

NEWSLETTER

SEPTEMBER 2023



Jewell in the crown



A great day at Headington 5 on 27 August, with Pete Jewell setting a new MV60 club record, plus individual and team prizes for Ann, Nikki, Katherine and Flo 🙌

Editor's Intro

David Clay

Welcome to the September newsletter.

I hope you've had a great summer and are looking forward to your autumn running 😊 Those of us who were at track this Wednesday (20th) certainly felt a change in the seasons, with a session of constant rain rounded off by an absolute deluge towards the end. I can't remember being as soaked through, or seeing so much water on the track before! Huge thanks to our coaches, who volunteer their time in all weather conditions as we run around in circles. At least you're a bit warmer when you're moving!

Personally, it's been nice to see some gradual improvements in my running fitness over the summer, after a pretty frustrating year trying to recover from injury. I'm edging my parkrun time down a bit closer to the magic (for me, anyway!) 20-minute mark and would love to dip under it again before the end of the year. I'm also looking forward to running a half-marathon with friends in November.

If you're excited about the cross-country season beginning again, then men's captain Tony Page has made life easy for you with a super-comprehensive article (see page 5) explaining how the different events work and setting out all the key dates for your diaries. If you'd like to get involved in XC this season then I'm sure Tony and women's captain Chloe Lloyd will be very happy to have you on their teams!

Thanks to everyone who has sent something in for this edition. If you would like to contribute to the next newsletter, please message me at newsletter@readingroadrunners.org by Monday 16th October.

And finally, congratulations to two of our members, Paul Monaghan and Caroline Jackson, who are getting married in Cyprus on Thursday (28th). A few Roadrunners will be attending and marathon man Martin Bush will be the best man. I'm told there will not be any running involved, but I find that quite hard to believe!

Have a great month.
David

Chair

Sam Whalley



chair@readingroadrunners.org

It doesn't feel like very long ago that we were enjoying the summer, albeit a not very summery one, but already it seems like winter is fast approaching – the flood lights are being switched on at the end of a track session, and those evening runs now need to involve some hi-vis and lighting. (Please bear this in mind if you intend to join a Thursday outrun.)

It is great to see so many people continuing to turn out for track on a regular basis. You may have noticed a push too towards our Friday slot. We are fortunate to be able to offer this to our members, and, if you have ever been down on a Friday, you will notice it being shared, during term time, with the Reading University students, and at other points during the year, Reading Joggers and Wargrave Runners.

This would be a good time to thank Tony Canning for his input over the years, and we hope that he will be able to make the most of his long weekends now that he has stepped away. Thank you also to the other coaches who take the time and effort to plan training schedules for us all, and who stand out in the sun and rain to deliver them; we really appreciate it.

After all the effort on the track, it is really nice to see people sharing their race plans and experiences on our social media. Don't forget to tell us what you're up to and tag @reading_roadrunners in your runs and races. I hear there was a huge turnout for the Yateley 10k last month, and prizes galore – well done! There are only a few races left in the club championship, so if you have yet to do a half marathon, 10k or 10 mile, make sure you check out what's coming up and get signed up. As they say, you've got to be in it to win it!

Outside of running, it is really nice to see such a busy social calendar, courtesy of our social secretary and charity co-ordinator, both of whom I am sure will be providing updates in this newsletter. The daytrip to Bognor Regis was typical British seaside fun, and the recent musical bingo was a really uplifting evening, with fish & chips and lots of singing.

It won't be long before we're into my favourite time of year, XC season, although injury means I will be sitting it out this year. If you haven't run XC since you were at school, give it a go! I promise you won't have to run along the verge of a dual carriageway... maybe that was just my school... but you will feel part of a team more than ever. Planning is underway for our home fixture in January, so don't be shy in coming forward to volunteer for that, or alternatively, Bramley 20/10 in February, or Shinfield 10k in May. Remember, if everyone did one thing, we'd be covered!

On a volunteering note, I'll take this opportunity to mention that everyone in a named position at the club is a volunteer, acting with the best interests of the club at heart, often alongside a full-time job, and any issues should be directed to me, via chair@readingroadrunners.org.

Happy running!
Sam

Women's Captain Chloe Lloyd



teamcaptains@readingroadrunners.org

Hello Autumn.

This newsletter report is coming all the way from Amsterdam, well somewhere between Amsterdam and Reading as I am sitting on the Eurostar!

There has been a fair amount of racing over the last couple months, more than I usually do that's for sure! I missed the last report through pure exhaustion, but I did a couple of short write ups on Facebook for the Ridgeway and Runnymede Relays. So to recap:

Ridgeway Relays. I was immensely proud of every single person who ran. It was a big commitment. Not only are the legs tough but the travelling involved can be somewhat tricky to coordinate. And then there was the weather. Some of you were running in 30+ degree heat. I am so glad you all made it home in one piece. We had some awesome results. The 'A' team (mostly men) came second (10:22:19) to Headington

(10:04:41). The Ladies team (mostly ladies) came second (12:48:25) to Whippet Wonder Women (12:38:46) and the Vets team came third (13:16:19), behind Whippet Greys (12:32:24) and Handy Cross (12:44:18).

