

NEWSLETTER

JULY 2023



Summertime is relay time!



Our bronze-medal-winning 'Barbarians' team at Runnymede on 15 July, as relay events take centre stage over summer.

Editor's Intro

David Clay

Welcome to the July newsletter!

There's plenty of content in this one so I'll keep my intro short and sweet. It's been a busy time for our captains recently with lots of team events taking place, plus more coming in the autumn, so Chloe has definitely earned a break from her monthly article. The whole newsletter is also taking a holiday after this edition, but will return again in September.

Thanks to everyone who has sent something in during July. There are race reports and results tables aplenty, plus an update from Bob Thomas on the latest club championship standings. If you would like to contribute to the next newsletter, please message me at newsletter@readingroadrunners.org by Monday 18th September.

In the meantime, have a great summer.

Chair

Sam Whalley



chair@readingroadrunners.org

It's been another busy month for the club, and it has been really nice to read about everyone's achievements on our social media pages and on Strava.

The track has been a popular place on a Wednesday evening, with some sessions taking place outside on the grass. The groupings seem to be working well, and it has been lovely to see people stepping up to help the coaches out. Thank you to Jamie Smith for continuing to co-ordinate this.

The Hampshire Hoppit half marathon club championship race was well attended, as was the Didcot 5 mile. It is so much easier to run the competition when everyone turns up in club kit – rule number 1!

There were second place positions for men's and women's teams, and third for the vets' team, in the Ridgeway Relay, on a very hot day. The Runnymede Relays were held on an unprecedentedly windy day this year, but the rain mostly held off, and a lot of fun was had. One team won bronze medals!

The final vets league fixture of the season has taken place, and we hosted it at Palmer Park with Reading AC. This was another good day for the club, with plenty of PBs recorded. Thank you to Chris Manton and the team captains for all their hard work organising teams. I was officiating on the pole vault and javelin on the day, but I could hear support all around.

I was unable to attend the latest Track Friday, but I hear it was a great success, with lots of fun and some money raised for the charity. Well done to Fergal Donnelly for trying something new.

Liz Atkinson has been busy finding fundraisers for the club charity, Understanding Dementia, with the latest being a sweepstake for the Women's World Cup. Thank you to everyone who supports these.

Well done to Kerri French for managing to get a good price for a coach to Bognor Regis. I see other events on the calendar include games in the park, a day at the races, and go-karting, which I'm sure will all be popular. First, though, the summer relays in Woodford Park, which will have taken place by the time this newsletter hits your inboxes.

Kerri is also keeping our alumni involved with monthly coffee mornings. I think this is a lovely initiative.

The pub runs and outruns have continued and are popular. Thank you to Stuart Lunn for co-ordinating these. I am hoping to get along to a few more now that it is the school holidays.

The newsletter will take a break for August, so I'll take this opportunity to wish you all a lovely summer.

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

This month is all about our team events. There's an article about the Ridgeway Relay on pages 8 to 10. I add my congratulations to members of our mostly men's A team for a hard-fought 2nd place, for a second year in a row.

Next up was the Runnymede Relays where we entered 7 mixed teams of 6 runners, each running 3.6 miles through Windsor Great Park. This event is a great way to get to know fellow teammates and there's always a great team spirit! Thanks to Chloe and the individual team captains for helping to organise and well done to Team Barbarians (**James Anderson, Dan Zagya, Sarah McDade, Dave Boulton, Pete Jewell and Brendan Russell**) for winning the bronze medal.

Time to tell you about the **road relays** organised each **spring and autumn**, both regionally and nationally, to allow clubs to compete against each other directly. These are:

- the SEAA 12 stage (men) and 6 stage (women) **every March**
- the ERRA national 12 stage (men) and 6 stage (women) in Sutton Coldfield **every April**
- the SEAA 6 stage (men), 4 stage (veteran men, 40+, 50+, 60+) and 4 stage (women and veteran women 40+, 50+) **every September**.
- the ERRA national 6 stage (men) and 4 stage (women) in Sutton Coldfield **every October**.

Our next team event this year are the Road Relays on **Saturday 23rd September** over a 6K course at **Rushmoor Arena, Aldershot**. This event does clash with the Vitality 10K on Sunday 24th but I would like to encourage runners to make themselves available for the Road Relays.

These races attract the best runners regionally and nationally and are a very high standard. They are the key races on the calendar where clubs measure themselves against their peers and the traditional athletics clubs take them very seriously indeed. These races are one of the best opportunities our better runners have to compete against the best since there are usually international athletes racing for some teams.

The senior men's race is a qualifier for the national race with usually the top 20-fastest teams being selected to compete against the best teams in the Midlands and the North. As far as I am aware we have not qualified

in recent memory but we have come close. Last year our top Men's and Women's veteran teams achieved top 3 placings - <https://readingroadrunners.org/2022/09/for-petes-sake-roadrunners-vets-so-close-to-relay-glory>

So, this is a prestigious race and Chloe and I will be selecting our strongest teams for the senior and veteran categories.

For the Men's team, I will be selecting runners with the fastest 10K times run between 1st March to 13th August using Power of 10 – so there is still the opportunity to run a fast time either at the Yateley 10K on 3rd August (places still available) or Burnham Beeches 10K on 13th August. Generally only 1st claim members are eligible.

In mid-August I will select and contact the 6 fastest senior men (under 40) and 6 reserves and 4 Men for each of the 40+, 50+ and 60+ age categories and (up to) 4 reserves and will require you to confirm your place by the end of August. Depending on availability we will enter at least 1 senior team and 1 team from each of the age categories.

Social Stuff!

Kerri French, Social Secretary

July

Summer Games & Picnic in the park

Friday, 28 July 2023 19:00 - 21:30
Palmer Park

Come join us for some fun and games in the park. Everyone welcome, including friends and family members. Rounders and sports day themed events.

Bring your own picnic and refreshments.
Sign up on My Club House

August

Day trip to Bognor Regis by Coach

Saturday, 12 August 2023 06:00 - 18:00
Bognor Regis

Departing Reading (location TBC)
Setting off around 6.15/6.30am
Departing Bognor around 5.00pm
Friends & Family members most welcome.

9.00am - parkrun or play mini golf in the park if you don't want to take part in the parkrun.

10.15am - Go for breakfast

Day at the seaside

Go for food before heading back home

Sign up for the Coach on My Club House

October

Day at Ascot Races

Featuring the Ascot Beer Festival.

Saturday, 7 October 2023

Gates open at 11am, Racing starts at 1.51pm.

Sign up on My Club House.

I can buy a Group Ticket at a reduced rate for people (£20.50) for the Queen Anne enclosure.

Meet at Reading Station at midday approx to get the train to Ascot.

There'll be hops and skips for sure but no jumps as this is the penultimate meeting of Ascot's Flat season.

