

# NEWSLETTER

## OCTOBER 2023



Last gasp gold at SEAA Relays!



Congratulations to Carrie Hoskins, Helen Pool, Julie Rainbow and Helen Campbell (not pictured) for victory in the WV40 race at Aldershot in late September, running down Southampton AC to win by 6 seconds! 🙌

## Editor's Intro

David Clay

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Welcome to the October newsletter.

Will it ever be dry on a Wednesday night again?! Well done to everyone who has been splashing around Palmer Park this month. While I think I've got my shoe drying routine down to a tee (three double-pages of crunched up newspaper in each shoe for 24 hours seems to do the trick 🙌) I'm crossing my fingers for some slightly kinder conditions over the coming weeks. I'm sure our coaches would appreciate it as well!

This month started out on a sad note for me with the loss of our little rabbit Cleo. She lived to the grand old age of 11 though, so we were very lucky to have her for so long. Running-wise, however, things have been going pretty well. My main goal since my ankle injury (I'll stop mentioning it at some point...!) has been to run consistently, trusting that some speed and endurance would come back eventually. Last month I set myself a target to dip under 20 minutes for 5k before the end of the year, so I was really happy to manage that at Yarborough Leisure Centre parkrun the other week (and yes, I travelled all that way for the 'Y'!).

I know a lot of people will be looking forward to all the cross-country races coming up over the autumn and winter, while others have 10-mile, half marathon and marathon races at home and overseas on the horizon. Whatever your goals in training and racing, best of luck in achieving them.

Finally, my usual note of thanks to everyone who has sent in an article. The October committee meeting minutes are not available just yet, so I'll include them next time. If you would like to submit anything for the next newsletter, please send to me at [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org) by Monday 20<sup>th</sup> November.

David

## Chair

Sam Whalley

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

Well, it certainly feels like autumn has arrived. Not that summer really did, but oh well, we're a hardy bunch, especially on Wednesday evenings.

Since the last meeting/newsletter we have seen club successes at the SEAA Road Relays – team gold for the female V40 A team, and plenty of individual achievements in Oxford, Yorkshire, Portsmouth, Amsterdam and Palma, to name only a few on this past weekend alone. Please do continue to share your results on our social media platforms. It is so inspiring to see those green vests representing all over the world, and makes me look forward to being fully off the injury bench.

The cross country season has just started, with the first fixture of the TVXC League taking place in Hillingdon last week. Metros had had some issues with landowner permissions, so the event had to be moved to 4pm. This didn't seem to affect attendance numbers too much, and it certainly made parking a lot easier. Make sure you check the calendar for the remaining races in this and the Hampshire League, and look out for emails from the club captains regarding the local XC championship

events. The TVXC race that we host will be on 7th January 2024, and we're going to need your help in both running it, and running it, if you know what I mean. Thank you to the captains for co-ordinating all the teams, and to those who have already put themselves forward to volunteer.

Windsor Half Marathon and Frieth Hilly have been ticked off, so there's now just one more race to go in the Club Road & Multi-Terrain Championship – New Forest 10 (mile) on 29th October. A former member, Peter Reilly, is heavily involved in this race, and I know he will be keeping tabs on RR entries. Thank you to Bob Thomas, who will soon be busy compiling the final results, and ordering trophies for presentation at the Awards Night in March. In the meantime, take a look at the current standings on the website, and see who you need to beat!

Last week's Track Friday was a great success, despite the biblical rain. There was a huge turnout from Reading Roadrunners, Finch Coasters, Wargrave & Twyford Runners, Shinfield Running Club, Reading Joggers, Reading University, any more?! and a few unaffiliated bods who need to be snapped up! Well done to those who ran and to Fergal for organising the evening. Remember that Friday sessions are offered every week. Thank you to the coaches who keep these and the Wednesday sessions going.

Thank you also to Stuart, who continues to co-ordinate the Thursday outruns, which start from various locations around Reading. Don't forget that you will need to have hi vis clothing and a light if you wish to join these during the winter months.

On the social front, a number of members enjoyed a lovely day out at Ascot Races recently, thanks to Kerri, with the Bath Christmas Market and our Christmas Night Out fast approaching.

Take a look at the calendar on myClubhouse for the dates of upcoming running and social events, and don't be afraid to reach out if you need more information.