Runnymede Relays. Having never run the event before, I wasn't quite sure what to expect. It was a well organised event hosted by Runnymede Runners that consisted of an undulating 3.6-mile loop through the Great Park. Thank you to all that ran, spectated, cheered and provided much needed banter. It was really nice to see both 'old' and new faces taking part. The weather, albeit very windy as forecast, held out for us with only a very short rain shower. We had seven teams of six take part, and our speediest team came away with a bronze medal. Well done **James Armstrong, Dan Za, Sarah McDade, Pete Jewell, Dave Boulton** and **Brendan Russell**. Datchet Dashers took 1st and 2nd place - we'll have 'em at the TVXC events later this year!

The last of the Yateley 10k series took place at the end of August. What a spectacular sea of green vests. Having watched the weather forecast for some days leading up to the event, I really thought it was going to be a wash out but something miraculously happened, and we had a super sunny and warm evening. Our women absolutely killed the field, with 10 female Roadrunners running under 45 minutes, and 10 out of the top 18 women were from the club. The event organiser appeared flabbergasted by the number of Roadrunners he called up during the award ceremony. The long list is as follows. **Kat Charles** - 3rd senior, **Pip White** - 2nd V35, **Helen Pool** - 2nd V45, **Sarah Dooley** - 3rd V45, **Carrie Hoskins** - 1st V55, **Ann Rostern** - 2nd V55, **Sian James** - 2nd V65, **Tina Woffington** - 3rd V65.

A number of half marathons have taken place over the last couple of months, but I have to mention **Sarah McDade's** performance in the Isle of Wight. 'Needles' is described as 'one of the toughest and most scenic half marathons in the country'. Sarah was the first female to cross the line in a time of 1:35. There's a reason that she runs in the group that she does on a Wednesday night! Well done Sarah.

Headington 5 was the last of the 5 mile events in the club championships at the end of August. More sterling performances from **Nikki Gray** (2nd lady, 1st W35) and **Katherine Streams** (3rd lady, 1st W45), who appear to be working well together at the moment (see results from the Big Half). PBs also set by **Flo Ledger** (32.28), **Kat Charles** (32.49) and **Becky Mellor** (52:52).

Aldershot Road Relays take place this weekend. Tony and I are just in the middle of finalising the running orders. Thank you to all those that are available to take part. Having not run this event before, I am not sure what to expect but according to Claire Seymour, it's a good one! Looking forward to seeing how we fair up against other teams. Results to follow shortly.

I've just come back from spending almost a week in Holland with ex-roadrunner Swinda Faulkner. Although the weather was typically British, we had a great time catching up. On Sunday (17th) we both ran in the Dam tot Damloop 10, which is the largest running event in the Netherlands (approx. 35,000 runners take part every year). The conditions were perfect on the day, plenty of aid stations and lots of live music and Dutch supporters. Unfortunately due to a predicted forecast of 25+ degree heat, we were advised not to race, and the decision was made to deactivate timekeeping to discourage runners from doing so, which means no official results. I know that I shaved 4.41 minutes off my 10 mile time (1.10.17), even if Power of 10 doesn't! I will just have to enter Bramley 10 on the 11th February and run the distance quicker again. Entries open on the 25th September, don't miss out!

Cross Country is looming. Come and find me on track on a Wednesday night if you have any questions. Stay patient and trust the process, you are all doing fab.

Chloe

Cross Country

Tony Page, Men's Captain

Something a little different from me this month, an information piece about cross country.

Why should you run XC?

TEN reasons to do get involved in cross country:

- feel part of a team
- experience running on different surfaces
- improve your core strength and agility
- focus on positions, not times
- better hill skills
- sense of achievement
- opportunities to volunteer
- to win an age category prize in our club cross country championships
- to qualify to run for Berkshire in Inter counties champs
- (most importantly) to have Fun!

Here is a summary of all of the events.

Hampshire Cross Country League - Saturdays

Women's race – 6km – 1.35pm

Men's race – 10km – 2.30pm

The club pays to be a member of the league, so there is no cost to runners. Club kit must be worn.

We need at least 3 women per fixture, and 5 men, or we will not have full teams.

Both Senior and Vets (age 40+) are welcome, and each runner earns individual points over the season, with trophies to be won.

The club also rewards those who compete in all of the fixtures.

Hampshire league dates below. See also: <https://www.hampshireathletics.org.uk/events/hxcl.html>

Date	League	Host	Venue
28/10/2022	Hants. League	Aldershot, Farnham & District AC	Wellesley Woodlands
11/11/2022	Hants. League	Basingstoke & Mid Hants AC	Popham Airfield
14/01/2023	Hants. League	Reading AC	Prospect Park
10/02/2023	Hants. League	Bournemouth AC	Kings Park

Thames Valley Cross Country League (TVXC) – Sundays

Men & women race together, between 8km and 10km – 11.00am

The cost for club members is £4, payable in advance on myclubhouse.co.uk

Non-members may also run, for £5.