As one of the largest beer festivals in the South East, there are 160 different beers, lagers, real ales, ciders and perries to sample

Charity of the Year – Understanding Dementia

Liz Atkinson

Since my last newsletter we have had a couple of events. Firstly, Track Friday where we raised £75.68 from refreshments. Thanks again to our bakers Peter Higgs, Heather Bowley, Laura Lou Cecilia and Fiona for supplying the cakes. We had a great turnout and people were very generous in supporting us yet again. Thanks to everyone who visited us and donated. Also, to Fergal Donnelly and his team of volunteers for hosting these events.



The Woman's World Cup Sweepstakes proved to be very popular, I was worried that you might be a bit fed up with me and sweepstakes but clearly not! In fact, a few people have asked for Fantasy Football which I am happy to do for the Charity. I haven't got a clue how that works atm so that is my next challenge... so watch out. Thanks also to Kerry Eastwood for making a donation for selling a crocheted cat.

I meant to mention this in the last newsletter – thanks to A1 Loos, who saved us over £200 in providing the toilets at the barn dance.

The great news this month is that an Incredible amount of £2,649.68 was donated from the Shinfield 10k! On behalf of the charity, we would like to say a huge thank you to Colin, Tom and the Shinfield committee, plus all of you who volunteered on the day. This money will make a massive difference to the charity and brings our total amount raised to £8,800.15. Again, thanks to Liz Ganpatsingh and Chris Burt for banking and confirming the amounts.

What is coming up? By the time you read this we will have had the Summer Relays, then the Summer Games and Picnic on 28th July. I will report on this in the next newsletter, but it is looking good. Thanks to Kerri French, for organising.

Our Bingo Fish and Chip night at St. Peter's Church Hall on the 9th September is the next big event. We should be in the position to put this up soon on My Clubhouse. Cecilia is currently testing out fish and chip shops! I will also be asking you all if you would like the option of maybe just bringing you own nibbles if you are not a lover of fish and chips.

Finally, Good luck to those who have a team in the FIFA Women's World Cup!

Reading Roadrunners Committee Meeting

Tuesday 11 July, 7pm (by video call)

The Committee

| | |
|-----------------|------------------------|
| Sam Whalley | (Chair) |
| Kerri French | (Social secretary) |
| Kayleigh Forbes | (Website/social media) |
| Chris Manton | (Ex officio) |
| Angharad Ross | (Ex officio) |
| David Fiddes | (General secretary) |
| Ian Giggs | (Membership secretary) |
| Art Atwal | (Coaching liaison) |
| Chris Burt | (Treasurer) |

Apologies for absence

Stuart Lunn (Ex officio)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

It was decided not to make a club donation to Sid Gibb's funeral charity. There were a variety of reasons for this including timing, conflict with the club charity process, and the state of the club finances. It was agreed that a new club award would be awarded in Sid's memory.

Chair's Report

It's been another busy month for the club.

The track has been a popular place on a Wednesday evening. The groupings seem to be working well. Thank you to Jamie for co-ordinating. Any opinions?

The Hampshire Hoppit half marathon club champs race was well attended.

There were second place positions for men's and women's teams, and third for the vets' team, in the Ridgeway Relay, on a very hot day.

Last weekend we co-hosted the final vets league fixture of the season with Reading AC, and this was another good day for the club.

Thank you to Chris Manton and the team captains for all their hard work organising teams. Runnymede Relays next, and then the social 'naked' relays in Woodford Park.

I hear that the latest Track Friday was a great success, with lots of fun and some money raised for the charity. Well done to Fergal for trying something new.

Liz Atkinson has been busy finding fundraisers for the club charity, Understanding Dementia, with the latest being a sweepstake for the Women's World Cup.

Well done to Kerri for managing to get a good price for a coach to Bognor Regis. I see other events on the calendar include games in the park, a day at the races, and go-karting, which I'm sure will all be popular.

Kerri is also keeping our alumni involved with monthly coffee mornings. I think this is a lovely initiative.

The pub runs and outruns have continued and are popular. Thank you to Stuart for co-ordinating these.

Now that it is the end of term, and I am more free, I want to spend some time organising the website, with the help of Paul and Sapna. Any suggestions welcome.

General Secretary's Report

David reported a clash of dates with Reading Joggers use of the track on Friday 7th July and the Track Friday relay event. Reading Joggers moved their date to the following date, but it illustrates the need for better coordination of use of the track on Friday.

Treasurer's Report

Shinfield 10k race accounts have been finalised with Colin Cottell. The race generated a surplus of £5,298 which will be split between the charities as per previous years.

Club accounts for June show a £42 surplus (therefore relatively immaterial), however key points of note:

- £663 banked from kit sales at Up & Running, which will be a culmination of a number of months' kit sales
- Runneymede Relay entry costs of £360 funded by the club
- Catch up on monies owed by Reading Uni (£420 received for this term and last) which helps net down our track hire costs
- Final costs of dealing with storage removal incurred (£256) by Stuart, van hire and other disposal costs
- Some silver lining to the recent interest rate rises, the club is benefitting from c.£100-150 per month on interest accrued

Membership Secretary's Report

In June, we had 6 new members to bring the total up to 466 members.

Everyone who is on our England Athletics database has now been marked as 'paid' to the

club that has renewed/joined with the correct membership type.

Social Secretary's Report

Made good progress on securing a Coach for the day trip to Bognor Regis. 29 people have signed up and paid. I only need 1 more person and that's the Coach cost covered. It's a 53 seater coach, so plenty spaces left.

If any surplus money is raised we can decide to offer bookers a partial refund and or donate some to the club charity. I'll keep the Committee updated on our WhatsApp group as we don't have a meeting in August.

All other events are on MyClubHouse and open for booking.

I've confirmed with The Penta that we've chosen them for our Annual Awards night on March 23rd 2024.

Coaching Report

Harriet who led many outruns and couch-to-5k sessions for our club leaves Reading having completed her PhD - congratulations and many thanks for your coaching in the club. Hopefully we'll catch up with Harriet one last time on a Wednesday soon for a send-off.

AOB

• Friday sessions

A couple of points were raised concerning Friday track sessions. The coaches raised concerns over continued low attendance; and we have been approached by Wargrave Runners to see if they could do occasional shared sessions.

It was agreed that we would discuss shared sessions with Wargrave along the same lines as Reading Joggers and the university.

We also discussed the need to further publicise Friday sessions including issuing reminders on social media a day or two before with details of the session. This approach is already in use for some Wednesday coaching sessions.

- **Vets League**

It was agreed that the club would continue to participate in the Southern Counties Veterans Athletics Club league.

Our participation in the track and field events could do with more publicity. Chris M presented a write up of this year's results which would look good in the newsletter. We will also look at more practice sessions ahead of next year's events and inclusion of these events in the club records.

