

NEWSLETTER

APRIL 2023



Congratulations Marathoners!



Some of our recent marathon finishers, pictured with their medals and finisher t-shirts at track 🙌

Editor's Intro

David Clay

Welcome to the April newsletter!

So, how do you know if someone has run a marathon? Don't worry, they'll tell you 😊 I do enjoy that little quip 😄 Well, there has certainly been a lot of chat about marathoning lately, following the races in Brighton, Manchester, London and elsewhere, but then I think that's fair enough in a running club! Our team captains have highlighted some of the most eye-catching performances in their articles this month, but well done to everyone who has conquered 26.2 miles and I hope you enjoy putting your feet up and taking it easy for a couple of weeks.

I managed to catch snippets of the London Marathon on TV on Sunday morning and was amazed at how many times the camera picked out a roadrunner. Maybe it's just that the distinctive green vests make us easier to spot, but at one point I was beginning to wonder whether our marshals had been asked to fill in for the BBC camera team.

It looks like all the marathon courses were the correct length this year, so you can breathe a sigh of relief that those power of 10 times will be valid. Hopefully nobody from the club decided to make the trip over to Ireland to run in their national 10k championships, which this year were contested over a course of, err, 8.5k: [Athletics Ireland sorry for mix-up that led to national 10km race being too short - BBC Sport](#)

Imagine running that one without a watch and then seeing the clock as you crossed the line! I'm sure there will be no such issues at the Shinfield 10k on Monday – good luck to all the organisers, volunteers and runners for that one.

Thanks to all who have sent in an article for this edition and I hope you enjoy reading it. If you would like to contribute to the next newsletter, then please message me at newsletter@readingroadrunners.org by Monday 22nd May. Have a great month everyone.

Chair

Sam Whalley



chair@readingroadrunners.org

It's hard to believe we are almost at the end of April already – is this the busiest month of the year or what?!

We have recently had the first meeting of our new committee, delayed due to where the Easter holidays fell this year. New committee member Stuart Lunn has already taken on the organisation of outruns and social pub runs, and Kayleigh Forbes has begun posting on our social media pages. New membership secretary Ian Giggs has had the huge job of registering those of us who are EA affiliated on the EA website. Thank you to all of you for getting stuck in.

At the end of March we hosted our Annual Awards Night at the Penta Hotel in Reading, organised by Kerri French. There was a great atmosphere – so much dancing – and many attendees walked away with their trophies and medals for their efforts in the Club, XC and Marathon Championships. To get involved in these this year, look at these pages of our website: <https://readingroadrunners.org/club-championships/> and <https://readingroadrunners.org/cross-country/>.

I was delighted to be able to present last year's charity, Herbie's Hedgehog Rescue, with a cheque for £5141.56. Thank you to Claire Seymour for being the charity co-ordinator; let's hope that Liz Atkinson can achieve such good things for the charity she is supporting, Understanding Dementia. Please help out if you can.

This month we have had green vests representing us all over the world, with the biggest events being Reading Half Marathon, Maidenhead Easter 10 and London Marathon. Well done if you have taken part in any race this month, especially if you ran a distance for the first time. If you missed out on cheers (or club champs points) due to not having a green vest, remember that you can buy these at Up & Running in Reading, on production of your membership card, cash only.

We have also had another edition of the Track Friday series – what a wet evening that was! Thank you to Fergal Donnelly and Tony Canning for organising this. Find out more about these events here: <https://readingroadrunners.org/track-friday/>.

This week we have seen the first of our Vets Track & Field fixtures of the year, in Oxford. If you are over 35 and would like to have a go at running, jumping or throwing, put these dates in your diary: <https://readingroadrunners.org/team-events/vets-league/> - the more, the merrier! Thank you to Chris Manton for managing the team, and to our team captains, Tony Page and Chloe Lloyd, for their work in recruiting members for other team events – you may be approached for any of these (soon-to-be-updated) events soon: <https://readingroadrunners.org/2022/04/team-races-2022/>.

Next week, on May Bank Holiday, we will be holding our second road race of the year – Shinfield 10k – followed by the off-road junior races. I hope to see lots of you there. So much hard work goes into staging a race, so please do support in whatever way you can. Good luck to Colin Cottell and his race committee. With all these events to be fit for, how fortunate that we have coached track sessions available to us every Wednesday and Friday. Thank you to Jamie Smith for co-ordinating what the coaches offer, even if he can't promise dry weather.