Club members must wear club kit to score for the team. A scoring team will consist of 6 male runners (including a minimum of 2 40+ vets) and 4 female runners (including at least 1 vet). Full rules are on the TVXC website.

There are also awards for those who compete in all of the fixtures.

TVXC provisional dates below – see also: <http://tvxc.org.uk/content/event-details>

Date	League	Host	Venue and time
08/10/2023	TVXC	Metros	Hillingdon House Farm Fields, 4pm
22/10/2023	TVXC	BFR	Lightwater, 11am
12/11/2023	TVXC	Datchet Dashers	The Broccas, 11am
26/11/2022	TVXC	Sandhurst Joggers	Lord Wandsworth College, 11am
10/12/2022	TVXC	Marlow Striders	Henley Showground, 11am
07/01/2024	TVXC	RR	Ashenbury
21/01/2024	TVXC	Handycross	Bradenham Woods
04/02/2024	TVXC	TVT	Bramshill Forest

We also have our own cross country club championship. To qualify, you need to complete in at least 5 races which must include at least one TVXC race. Helping at our home fixture counts towards the 5 races. Full rules are on our club website.

SEAA Southern XC Relays – 21 October 2023, Wormwood Scrubs

Men's race is 4 legs of 4km; women's race is legs of 3km.

We need at least 3 women and 4 men, to have full teams. The club pays to enter teams.

For further details see: <http://www.seaa.org.uk/index.php/events/cross-country>

Berkshire Bucks and Oxon (BBO) XC champs – 19 November 2023, Henley Showground

Separate 8km races (for men & women) – Individual and team prizes for 1st, 2nd and 3rd senior and vet (35+) teams. We need at least 3 women and 6 men, to have full teams. The club pays to enter teams.

For further details see: <https://bbocca.uk>

SEAA Southern Masters XC champs – 9 December 2023, Horspath, Oxford

Men's race (40+/50+/60+) – 10km

Women's race (40+/50+/60+) Men (70+) – 6km

Individual awards for 1st, 2nd and 3rd, in 5-year age categories (up to 69), and 70+

Team awards (3 to score) (1st, 2nd, 3rd) will be in ten-year age bands (40/50/60)

The club pays to enter teams.

For further details see: <http://www.seaa.org.uk/index.php/events/cross-country>

Berkshire XC championships – 17 December 2023, Cookham, Berks

Those either born and/or living in Berkshire can run – the top runners can qualify to represent Berkshire in the Inter County XC championships.

Men's race (seniors and vets 35+) – 10km

Women's race (seniors and vets 35+) – 8km

Runners must enter and pay the entry fee (c. £8). Club vests must be worn.

For all age groups, the first three (and subsequent three) finishes from a club will constitute a team. Prizes for 1st, 2nd and 3rd Senior and Vets team.

For further details see: <https://www.berkshireathletics.org.uk/content/cross-country>

SEAA Southern main XC Championships – 27 January 2024, Beckenham

Women's race – 8km

Men's race – 15km

We need at least 4 women and 6 men, to have full teams.

The club pays to enter teams.

For further details see: <http://www.seaa.org.uk/index.php/events/cross-country>

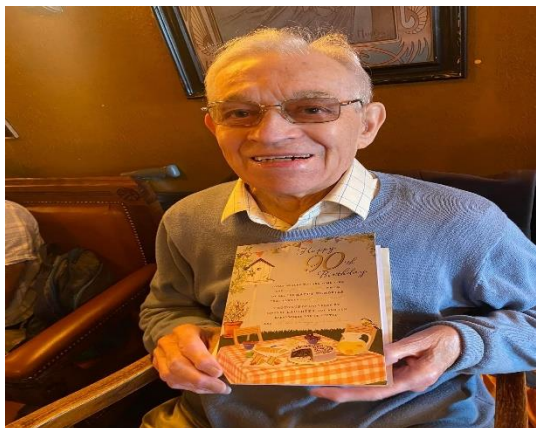
Additional links and information about cross country races is available on the cross country page of our website: <https://readingroadrunners.org/cross-country/>.

Social Stuff!

Kerri French, Social Secretary

I hope everyone has had a lovely summer. A small group of us enjoyed the **Summer Games & Rounders in the park**.

The Retired Members & Club Alumnus group have been meeting monthly throughout the Summer & celebrated member **Bill McGow's 90th birthday** recently. The next one is Monday 16th Oct 10.30am at Bosco Lounge in Woodley. No need to sign up, just turn up on the day. Big thanks to **Carl Woffington** for organising these meet ups.



The weather has been pretty inconsistent but that didn't stop the fun on our **Club Social Day out to Bognor Regis**. It was great to see so many green vests out in force, where we made up 10% of the participants at Bognor Regis parkrun. The sunshine held until mid-morning when we were subjected to a typically British downpour.