On a personal note, I will be stepping down from this role at the AGM in March, so please get in touch if you are interested in taking over. It's a great job, just not for me at this moment.

Sam

## Women's Captain

### Chloe Lloyd

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*teamcaptains@readingroadrunners.org*

Sadly, as the summer tan begins to fade, the nights draw in and Storm Babet, named after a woman from the Netherlands who was born during a gale, has already hit Scotland and is about to spice things up for us. I'm sure this won't stop us runners from getting out - but please, do it safely!

That aside, this month, the cross-country season has officially started! Running club Metros got us off to a brilliant start in Uxbridge. Twenty-six Roadrunners completed the course in 240 heat (yes, I can't make sense of this in my head either). Metros is a tricky course, a lot of up, a little down, more up, some pleasant woodland sections, a stream and an uphill finish. I'd bought some new trail shoes the week before, but I wasn't ready to get them wet and actually conditions were more than acceptable for roads. I did have to be pushed up the bank on the first loop, and hauled up by a kind marshall on the second! Roads don't have enough grip for those obstacles.



Scoring for the women on this occasion were 1) **Kat Charles** 2) **Pip White** 3) **Chloe Lloyd** 4) **Sarah Dooley** (vet). We came 3rd behind Maidenhead and Datchet. Our combined score with the men puts us in fifth place (out of fifteen teams). I reckon this will change at the next event, as we go again in Lightwater (hosted by Bracknell). I'm excited to see what the club can do. Cross country is very inclusive of all running abilities, so get involved where possible. You will come out the other side a much stronger athlete.

Last weekend I took part in a trail half marathon in Suffolk. The morning was fresh, but beautifully sunny with little to no wind. I had no expectations for this race. I entered it in July as something fun to do. Deep down though, you always want to do well in all races! I fell over once at 3.5 miles, took a wrong turn twice, taking two runners with me both times (I've never been in that position where I haven't had anyone to follow in front) and then battled it out to the end, not taking a single glance over my shoulder! There was a small beach section, 200m of waist-deep water to cross, a 2-mile single track with nettles and brambles on either side (ouch!) and a lovely woodland trail to finish. I was chuffed to have been placed third female and take my first stand on a podium.

Stepping up a distance again. Autumn marathons have dropped this month, we have had Roadrunners in Berlin, Chicago, Yorkshire and Amsterdam. I would like to congratulate you all for running so well, I think you can safely say that your training has well and truly paid off. **Katherine Streams** drops under the 3-hour mark for the second time (2:59:45; Berlin), **Charlie Siveter** smashes her marathon in 3:05:14 (Berlin), **Vroni Royle** went under 4 hours (3:58:42; Berlin) and **Julie Sugden** mastered running absolutely stunning splits in Yorkshire and not only achieved good for age in London and Chicago but took 31 minutes off her previous best!

I'll wrap it up for this month, but please, any questions about cross country, you'll find me at track every Wednesday. I can talk about it until the cows come home! Take care.

Chloe

## Men's Captain

**Tony Page**

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teamcaptains@readingroadrunners.org

It's been a busy few weeks with the autumn marathons in full swing, the start of the cross-country (XC) season as well as a bumper month for club championship races. Also, congratulations to **Ben Paviour** for 1st place, M50 at English Masters XC, and England call up.

It still felt like summer for the 1st Thames Valley XC (TVXC) a few weeks ago at Metros, but with all the rain we've been having the mud is sure to make a return for Bracknell's TVXC fixture at Lightwater country park.

At TVXC, in the Men's competition, the six highest placed runners scores count (including two 40+) and at Metros the Men were placed 8th out of 15 teams (with **Dan Moore** finishing 8th). Our combined result was 5th place with Chloe's ladies team finishing a close 3rd. As one of the bigger clubs, we have a good chance of winning the combined trophy, if we consistently have a good turnout. So, I am asking you to all turn up to as many races as you can!

Many of our runners who are training for a marathon manage to fit these in as part of a longer run, so anything is possible. And there is cake and a buffet at the end. It such a good feeling doing these races to

be part of a team, a bit of a rarity for us runners. Remember, all of our runners can influence the result by increasing the score of the other teams around us. So, it is a real team effort!