Art Atwal tells me that no-one reads this newsletter [Ed: you're missing out, Art!], which is a shame, so this month we will start emailing out to those of you who are subscribed – hello to you, and Happy Running!

Sam Whalley

chair@readingroadrunners.org

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

Well, wasn't the London Marathon fantastic once again.

It was my first experience of marshalling at Rotherhithe. Wow, what a great atmosphere round mile 11! The local community were really engaged, Sweet Caroline and other tunes from a pop up DJs and a local jazz band.

Did you know that Reading Roadrunners have been marshals at London Marathon since 1994? This all started with Carl Woffingham who has marshalled at every mass participation London Marathon since it started back in 1981.

Did get me thinking if any members ran in the first London marathon in 1981 or in the early years and who has run the most London marathons? So, I started digging out my medals and found I have run in 5, the earliest being in 1997. I know my time started with a 4 but couldn't find the results – luckily those run from 2014 onwards can find the results online! Does anyone know how to get their old results?

Nice to see Sir Mo's at his last London marathon, shame not to see Eilish this year. I see Sir Mo has now turned 40, and whilst he is slowing down not surprising his time of 2.10 was a new British M40 record, ahead of Chris Thompson and Ronnie Richmond, who was winner of this year's Bramley 20. For those of you interested in Master's Athletics, there a good article on athletics weekly reports <https://athleticsweekly.com/event-reports/masters-records-fall-at-tcs-london-marathon-1039967291/>

In terms of our own runners, well done to **Ryan O'Brien**, who was 1st RR to finish in a PB of 2.35.25 (following a PB at Reading Half). Others with PBs, **James Chandler**, with a huge improvement to 3.00.55 and **Chris Webber** (3.05). Also, was nice to see **Sibrand** and **Swinda** back in a green vest, after their return to the Netherlands.

Other Roadrunners on good form at the marathon with new PBs in recent weeks, **Chris Moseley**, 2.50.01, at Brighton, **Chris Burt** 2.47.11 and **Callum Evans** 2.55.26, in his first marathon at Manchester and **Matt Sargent**, 2.44.34 in Rotterdam. Well done, all!

In a busy month, we also had the 3rd club championship race at Maidenhead Easter 10. So, with lots of green vests, sunshine and some great performances, what's not to like. Our top 3 Men, came 4th place in the team competition, made up of **Keith Russell** (58.30), new member, **Andrew Shirley** (1;00.05) and **Dimi Gospodinov** (PB 1.01.31), who also had a PB at Reading half. With the first of 3 of the 4 events now done it is looking like we will have strong competition in each of the age categories – latest results are on website <https://readingroadrunners.org/club-championships/>. We have 2 events next month, Marlow 5 (14th May) and Binfield 10K (21st May), which are both still open for entries. So please sign up!

Well done to **Ben Paviour** (15.48), 1st M50 in the Friday Night under the Lights 5K. These events are targeted at the elite end, but if interested speak to Ben, **Ryan O'Brien** or **Mark Worringham** about these.

Lastly, like to remind you about teams for Ridgeway Relay – we still need more people to run in this – not to late to register you interest.

Women's Captain

Chloe Lloyd



teamcaptains@readingroadrunners.org

Well what a month it has been. We have seen some fantastic racing by our athletes and elite runners! There are a few names that keep popping up over and over again. I am sure that we are all beginning to appreciate the longer days, which makes training for events considerably easier and not to mention safer. I am particularly enjoying having the option to run at lunch or after work, and not having to stick to the same 5k lit route!

I am not a natural writer, and it may be hard to believe that I am sitting here on my sofa surrounded by previously written Captain reports, wondering what makes a good one? I will endeavour to try and keep you to the end, but I apologise if I lose you halfway through! Now onto the races.

The Reading Half marathon took place at the very beginning of the month and saw a total of ninety-seven registered Roadrunners take part (and a fair few more volunteering). Thirteen new personal-bests were set, of which seven came from the ladies (come on!). Our top three women to cross that iconic line in the Madejski stadium were **Nikki Gray** (1.26), **Florence Ledger** (1.26; PB) and **Sarah McDade** (1.27). And through baking, buying and selling cakes, over £600 was raised for our newly appointed charity 'Understanding Dementia'. Having not run this race since 2016 (as a non-affiliated runner), it is on my list for next year.

