

NEWSLETTER

NOVEMBER 2023



Top Brit in Italy 🏆



Congratulations to Dave Boulton for a superb run in the Verona Marathon. Dave was the first Brit home in a new PB of 2:37, qualifying for championship entry at London next year 🙌

Editor's Intro

David Clay

Welcome to the November newsletter.

I hope your running has been going well and you have enjoyed some autumn races, track sessions, training runs and/or social runs over the past month.

Personally I've had a great time, with some parkrun tourism to Northala Fields (Greater London) and Riverside Walk (Hay-on-Wye, Wales) plus a trip a little further afield to run the Verona half marathon. I didn't have a specific goal for the race, so I was really happy to come away with a PB. The cool, sunny weather and quick course definitely helped! On a non-running note, Verona is a stunning location and I would definitely recommend a long weekend visit if you haven't been before. The view looking back down into the city from the Castel San Pietro at sunset was a real highlight. The food and wine wasn't too bad either. Bellissimo 🍷

Thanks to everyone who has sent in an article this month, in particular to our team captains Chloe and Tony for all the latest XC news, and to everyone's favourite motormouth, Grant Hopkins, who I have hassled into writing an article on strength/cross-training. Cheers Grant, ChatGPT has done well for you there 😊

The committee meetings have been held a little later in the month recently, so while we now have the minutes for October the minutes for November are not available quite yet. If you would like to submit an article for the next newsletter, please send it to me at newsletter@readingroadrunners.org by Monday 18th December.

Alla prossima...

Ciao ragazzi

Chair

Sam Whalley



chair@readingroadrunners.org

I'm writing this fresh from a blustery day of supporting at the Berks, Bucks and Oxon XC Championships at Newbury Showground. What a great day out that was, with both individual and team prizes for our runners. Not at all jealous of those running and sunning over in Verona, nope, not one bit! It is great to see news of members' achievements, wherever they are, so do make sure you share them with us. We're all in the same team, after all.

It's been a really busy time down on the track. The new-look Friday sessions are coming together nicely, and if you haven't been down yet, why not give it a try? Sessions are advertised on our website and Facebook page. It is so nice to see members of different abilities training together.

We have seen excellent turnouts at the XC races this past month, with fixtures having taken place in Bracknell, Aldershot, Popham and Datchet. I just love the team spirit in the XC leagues, with every runner able to do their bit - just overtake the person in front!

It was unfortunate that the final race in the XC Championship was cancelled due to flooding, but instead of the New Forest 10 you can now all battle it out in the Mapledurham 10 in December. Make sure you book your spot to be in with a chance of a trophy at the awards night in March.

Socially we have the trip to Bath Christmas Market and the Christmas Night Out to look forward to. Check out the details on myClubhouse and social media.

With 2024 fast approaching (yikes!), plans are well underway for our own races. Keep your eyes peeled to find out how you can get involved in our TVXC fixture in Woodley, and with the Bramley and Shinfield road races. Your club needs you!

Thank you to everyone who makes this club what it is - coaches, captains, race organisers, committee members and other volunteers - you are the best!

Sam

Women's Captain

Chloe Lloyd



teamcaptains@readingroadrunners.org

31 more days until Christmas folks! With the sun now setting at 4pm, evening runs are becoming more of a challenge. Slowly but surely though the fairy lights are starting to appear on the houses, which makes getting out more enticing again!

We are now half way through the Hampshire League fixtures, and we've got off to a great start. The ladies are performing really well against the high standard and the men are top of division 2, and are looking red hot for a promotion at the end of the season.

The first Hampshire League race took place at the end of last month. Aldershot is a fairly straight forward course, consisting mostly of grass and woodlands, perfect for those spikes. **Kat Charles** (23), myself (57) and **Kaja Milczewska** (60) made up the scoring team and placed 8th out of 18 complete teams. Although we didn't have enough runners to make up a vets team, **Claire Seymour** and **Kerri French** did a great job at getting round the course. Kerri loved her new spikes from Up & Running, which she bought the week before - she said they gave her a lot more confidence in the mud!

Two weeks later, we had a double fixture - Popham and Datchet. A special thanks to those who took on the challenge with me and conquered - **Kat Charles, Helen Pool, Kaja Milczewska, Kayleigh Forbes, Tony Page** and **Jon Green**. It is by no means a small feat, but it is a great feeling when it is done, even if I did feel a little jaded afterwards. See my separate XC article for the results.

Thank you to those that are running these events, all of your finishing positions contribute to the end results, and we are doing very well. We still have a fair few races to go in the TVXC League, so let's get out there, run in force, and knock those other teams down!

Last weekend saw more than twenty Roadrunners fly out to Verona for some Winter sun. Thirteen of us ran the half and one ran the full marathon. Massive kudos to **David Boulton** who ran a cracking time of 2:37:34, which knocked 5 minutes off his previous PB. He now qualifies for a championship start at London next year! You wouldn't believe he ran his first marathon in 4:48, would you?

Many carbs were devoured pre-and post race, as well as litres of wine and beer! It was an early, cold start, but we were all (including Dave) done by 10:50am!