Most of us took shelter in the local pub for brunch and watched the Lionesses win their Semi Final match against Australia 3-1. Luckily we had a break in the weather to enjoy a stroll along the seafront and some brave souls even went in the sea! The most I could stand was a quick paddle.



Since our day trip I've been busy booking up not one but two Christmas socials for you to join in! Here's the events coming up for the rest of the year. Do visit **My Clubhouse** and book on to help make my job a breeze. Also, please do let me know if you have any suggestions to add to our social calendar by dropping me an email or in person at the track.

Sat 7th Oct**Ascot Races (featuring the Ascot Beer Festival)**

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

Sign up on My Clubhouse for the Queen Anne enclosure is now closed, but you can still come if you buy tickets direct from the Ascot Races website.

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

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

Sat 21st Oct**Go-Karting**

If you would like to come please email me by Friday 6th October.

socialsecretary@readingroadrunners.org

Sat 25th Nov**Coach Trip to Bath Christmas Market**

For more info & book your place here on My Clubhouse.

<https://readingroadrunners.myclubhouse.co.uk/Events/Calendar/View?id=141>

Sat 16th Dec**Christmas Event at Playlist Live in Friar Street**

Buffet and live music £25 per head.

For more info & book your place here on My Clubhouse

<https://readingroadrunners.myclubhouse.co.uk/Events/Calendar/View?id=142>

And finally save the date for the biggest event of the year!

Our Annual Awards night will take place on Saturday 23rd March

Charity of the Year – Understanding Dementia

Liz Atkinson

I can't believe it is September already and it is 6 months since you voted in our 2023 Charity Understanding Dementia. The support during these past months has been tremendous - a credit to all of you and our club. I am going to start off by updating you all on what has happened since the last newsletter in July.

Firstly, the Summer relays, which Kerri French organised and so many helped marshalling and helping behind the scenes. We decided to Raffle a Bottle of Champagne for the Charity. I set out hoping we would cover the cost of the donation....but as some of you know we raised a staggering £195. Reading Roadrunners and other clubs at the relays were very generous in buying tickets and the prize was won by Mel Silvey. Shirley Pearce (the charity founder) was so impressed that she donated a raffle prize - tickets at the O2 arena.....more on this to come later in this newsletter!

We acquired a lovely picnic basket from Shirley so we decided to also fill and raffle this. Waitrose in Woodley, M&S and Sheeplands helped us fill it with lots of goodies. The winner was Peter Higgs (very well deserved as he does so much for the club with his baking). This raffle raised £157.

We have been given several things by our members- so I would like to mention:

- Dimitar Gospodinov who gave us a bottle of wine that he had won- thanks Dimi, it was put to good use as a bingo prize!
- Ken Beck bought Kathy Tytler's book and also gave us a donation from the sale of a vintage record. The two amounted to £20.
- Gill Manton, Cecilia Csemiczky, and Tina Woffinton - Winners of the Women's world cup, donated their prize money to the charity. Thank you again ladies - £17 in total for the Charity.
- Alex Naughten Coaches. On the trip to Bognor Regis in August a tip was collected by the group for the driver, who generously asked Kerri to give the money to our Charity. £15.
- The Bingo evening - what a great night that was. Emma Caswell led us through the play list and had us all singing along. She did a fabulous job in entertaining us all. It goes without saying that Cecilia and Fiona did a fantastic job in helping me with this event. After paying for the room hire, we made £168.50. I think everyone there would agree that £5 for the ticket was well worth it. Mind you I think it was easier to raffle the Champagne than organize the bingo (LOL), but I loved the challenge and it meant that everyone who bought a ticket was a winner.



- The O2 Raffle prize donated by Understanding Dementia. This is an amazing prize- tickets for two in a corporate box at the O2 for any upcoming show, subject to availability. I started this newsletter not knowing who our winner would be. I knew I would be happy and sad at the same time! Happy to see the lucky winner be drawn, but sad for those who weren't successful this time. Congratulations to Phillip Dunnett -this is a great prize and I hope you have a great evening.

That's it for now; what next I ask myself? Suggestions on a postcard please (Aka Facebook).

Finally, I do need Liz Ganpatsingh and Chris Burt to confirm these amounts, so I won't release the total amounts raised until this has been verified by them. Again, thanks to both for their help.

Reading Roadrunners Committee Meeting

Tuesday 12 September, 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)
Stuart Lunn	(Ex officio)

Apologies for absence

None

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

It was agreed that each club race should have a committee representative to help with budget approvals and communications between the club and race committees. These are the representatives:

Kerri – Summer relay
 Ian – Shinfield
 Chris M – Bramley
 Sam – Swallowfield

Chair's Report

Thank you to you all for your input over email and WhatsApp during the summer break. It's really useful to be able to get a quick response from everyone.

The track has continued to be busy, with occasional sessions taking place outside of the stadium. Thank you to the coaches and LiRFs who are providing sessions and supporting on both Wednesdays and Fridays.

