Fergal Donnelly** for organising.

Individual performances

New Men's Vets records

Pete Jewell equalled Nigel's M60 HM record of 1.27.01 (Reading half marathon); 5k record 19.05, Woodley park run

Tony Page, new M50 record, 5 miles, 28.48 Marlow 5

Berkshire Road champs

Alan Freer, M60, Gold

Eddie Thorpe M70 Silver

England Call up's

3 RRR qualified for England in a master's HM in Chester (May) – **Dave Dibben** (Katherine Streams / Jane Davies)

Eddie Thorpe – ran for England over the summer

Ben Paviour – British and Irish Masters XC for M50 team in Dublin in early November

Alex Harris – York marathon

Other achievements

Gary Tuttle, double grand slam, 4 x 100, 40 x 50 miles, 4th overall in Centurion 100 (average of 20 hrs 54 mins).

Raised £24,700, Running for Orion, Tommy, Baby charity

4. Membership fee changes

The following membership fee changes were made for 2023/24:

- Joining fee – stays at £2
- EA fee - stays at £17
- Senior fee - changed from £18 to £36 - now includes track fees
- Junior fee - changed from £13 - £31 - now includes track fees
- Social fee - stays at £15

Meaning that for 1st claim senior members the renewal fee changes from £35 to £53 and junior changes from £30 to £48. An increase in £18 or 12 track fees at the old rate.

As per rule 4.3 of the club rules this change requires agreement at the AGM. A show of hands showed 45 members in favour and none against.

5. Election of the 2022-23 Committee

Returning Officer Colin Cottell announced the results as follows:

Position	Candidate	Votes for
Chair	Sam Whalley	50
General Secretary	David Fiddes	50
Treasurer	Chris Burt	50
Membership Secretary	Ian Giggs	50
Social Secretary	Kerri French	49
Ex officio (Coaching)	Art Atwal	45
Ex officio (Media)	Kayleigh Forbes	48
Ex officio	Stuart Lunn	49
Ex officio	Chris Manton	49
Ex officio	Angharad Ross	50

50 ballots cast

All ten candidates were elected in their declared posts.

6. Election of Team Captains

Tony Page stood to continue as the Men's Captain and Chloe Lloyd stood to become the Women's Captain. Both were elected unopposed to serve for 2023-24.

7. Club Charity Report for 2022/23 – Herbie Hedgehog Rescue

Claire Seymour thanked the club for supporting Herbie Hedgehog Rescue for the last year. £5141 was raised over the year through a number of initiatives including refreshments at Track Friday events, providing water stations at Reading half marathon, raffles, sweepstakes, and from Shinfield 10k. She also thanked Gill Manton and Peter Higgs for donations through their work places.

8. Election of Charity to support through 2023-24

Liz Atkinson and Cecilia Csemiczky nominated Understanding Dementia as this year's club charity. Together with Fiona Ross they will be the charity coordinators. The charity representative Shirley Pearce explained the history, background and work of the charity and answered questions from the floor.

Further information on the charity is available on their website [Understanding Dementia UK](https://www.dementia.org.uk).

The charity was elected as this year's club charity.

9. Registered Other Business related to 2022-23

No other business relating to the 2022-23 Club year was registered.

10. Closure

Sam closed the meeting.

David Fiddes

General Secretary

March 2023

Charity of the Year – Understanding Dementia

Liz Atkinson



We are off to a great start with our charity for 2023, Understanding Dementia. Hopefully you have all received details via e-mail and facebook about the great work this charity does locally for Dementia. If not here is a link , which will provide you with information: <https://understandingdementia.co.uk/>. Our first event, Track Friday, raised an incredible £109.62. Thank you again to those who provided and bought cakes. This Saturday we have the Awards Night where we will be raffling some super prizes including an Up and Running Voucher, Champagne, Cycle Helmet, Some Very Nice Wines and Chocolates.

Sunday 2nd April sees the Reading Half Marathon, where we will be selling cakes in our Roadrunners' tent (unfortunately we are unable to provide hot drinks this year). Come and see us as the first 50 lucky cake buyers will get wrist bands giving access to the Windsor Lounge in the Voco Hotel. The Windsor Lounge is the mezzanine suite overlooking the hotel bar with access to some hotel facilities and toilets.