- **Non-members on social runs**

Ian had a request for a guest to join the next pub run. Normally these are members only runs; however, this guest was a possible new member and it was agreed that social runs could count towards prospective members' three trial sessions.

Next Meeting: 19:00 Tuesday, 12th September via Zoom.

Main Club contact points:

Chair, Sam:
chair@readingroadrunners.org

Membership Secretary, Ian:
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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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Ridgeway Relay 25 June 2023

Sam Whalley



The Ridgeway Relay takes place every year, on a Sunday between the middle and end of June. Reading Roadrunners has entered four teams into the race for years – two Mostly Men teams (must have two women), one Mostly Ladies team (can have up to two men), and one Vets team (must have two women, all must be 50+).

In the words of (Farmer) Chris Webber, 'This race is really bizarre because it's about to start and I'm still on my tractor!' No, he wasn't late; the 86-mile race is run over ten legs, beginning at Ivinghoe Beacon at 7.30am, with the presentation in Marlborough at 8pm.

There are a couple of short legs - legs 2 and 4 - but, like all of the others, these are very undulating, and the terrain can be tricky.

It is recommended that you recce your leg in advance, to ensure you are not having to stop and read signs during the race itself, and so that you can provide an estimated time for captains to be able to tell your teammates when to get to the start of their leg. Kudos to Kat Charles, whose recce involved a train, a coach and a bus, or something like that. Fortunately she was able to car share on race day.

Despite each team's participants being spread over 86 miles, it feels like a real team event, largely because of the logistics involved in getting everyone to the right place at the right time, and then ensuring they can get home at the end. No one really wants a 10-mile jog back to their car, unless you're Sarah Dooley (OK, it was only 6). There's no baton, just a slap of the hand, and it really is exciting to see your green vested teammate appearing in the distance.



If you've never met them before, you're pleased to know they've got the same number as you! To ensure the race finishes during daylight, there are a couple of mass starts during the day, for leg 7 and leg 10. This year the mass starts applied to all of our teams, except the A team.



Dimi Gospodinov got the A team off to a great start, finishing his leg in 9th place, which Sarah Dooley maintained over leg 2. Fergal Donnelly said he really struggled on leg 3, with the sun seriously starting to heat up when he set off at 9.30, but the team remained in 9th, with Kat Charles bringing them up to 8th with a well-run leg 4.



Matt Sarjent ran the fastest leg 5 of the day, taking the team up to 6th. He was only back in the UK for the weekend, while currently working in Switzerland - thanks, Matt!

Dave Boulton ran leg 6 during the hottest part of the day, starting at 12.30, and he had us worried when he handed over to Lance Nortcliff, having seriously overheated, but taken the team to 4th in the process. Thankfully there were plenty of us around to give Dave some shade, sugar and fluids. A hard-run leg, but now the podium was in sight.



Lance maintained 4th place, running the 3rd fastest time for leg 7, and Dan Moore was the fastest on leg 8, gaining one more place. Could they hang on to 3rd?

Even better, Mark Worringham was 3rd fastest on leg 9, overtaking one more team for 2nd. Headington had a 12-minute lead, but Witney were only 3 minutes behind, so it was down to Ridgeway first-timer Chris Moseley to try and hold on. No pressure, Chris! Thankfully, he rose to the challenge, and the team finished in 2nd place, a brilliant result!



This year the placings were all about the A team, but there were some notable results elsewhere. The Mostly Ladies team was 2nd in their category, and the Vets team was 3rd. There were some individual performances of note too.



In the Vets team, Clive Alderson regained 10 of the 11 places I had lost on leg 2, with his excellent leg 3. New member Edwina McDowall made up 7 places on leg 4.

In the Mostly Ladies team, new member Amy Cooper gained 3 places on leg 2, as did Ann Rostern on leg 3. Sophie Courtier made up 2 places on leg 5, and Holly Sedgwick 4 on leg 7. Ashley Middlewick gained 3 places on leg 9.



There were several fallers during the day, most shockingly, Pete Jewell, whose legs looked like he'd crawled along a bramble bush.

Men's captain Tony Page recorded the longest run of the day, with a half marathon distance, having gone 2 miles out of his way in Ogbourne St George!

Despite the brutally hot weather and tough course, this was a very enjoyable day for the club. If you haven't yet tried it, you really should!

Midnight Sun Marathon 18 June 2023

James Chandler

Last month I ran the Midnight Sun Marathon in Tromsø, Norway. The race starts at 8:30pm and runners run throughout the night. There's an incredible atmosphere when you finished - lots of runners in silver blankets walking through the town alongside lots of local revellers enjoying their Saturday night! I was running in Tromsø 6 weeks after a new PB in London (3:00:57) and was completely focused on going under 3 hours - but with lots of unknowns about the course, time of day, pre-race fuelling, travel etc.

I'm really enjoying the Instagram trend of runners writing their marathon race reports - so have done something similar below - basically how I was on for sub 3 hours, until I wasn't! In short though, it's the most incredible marathon - not just because of the uniqueness of running through the night in total daylight - but Tromsø is a really special place, the locals get very excited about the marathon and are incredibly supportive along the route. I'd 100% recommend it. Tony (Page) has run it before too - so feel free to pick our brains if you're considering!

Night before

Went for a shake out over the infamous bridge I'd go over and back the next day - had watched lots of videos in the weeks leading up and tried to gauge the elevation via Garmin/Strava - but wanted to get a feel for how steep it was. It was pretty steep...

1-5mi

Went off a bit hot, it was through the town, loads of crowds, all basically downhill until the bridge. Got into a nice rhythm going up - glanced at pace, was around 6:52 - coasted down the other side. Found myself running alongside a Datchet Dasher - small world.

6-10mi

Long stretch out and back, caught up with a group of 4 in front of me, they were doing 6:47s like clockwork - taking turns to run off the front, honestly thought that these guys would take me to the end! Nice rhythm, really relaxed, glancing at the watch but really trying to get into sleep mode as these guys were just bang on pace and it felt really good.

11-15mi

Last water stop before going back over the bridge, the pack split up - the others were faffing and I was able to grab water (in cups - so hard to drink) and coast through. Thought about waiting for them, but made a decision and pushed on. Ran the bridge solo - focused on keeping pace steady around 6:50. Then back through town and out on a long out and back towards the airport. Not long after the bridge, 2 from the pack before caught me up - was secretly glad. Tucked back in with those 2 and we started picking people off. Added a couple to the pack too.

16-20mi

A big Norwegian guy we'd picked up was leading the pack, but we were slowing, 6:50 then 6:55 then close to 7:00. The others seemed content to just sit with him, but I knew it was too slow and I was getting restless. I realised I needed to make a move, even though I knew it meant going solo and leaving the pack. Went by the Norwegian guy and got my head down and started to work.