At the end September, we entered 2 senior teams and 3 M40/M50+ teams in the Southern Team road relays, which was hosted by Aldershot Farnham & District. This was a high-quality event with 100 or so senior teams and 40 vet's teams (40+), from all the top clubs in the South. The fastest team managed sub 1hr 48 minutes, with each 6km leg averaging below 18 minutes. Our Senior A team finished in 59th place in 2 hrs 02 with **Ryan O' Brien** (19.27), on leg 1, running our fastest leg of the day. Our senior B team finished 88th, our 40+ team in 15th (of 21) and our 50+ teams came in 5th and 15th places (of 17 teams). Well done to everyone that ran!

We have had runners at Berlin, Chicago and Amsterdam marathons in recent weeks and from looking at the results pages, there have been a number of PBs. Special award for persistence goes to **Dan Worthey** for back-to-back PBs of 3.04 and 3.00 at Berlin and Chicago.

Lastly, there have been 2 club championship races at Windsor half and Frieth Hilly – later in this issue there's a report from Bob with the positions ahead of the final event coming up next weekend at the New Forest 10. Special mention to **Callum Evans**, **Chris Mosely** and **Chris Webber** for back-to-back races at the Southern road relays and Windsor half. **Chris Webber**, who has already wrapped up the M50 championship, was also 1st M50 at Frieth Hilly.

Looking forward to seeing lots of green vests at Lightwater country park.

## Social Stuff!

### Kerri French, Social Secretary

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Steph wins big at Ascot Races!

Well what a fun day out that was! 22 Roadrunners boarded the train to Ascot and were feeling lucky, dressed up to the nines - the weather gods were certainly shining down on us.

Some of us were luckier than others, but myself, Steph Smith and Ann Rostern all beat the bookies that day and came home with more money than we went with.

More than just a running club.....we have got some great events planned for the rest of the year.

Sadly nobody seemed interested in the Go Karting evening so I've cancelled that event on My Clubhouse. Maybe if more people want to do it I can look at booking it for next year at some point - providing I get voted in again of course 😊

Can I make a plea for you to book up the remaining events we have for 2023 that you'd like to come along to. All events are open to friends & partners too.







**Saturday 25th November**

**Coach Trip to Bath Christmas Market**

£22 per adult & £15 per child

Book [here](#) ASAP so I can confirm the coach.

**Saturday 16th December**

**Christmas Do at Playlist Live, Friar Street**

£25.50 which includes 8 item buffet and a live band - over 18's only. Book [here](#) ASAP.

Only 40 places & first come first served



**Finally, put this date in your diaries - Saturday 23rd March 2024.** It's our biggest event in our social calendar and not to be missed - **Annual Awards Night**, with dinner and dancing to the best local band Pink Fish!



## Get Into Running

Kerri French

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We are running a structured induction in November for all abilities.

If you have friends or family that want to try out the club before signing up, please encourage them to come along. They can drop us an email at [getintorunning@readingroadrunners.org](mailto:getintorunning@readingroadrunners.org)

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**GET INTO  
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**6.30 - 7.30 PM**  
PALMER PARK STADIUM WOKINGHAM ROAD

**THREE  
FREE TRIAL  
SESSIONS**

**ALL ABILITIES WELCOMED**  
**EMAIL - [GETINTORUNNING@READINGROADRUNNERS.ORG](mailto:GETINTORUNNING@READINGROADRUNNERS.ORG)**



## Charity of the Year – Understanding Dementia

Liz Atkinson



I thought that there wouldn't be much to report this month, but, again, Roadrunners have excelled. Our star this month is Julie Sugden (left), who has raised an impressive £442.75 for the charity, running in the Yorkshire Marathon. Her time was equally impressive 3:47:15, which gives her a qualifying time for both London and Chicago marathons. Well done Julie and thank you again to those who supported Julie and raised such a great amount for Understanding Dementia.

Track Friday was also a triumph— well done to all those runners who endured torrential rain and to all volunteers, supporters and bakers who made some delicious cakes. This event was a Finch Coaster Champs race - I think they enjoyed our hospitality. Their donations helped us towards raising £144.72 from our sales- one of our best results yet!

Thanks are also due to Toni McQueen, who was quietly selling gels for the charity on a track night and raised over £20 – thank you Toni

We are now getting into that time when we start to plan Christmas! Watch out for our Christmas Hamper Raffle- we are currently sourcing lots of things to tempt you.