Five days later saw our first ten mile race in the Club Championship, Maidenhead 10. The conditions were perfect for both runners and spectators, and we not only picked up trophies but also Berkshire Athletic medals too. **Katherine Streams** (1st W50, 1.03), **Florence Ledger** (1.05) and **Holly Sedgwick** (1.07) made up the winning women's team, and **Sarah Dooley** came 3rd in her category (W40). Well done.

The Manchester marathon took place one week before London, and considering the amount of rain that we have had, conditions were ideal. I had been training for Manchester however was a no show on the day due to an overuse injury that I picked up back in January. **Pip White's** commitment to her detailed training plan however paid off, running a personal best of 3.29. And how can I not acknowledge RR coach **Naomi Mitchell** taking the win by more than 5 minutes, in a time of 2.31.27. That is an impressive average pace of 5.44 min per mile! We are extremely lucky to have your input on a Wednesday, Naomi, and we cannot wait to see what more you have up your sleeve now that you are a full-time athlete.

And the London Marathon. Wow, what scenes. I felt quite emotional at the end of the elite women's race. I was that person shouting at the tv, cheering on Dutch track runner Sifan Hassan. When the going gets tough, believe in yourself and push through. We had some inspirational performances in the club and personal bests yet again came from **Florence Ledger** (3.02) and former ladies captain **Elizabeth Johnson** (3.46), both of which I have had the pleasure to train with in recent months. Flo knocked 20 minutes off her marathon time, which was only set 6 months ago in London last October, and Liz's result gives her Boston qualification. Yikes!

Roadrunners are about to host their second event of the year, Shinfield 10k. Thank you to all those who have stepped forward to help run the day.

Until the next report, over and out. Chloe

Charity of the Year – Understanding Dementia

Liz Atkinson



I can hardly believe that it has only been just over a month since Understanding Dementia was voted in as our RR 2023 charity! So much has happened since the last newsletter. Firstly, The Awards night was a huge success raising £570 in the raffle. Before we could draw a breath, it was Reading Half Marathon. We were wondering how that might go, as we could not offer hot drinks this year, but low and behold nothing stops our club who again came up trumps with cake donations. We raised a staggering £626 that day - thanks again to Ray and Sue Jones who helped out. Reading Half have also donated £250 to our charity for providing volunteers at the water station (thanks to Kerry French and her team) and Andy for helping me out with number distribution!







The 8th April brought us fun in the shape of the ale trail, pie and quiz. This was great fun and everyone was keen to show off their local knowledge. However, no one could compete with Tony Page and his son Tom, who hot footed it between pubs to check out some local history. It proved worth their while as they scooped first place. They very kindly donated their prize to the charity (thanks again Tony). A big thank you to Cecilia for coming up with some testing questions, which definitely sorted the wheat from the chaff! Kathy Tytler also contributed some of her books of poems, which raised a further £50 for the charity.

I was very pleased to set up with Shirley Pearce The Good Exchange, fundraising page for the Charity. This is a very good platform as there is a chance that businesses will see donations and match them. Sophie Higgs was first to set up her page to raise money for the charity by running her first ever marathon and what a great one it is The London Marathon on 22nd April. So far Sophie has raised over £800. In addition around £188 to guess her time! If you would like to sponsor her please visit her page at The Good Exchange Track Friday – the rain didn't stop some hardy runners completing 3K. They also helped us raise around £53 from the sale of cake and hot drinks. We also did the Grand National Sweepstake that evening. Our lucky winners were Sam Whalley 1st Helen Pool 2nd and Chris James 3rd. Thank you to everyone for participating as it raised £62 for the Charity

All-in-all to date we have raised around £2800.00!! Thanks to Liz Ganpatsingh for being our treasurer and confirming these amounts.

We are now preparing for Shinfield 10K. We have "Name the Bear" for the children's race and Toni McQueen will be selling cakes.

Finally, we are delighted to tell you tickets for the Barn Dance on 3rd June are for sale on My Clubhouse. This promises to be a fantastic night and we hope as many Roadrunners as possible can attend.