We enjoyed team successes at the Ridgeway Relay, Runnymede Relays and Headington 5, and plenty of individual successes at the club championship races. We saw a good turnout at the final vets track & field league fixture. Thank you to the team captains and team managers involved.

Charity events and socials are continuing to prove popular. The day trip to Bognor Regis was a typical British seaside experience, and the recent musical bingo was a good laugh. Thank you to Liz and Kerri for keeping us entertained.

Coming up running wise we have the road relays and cross-country season, while socially we will be counting down to Christmas.

General Secretary's Report

David has been monitoring attendance at Friday sessions and reported the following:

4th August - 12 Reading Roadrunners (including Jamie who took part in the session); 13 Reading Joggers (including their non-participating coach).

11th August - 14 Roadrunners - including Kerri (coach): 7 in Kerri's group, 6 doing their own thing.

1st September - 11 Roadrunners – including coach (Tony) – 5 following Tony's session, 5 doing their own thing; 11 "Get into running" – including coach (Kerri)

[Post meeting addition] 15th September – 10 Roadrunners – 5 following Jamie's session, 5 doing their own thing; 11 Joggers (including coach); 6 "Get into running" (including coach Ange)

We have arranged our first Friday track share with Wargrave Runners for the 29th September. Reading Joggers have requested further Fridays through until March 2024.

The London marathon draw member's draw was held at Palmer Park on the 23rd August. Helen Wing and Amelia Busby were drawn. Reserves are Vroni Royle and Donald Scott-Collett.

Treasurer's Report

Accounts for August:

Negative cash of £-2.3k, mainly due to timing of Q3 track hire payment of £1.5k coming out and £1.5k early deposit payment for Bramley toilet hire to secure best price.

Profit and Loss

Reading Roadrunners
For the month ended 31 August 2023

	Aug 2023
Turnover	
Membership	1,210.10
Total Turnover	1,210.10
Cost of Sales	
Events	1,811.50
Social	307.10
Track Hire	1,505.43
Total Cost of Sales	3,624.03
Gross Profit	(2,413.93)
Administrative Costs	
Affiliation Fees	119.00
Misc.	36.00
Total Administrative Costs	155.00
Operating Profit	(2,568.93)
Other Income	
Charity donations received	98.25
Interest Income	136.45
Total Other Income	234.70
Profit on Ordinary Activities Before Taxation	(2,334.23)

Accounts Year to Date:

- YTD surplus of c.£10.5k (you'll recall the c.£-26k deficit incurred last year as a reminder!), which will have primarily been driven by the £8.5k surplus from Bramley.

- Of this surplus:
 - There is c.£1k in the accounts owing to the Charity account that has not been paid across yet (just finalising figures with Liz and Liz)
 - We'll have the Q4 track hire payment to come later this year still
 - However we've taken the cost of the Bramley toilets early (see above) and recently spent a further £1k on club kit stock which will be selling through, so more a point of timing of expenses vs. income
- Therefore the current surplus isn't a bad reflection of where we should roughly end the year (based on rough maths, albeit we may take some costs this calendar year for hosting TVXC in January before we receive the entry fees back from other clubs)

Profit and Loss

Reading Roadrunners
For the 8 months ended 31 August 2023

	Jan-Aug 2023
Turnover	
Event income	42,341.44
Kit sales	1,907.32
Membership	29,917.71
Total Turnover	74,166.47
Cost of Sales	
Events	29,962.47
Kit	960.00
Social	9,332.50
Track Hire	4,022.67
Total Cost of Sales	44,277.64
Gross Profit	29,888.83
Administrative Costs	
Accountancy	438.00
Affiliation Fees	8,826.00
AGM	170.00
Charitable Donations	6,389.61
Coaching	200.00
Equipment	19.99
Insurance	333.29
IT Software and Consumables	1,163.83
Misc.	1,863.53
Trophies and Awards	1,634.22
Total Administrative Costs	21,038.47
Operating Profit	8,850.36
Other Income	
Charity donations received	872.31
Interest Income	816.91
Total Other Income	1,689.22
Profit on Ordinary Activities Before Taxation	10,539.58

Membership Secretary's Report

Ian reported that 8 new people joined in July and 10 in August. Total membership at the end of August is 485.

Social Secretary's Report

The Sid Gibbs Award

This award is for going above and beyond and outstanding contribution to the club in the last membership year.

Nominations can be submitted by any member for someone they believe to be worthy, along with an explanation of why they deserve this award.

Option 1: Emailed to the Chair by 31st Dec to be discussed and voted for at the January Committee meeting.

Option 2: Nominations can be emailed to the Chair by 31st Dec to be discussed and shortlisted at the January Committee meeting then voted for at the AGM by attendees in their voting paper.

Winner announced and awarded at Annual Awards night Sat 23rd March. Committee to decide whether this should be a trophy, memento or prize item (like wine/chocolates etc).

Social Update

Sat 5th Oct Ascot Races

We have enough people to buy a discounted group ticket, so I will do one last call for bookings then purchase the group ticket and send the receipt to the Treasurer.