## Roadrunners' Race Results

David Dibben

Plenty of variety in this month's round-up... club championship races, relays, track events, overseas marathons, ultras and the start of the XC season. There's been lots of top performances by Roadrunners, at home and abroad.

But the highlight has to be the stunning success of Carrie Hoskins and her vet chums in the SEAA relays — our golden girls beat all the south's top athletics clubs! Here's the data...

### September 16th

#### Sonic and Tails Half Marathon

Pos	Name	Chip
-	Dean Allaway	1:54.19
-	Leo French	2:39.49

### September 23rd

#### Windsor Women's 10k

Pos	Name	Chip
227	Sally Caldwell	61.36



South of England Road RelaysSenior women A team

<i>Leg pos</i>	<i>Name</i>	<i>Timing</i>
37	Kat Charles	23.13
32	Sarah McDade	24.23
27	Flo Ledger	23.57
33	Chloe Lloyd	25.04

**RR: 30th**Senior women B team

<i>Leg pos</i>	<i>Name</i>	<i>Timing</i>
46	Holly Sedgwick	23.50
37	Pip White	24.42
42	Laura Nagi	26.33
35	Amy Cooper	25:07

**RR: 37th**Senior women C team

<i>Leg pos</i>	<i>Name</i>	<i>Timing</i>
58	Sophie Courtier	26.33
53	Lorna McLeod	27.37
53	Mel Shaw	27.56
46	Celia Meacham	27.42

**RR: 50th**Masters women A (40+) team

<i>Leg pos</i>	<i>Name</i>	<i>Timing</i>
6	Helen Campbell	26.23
4	Helen Pool	25.38
2	Julie Rainbow	27.12
1	Caroline Hoskins	22.49

**RR: 1st**Masters women B (40+) team

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
9	Claire Raynor	29.56
9	Sian James	32.16
9	Claire Seymour	32.02

**RR: Incomplete**Senior men A team

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
55	Ryan O'Brien	19.27
46	Mark Worringham	19.41
52	Dan Moore	19.53
54	Callum Evans	20.26
84	Chris Burt	22.44
50	Chris Lucas	20.14

**RR: 59th**Senior men B team

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
97	Dimi Gospodinov	21.33
99	Jon Green	25.38
95	Marco McKerlie	24.35
87	Robert Patterson	22.35
69	Markus Orgill	21.25
88	Tony Page	25.14

**RR: 88th**Masters men A (40+) team

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
9	Chris Moseley	21.23
17	David Walkley	25.59
17	Ian Giggs	25.04
13	Jamie Smith	23.32

**RR: 15th**Masters men A (50+) team

<i>Leg pos</i>	<i>Name</i>	<i>Timing</i>
5	Lance Nortcliff	21.35
9	Chris Webber	23.18
4	David Parton	22.50
6	Pete Jewell	22.48

**RR: 5th**Masters men B (50+) team

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
12	Alex Harris	23.13
15	Mark Andrew	25.27
10	Eoin McLeod	24.14

**RR: Incomplete**Berlin Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
-	Katherine Streams	2:59.45
	(3rd W50)	
-	Dan Worthey	3:04.48 PB
-	Charlie Siviter	3:05.43 PB
-	Ollie Watts	3:06.12 PB
-	Vroni Royle	3:58.42 PB
-	Tony Streams	4:01.02
-	Lee Hinton	4:21.12
-	Catherine Leather	4:27.13
-	Anthony Eastaway	6:28.15

Winchester Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
159	Matt Davies	1:48.15

Robin Hood Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2316	Gary Clarke	1:59.29
3978	Brian Grieves	2:19.43

Highclere Castle 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
199	Linda Wright	1:42.25

Vitality London 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
629	Brian May	40.53
3544	Art Atwal	54.23
3568	Martin Gould	54.28
3652	Andy Atkinson	54.50
1245	Sophie Thompson	55.16
4416	Ashley Pinder	58.29 PB
4847	Sue Jones	77.43