Saturday 8th April from 4pm is the Ale Trail, Quiz and Pie extravaganza. It's £5 to enter our charity quiz about the history of Reading – beer, biscuits, bulbs and boxes.

Details of other events planned will follow soon, but include guessing one of our runner's times at the London Marathon, tea and cakes at Shinfield 10k, Guess the name of the bear (also at Shinfield) and a summer barn dance, where we hope to get an actual authentic barn with straw bales to sit on!

Social Stuff!

Kerri French, Social Secretary

Thanks to the members who attended our Annual General Meeting and voted me in again as your Social Secretary for this membership year. I have lots of ideas and suggestions from you all to keep us entertained and connected off the track and when we are not running.

This Saturday we have the biggest night on our Social Calendar, our Annual Awards night. I'm very much looking forward to it. Lots of planning has gone in to make the night a success. I'd like to thank Anne Goodall for sharing her event planning skills, wisdom and making all the personalised name place cards for the 100 guests attending.

I've very much embraced the move to our membership portal [My Club House](#) and its new features. You can keep yourself up to date with social events, club news and announcements without relying on copious amounts of emails to read! Especially those of you not on our private members [Facebook group](#). I want to make sure you're kept informed and don't miss out on all the fun and essential information. I've been busy inputting new events onto the new portal as we Roadrunners are a very social bunch.

Here are the events coming up soon:

Alumnus & Retired Members Coffee and Catch up

Monday, 27 March, 10:30 - 11:30

Venue - Bosco Lounge Woodley

No need to sign up - just turn up on the day.

Info - A monthly social gathering especially for our Retired & 'Alumnus' members of the club.

It's a great opportunity to have a coffee & a catch-up swapping Roadrunner stories.

Organised by Carl Woffington

Post Reading Half Marathon Refuel

Sunday, 2 April, 13:30 - 17:00

Venue - The Turks Head, 31 London Rd, Reading RG1 5BJ

No need to sign up - just turn up on the day.

Info - Open to Reading Roadrunners, spectator friends/family and volunteers.

Come join us and share your Half Marathon success for a drink or food (or both) post-race.

A large section of the pub (seating 20 people) has been reserved for us Reading Roadrunners from 1.30pm onwards and for as long as we need it.

Reading Ale Trail Quiz and Pie Extravaganza

Saturday, 8 April, 16:00 - 21:30

Meet point - Outside The Three Guineas Pub at 4pm.

Price - £5 all the money goes to our club charity.

Info - Let's go on an adventure round Reading! Starting from Reading Station outside the Three Guineas Pub. The local adventure will take in 3 historic town centre pubs with a quiz trail for our charity, Understanding Dementia. Finishing in Sweeney and Todd's for 7pm for their famous pies (you pay for your pie and drinks at the venue). Partners over 18 most welcome.

You must book this in advance!

[Click or tap here to sign in and sign up on My Club House](#)

Do keep your suggestions coming for future events I can organise for us.

Remember take time off to have fun! This is an important component to make you a better runner #fact

Kerri

socialsec@readingroadrunners.org

Roadrunners' Race Results

David Dibben

Plenty of data this month, with the end of the cross-country season and the start of the club championships.

Strictly speaking some of the names below should not be here, because they're no longer members. Hopefully they will be taking advantage of the extra month's grace to pay up and look big!