Waves of feeling good and strong up against waves of knowing I was starting to have to work much harder. My mind was starting to trick me into thinking I'd cruise this sub-3 - then I'd jolt myself back into the moment and tell myself to just stay in this mile and get to 20mi in good shape. Passed 3 or 4 other runners who looked spent, which felt good personally. Then solo from mile 18 until 20 into a headwind, which was a loop around a cone and back towards town. Honestly felt like that cone was taking ages coming, going further and further away from town to reach this turning point. Got there, deep breath, turned then started seeing all the runners I'd passed coming the other way. Almost in an instant my legs felt heavy, a sort of stitch came on in my stomach - I dug deep but couldn't put a dent in the pace which was 6:55 / 7:00.

21-25mi

Knew I was in a bit of trouble and tried to double down on cadence, telling myself I had more and just had to take it 1k at a time. K markers were taking an eternity to come around and even though I'd just run it the other way, the course felt very undulating. At the 7k to go marker, I changed my watch screen to time elapsed, as couldn't bear to watch the pace keep dropping. I knew sub 3 could still be on as I'd got to mile 20 with av pace of 6:48, so had a cushion. But just couldn't get the legs turning. The big Norwegian guy I'd passed 30mins earlier came past me, uttered something encouraging. I tried to dig in and stay with him as I knew that my only chance of sub 3 was probably to stick with him. Managed about 30sec worth before he started to drift away. Glancing down at watch with 1k to go, 2:58, I knew sub 3 was gone.

26mi

Pulled myself together as we reached the centre of town, crowds were brilliant and I was entirely on my own so allowed myself a smile and opened up my stride as the finish line came into sight. The moment I crossed the line it felt like all those weeks of training since January, sacrificing family time, the early mornings, the hurried lunchtime runs at work were all in vain as I hadn't achieved what I'd set out to do. Found the Norwegian guy at the end, he'd run a 3:01 PB and was so happy which made me feel much better. Can't help but think if I'd stuck with him and we'd worked together we both could have gone under 3. Couldn't eat anything after for ages. Sipped some lucozade and managed to force down a banana before falling asleep at 3am-ish.



Roadrunners' Race Results

David Dibben

Plenty of track and field data this month, as well as club relays. Those relay events have a nice balance — the competitors see how quickly they can run them and then the admin people see how slowly they can produce the results.

April 30th

Alexander The Great Marathon (Thessaloniki)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|------------------|-------------|
| 587 | Caroline Jackson | 4:07.59 |
| 864 | Paul Monaghan | 4:41.02 |
| 873 | Martin Bush | 4:42.55 |

June 15th

Vets Track and Field League (Abingdon, event 3)

M35B 200m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 3 | Ian Giggs | 30.2 PB |

M50 200m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 7 | David Fiddes | 33.6 |

W60 200m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 3 | Adele Graham | 39.1 |

M35A 1500m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 7 | Ian Giggs | 5.10.7 |

M50 1500m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 7 | David Fiddes | 5.51.3 |

W35A 1500m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 5 | Helen Pool | 6.00.4 |

M35A 5000m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-----------------|---------------|
| 6 | Fergal Donnelly | 18.25.2 |

M50 5000m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 4 | Tony Page | 19.20.4 PB |

W50 2000m walk

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 4 | Gill Manton | 18.27.7 |

M50 long jump

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 6 | David Fiddes | 3.37m |

W50 long jump

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 4 | Kerri French | 2.18m |

W60 long jump

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 2 | Adele Graham | 2.60m |

W50 hammer

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|-------------|-----------------|
| 5 | Gill Manton | 12.58m |

W60 hammer

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 3 | Adele Graham | 16.95m |

W40 javelin (non-scorer)

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 1 | Kerri French | 8.44m PB |

W50 javelin

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|-------------|-----------------|
| 4 | Gill Manton | 12.10m PB |

W60 javelin (non-scorer)

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 1 | Adele Graham | 8.90m |

June 23rd

Bracknell Samaritans 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------------------|-------------|
| 22 | Nigel Hoult (2nd M60) | 48.44 |
| 92 | Claire Raynor (2nd W50) | 75.36 |

June 24thRidgeway Relay, Roadrunners A

| <i>Leg pos</i> | <i>Name</i> | <i>Time</i> |
|----------------|--------------------|-------------|
| 9 | Dimitar Gospodinov | 1:12.29 |
| 9 | Sarah Dooley | 51.55 |
| 11 | Fergal Donnelly | 1:12.47 |
| 5 | Kat Charles | 38.30 |
| 1 | Matt Sarjent | 1:09.33 |
| 4 | David Boulton | 1:13.09 |
| 3 | Lance Nortcliff | 1:03.28 |
| 1 | Dan Moore | 48.49 |
| 3 | Mark Worringham | 1:10.14 |
| 5 | Chris Moseley | 1:01.25 |

RR A: 2ndRidgeway Relay, Roadrunners B

| <i>Leg pos</i> | <i>Name</i> | <i>Time</i> |
|----------------|----------------|-------------|
| 40 | Pete Morris | 2:01.28 |
| 12 | Mike Worsfold | 53.24 |
| 31 | Jon Green | 1:36.11 |
| 38 | Peter Higgs | 1:02.17 |
| 26 | Andrew Webber | 1:33.25 |
| 40 | Stuart Lunn | 2:08.11 |
| 36 | Sian James | 1:37.25 |
| 37 | Claire Seymour | 1:31.35 |
| 34 | David Fiddes | 1:45.31 |
| 10 | David Walkley | 1:17.49 |

RR B: 39thRidgeway Relay, Roadrunners Vets

| <i>Leg pos</i> | <i>Name</i> | <i>Time</i> |
|----------------|-------------------|-------------|
| 23 | Alan Freer | 1:28.42 |
| 36 | Sam Whalley | 1:08.28 |
| 14 | Clive Alderson | 1:16.22 |
| 6 | Edwina McDowell | 39.46 |
| 10 | Chris Webber | 1:19.47 |
| 33 | Eoin McLeod | 1:38.10 |
| 29 | Colin Cottell | 1:26.41 |
| 33 | Catherine Leather | 1:23.28 |
| 37 | Tony Page | 1:49.21 |
| 8 | Pete Jewell | 1:05.28 |

RR Vets: 24th (3rd vets)Ridgeway Relay, Roadrunners Ladies

| <i>Leg pos</i> | <i>Name</i> | <i>Time</i> |
|----------------|-----------------|-------------|
| 23 | Jon Kew | 1:28.42 |
| 18 | Amy Cooper | 54.40 |
| 22 | Ann Rostern | 1:22.40 |
| 23 | Julie Rainbow | 49.06 |
| 19 | Sophie Courtier | 1:27.51 |
| 27 | Naomi Gardner | 1:33.31 |

| | | |
|----|-------------------|---------|
| 18 | Holly Sedgwick | 1:14.55 |
| 29 | Liz Ganpatsingh | 1:18.19 |
| 17 | Ashley Middlewick | 1:23.10 |
| 22 | Chloe Lloyd | 1:14.31 |