Windsor Half Marathon (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
27	Callum Evans	1:22.49
32	Chris Moseley	1:23.14
53	James Chandler	1:26.49 PB
73	Katie Williams	1:29.06
	(2nd W40)	
110	Chris Stitt	1:31.13
113	Chris Webber	1:31.18
133	David McCoy	1:32.56
140	Clive Alderson	1:33.00
	(3rd M60)	
164	Gavin Rennie	1:34.30
	(3rd M55)	
234	Alan Freer	1:37.13
271	Hrushikesh Padhi	1:39.23
391	Martin Jones	1:43.24
392	Tom Wickens	1:41.09
578	Mark Allen	1:47.28
619	Claire Marks	1:49.06
	(2nd W55)	
724	Douglas Simmonds	1:50.43
875	Stuart Wylie	1:52.33
945	Dean Allaway	1:54.50
991	Pauline Bravet	1:54.41
1007	Julie Sugden	1:53.18
1054	Claire Raynor	1:56.06
1086	Brian Fennelly	1:57.20
1124	David Leake	1:57.55
	(2nd M70)	
1126	David Caswell	1:56.37
1404	Katie Thorne	2:01.35
1754	Pete Morris	2:09.36

1982	Kira Moffat	2:12.14
2605	Tim Miller	2:25.58
2729	Adele Graham	2:36.20
2910	Claire Nash	2:41.26
3053	Cecilia Csemiczky	3:03.51
3085	Julie Wing	3:12.12

**October 1st**Cardiff Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
482	Brooke Johnson	1:26.30
1202	Grant Hopkins	1:32.03
1023	Jamie Smith	1:32.47
1313	Pip White	1:33.17
2123	Jon Green	1:44.30
3932	Angela Burley	1:52.22
5116	Matthew Brown	1:55.53
11120	Ellis Breese	2:13.54
11162	Sara Lopez	2:24.05
11164	Emma Hopkins	2:24.05

Sonning Common 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Ben Paviour	35.21
21	Brian May	42.39
25	Ian Horritt	43.19
64	David Fiddes	47.25
77	Stuart Wylie	48.50
128	Bryan Curtayne	53.43

Basingstoke Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	David Boulton	1:17.30
509	Claire Nash	2:42.12

Riga World Championship Half Marathon (Latvia)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
343	Fergal Donnelly	1:32.21
376	Helen Pool	1:33.36

Basingstoke 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
327	Linda Wright	1:21.26

Clarendon Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
362	Julie Wing	8:40.22

Tonbridge Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Chris Lucas	1:17.34



Tonbridge 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
50	Laura Nagi	34.19

Kosice Peace Marathon (Slovakia)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1938	Dean Allaway	4:08.15
2519	Pete Morris	4:28.30

**October 8th**Thames Valley XC League (race 1, Metros)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
8	Dan Moore	36.48
52	Kat Charles	41.13
64	Tony Page	41.57
71	Ian Giggs	42.32
83	Pip White	44.16
95	Chloe Lloyd	45.00
101	Sarah Dooley	45.43
107	Alan Freer	46.14
111	David Walkley	46.43
120	Adrian Cull	47.49
126	Tom Wright	48.20
129	Dan Rickett	48.38
136	Mark Allen	49.18
147	Ellie Greensmith	50.06
149	Bryan Curtayne	50.09
216	Gary Clarke	56.13
226	Art Atwal	57.25
232	Alex Bennell	57.39
235	Andy Atkinson	58.13
246	Tina Woffington	59.10
254	Christina Calderon	1:00.38
272	Sarah Richmond-D	1:05.23
274	Peter Higgs	1:06.22
283	Phil Reay	1:09.37
295	Becky Mellor	1:18.07
297	Sophie Higgs	1:33.28

Chicago Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3403	Dan Worthey	3:00.44 PB
4819	Flo Ledger	3:09.06
5077	Edwina McDowall	3:10.07
5429	Eoin McLeod	3:11.52 PB
11148	Alex Squire	3:34.25 PB
17875	Lorna McLeod	3:52.33

Henley Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Chris Moseley (1st M40)	1:22.23

4	James Chandler (3rd M40)	1:25.17
28	David McCoy	1:33.01
70	Ann Rostern (1st W50)	1:40.46
85	Giles Crist	1:42.38
115	Dave Thornton	1:47.56 PB
176	Liz Jones	1:54.29

Henley 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Carrie Hoskins (2nd lady, 1st W50)	44.06

Bournemouth Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
94	Mike Turner-Hibberd	1:31.50
231	Peter Rennie	1:40.07
275	Amy Cooper	1:41.56 PB

Bournemouth 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
117	Jackie Smith (2nd W55)	46.18
288	Sapna Odlin	53.04 PB