Sat 21st Oct Go-Karting

I will send an email out asking people to come forward if they want to book.

Sat 25th Nov Bath Christmas Market

Provisional Booking made for Coach Trip to Bath Christmas Market.

Sat 16th Dec Christmas Event

Booked for 40 people for a Christmas evening out - At Playlist Live, for Buffet and live music £25 per head.

Coaching Report

Art reported that:

- Tony will no longer coach on Fridays.
- Numbers at track on Friday remain low, however they have been bolstered by Kerry's beginners' group.
- Numbers at track on Wednesdays have increased and we should consider rotating sessions as we once did with more groups rotating on track & outruns. However as we've charged for track access as part of the membership renewal this may not appeal to all.
- An 'at a glance' Emergency Procedures at track would be useful. Appreciate Stuart is working on this.

AOB

• GLL Engagement

Stuart has been meeting with GLL to discuss various matters concerning Palmer Park. These include emergency procedures, restoration of the trophy cabinet, car parking and plans for the stadium. This is an on-going discussion.

• Team events

It was agreed that there needs to be more transparency on team events and that the current

process needs updating as the some of the listed events no longer exist and the suggested budget may not be appropriate.

- **Bramley 20/10 budget**

The Bramley budget for 2024 was sent through by Adele Graham and Hilary Rennie and was presented by Stuart as committee representative of the race. The budget was approved.

- **Friday track**

Tony Canning has announced that he can no longer coach on Fridays. The committee agreed to look into a rota to include coaches and/or committee representatives.

- **Rule change**

The rules document needs to be changed to reflect that 3 free sessions could be track sessions, outruns, pub runs or a combination of the three.

- **People on track**

We will be looking into options for keeping track of who is at track on Wednesdays and Fridays for safety reasons.

- **Rounders**

Concern was raised that Peter's group have had repeated rounders sessions rather than running sessions. These are tying up multiple coaches.

- **Welcome email**

Captains have requested that they be copied in on the welcome email that new members receive.

- **TVXC**

After discussion it was agreed that separate events would be set up in Myclubhouse for TVXC events. The alternative would be to have a multi-

select option to save money on the payment fees. Ian will work with Angharad to get these events set up. The first fixture is 8th October.

- **Cross Country club league**

It was agree that there would be no changes to the cross country club championship scoring from last year.

- **Website**

There are a number of out-of-date pages on the website. Some of these could be moved to Myclubhouse, which is easier to keep up-to-date. Others need to be updated or removed entirely. This is an on-going matter.

Next Meeting: 19:00 Tuesday, 17th October via Zoom.

Main Club contact points:

Chair, Sam:
chair@readingroadrunners.org

Membership Secretary, Ian:
membership@readingroadrunners.org

Secretary, David:
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Revisiting 2023's Summer Pub Runs / Walks / Meals

Stuart Lunn

So that was the summer of 2023. Nine really well attended Pubruns / walks in beautiful countryside around greater Reading ending in a range of fine hostelrys.

Mattingley, Sonning Common, Theale, Barkham, Tilehurst, Charvil, Sherfield On Loddon, Henley On Thames, and Finchampstead.

Can we thank all our run and walk leaders / organisers: Adele Graham, Carrie Hoskins, Carl Woffington, Donald Scott-Collett, Gill Gillard, Ian Giggs, Jo Lent, Julie Rainbow, June Bilsby, Kevin Bilsby, Kevin Haskins, Pete Higgs, Pete Morris, Rob Gladwin, Sian James, and Tina Woffington. I think I've forgotten to thank a couple of walk leaders, my apologies for not taking notes at the time.

What to do on a Thursday evening from now on? Well we will have a circa 5 mile outrun at recovery pace (similar pace to The Pub Runs) every Thursday starting at 6:30pm throughout autumn winter and spring. Do keep an eye on the website, facebook, and my clubhouse for start points of each of these runs, they are all circular and most will start finish from a pub if you want a drink after.







Roadrunners' Race Results

David Dibben

Congratulations to Pete Jewell for setting a new club V60 five miles record at Headington. Pete's time of 30:18 took a minute and eight seconds off a record which had stood for 17 years.

It was Pete's third record since he joined that age group and he tells me he has unfinished business with the honours board.

While his time was officially rounded down by the Power of 10 jobsworths, I fear that other Headington figures below may be gun — rather than chip — times. Fret not... club champs standings won't be affected.

Congratulations are also due (again) to Katherine Streams for yet another age group win, this time in The Big Half. If you had a pint for every V50 gong Katherine has won in local races this season, you'd be unconscious. This time she went up to the big city and beat a field of nearly 400.

Apologies to anyone who may have run in the Great North Run... I have no results for that iconic event, which usually attracts a decent entry from RR. I'm afraid I can't do a search if I don't know who I'm searching for and the total number of entries mailed in was... zip!