RR Ladies: 18th (2nd ladies)Wargrave 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 26 | Mark Andrew | 45.16 |
| 73 | Alex Eyles | 51.48 |
| 154 | Jim Kiddie | 61.26 |
| | (2nd M70) | |
| 205 | Lucy Radburn | 68.48 |

Midsummer Murder 10

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------|-------------|
| 7 | Paul Billing | 1:42.27 |
| | (1st M50) | |
| 31 | Bryan Curtayne | 1:57.50 |
| 32 | Mark Allen | 1:57.59 |
| 33 | Liz Jones | 1:58.14 |
| | (2nd W60) | |
| 91 | Nora Holford | 2:31.03 |

Emmer Green 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 39 | Steve Dellow | 56.21 |
| 59 | Joe Blair | 60.15 |
| | (3rd M60) | |
| 104 | Tim Miller | 70.49 |
| 110 | June Bilsby | 72.59 |

Emmer Green 5k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 6 | Lorna McLeod | 33.48 |
| 24 | Linda Wright | 44.46 |
| | (2nd W55) | |

Gibbet Challenge 10k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 1 | Ryan O'Brien | 41.34 |

June 27thSri Chinmoy 5k

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 72 | Chris Burt | 16.51 PB |

June 28thWatford Graded Meeting1500m, heat 1

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-----------------|---------------|
| 6 | Brendan Russell | 4.36.96 PB |

1500m, heat 3

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 5 | Jacob Atwal | 4.12.10 PB |

3000m, heat 1

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|---------------|---------------|
| 9 | Keith Russell | 10.09.45 PB |

3000m, heat 2

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 12 | Ben Paviour | 9.18.36 |

July 2ndDidcot 5 (club champs)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|----------------------|-------------|
| 12 | Dimitar Gospodinov | 29.41 |
| 19 | Dan Zagya | 30.58 |
| 21 | Chris Webber | 31.27 |
| | (3rd M50) | |
| 27 | Brooke Johnson | 32.19 |
| 31 | Jamie Smith | 32.59 |
| 45 | Alan Freer | 34.34 |
| | (1st M60) | |
| 48 | Chris James | 34.44 |
| 64 | Liz Johnson | 37.54 |
| | (2nd F35) | |
| 66 | Julie Sugden | 37.58 |
| | (3rd F35) | |
| 68 | Celia Meacham | 38.09 |
| 69 | Steve Dellow | 38.30 |
| 84 | Joe Blair | 40.06 |
| 94 | Claire Raynor | 41.44 |
| 100 | Tim Miller | 43.24 |
| 105 | Catherine Leather | 44.08 |
| 108 | Eddie Thorpe | 44.20 |
| 125 | Sarah Richmond-Devoy | 47.27 |
| 127 | Kira Moffat | 47.54 |
| 131 | Adele Graham | 49.11 |
| 142 | Linda Wright | 56.37 |
| 151 | Julie Wing | 67.55 |

Ashbourne Half Marathon

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 114 | Mark Allen | 1:54.55 |

Vets Track and Field LeagueW35 Shot Putt

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 2 | Clare Bryant | 7.53m |

W35 100m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 3 | Clare Bryant | 14.4 |

W35 3000m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 3 | Helen Pool | 11.52.3 |

W50 Shot Putt

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|-------------|-----------------|
| 6 | Gill Manton | 6.37m |

W50 100m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 6 | Adele Graham | 19.7 |

W50 Discus

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|-------------|-----------------|
| 4 | Gill Manton | 15.48m |

W60 Discus

| <i>Pos</i> | <i>Name</i> | <i>Distance</i> |
|------------|--------------|-----------------|
| 4 | Adele Graham | 10.08m |

W60 400m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 4 | Adele Graham | 1.49.2 |

RR ladies: 6thM35A 3000m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 1 | Ryan O'Brien | 9.38.8 |

M50 100m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|--------------|---------------|
| 5 | Chris Webber | 15.4 |

M50 3000m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-----------------|---------------|
| 2 | Lance Nortcliff | 10.22.4 |

M60 3000m

| <i>Pos</i> | <i>Name</i> | <i>Timing</i> |
|------------|-------------|---------------|
| 1 | Pete Jewell | 11.03.5 |

RR men: 7th

July 5th**Yateley 10k (race 2)**

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------------|-------------|
| 6 | Dan Moore | 34.35 |
| 8 | Olly Poole | 36.01 |
| 10 | Joe Bend | 36.17 |
| 11 | Chris Moseley | 36.30 |
| | (2nd M40) | |
| 67 | Gareth Griffiths | 42.36 |
| 72 | Clive Alderson | 43.13 |
| 81 | Ian Giggs | 43.52 |
| 107 | Chris Dench | 46.27 |
| 136 | Paul Carter | 47.53 |
| 155 | Fiona Kingston | 48.44 |
| 156 | Celia Meacham | 48.46 |
| 159 | Collette Callanan | 48.55 |
| 161 | Wayne Farrugia | 49.05 |
| 186 | Jane Dench | 50.08 |
| 414 | Angelique Haswell | 62.29 |

July 7th**Wendover Woods 100**

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 6 | Gary Tuttle | 29:22.17 |

July 9th**Barnstaple 10k**

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|-------------|-------------|
| 132 | Sam Whalley | 62.01 |

July 13th**Dinton Summer Series 10k (race 3)**

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|---------------|-------------|
| 2 | Jon Kew | 39.41 |
| 8 | Eoin McLeod | 41.30 |
| | (1st M50) | |
| 28 | Julie Sugden | 48.02 |
| | (1st W40) | |
| 55 | George Nyamie | 54.42 |
| 99 | Trisha Arnold | 73.51 |
| | (st W70) | |

Dinton Summer Series 5k (race 3)

| <i>Pos</i> | <i>Name</i> | <i>Chip</i> |
|------------|--------------|-------------|
| 26 | Lorna McLeod | 23.58 |
| | (1st W50) | |
| 67 | Kevin Strong | 30.53 |

July 15th**Runnymede Relays****RR Barbarians**

| <i>After leg</i> | <i>Name</i> | <i>Split</i> |
|------------------|-----------------|--------------|
| 4 | James Armstrong | 20.42 |
| 3 | Dan Zagya | 22.11 |
| 3 | Sarah McDade | 24.40 |
| 3 | Pete Jewell | 23.21 |
| 3 | David Boulton | 21.39 |
| 3 | Brendan Russell | 21.23 |