Barn Dance in aid of Understanding Dementia	
<p>Time & Location 3 June 2023 from 7.30pm – 11pm Green Farm, Burghfield, Reading, RG30 3RJ (Thank you to Farmer Chris Webber for hosting us in his barn)</p>	 
<p>Tickets & Picnic £15 for adults & £10 for children under 16 (including a raffle ticket) via myClubhouse Event Calendar (myclubhouse.co.uk) Please bring a picnic, drinks (and a chair if preferred to a hay bale) A prize will be awarded in the interval for the best presented picnic</p>	 
<p><i>Join Liz, Cecilia & Fiona to</i> <i>.....do-si-do & donate to a great cause!</i> <i>.....shine like Seven Brides for Seven Brothers!</i> https://youtu.be/QbzJTP75NqM</p>	

Social Stuff!

Kerri French, Social Secretary

The Annual Awards night was well attended with 103 people. Overall, everyone seemed to enjoy themselves, the band were excellent, and I have never seen a dance floor so full! I did receive some feedback on the food from some members, so I have fed this back to the venue.

I've already enquired about next year with a potential date of Sat 23rd March and I'm looking at another venue to compare.

We've already had the first event of this membership year. The pub quiz trail and pie night went down really well too – no complaints! It was great to work with Liz, she's a very proactive charity co-ordinator and you can tell the members want to get behind her efforts.





Future events – I have planned lots in and put them on My Club House already. There is a good variety again to appeal to all members. People can pick and choose what they want to attend. I do have concerns that there is a poor take up so far on the Coach Trip to Bognor, lessons learned from last year means I simply will not book a coach until I can fill it. So please book your place if you want this event to go ahead.

Sunday 7th May - Kings Coronation Concert at Abbey Ruins

Saturday 7th October - Day at Ascot Races

Saturday 12th August - Day trip to Bognor Regis

Saturday 21st October - Go Karting TBC

Kerri, socialsec@readingroadrunners.org

Reading Roadrunners Committee Meeting

Tuesday 18 April, 7pm (by video call)

The Committee

Sam Whalley	(Chair)
David Fiddes	(General secretary)
Kerri French	(Social secretary)
Ian Giggs	(Membership secretary)
Kayleigh Forbes	(Website/social media)
Art Atwal	(Coaching liaison)
Chris Manton	(Ex officio)
Stuart Lunn	(Ex officio)

Apologies for absence

Chris Burt	(Treasurer)
Angharad Ross	(Ex officio)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

The consolidation of club storage facilities is still on-going. Stuart will liaise with Toni McQueen to plan the clear out of Wargrave unit, which is costing the club £300/month and the tidy up of Palmer Park unit.

Chair's Report

Sam welcomed new committee members: Stuart and Kayleigh, and she welcomed back returning committee members.

It has been good to see good levels of participation and success at various popular events including Maidenhead 10, Reading Half, and Manchester Marathon.

The Vets Track & Field League is restarting this month. It would be good to get as many over 35-year-olds as possible along to these fun events. Thanks to Chris Manton for coordinating our entries.

Activities supporting the new club charity, Understanding Dementia are well underway. Thanks to Liz Atkinson and her team for doing such a good job.

The social calendar is filling up nicely. Thanks to Kerri for her work.

And finally, a thank you to volunteers, particularly for the recent Track Fridays and for our next big event at Shinfield.

General Secretary's Report

David reported that the AGM appeared to be a success. The minutes are available on the website.

A runner's bus has been organised for the London Marathon. Numbers were down on initial estimates and even with selling some spaces to non-members it will have to be subsidised by the club. It's unlikely that we will organise a bus next year.

Treasurer's Report

No report

Membership Secretary's Report

Ian reported that at the end of 2022 we had 550 members in WebCollect. Of those 400 renewed.

New members so far this year include 12 in January, 12 in February, and 13 in March. We now have 444 members in Myclubhouse. Including 20 social and 1 junior.

Ian has completed the member EA affiliation, which can be a laborious task.

The meeting agreed to put up second claim fees to be same as non-EA first claim fees for new members.

Social Secretary's Report

The Annual Awards night was well attended with 103 people. Most people enjoyed having the venue in a more central place in town. However, some voiced their views on the car park feeling unsafe (as there was a gang hanging about). I had some feedback about the food from a few members (soup was a bit cold, chicken dish didn't come with any greenery and the sticky toffee pud was served cold). I have passed the feedback on to the venue and lessons learned for me is to put this in the descriptions to manage expectations for future events.