July 18th

Sri Chinmoy 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
25	Mark Worringham	16.02
34	Dan Moore	16.23
69	Chris Burt	17.04

July 23rd

Elmbridge 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
69	Chris Webber	39.08 PB
159	Gemma Buley	44.17

Devil's Punchbowl Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
116	Pete Morris	6:33.32

Acorn Rouen Glen Trail Race (8k)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
27	David Caswell	42.37

July 29th

Battersea Park Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Callum Evans	1:19.55 PB
52	Kate Williams (1st W40)	1:28.10
99	Sarah Dooley (1st W45)	1:33.30

Round Reading Ultra

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Chris Moseley (3rd M40)	4:09.46
164	Sarah Walters	7:38.03
165	Caroline Hargreaves	7:38.04
166	Martin Bush	7:39.53
170	Suzanne Bate	7:51.09
171	June Bilsby	7:51.10
175	Pete Morris	8:09.08

August 2nd

Yateley 10k (race 3, club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
16	Brendan Russell	36.15 PB
18	Keith Russell	36.27
22	Callum Evans	36.56
23	James Armstrong	37.05 PB
28	Dimi Gospodinov	37.56
31	Chris Moseley	37.53
34	Lance Nortcliff (3rd M50)	38.13
37	Pete Jewell (1st M60)	38.29
41	Caroline Hoskins (1st W55)	39.07
43	Dan Zagya	39.11
48	Fergal Donnelly	39.33
61	Chris Webber	40.08
66	Jamie Smith	40.14
72	Brooke Johnson	40.32
77	Kat Charles	40.59 PB
81	Chris Stitt	41.16
82	Eoin McLeod	41.18

88	Flo Ledger	41.48
100	Helen Pool	42.10
	(2nd W45)	
104	Tony Page	42.25
106	Chloe Lloyd	42.31
110	Ian Giggs	42.42
114	Clive Alderson	42.54
115	Sarah Dooley	42.51
	(3rd W45)	
122	Amy Cooper	43.21
123	Ann Rostern	43.27
	(2nd W55)	
124	Pip White	43.27
	(2nd W35)	
126	Marco McKerlie	43.28
129	Alan Freer	43.50
130	Mike Worsfold	43.54
135	Isobel Nicklin	44.10
150	Peter Rennie	45.05
153	Alex Squire	45.15
157	Jon Green	45.03
158	Chris Dench	45.01
167	Adrian Cull	45.11
177	Chris James	45.54
185	Kaja Milczewska	45.58
189	Bill Watson	46.24
197	George Mitchell	46.25
214	David Walkley	47.07
216	Wayne Farrugia	47.29
218	Fiona Kingston	47.21
219	Celia Meacham	47.21
222	Liz Johnson	47.34
223	Julie Sugden	47.31
228	Robert Houghton	47.55
231	Mel Shaw	48.03
250	Lorna McLeod	48.29
294	Santino Piccoli	49.38
301	Pete Morris	51.08
305	Beth Stansfield	51.21
308	Gary Clarke	51.25 PB
313	Sarah Alsford	51.08
317	Kayleigh Lambden	51.32
330	Liz Ganpatsingh	52.25
346	Claire Rayon	52.42
368	Tim Miller	53.13
379	Amelia Busby	54.08
384	Lauren Prior	54.48
391	Sian James	54.51
	(2nd W65)	
394	Catherine Leather	54.59
403	Andy Atkinson	55.34
410	Tracy Eddington	55.46

437	Claire Seymour	57.21
438	Jim Kiddie	57.26
444	Tina Woffington	57.50
	(3rd W65)	
446	Christina Reay	58.33
462	Alex Bennell	59.04
498	Hilary Rennie	61.19
530	Adele Graham	64.20
538	Phil Reay	66.20
539	Ashley Pinder	65.49
562	Becky Mellor	69.00 PB

August 6thDorney 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
42	Lorna McLeod	47.33
	(2nd W50)	

Dorney Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Eoin McLeod	1:30.00
	(2nd M50)	

August 8thSri Chinmoy 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
56	Chris Burt	16.40 PB
77	Callum Evans	17.02 PB

August 10thDinton Summer Series 5k (race 4)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Lorna McLeod	23.15
	(2nd W50 in series)	
-	Justin May	23.47
-	Wendy Davies	30.18
-	Adele Graham	30.21
-	Tom Harrison	36.59
-	Linda Wright	38.51

Dinton Summer Series 10k (race 4)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Eoin McLeod	42.49
-	Julie Sugden	48.41
-	Chris Cutting	48.49
-	Angelique Haswell	60.58
-	Trisha Arnold	77.562

August 12thThames Meander Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
32	Caroline Jackson (3rd W35)	4:42.32
33	Paul Monaghan (2nd M60)	4:53.12
42	Martin Bush	5:14.07

August 13thBurnham Beeches 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Chris Burt	35.39 PB
15	Tony Page (1st M50)	41.21
117	George Nyamie	53.33
312	Linda Wright	81.25