RR Corinthians

| <i>After leg</i> | <i>Name</i> | <i>Split</i> |
|------------------|-------------------|--------------|
| 11 | Katherine Streams | 24.10 |
| 9 | Helen Pool | 27.26 |
| 6 | Tony Page | 24.02 |
| 7 | Nikki Gray | 24.16 |
| 7 | Chloe Lloyd | 26.13 |
| 6 | Chris Webber | 23.52 |

RR Olympians

| <i>After leg</i> | <i>Name</i> | <i>Split</i> |
|------------------|----------------|--------------|
| 20 | Dan Rickett | 27.56 |
| 12 | Jon Green | 26.38 |
| 13 | Ann Rostern | 26.53 |
| 10 | Ian Giggs | 25.19 |
| 10 | Celia Meacham | 28.11 |
| 10 | Katherine West | 23.18 |

RR Coyotes

| <i>After leg</i> | <i>Name</i> | <i>Split</i> |
|------------------|-----------------|--------------|
| 25 | Tina Woffington | 33.22 |
| 25 | Stephanie Smith | 38.05 |
| 25 | Stuart Lunn | 34.43 |
| 25 | Pauline Bravet | 28.49 |
| 23 | Antoin Chabron | 25.45 |
| 23 | Mark Allen | 28.15 |

RR Trojans

| <i>After leg</i> | <i>Name</i> | <i>Split</i> |
|------------------|----------------|--------------|
| 24 | Andy Atkinson | 32.46 |
| 23 | Jim Kiddie | 33.06 |
| 24 | Ken Beck | 37.07 |
| 24 | Toni McQueen | 31.46 |
| 25 | Eddie Thorpe | 33.46 |
| 25 | Heather Bowley | 40.42 |

RR Spartans

| After leg | Name | Split |
|-----------|--------------|-------|
| 30 | Gill Manton | 52.50 |
| 30 | Chris Manton | 31.57 |
| 30 | Kevin Strong | 39.16 |
| 27 | Mary Janssen | 29.15 |
| 30 | Linda Wright | 51.15 |
| 29 | Pete Morris | 31.27 |

RR Athenians

| After leg | Name | Split |
|-----------|-----------------|-------|
| 27 | Pete Higgs | 38.51 |
| 29 | Lorraine Bailey | 44.22 |
| 29 | Suzanne Bate | 39.21 |
| 29 | Kerry Eastwood | 33.50 |
| 29 | Becky Mellor | 40.17 |
| 30 | Sophie Higgs | 49.02 |

Phoenix Titanic Marathon

| Pos | Name | Chip |
|-----|-------------|---------|
| 25 | Martin Bush | 5:48.55 |

July 16thIlkley Half Marathon

| Pos | Name | Chip |
|------|------------------------------|---------|
| 66 | Lance Nortcliff (2nd M60) | 1:23.28 |
| 1103 | Claire Seymour | 2:05.09 |

Dorney Half Marathon

| Pos | Name | Chip |
|-----|-------------|---------|
| 139 | Vroni Royle | 1:57.37 |

July 18thStandard Chartered City 5k

| Pos | Name | Chip |
|-----|-------------|----------|
| 133 | Liz Johnson | 22.50 PB |

Summer Relays 2023

Kerri French, Race Director

This event started in 1990 and we traditionally run it on a Tuesday before the schools break up for summer. Every year the course is different and top secret! Marshals are sworn to secrecy.

It was a really fun evening, even though the course can really scramble people's heads!



No matter the ability, age or pace of runners. The real skill was knowing their pace and guessing it right without wearing a sports watch on the night, or sneaking a phone in a pocket.



We always open the event to Non-Reading Roadrunners. It was well supported by other local clubs. Reading AC ladies were out in force & Reading Joggers represented with their very social crew & there were lots of local non-affiliated runners too.

The winning team were Happy Feet from Reading AC ladies with a combined deficit of 44 seconds for all 3 legs. The individual winner and person closest to their predicted time was David Head, who was two seconds out. And finally, the biggest cheer always goes to the losing team Scrambled Legs who won 'Spatulas of Shame' after being 314 seconds out. Full team and individual results are included below on pages 19 to 21 of this newsletter.

We raised a fantastic amount of around £500 for the club charity and all the marshals worked so hard to help deliver the event.

Make sure you put the event on your calendar for next year, our 34th Summer Relays. It really is something special and our oldest most funniest event we organise.