Overall, everyone seemed to enjoy themselves, the band were excellent, and I have never seen a dance floor so full! It also worked out well for the charity coordinator as she was able to maximise the opportunity after having 2 and a half weeks to prepare and organise the raffle after the AGM.

I've already enquired about next year with a potential date of Sat 23rd March.

The Penta have quoted £45 pp for the same package.

I have also looked at another venue - The Crown Plaza, their prize is £50 pp (which includes prosecco on arrival and after dinner coffee/tea). I intend to visit before the next committee meeting and Ken Beck is going to do a blind shopping mission and go for a meal to check out the quality of food and service.

We've already had the first event of this membership year. The pub quiz trail and pie night went down really well too – no complaints! It was

great to work with Liz, she's a very proactive charity co-ordinator and you can tell the members want to get behind her efforts.

Future events – I have planned lots in and put them on My Club House already. There is a good variety again to appeal to all members. People can pick and choose what they want to attend. All events will not incur any costs for the club - as they will be paid for by the members along with an admin fee to pay for the Stripe costs (20p plus 1.5%).

I do have concerns that there is a poor take up so far on the Coach Trip to Bognor, lessons learned from last year means I simply will not book a coach until I can fill it.

I encourage the Committee to support the socials and sign up, it's a good opportunity to get to know the members we are serving after all.

Coaching Report

Debbie is presently injured which is why we haven't had any Wednesday night outruns recently.

Wednesday outruns were originally intended as training runs, but have become social runs.

The committee decided that the focus of Wednesday nights should be training and that any outruns should be at the discretion of individual coaches and should be focused on training – e.g. hill sessions, fartlek.

Art reported that Jamie is hopeful that more coaches will be returning shortly.

Thursday outruns are social runs and include summer pub runs. It was decided that the two will be managed separately. Technically they have different start times, but the expectation with pub runs is that whilst they start at 7pm sharp, if you want food you should arrive earlier. The 6:30 social runs tend to be less well attended, but can and often do end up in a pub.

Website/Social Media

No report

AOB

• Up and Running try-out event

It was agreed that there will be an Up and Running try out event on May 17th. Trial shoes will be available for members to try at that track session. Further details will be released closer to the date.

• Hoodie delays

The issue of non-availability of hoodies was discussed. To keep costs down we have to order in bulk and we have to avoid excess orders. This means one order per year and only ordering what members have agreed to.

Dean will try again to sell old kit at track now that weather is better. It was proposed that we look into turning any unwanted kit into other items following on from the success of Suzanne Bate's knitted headbands.

Next Meeting: 19:00 Tuesday, 16th May by video call.

Main Club contact points:

Chair, Sam:
chair@readingroadrunners.org

Membership Secretary, Ian:
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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Team Captains, Chloe & Tony:
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Welfare Officer, Tom Harrison:
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Welfare Officer: Nikki Gillard:
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Mental Health Champion, Laura Lou:
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Kit Manager, Dean Allaway:
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Summer Pubruns, Weekly Outruns & Endure 24

Stuart Lunn

Hello all, Stuart Lunn touching base after I've joined your committee in an ex-officio role.

Summer Pub Run / Walk / Meal Dates and Organisation

Starting on Thursday 4th May, we're planning to continue the May to August tradition of biweekly 7pm Thursday evening five mile sociable trail runs (with a shorter walking option) from differing countryside pubs around greater Reading and a meal after.

These are a great chance to meet other club members and be sociable. Must be a full club member to run, social members may walk and bring friends / non-members to walk with them, though please note dogs aren't allowed to join us on these occasions.

Keep an eye on the RR website, and the RR members Facebook pages for precise details of routes / pubs as these are finalised.

I'm always looking for volunteers to organise these, please do contact me with your ideas, and I can support you in preparing your event.

NB: on the alternating weeks when we don't have a pubrun / meal, we will continue to offer a members outrun just without the meal after.



Endure 24 Reading - 10th-11th June

We normally have over 50 members weekending at Endure 24, in a variety of competitive or sociable teams or as pair or solo entries.

I've set up an event page on Roadrunners Facebook to allow members to seek advice / see who else is running / offer some informal coordination if you want it? This will include planning Roadrunners base camp and discussing food and drink options.