Burnham Beeches Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
31	Sarah Dooley (2nd W40)	1:34.26
46	Hrushikesh Padhi	1:37.47
146	Amelia Busby	1:56.51
206	Pete Morris	2:06.31
225	Emma Hopkins	2:11.31
243	Andy Atkinson	2:16.33
270	Nora Holford	2:37.48

August 19thRace The Train Quarry Challenge

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
89	Kayleigh Forbes	1:01.08
180	Tina Woffington	1:11.02
279	Lucy Radburn	1:29.59
281	Natasha Hall	1:30.56

Race The Train Dolgoch Challenge

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
112	Carl Woffington	1:13.32

August 20thIsle of Wight Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
25	Sarah McDade (1st lady)	1:35.00

Big Pilgrimage Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
74	Julia Molyneux	6:28.53
75	Pete Morris	6:28.56
76	Caroline Hargreaves	6:34.03

August 25thMid Cheshire 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
851	Eddie Thorpe	27.41

August 27thHeadington 5 (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7	Dan Moore	26.57
36	Pete Jewell (2nd M60)	30.18 PB
45	Nikki Gray (2nd lady, 1st W35)	31.19 PB
48	Katherine Streams (3rd lady, 2nd W45)	31.31
51	Chris Webber	31.48
62	Flo Ledger	32.28 PB
64	Kat Charles	32.49 PB
76	Ian Giggs	33.45
87	Ann Rostern (1st W55)	34.14
90	Mark Andrew	34.19
97	Derek Cheng	34.45 PB
99	Chris James	34.47
132	Nigel Hoults	36.43
145	Tony Streams	38.09
170	Steve Dellow	39.24
209	David Leake	41.50
211	Gary Clarke	41.57
220	Pete Morris	42.35
224	Tim Miller	42.44
233	George Nyamie	43.17
246	Andy Atkinson	43.52
264	Jim Kiddie	44.56
269	Eddie Thorpe	45.21
332	Ashley Pinder	50.19
347	Becky Mellor	52.52 PB
368	Linda Wright	59.56

September 2ndRidgeway Challenge (86 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Gary Tuttle (2nd M40)	15:53.16

September 3rdThe Big Half

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
192	Dave Boulton	1:16.50 PB
720	Katherine Streams (1st W50)	1:25.23
743	Nikki Gray	1:25.41

1030	Ollie Watts	1:28.59
1663	Chloe Lloyd	1:33.46 PB
1879	Brian May	1:36.53
2787	Tony Streams	1:43.11

Munster Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1303	Martin Bush	4:30.33
1546	Pete Morris	4:52.45

Overton 5

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
24	Lance Nortcliff	29.52 (2nd M50)
335	Claire Seymour	46.58

Henley River Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Chris Lucas	1:22.12
76	Marco McKerlie	1:54.47
130	Colin McCarlie	2:09.45
133	Ben Price	2:10.19

Henley River 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
295	Linda Wright	1:36.52

September 10thNew Forest Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Keith Russell	2:59.45 (2nd M40)
559	Pete Morris	5:13.54

Tallinn Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
334	Sarah Dooley	3:28.44

Kew Gardens

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
93	Ellie Greensmith	46.07
230	Darrell Robins	52.10

Richmond Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1480	Vroni Royle	2:20.00

September 13thVets AC 10,000m champs

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Fergal Donnelly	39.02 (1st M50)
-	Helen Pool	42.43 (2nd W45)
-	Eddie Thorpe	55.33 (1st M75)

Friday Night Under The Lights 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
23	Mark Worringham	15.41 (1st M45)
38	Ben Paviour	15.54 (2nd M50)

September 17thPhantom Brewing Co 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
20	Gavin Rennie	42.56 (3rd M50)
39	Jon Green	45.31
70	David Fiddes	48.44
81	Dan Rickett	49.12
82	Saba Reeves	49.16 (1st W50)
87	Claire Marks	49.28 (2nd W50)
89	Antoine Chabran	49.31
91	Kayleigh Forbes	49.33
97	Pauline Bravet	49.56
131	David Caswell	52.00
155	Amelia Busby	53.35
182	Catherine Leather	56.45
235	Fiona Ross	1:00.50
248	Ashley Pinder	1:01.56
270	Lucy Radburn	1:04.29
282	Heather Bowley.	1:05.51 (2nd W70)
301	Natasha Hall	1:08.49

Marlow 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
57	Bryan Curtayne	53.31

Swansea Bay 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
412	Mark Allen	45.33
2319	Stephanie Smith	68.55

Club Championships

Bob Thomas

Road & Multi-terrain Championship

Last month's Headington 5 was the final 5M race in this year's Championship, after which members who haven't returned a result from the three nominated 5M races are no longer in the competition.

The remaining races in this year's Championship are each the final opportunity to run a race at half marathon, 10K and 10M distances. The remaining races comprise...

- **24 Sep – Windsor HM**
- **15 Oct – Frieth Hilly 10K**
- **29 Oct – New Forest 10**

The current standings of those members remaining in the competition are available on the Club website here:

[Champs23-10.pdf \(readingroadrunners.org\)](#)