Summer relays - Individual Results 2023

| Place | Team | Team Name | Name | Actual | Predicted | Error |
|-------|------|-------------------------------------|-----------------------|----------|-----------|-------|
| 1= | F | Happy Feet | Amandine Joubert | 00:17:32 | 00:17:30 | 2 |
| 1= | J | I've got no idea for a team name | David Head | 00:23:22 | 00:23:20 | 2 |
| 3= | C | Choo Choo's Express Train | Tracey Eddington | 00:19:57 | 00:20:00 | 3 |
| 3= | E | Get Me Running | Oonagh O'Driscoll | 00:16:13 | 00:16:10 | 3 |
| 3= | O | Reading Joggers Three Elite Runners | Mark Reynald | 00:16:03 | 00:16:00 | 3 |
| 3= | V | The CIA | David Caswell | 00:19:12 | 00:19:15 | 3 |
| 3= | X | Trinity of Trouble | Sean Jones | 00:21:03 | 00:21:00 | 3 |
| 8= | N | Not as old as Indiana Jones! | Debbie Taylor | 00:16:40 | 00:16:50 | 10 |
| 8= | F | Happy Feet | Lucy Daniells | 00:17:00 | 00:16:50 | 10 |
| 8= | R | Runners up | Julia McMillan | 00:15:10 | 00:15:00 | 10 |
| 11 | L | Maid Marion & her Merry Men | Leo Ashton | 00:16:38 | 00:16:50 | 12 |
| 12 | T | Sisters with blisters | Emma Beazley | 00:17:53 | 00:17:40 | 13 |
| 13 | P | Reading Relay Rockets | Tom Wright | 00:17:11 | 00:17:25 | 14 |
| 14 | Y | Wild Cats | Millie Dainton | 00:17:16 | 00:17:00 | 16 |
| 15= | H | I Haven't the Joggiest | Gareth Evans | 00:18:43 | 00:18:26 | 17 |
| 15= | Z | Woodley Wanderers | Stephanie Smith | 00:23:13 | 00:23:30 | 17 |
| 15= | Y | Wild Cats | Rachel Phillip's | 00:18:17 | 00:18:00 | 17 |
| 18 | J | I've got no idea for a team name | Matthew Harwood | 00:21:18 | 00:21:00 | 18 |
| 19 | R | Runners up | Andrew Ryan | 00:17:09 | 00:17:30 | 21 |
| 20 | G | Pink Panthers | Hayleigh Wood | 00:15:25 | 00:15:00 | 25 |
| 21 | P | Reading Relay Rockets | Maureen Sweeney | 00:22:48 | 00:22:22 | 26 |
| 22 | U | Team Name: Fast or what? | Ken Beck | 00:20:27 | 00:20:00 | 27 |
| 23= | G | Pink Panthers | Belinda Tull | 00:17:19 | 00:16:51 | 28 |
| 23= | T | Sisters with blisters | Jodie Penny | 00:15:43 | 00:15:15 | 28 |
| 23= | Y | Wild Cats | Alisa Loyal | 00:18:08 | 00:17:40 | 28 |
| 26 | BB | Boozers | Tash Hall | 00:21:47 | 00:22:16 | 29 |
| 27 | Z | Woodley Wanderers | Joanne Kent | 00:21:41 | 00:21:11 | 30 |
| 28= | E | Get Me Running | Angelique Langlade | 00:18:02 | 00:17:30 | 32 |
| 28= | F | Happy Feet | Charlotte Phillips | 00:18:17 | 00:17:45 | 32 |
| 28= | H | I Haven't the Joggiest | Cameron Licciardi | 00:14:22 | 00:13:50 | 32 |
| 31 | R | Runners up | Sophie Rowse | 00:20:33 | 00:20:00 | 33 |
| 32 | N | Not as old as Indiana Jones! | Helen Antram | 00:15:34 | 00:15:00 | 34 |
| 33 | A | Anything Goes | Toni McQueen | 00:22:31 | 00:21:56 | 35 |
| 34 | W | Thursday Girls | Catherine Leather | 00:20:21 | 00:19:45 | 36 |
| 35 | T | Sisters with blisters | Shirleyann Dix | 00:16:04 | 00:15:27 | 37 |
| 36= | C | Choo Choo's Express Train | Peter Morris | 00:18:23 | 00:17:45 | 38 |
| 36= | B | Cardio Crusaders | Claire Mills | 00:18:08 | 00:17:30 | 38 |
| 38= | B | Cardio Crusaders | Katherine West | 00:13:51 | 00:14:30 | 39 |
| 38= | V | The CIA | Ian Giggs | 00:15:01 | 00:14:22 | 39 |
| 40 | B | Cardio Crusaders | Hannah Holland Wright | 00:17:40 | 00:17:00 | 40 |
| 41= | L | Maid Marion & her Merry Men | Steve Horn | 00:17:23 | 00:16:40 | 43 |
| 41= | L | Maid Marion & her Merry Men | Cozza Callaway | 00:18:43 | 00:18:00 | 43 |
| 43= | X | Trinity of Trouble | Gary Farrell | 00:19:43 | 00:18:58 | 45 |

| | | | | | | |
|-----|----|-------------------------------------|------------------|----------|----------|-----|
| 43= | H | I Haven't the Joggiest | Andrew Wade | 00:25:15 | 00:24:30 | 45 |
| 45= | O | Reading Joggers Three Elite Runners | Ryan Ward | 00:14:59 | 00:14:10 | 49 |
| 45= | BB | Boozers | Melvin Silvey | 00:21:04 | 00:20:15 | 49 |
| 47 | AA | 213.9 | Tina Woffington | 00:20:45 | 00:19:55 | 50 |
| 48 | U | Team Name: Fast or what? | James Kiddie | 00:20:56 | 00:20:00 | 56 |
| 49 | W | Thursday Girls | Sandra Sheppard | 00:23:56 | 00:22:58 | 58 |
| 50 | N | Not as old as Indiana Jones! | Kathryn Tolson | 00:18:00 | 00:17:00 | 60 |
| 51 | A | Anything Goes | Rita Dykes | 00:22:05 | 00:23:12 | 67 |
| 52 | V | The CIA | Amelia Busby | 00:21:08 | 00:20:00 | 68 |
| 53 | K | M&M'd | Moirra Allen | 00:20:30 | 00:19:20 | 70 |
| 54 | O | Reading Joggers Three Elite Runners | Katy Warren | 00:16:37 | 00:15:26 | 71 |
| 55 | U | Team Name: Fast or what? | Andy Atkinson | 00:21:12 | 00:20:00 | 72 |
| 56 | AA | 213.9 | Carl Woffington | 00:26:52 | 00:25:36 | 76 |
| 57 | A | Anything Goes | Heather Bowley | 00:25:47 | 00:24:27 | 80 |
| 58 | P | Reading Relay Rockets | Linda Wright | 00:25:46 | 00:24:25 | 81 |
| 59= | S | Scrambled Legs | Jenny Miller | 00:23:00 | 00:21:33 | 87 |
| 59= | K | M&M'd | Mike Dawes | 00:20:57 | 00:19:30 | 87 |
| 61 | Z | Woodley Wanderers | Sarah Alsford | 00:18:32 | 00:20:00 | 88 |
| 62 | X | Trinity of Trouble | Wendy Sharp | 00:21:38 | 00:20:08 | 90 |
| 63= | E | Get Me Running | Georgia Walton | 00:19:31 | 00:18:00 | 91 |
| 63= | J | I've got no idea for a team name | Paula Matthews | 00:22:18 | 00:20:47 | 91 |
| 63= | AA | 213.9 | Bob Thomas | 00:24:31 | 00:23:00 | 91 |
| 66 | K | M&M'd | Debbie Purton | 00:21:38 | 00:20:00 | 98 |
| 67 | W | Thursday Girls | Adele Graham | 00:22:13 | 00:20:30 | 103 |
| 68 | BB | Boozers | Lucy Radburn | 00:21:56 | 00:20:05 | 111 |
| 69 | S | Scrambled Legs | Sue Hamblin | 00:24:13 | 00:22:20 | 113 |
| 70 | S | Scrambled Legs | Robert Kingswell | 00:21:37 | 00:19:43 | 114 |
| 71 | C | Choo Choo's Express Train | Stuart Lunn | 00:22:45 | 00:20:50 | 115 |
| 72 | G | Pink Panthers | Anika Dixit | 00:19:38 | 00:22:00 | 142 |