There may be members wanting to join teams, again we will try to coordinate that through the Facebook pages, but alternatively make direct contact with me. Are there any members just wanting to join us as non-runners, just to be sociable or offering help around camp?

We're really inclusive on Endure 24, if you want to be in a team we will find the right one for you, but please move quickly as the event is nearing sell out.



Roadrunners' Race Results

David Dibben

It's the busiest month of the year for your results department, what with the Reading Half Marathon, Maidenhead 10 in the club champs and the big one in London among several marathons.

The Reading HM data includes somewhat meaningless gun positions (unless you're right up the sharp end), but chip finishing times. Likewise I haven't bothered with any finishing positions for London and I haven't included any 'virtuals'.

March 19th

Barcelona Marathon

Pos	Name	Chip
3393	Martin Jones	3:38.52

March 26th

Fleet Half Marathon

Pos	Name	Chip
130	Chris Burt	1:20.53
419	Andrew Butler	1:34.50

Cardiff Bay 10k

Pos	Name	Chip
233	Gavin Rennie	39.47
666	Claire Marks (3rd W55)	46.41

Treehouse 10k

Pos	Name	Chip
42	Bryan Curtayne	52.16
161	Maureen Sweeney	1:17.25

April 2nd

Reading Half Marathon

Pos	Name	Chip
27	Ryan O'Brien	1:12.38 PB
41	Mark Worringham	1:13.52
59	Seb Briggs	1:15.33
86	Keith Russell	1:18.30
95	Dimi Gospodinov	1:19.15 PB
96	Chris Lucas	1:19.26
103	Jeff Armstrong	1:19.54

116	Jake Dellow	1:20.48 PB
121	Nathan Davies	1:21.09
159	Callum Evans	1:23.04
244	Chris Webber	1:26.13
248	Nikki Gray	1:26.15
255	Sean Hancox	1:26.00
266	Florence Ledger	1:26.49 PB
275	Sarah McDade	1:27.09 PB
290	Kat Charles	1:27.52 PB
295	James Chandler	1:27.53 PB
328	Dan Zagya	1:28.32
380	Chris Stitt	1:30.22 PB
386	Jamie Smith	1:30.55
393	Richard Hallam-Baker	1:31.11
421	Jane Copland	1:31.47 PB
460	David McCoy	1:33.19
461	Ian Horritt	1:32.42
498	Eoin McLeod	1:33.41
506	Kai Hong Lo	1:34.12
508	Dan Worthy	1:34.10
520	Peter Rennie	1:34.14 PB
636	Paul Billing	1:37.20
753	Loretta Briggs	1:38.25
804	Ivan Harding	1:39.57
936	Richard Usher	1:42.42
938	Caroline Jackson	1:43.05
958	Dave Thornton	1:42.52
1003	Robert Houghton	1:43.46
1033	Jon Green	1:43.54
1063	Marco McKerlie	1:44.25
1066	Christopher Dench	1:42.25
1098	Dean Allaway	1:44.55
1265	Ben Fasham	1:48.16
1292	Art Atwal	1:45.54
1411	Anas Bakhit	1:48.26
1424	Alex Eyles	1:45.54
1437	Julian Hough	1:47.08
1611	Brian Fennelly	1:51.41
1733	Martin Gould	1:53.24
1965	Joe Blair	1:54.51
1987	Paul Monaghan	1:57.06
2038	Andrew Butler	1:56.03
2097	Nelesh Kotecha	1:56.12
2136	Mireia Garcia	1:56.44 PB
2180	George Nyamie	1:56.47

2263	Colin McCarlie	2:00.44
2288	Kayleigh Forbes	1:57.15 PB
2323	David Parton	1:59.46
2349	Gary Clarke	1:59.01
2379	Sam Whalley	1:59.50
2394	Vroni Royle	1:59.59
2395	Lee Hinton	1:59.59
2508	Ellis Breese	2:01.57
2858	Catherine Leather	2:04.50
2931	Hilary Rennie	2:07.49
3016	Christina Reay	2:06.30
3161	Michelle Dean	2:09.58
3178	Amanda Rosser	2:14.35
3179	Donna Saunders	2:14.36
3307	Sara Lopez	2:13.09
3486	Pete Morris	2:16.25
3538	Phil Reay	2:17.27
3586	Justin Watkins	2:18.52
3646	Hannah Phelps	2:17.27
3647	Vicki Adams	2:20.04
3884	Becky Mellor	2:22.52 PB
3885	Estelle Chase	2:22.58
3962	Andy Atkinson	2:24.20
4018	Lucy Radburn	2:24.35
4022	Natasha Hall	2:24.47
4100	Stuart Bradburn	2:30.25
4207	Helen Wing	2:34.25
4208	Clive Bate	2:34.26
4322	Rachel Penny	2:49.25
4442	Linda Wright	2:54.14
4468	Sophie Higgs	2:54.08 PB
4469	Suzanne Bate	2:54.10
4563	Julie Wing	3:12.40