Twyford Charity 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Chris Burt	16.42
5	Brian May	19.07

**October 13th**Track Friday 5k (race 1)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Dan Worthey	18.58
2	Leo Ashton (Jog)	19.58
3	Mark Andrew	21.15
4	Geoff Southam (Finch)	21.28
5	Steve Kelleher (Finch)	21.29
6	Jon Kew	21.32
7	Antoine Chabran	21.33
8	Paul Mackenzie (Finch)	21.41
9	James Cassim (WR)	21.45
10	Corinne Callaway (Jog)	21.47
11	Alan Freer	21.57
12	Tim Redmayne (Finch)	22.00
13	Julian Clark (guest)	22.09
14	Jamie Butler (SR)	22.15
15	Gareth Evans (Jog)	22.34
16	Daniel Roberts (Finch)	22.34
17	Justin May	22.38
18	Kevin Jones (Finch)	22.40

19	Jonny Tribick	22.40
20	Pauline Bravet	22.59
21	Chloe Bovis (Finch)	23.04
22	Sarah Dooley	23.06
23	Andrew Gelder (WW)	24.02
24	Steve Dellow	24.11
25	David Elliott (Finch)	24.25
26	Charlotte Bach (Uni)	24.33
27	Suba Thomas (Finch)	24.39
28	Charlotte Tully (Finch)	25.15
29	Ruth Cassim (WR)	25.18
30	Fiona Loverdos (Finch)	25.25
31	Chris Manton	25.51
32	Ana Bruna (Finch)	26.04
33	Pete Morris	26.43
34	Louise Simpson (Finch)	27.02
35	Gina Keech (Finch)	27.42
36	Rebecca Margetts (Fin)	27.48
37	Kyle Simpson (Finch)	27.58
38	Kuldip Viridi (Finch)	28.17
39	Tim Miller	28.20
40	Charlie Jenkins (Uni)	29.40
41	Alice Davidson (Finch)	31.04

Track Friday 5k (race 2)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
1	Damien Holmwood (Fin)	16.38
2	Joe Manton (Uni)	17.07
3	Jay Jewell (SR)	17.07
4	Callum Evans	17.24
5	Oliver Griffin (Finch)	17.28
6	Jack Bartle (Uni)	17.33
7	Chris Moseley	17.51
8	Dan Zagya	18.21
9	George White (Uni)	18.28
10	Mitchell Green (Finch)	18.31
11	Phil West (SR)	18.37
12	Nick Jones (Finch)	18.47
13	Steve Curtis-Powell (Fin)	18.53
14	Seth Burkett (War)	18.54
15	Kat Charles	19.00
16	Chris Stitt	19.06
17	Nick Bamford (Finch)	19.10
18	Finlay Adamson (Uni)	19.10
19	Brian May	19.21
20	Holly Sedgwick	19.27
21	Rhodri Jones (Finch)	19.52
22	Tony Page	19.54
23	Jack Floyd (Uni)	20.14
24	Stuart Hiscocks (Finch)	20.31
25	Laurie Bayliffe (Finch)	20.49
26	Chris James	21.00

27	Tom Heath (Finch)	21.14
28	Simon Varcoe (Finch)	21.35
29	Sarah Dooley	22.09

**October 14th**Race to the Sea ultra (Bournemouth)

<i>Pos</i>	<i>Name</i>	<i>Timing</i>
371	Julia Molyneux	7:11.00
377	Pete Morris	7:17.00
393	Suzanne Bate	7:33.00
394	June Bilsby	7:33.00
425	Sarah Walters	8:21.55
426	Anthony Eastaway	9:21.56

Endurance Life Half Marathon (Suffolk)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Chloe Lloyd (3rd lady)	1:54.15

England Masters XC qualifying race (Derby)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
-	Ben Paviour (1st W50)	39.48

**October 15th**Frieth Hilly 10k (club champs, race 11)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
11	Chris Webber (1st M50)	43.07
12	Owyn Thatcher	43.19
24	Clive Alderson (2nd M60)	46.19
32	Chris James	47.27
33	Mike Worsfold	47.34
39	Alan Freer (3rd M60)	48.16
82	Steve Dellow	54.18
94	Tim Miller	55.38
99	Bryan Curtayne	56.06
122	Gary Clarke	58.52
139	Jim Kiddie	61.07
152	Christina Reay	64.23
158	Ashley Pinder	67.07
174	Phil Reay	74.45