February 26th

Wokingham Half Marathon (club champs, race 1)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
98	Seb Briggs	1:16.26	733	Brian Grieves	1:35.04
102	Chris Burt	1:16.41 PB	750	Eoin McLeod	1:35.47
143	Joe Bend	1:18.51 PB	772	David Cotton	1:36.25
180	Chris Moseley	1:19.51	773	Alan Freer	1:36.19
187	Jeff Armstrong	1:20.13	789	Jamie Smith	1:36.53
197	Dimi Gospodinov	1:20.22 PB	806	Chris James	1:36.51
211	David Parton	1:20.35 PB	813	Mark Andrew	1:37.47
216	Callum Evans	1:20.52	817	Justin Simons	1:37.41
292	Nathan Davies	1:23.00	824	Helen Campbell	1:37.59
305	Adam Lewis	1:23.06	899	Tony Streams	1:38.48
324	Terry Dowling	1:24.06	943	Richard Usher	1:39.52
380	Katherine Streams (1st W50)	1:25.26	983	Katherine Foley	1:40.44 PB
385	Dan Zagya	1:25.27	1018	Liz Johnson	1:41.28 PB
400	Jake Dellow	1:26.01	1019	Sarah Dooley	1:41.28
406	Gavin Rennie	1:26.22	1039	Alex Squire	1:41.38 PB
410	Nikki Gray	1:26.26	1105	Marco McKerlie	1:43.21 PB
427	Chris Webber	1:26.59	1116	Claire Marks	1:43.58
447	Tony Page	1:27.34	1123	Bill Watson	1:44.07
464	Holly Sedgwick	1:27.49 PB	1163	Steve Dellow	1:45.00
465	Brooke Johnson	1:28.00	1185	Robert Houghton	1:44.55
472	Flo Ledger	1:28.01 PB	1206	David Caswell	1:46.00
521	Charlie Siviter	1:29.16 PB	1213	Georgia Roberts	1:45.59
537	James Chandler	1:29.08	1238	Mark Smith	1:44.44
540	Kat Charles	1:29.29	1239	Bruce Sarjent	1:46.40
598	David McCoy	1:31.40	1266	Mark Allen	1:46.04
614	Helen Pool	1:31.42 PB	1282	Jon Sumpster	1:46.26
643	Pip White	1:32.48 PB	1296	Chris Manton	1:47.32
689	Dan Whittaker	1:33.29	1342	Jonathan Ridley	1:47.50
711	Ann Rostern	1:35.06 PB	1344	Julie Sugden	1:48.13 PB
723	Gary Tuttle	1:35.59	1411	Brian Fennelly	1:49.32
			1419	Gary Clarke	1:49.36
			1444	Pete Morris	1:52.27
			1450	Tom Fishpool	1:50.07
			1474	Amit Dutta	1:50.54
			1509	Joe Blair	1:51.41
			1510	Angela Burley	1:52.08
			1520	David Hammond	1:52.19
			1555	Eddie Thorpe	1:56.01
			1584	Colin McCarlie	1:54.21
			1608	David Walkley	1:56.10
			1639	Simon Corper	1:55.51
			1661	Ben Fasham	1:55.04
			1748	Dan Rickett	1:57.29

1838	Catherine Leather	1:59.37
1847	Sara Lopez	2:00.30
1857	Paul Carter	2:01.10
1886	Kayleigh Forbes	2:01.36
1894	Rachel Helsby	2:01.29 PB
1956	Vroni Royle	2:04.15
1959	Phil Sharman	2:04.29
1968	Andrea Bennett	2:04.59
1971	Gemma Higgs	2:05.04
1980	Katie Gumbrell	2:04.41
2003	Sarah Richmond-Devoy	2:06.01
2021	Jim Kiddie	2:07.42
2054	Nora Halford	2:09.07
2059	Tim Miller	2:08.51
2062	Katie Macaulay	2:08.20
2080	Joe Akem-Che	2:08.30
2212	Caroline Hargreaves	2:13.52
2232	Donna Saunders	2:16.18
2235	Justin Watkins	2:16.15
2365	Marie Gratton	2:26.30
2367	Ashley Pinder	2:26.44
2393	Becky Mellor	2:28.46 PB
2394	Stephanie Smith	2:29.02
2432	Lucy Rayburn	2:36.55
2433	Natasha Hall	2:36.55
2457	Annie Hanson	2:44.17
2465	Linda Wright	2:48.34
2467	Lorraine Bailey	2:47.27
2485	Sophie Higgs	2:56.30

Bourton 10K

Pos	Name	Chip
429	Kerry Eastwood	53.16

Castle Hill Corker

Pos	Name	Chip
108	Sam Whalley	1:06.23

March 4thHampshire XC League (race 1, Bournemouth)Women's race

Pos	Name	Gun
30	Kat Charles	23.30
43 (11)	Helen Pool	24.24
54	Chloe Lloyd	25.15
82	Julie Sugden	27.37
96 (46)	Sam Whalley	29.10