Great Welsh Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
101	Jane Davies (1st W60)	3:36.59
252	Brian Grieves	4:18.05
459	Caroline Hargreaves	6:00.08

Paris Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
35585	David Walkley	4:23.12

Southampton Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Matt Davies	2:49.06
51	Gavin Rennie	3:16.18
55	Dan Brock	3:18.37

Brighton Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
51	Chris Moseley	2:50.01 PB
1364	Hrushikesh Padhi	3:35.53
1700	Katherine Foley	3:43.09 PB
2394	David Caswell	3:52.31
4499	Chloe Ryce	4:22.32
5528	Martin Bush	4:40.05
8443	Anthony Eastaway	7:14.47
8444	Gill Manton	7:14.50

Combe Gibbet

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Tony Page	2:04.04

April 4thVets AC 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
66	Helen Pool	20.34
92	Eddie Thorpe	25.27

April 7thMaidenhead 10 (club champs, round 3)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
24	Keith Russell	58.29
39	Andrew Shirley	1:00.02
50	Dimi Gospodinov	1:01.28 PB
56	Chris Moseley	1:01.39
66	Dan Zagya	1:03.11
69	Terry Dowling	1:03.18
77	Katherine Streams (1st W50)	1:03.55 PB
86	Chris Webber	1:04.49
90	Tony Page	1:05.10
93	Flo Ledger	1:05.14
113	Callum Evans	1:06.44
123	David McCoy	1:07.30
125	Fergal Donnelly	1:07.38
130	Holly Sedgwick	1:07.50
143	Sarah Dooley (3rd W40)	1:08.39
168	Alan Freer	1:09.31
195	Chris James	1:11.46
207	Ann Rostern	1:12.39
215	Caroline Jackson	1:13.11
220	Mark Andrew	1:13.05
250	Tony Streams	1:15.10
256	Bill Watson	1:15.18
337	Liz Jones	1:20.59
347	Bryan Curtayne	1:21.31

352	Chris Manton	1:21.41
382	Gary Clarke	1:23.50 PB
408	Joe Blair	1:24.51
411	Colin McCarlie	1:25.18
429	Pete Morris	1:26.34
442	George Nyamie	1:26.53
444	Ben Fasham	1:27.26
448	Eddie Thorpe	1:27.52
476	Sam Whalley	1:28.48
484	Catherine Leather	1:29.19
505	Andy Atkinson	1:30.24
539	Andrew Osborn	1:32.29
549	Christina Reay	1:32.39
550	Jim Kiddie	1:33.08
512	Tina Woffington	1:35.39
590	Sarah Richmond-Devoy	1:36.40
602	Tim Miller	1:37.02
617	Kim Stevens	1:38.38
636	Adele Graham	1:41.17
643	Caroline Hargreaves	1:41.06
646	Claire Raynor	1:41.18
647	Kira Moffat	1:41.28
652	Martin Bush	1:41.56
658	Phil Reay	1:42.31
697	Justin Watkins	1:47.31
712	Becky Mellor	1:49.54 PB
726	Ashley Pinder	1:53.05
732	Sarah Walters	1:57.25
740	Linda Wright	2:00.01
758	Julie Wing	2:20.15

April 8thDorney 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Chris Buley	37.58

April 10thMortimer 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
20	Richard Hallam-Baker	45.45
44	Gemma Buley	49.38
54	Bryan Curtayne	50.21
99	Amelia Busby	57.37
142	Tim Miller	1:05.15
151	Sarah Richmond-Devoy	1:06.15
174	Andrea Marnoch	1:08.46
238	Linda Wright	1:35.42
241	Nick Adley	1:41.35