Summer relays - Team Results 2023

| Summer relays - Team Results 2023 | | | | | | | | | | | |
|-----------------------------------|------|-------------------------------------|-------|------------------|----------|-----------|-------|--------------------|----------|-----------|-------|
| Place | Team | Name | Error | Name | Actual | Predicted | Error | Name | Actual | Predicted | Error |
| 1 | F | Happy Feet | 44 | Amandine Joubert | 00:17:32 | 00:17:30 | 2 | Charlotte Phillips | 00:18:17 | 00:17:45 | 32 |
| 2 | Y | Wild Cats | 61 | Millie Dainton | 00:17:16 | 00:17:00 | 16 | Alisa Loyel | 00:18:08 | 00:17:40 | 28 |
| 3 | R | Runners up | 64 | Sophie Rowse | 00:20:33 | 00:20:00 | 33 | Julia McMillan | 00:15:10 | 00:15:00 | 10 |
| 4 | T | Sisters with blisters | 78 | Shirleann Dix | 00:16:04 | 00:15:27 | 37 | Jodie Penny | 00:15:43 | 00:15:15 | 28 |
| 5 | H | I Haven't the loggiest | 94 | Gareth Evans | 00:18:43 | 00:18:26 | 17 | Andrew Wade | 00:25:15 | 00:24:30 | 45 |
| 6 | L | Maid Marion & her Merry Men | 98 | Leo Ashton | 00:16:38 | 00:16:50 | 12 | Cozza Callaway | 00:18:43 | 00:18:00 | 43 |
| 7 | N | Not as old as Indiana Jones! | 104 | Debbie Taylor | 00:16:40 | 00:16:50 | 10 | Helen Antram | 00:15:34 | 00:15:00 | 34 |
| 8 | V | The CIA | 110 | Ian Giggs | 00:15:01 | 00:14:22 | 39 | Amelia Busby | 00:21:08 | 00:20:00 | 68 |
| 9 | J | I've got no idea for a team name | 111 | Matthew Harwood | 00:21:18 | 00:21:00 | 18 | David Head | 00:23:22 | 00:23:20 | 2 |
| 10 | B | Cardio Crusaders | 117 | Katherine West | 00:13:51 | 00:14:30 | 39 | Claire Mills | 00:18:08 | 00:17:30 | 38 |
| 11 | P | Reading Relay Rockets | 121 | Maureen Sweeney | 00:22:48 | 00:22:22 | 26 | Linda Wright | 00:25:46 | 00:24:25 | 81 |
| 12 | O | Reading Joggers Three Elite Runners | 123 | Mark Reynald | 00:16:03 | 00:16:00 | 3 | Katy Warren | 00:16:37 | 00:15:26 | 71 |
| 13 | E | Get Me Running | 126 | Georgia Walton | 00:19:31 | 00:18:00 | 91 | Conagh O'Driscoll | 00:16:13 | 00:16:10 | 3 |
| 14 | Z | Woodley Wanderers | 135 | Stephanie Smith | 00:23:13 | 00:23:30 | 17 | Sarah Alsford | 00:18:32 | 00:20:00 | 88 |
| 15 | X | Trinity of Trouble | 138 | Gary Farrell | 00:19:43 | 00:18:58 | 45 | Wendy Sharp | 00:21:38 | 00:20:08 | 90 |
| 16 | U | Team Name: Fast or what? | 155 | James Kiddie | 00:20:56 | 00:20:00 | 56 | Ken Beck | 00:20:27 | 00:20:00 | 27 |
| 17 | C | Choo Choo's Express Train | 156 | Peter Morris | 00:18:23 | 00:17:45 | 38 | Tracey Edgington | 00:19:57 | 00:20:00 | 3 |
| 18 | A | Anything Goes | 182 | Rita Dykes | 00:22:05 | 00:23:12 | 67 | Toni McQueen | 00:22:31 | 00:21:56 | 35 |
| 19 | BB | Boozers | 189 | Lucy Radburn | 00:21:56 | 00:20:05 | 111 | Melvin Silvey | 00:21:04 | 00:20:15 | 49 |
| 20 | G | Pink Panthers | 195 | Anika Dixit | 00:19:38 | 00:22:00 | 142 | Belinda Tull | 00:17:19 | 00:16:51 | 28 |
| 21 | W | Thursday Girls | 197 | Adele Graham | 00:22:13 | 00:20:30 | 103 | Sandra Sheppard | 00:23:56 | 00:22:58 | 58 |
| 22 | AA | 213.9 | 217 | Tina Woffington | 00:20:45 | 00:19:55 | 50 | Bob Thomas | 00:24:31 | 00:23:00 | 91 |
| 23 | K | M&M'd | 255 | Debbie Purton | 00:21:38 | 00:20:00 | 98 | Mike Dawes | 00:20:57 | 00:19:30 | 87 |
| 24 | S | Scrambled Legs | 314 | Jenny Miller | 00:23:00 | 00:21:33 | 87 | Sue Hamblin | 00:24:13 | 00:22:20 | 113 |

Notes:-

1. Handicap finishing positions are listed in ascending order. No runners finished in accordance with estimated finishing times. Runners finishing inside estimated finish times benefitted by having a bigger headstart and the better their finish time was versus their estimated finish time, the bigger the advantage. Cells highlighted in green show runners actual running time versus estimated finish time.
2. Team whose results are highlighted in Red ran a 7th lap, adding an extra 5:35mins to their finish time. Time shown includes 7th lap
3. Actual running times are shown also broken down by Male (M), Female (F) & Mixed (MX)

22

Club Championships

Bob Thomas

Road & Multi-terrain Championship

We're now deep into this year's race schedule for the Road Championship with five races left to run. Remember that there is an extra 10K to choose from this year so if you still need to run a 10K, you still have two options: run round Yateley, or enjoy the views from the Frieth Hilly race. As you only need to return one result in each of the four distances, even if you have yet to run a Championship race this year, you can still qualify by running the remaining 5M, 10M and HM races and one of the 10Ks.

Here are the current category leaders, but all that can change...

| | Women | Men |
|--------|-----------------------|--------------|
| Senior | Flo Ledger | Callum Evans |
| Vet 40 | Sarah Richmond De'Voy | Chris James |
| Vet 50 | Katherine Streams | Chris Webber |
| Vet 60 | Linda Wright | Alan Freer |
| Vet 70 | Julie Wing | Eddie Thorpe |

Best age graded results: Katherine Streams

Remaining races:

| | |
|--------------|------------------|
| 02 August | Yateley 10K |
| 27 August | Headington 5 |
| 24 September | Windsor HM |
| 15 October | Frieth Hilly 10K |
| 29 October | New Forest 10 |

Marathon Championship

To date, 67 members have recorded at least one marathon result from 24 different races at home and abroad. As ever, the most popular marathon by far is London (34), followed by Manchester (11) and Brighton (8). Fastest times so far are 2:35 by Ryan O'Brien and 3:02 by Flo Ledger, both at London.

Here are the current category leaders, but all that can change...

| | Women | | Men | |
|--------|-----------------|------|----------------|------|
| Senior | Flo Ledger | 3:02 | Ryan O'Brien | 2:35 |
| Vet 40 | Kate Williams | 3:07 | Keith Russell | 2:45 |
| Vet 50 | Charlie Siveter | 3:12 | Alex Harris | 2:56 |
| Vet 60 | Jane Davies | 3:36 | Clive Alderson | 3:08 |