97 (47)	Claire Rayner	29.17
106 (56)	Claire Seymour	31.37
128 (76)	Stephanie Smith	36.27

End of season: RR 9th, RR Vets 6th.**Individual vets:** Helen Pool 7th.Men's race

Pos	Name	Gun
42 (9)	Lance Nortcliff	33.33
113 (46)	Tony Page	38.14
122 (53)	Jamie Smith	38.35
184 (105)	David Fiddes	45.04
185 (106)	Mark Allen	45.07
194 (114)	Gary Clarke	51.08

End of season: RR9th, RR Vets 4th.**Individual vets:** Lance Nortcliff 10th.Pheonix Spring Marathon

Pos	Name	Chip
40	Martin Bush	5:18.38

March 5thTokyo Marathon

Pos	Name	Chip
1249	Brendan Morris	2:53.58

Dorney 5k

Pos	Name	Chip
4	Chris Buley	18.02

Dorney Half Marathon

Pos	Name	Chip
46	Hrushikesh Padhi	1:34.03 PB

Grizzly

Pos	Name	Chip
1281	Justin Watkins	5:40.26

Grizzly Cub

Pos	Name	Chip
344	Andy Atkinson	1:59.07
554	Cecilia Csemiczky	2:26.49
616	Linda Wright	2:54.45

Oxfordshire XC League (race 5, Henley)

Pos	Name	Gun
64	Mike Turner-Hibberd	32.09

March 12thGoring 10k (club champs, race 2)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Dan Moore	35.51
6	Chris Lucas	36.16
8	Callum Evans	37.24
11	David Parton (1st M50)	38.14
15	Chris Ryder	39.49
16	Terry Dowling	39.53
17	Chris Webber	39.56
18	Katherine Sargeant (1st lady)	40.03
23	Nikki Gray (2nd lady)	40.42
42	Flo Ledger	42.31
53	Justin Simons	43.54
60	Alan Freer (2nd M60)	44.17
66	Eoin McLeod	44.51
72	Chris James	45.04
75	Ann Postern	45.23
124	Andrew Webber	47.24
126	David Lennon	47.27
130	Kaja Milczewska	47.31
141	David Caswell	48.04
143	Tony Streams	48.06
153	Mark Allen	48.43
168	Bryan Curtayne	49.09
194	Steve Dellow	50.09
213	Andrew Greggan	50.53
230	Joe Blair	51.44
238	Julie Sugden	51.58
244	Stuart Wylie	51.59
264	Gary Clarke	53.20
269	Tim Miller	53.49
275	Sam Whalley	53.54
281	Pete Morris	54.26
295	Mireia Garcia	54.44
302	Eddie Thorpe	55.28
340	Phil Davies	56.28
392	Andrew Osborn	58.20
400	Jim Kiddie	58.33
415	Sarah Richmond-Devoy	59.03
472	Kira Moffat	1:03.16
489	Andrea Marnoch	1:05.00
513	Rebecca Simons	1:06.02

521	Ashley Pinder	1:06.43
540	Stephanie Smith	1:09.34
575	Linda Wright	1:16.35
590	Julie Wing	1:29.23

Surrey Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
84	Chris Moseley	1:19.40

Cyprus Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
84	Caroline Jackson	3:50.44
187	Martin Bush	4:37.30
214	Paul Monaghan	4:53.08

Milton Keynes Festival 20

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
73	James Chandler (below)	2:21.17 PB

**March 17th**Night of the 5K PBs (race 1)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Henry Durden (Uni)	18.49
2	Marek Rakowska (Bra)	20.28
3	Merlin Dickins (Uni)	20.51
4	Sion Edwards (guest)	21.10
5	Alan Freer	21.10

6	Hector Garcia	21.18
7	Kaja Milczewska	21.21
8	Samantha Over (guest)	21.28
9	Sarah Thackray (Finch)	21.44
10	Bill Watson	22.05
11	Mo Fassihinia	22.09
12	Martin Douglas	22.47
13	Scott Ruan (Uni)	22.50
14	Amy Williamson	23.16
15	Pete Morris	24.20
16	Vroni Royle	24.54
17	Catherine Leather	25.34
18	Sarah Harford	25.42
19	Oriane Petersen (SR)	26.43
20	Amicia Collette (Uni)	26.43
21	Andy Atkinson	26.44
22	Lee Hinton	26.57
23	Hannah Rakowska (Bra)	28.57
24	Nicole Tan (Uni)	29.06
25	Rebecca Simons	29.33
26	Leo French	30.26
27	Joan Barker (Brack)	30.57
28	Tom Harrison	34.24
29	Carl Woffington	35.02