Beaconsfield 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
342	Justin Watkins	55.17

April 14thNight of the 3k PBs, <12 race

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Matt Green (Newbury)	9.09
2	Dan Moore	9.38
3	Chris Lucas	9.51
4	Dan Zagya	10.12
5	Chris Moseley	10.32
6	James Armstrong	10.41
7	Mitchell Green (Finch)	10.47
8	Steve Trapmore (guest)	10.54
9	Jon Kew (Finch)	11.11
10	Chris Stitt	11.13
11	Ian Giggs	11.48
12	Eoin McLeod	12.05
13	Simon Varcoe	12.07
14	Chris James	12.10

Night of the 3k PBs, >12 race

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Dan Worthy	11.12
2	James Parry (guest)	12.06
3	Chris Dench	12.12
4	Mike Saxton	12.18
5	Jon Green	12.34
6	David Fiddes	12.42
7	Chris Manton	12.44
8	Jane Dench	13.48
9	Kayleigh Forbes	14.29
10	Andy Atkinson	15.18
11	Lucy Radburn	16.34
12	Natasha Hall	16.57
13	Adele Graham	16.57

April 15thBattersea Park 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Chris Webber	18.32
29	Sarah Dooley	20.27

April 16thManchester Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
297	Chris Burt	2:47.11 PB
701	Callum Evans	2:55.26
2994	Jamie Smith	3:21.57
3196	Mark Andrew	3:23.52 PB
3902	Pip White	3:29.11 PB
5584	Caroline Jackson	3:41.45
6391	Julie Rainbow	3:50.15
8436	Liang Guo	3:58.10
10448	Emma Sayers	4:12.51
13232	Paul Monaghan	4:36.34
14296	Martin Bush	4:47.25

Rotterdam Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
9373	Dean Allaway	3:55.40
16561	Pete Morris	5:15.4

Newport Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
383	Brian Grieves	3:27.32

April 21stFriday Night Under The Lights 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
26	Ben Paviour (1st M50)	15.48

April 23rdBlackpool Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
201	Martin Bush	5:13.00

London Marathon

<i>Name</i>	<i>Chip</i>
Ryan O'Brien	2:35.25 PB
Keith Russell	2:45.05
Alex Harris	2:56.44
Matt Davies	2:58.35
James Chandler	3:00.55 PB
Florence Ledger	3:02.20 PB
Chris Webber	3:05.46 PB
Brooke Johnson	3:06.37
Katie Williams	3:07.09
Lance Nortcliff	3:07.40
Charlie Siveter	3:12.11
Sarah Dooley	3:23.23
Alan Freer	3:29.47
Peter Rennie	3:33.13
Ian Giggs	3:33.47
Mary Janssen	3:35.55
Liz Johnson	3:36.46 PB
Helen Campbell	3:37.01 PB
Caroline Jackson	3:43.04
Mo Fassihinia	3:47.51
Melanie Kobras	3:58.42
Alexander Harrison	4:00.55
Richard Usher	4:01.39
Andrew Webber	4:04.54 PB
* Art Atwal	4:07.07
Jon Sumpster	4:07.26
Martin Gould	4:11.09
Chris Manton	4:28.08
Susan Knight	4:30.27
Steve Dellow	4:46.50
Phil Reay	5:12.08
Estelle Chase	5:58:03
Sophie Higgs	6:33.04
Celia Horskins	6:52.54

Club Championships 2023/24

Bob Thomas

Members may have noticed that there haven't been any Championships updates so far this year – that's because I haven't had access to the membership data on the new system. That's now been addressed, and I've modified the programs to link to the MyClubHouse service: the scores from the first three races are available on the Club website.

The next couple of races are the ever-popular Marlow 5 on 14May, and the Binfield 10K on 21May. A quick reminder that to score in a Championship race you must run in a Club vest.

On the Marathon front, so far this year we've had 15 results recorded by 10 members from 9 events. Again as a reminder, you can run marathons anywhere in the world to take part in the Championship – just ensure that Dave Dibben has your result for his monthly newsletter results report (results@readingroadrunners.org). The standings at this early stage of both competitions are posted on the Club website.

Photo Gallery

London Marathon Marshals



Well done to our marshals at The Tower (above) and Rotherhithe (next page) for volunteering and supporting all day in some pretty average weather!