Cabbage Patch 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
39	Chris Burt	57.12 PB
176	Fergal Donnelly	66.23
245	Mark Andrew	69.08



Amsterdam Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
170	Ryan O'Brien	2:37.36	1904	Mark Allen	1:42.53 PB
			1972	Sarah Dooley	1:42.09
			6106	Rebecca Simons	2:12.21

Yorkshire Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1499	Julie Sugden	3:47.15 PB

Yorkshire 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
640	Renée Whalley	1:23.06

Oxford Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
534	Jane Copland	1:30.36 PB
647	Justin Simons	1:33.06
973	Derek Cheng	1:37.32
1674	Melanie Shaw	1:40.31

Great South Run

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
393	Kat Charles	1:04.23
1381	Peter Rennie	1:13.49
3512	Liz Johnson	1:17.39 PB
3934	Bradley West	1:24.58
4503	Jo Sollesse	1:26.53
6409	Ellis Breese	1:33.12
6885	Sara Lopez	1:34.56
8338	Nicky Gillard	1:39.41
8351	Sarah Richmond-Devoy	1:39.44
11189	Rachel Penny	1:55.07
12910	Lorraine Bailey	2:02.13

## Club Championships

### Bob Thomas

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We're in that brief period in the year when we have three championship competitions vying for your attention. The final race in the Road & Multi-terrain Championship will take place at the end of the month, the Marathon Championship runs through to the end of the calendar year, and the Cross-Country Championship kicked off this month and is scheduled to run through to February.

#### Road & Multi-terrain Championship

Over the twelve races that have taken place so far, 192 members have run in at least one, and have collectively returned 460 results. Having applied the rule that to complete the competition you must run at least one race in each of the HM, 10M, 10K and 5K distances, we have 45 members left in the competition spread across all the gender-age categories. Of these, Katherine Streams, Alan Freer and Eddie Thorpe have achieved maximum scores in their respective categories and are unassailable, but there is still plenty else to play for. The final race is the New Forest 10 to take place on 29 October. The current standings are available on the Club website. Latest available results are here: [Road & Multi Terrain Champs](#)

#### Marathon Championship

So far, marathon results have been returned by 68 members, who have collectively run 108 marathons spread over 31 races. Apart from the F60 category, the fastest times within each category have, so far, been achieved at London. The fastest time recorded so far was Ryan O'Brien's 2:35:25 followed by Keith Russell's 2:45:05. For the women, Flo Ledger leads with 3:02:20 in the Senior category, closely followed by category leaders: Kate Williams (F40) at 3:07:09, Charlie Siviter (F50) at 3:12:11, and Jane Davies (F60) at 3:36:59. The Marathon Championship runs through to 31 December. The current standings are available on the Club website. Latest available results are here: [Marathon Champs](#)

## XC Championship

The XC Championship is based on the two leagues in which the Club takes part: Thames Valley and Hampshire. All members can take part in all the fixtures. You don't need to register to compete in the Championship. To qualify for the competition, the key information you need is...

- You must run in Club colours.
- There are 12 races (8 TVXC & 4 HantsXC) – you must return a result in at least five races.
- You are awarded points according to where you came relative to other Club members in your gender-age category, i.e., you are racing only against other members in your category.
- If you volunteer to help at the Club's home fixture, you will be awarded the average of the points scored in your other races.
- Your age category is assigned from your age on 1Oct23 and remains fixed throughout the competition.

The fixture schedule for the season is set out below. Time to get muddy.

08Oct	TVXC	Metros	12Nov	TVXC	Datchet	13Jan	Hants	Reading AC
22Oct	TVXC	Bracknell	26Nov	TVXC	Sandhurst	21Jan	TVXC	Handy Cross
28Oct	Hants	Aldershot	10Dec	TVXC	Marlow	04Feb	TVXC	TVT
11Nov	Hants	Basingstoke	07Jan	TVXC	RR	10Feb	Hants	Bournemouth

## Photo Gallery

### Some snaps from recent weeks



▲ A group of our runners at the Frieth Hilly 10k.





▲ Runners (and mascots! 🐕) at the SEAA 6/4/3 Stage Road Relays.

▼ Newlyweds Paul and Caroline with travelling Roadrunners ahead of the Palma marathon, half & 9k.