Night of the 5K PBs (race 2)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Jeff Armstrong	17.10
2	Callum Evans	17.33
3	Brendan Russell	17.37
4	Nathan Davies	17.38
5	Naomi Mitchell (Reg)	17.38
6	Julian Sherman	18.01
7	Ashley Doyle	18.13
8	James Armstrong	19.08
9	Jamie Smith	19.13
10	Tony Page	19.18
11	Holly Sedgwick	19.33
12	Kat Charles	19.36
13	James Thackray (Finch)	19.49
14	Alex Squire	19.55
15	Justin Simons	20.12
16	Rodri Jones (Finch)	20.34
17	Ian Giggs	20.56
18	Dean Allaway	21.13
19	Suji Sogbesan	21.16
20	Mike Saxton	21.19

21	Steve Horn	21.20
22	Elliott Fletcher (Uni)	21.31
23	Lo Kai Hong	22.04

Battersea Park Under The Lights 5k

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
-	Ben Paviour	15.49
-	Mark Worringham	16.14

March 19thEastleigh 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
976	Eddie Thorpe	52.38

Twin Lakes 20

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
66	Ian Giggs	2:35.22
426	Marie Gratton	4:03.21
467	Sophie Higgs	4:50.52
468	Kerry Eastwood	4:50.53
469	Anthony Eastaway	4:50.56

Twin Lakes 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
76	Chris Manton	1:31.19
254	Gill Manton	2:29.39

Reading 20

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Chris Moseley	2:19.30
81	Julian Hough	3:26.25

Reading 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
28	Bryan Curtayne	1:25.18
57	Alan Thomas	1:33.39
123	Linda Wright	2:55.57

Wokingham 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Justin May	23.02
29	Ashley Pinder	36.06

Wokingham 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
63	Trisha Arnold	1:15.07
64	Maureen Sweeney	1:15.14

XC Championships 2022/23

Bob Thomas

The final fixture in the Hampshire XC League and the Club XC Championship took place in Bournemouth on 4 March. In the end, 23 members completed the competition, with Tony Page and Sam Whalley returning a result in each of the ten fixtures.

As a quick reminder, five fixtures took place in each of the Hampshire League and Thames Valley League. The competition rules required members to run at least five races, at least one of which was a TVXC fixture. A member's overall score comprised their best TVXC result together with their four best results from their remaining races. Six members amassed the maximum points available in their category: Helen Pool, Mary Janssen, Cecilia Csemiczky, Ryan O'Brien, Fergal Donnelly and Alan Freer.

Three members qualified for a participation award, which is available to any member who returns at least eight results from the fixtures. Winners comprised: Tony Page, Sam Whalley and Mike Worsfold.

Trophies are awarded to members accumulating the highest three scores in their respective category. Congratulations to the trophy winners for the 22-23 XC Championship:

Senior Women		
Kat Charles	1	248
Chloe Lloyd	2	241
Julie Sugden	3	231
Women Vet 40		
Helen Pool	1	250
Claire Seymour	2	243
Sarah Richmond-DeVoy	3	239
Women Vet 50		
Mary Janssen	1	250
Samantha Whalley	2	249
Becky Mellor	3	237
Women Vet 70		
Cecilia Csemiczky	1	250

Senior Men		
Ryan O'Brien	1	250
Matt Sarjent	2	245
Jamie Smith	3	242
Men Vet 40		
Ian Giggs	1	248
Mike Worsfold	2	247
Men Vet 50		
Fergal Donnelly	1	250
Lance Nortcliff	2	249
Tony Page	3	245
Men Vet 60		
Alan Freer	1	250
Mark Allen	2	248
Gary Clarke	3	240
Men Vet 70		
Andrew Atkinson	1 =	249
Jim Kiddie	1 =	249