The course was fast, flat and scenic, and personal bests were achieved by myself (1:33:08) and **Julie Sugden** (1:44:44). Newsletter editor, **David Clay** also ran a PB (1:30:58). **Angela Burley** ran a very pleasing time (1:51:15), just two weeks after running the New York marathon (4:03:34), as did **Sara Lopez** (2:08:56) off the back of a stinking chest infection. That green vest really does get some places!

I think I'll sign off here, as I am sitting here typing away after work hours!

Take care in the dark everyone - be safe, be seen!

Chloe

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

I'm not a big fan of running in the dark...that is why it's great that we have two coached sessions at the track on a Wednesday and Friday night! Wow, what a great turnout for coach Kerri's session last week!

The last weekend in October, when the clocks went back, was meant to be the final club championship race at New Forest 10. Unfortunately, it was called off because of flooding, so those who still need to do a 10-mile race to qualify can now do the Mapledurham 10, on 3rd December. The next year's races will be announced shortly and will include New Forest 10 for those who wish to take up your free place! The first race will be Wokingham Half Marathon.

The cross-country season is probably the busiest time of year for Chloe and I, as team captains. As well as the regular fixtures in **Thames valley cross country (TVXC)** and **Hampshire league** there are one-off championship races. Often, we have to enter teams in advance for these so if you want to run these check out the deadlines on the events page on MyClubhouse.

The latest of these was the **Berks Bucks & Oxon XC championships**, last Sunday. This has been going since 1911 and amazingly all of the results are on their website. This was an excellent event for us with a gold medal for **Mark Worringham** in the Vets race and as team captain, so pleasing to get a Vets team bronze medal, with **Dave Parton** and **Fergal Donnelly** joining Mark on the podium behind teams from Reading AC and Newbury. Thank you also to **Dimi Gospodinov**, **Ian Giggs**, **Mark Andrew**, **Gary Tuttle**, **Eoin McLeod** and **Jon Green** who made up a great team! There is a full report of the day including some great results for our ladies team led by Nikki Gray at <https://readingroadrunners.org/2023/11/what-a-gray-day-nikki-leads-roadrunners-super-show-at-bbo-champs/>

If you want more, or have FOMO, coming up is the **Berkshire XC championship** on **17th December**, which you need to sign up for by **11th December**. This is a chance for our fastest runners to compete to represent Berkshire in the Inter counties XC in March. Last year, **Ryan O'Brien** qualified and **Jacob Atwal** represented Berkshire in the U20s.

This week, I will be opening up entries on MyClubhouse for the **South of England XC championship** on **27th January**. For those who did the Southern Road Relays in September, this is the XC equivalent, so is a good chance to run against the best club runners in the region.

Getting back to the regular XC Leagues, **Hampshire league** is taking a break in December, but we are well placed to secure promotion from the **2nd division** at **Prospect Park** in the New year. I've been really pleased with the mix of new and experienced runners and the commitment shown this year, so thank you!

And with no Hampshire league until January, those exclusively running in this so far should consider running at one or both of the TVXC fixtures in the coming weeks. It is **Sandhurst** on **26th November** and then **Marlow** on **10th December**, at Henley showground. That was a top day for us last year with Ryan taking first place. Let's see if we can add to **Chris Lucas's** first place at Bracknell last month and push Datchet and Maidenhead back in the team competition!

Tony

Committee Updates

Sam Whalley

Art Atwal has stepped down from the role of coaching liaison, and as a coach. Thank you to Art for his time on the committee.

Jamie Smith also recently stepped down from the role of coaching co-ordinator. Thank you to Jamie for his time in the role.

We would like to combine these two roles, so if any coach would like to step forward to work with the coaches and represent them on the committee in a monthly meeting, please let us know.

Chris Burt will be stepping down from the role of treasurer in January. Thank you to Chris for his time over the past few years. Pippa White has been co-opted onto the committee. Welcome, Pip!

Sam Whalley will be stepping down from the role of chair at the AGM in March. If you would like to take a turn at the helm, please let us know or speak to Sam to find out what it's all about.

Stuart Lunn and Angharad Ross will be stepping down from their ex-officio roles at the AGM in March. If you would like to join the committee, please let us know or speak to any committee member to find out what's involved.

The committee currently meets once a month, via Zoom.

Social Stuff!

Kerri French, Social Secretary

Retired Members & Alumnus Coffee & Catch-up Monday 11th December 10:30 - 11:30

Bosco Lounge, Crockhamwell Road Woodley

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

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

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

Christmas Night Out

Saturday 16th December

First come first served. Last few tickets on sale:

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

FINALLY! Save the date: **Saturday 23 March 2024**
Annual Awards Night & Dinner - Penta Hotel.



Cross Country Double!

Chloe Lloyd

A special thanks to those who took on the double XC challenge and conquered - **Kat Charles, Helen Pool, Chloe Lloyd, Kaja Milczewska, Kayleigh Forbes, Tony Page** and **Jon Green**. It is by no means a small feat, but it is a great feeling when it is done, even if I do feel a little jaded today 😊

Hampshire League took place at Popham Airfield (nr. Basingstoke) on Saturday. We had a brilliant turnout, both old and new faces took part, and by all accounts everyone enjoyed themselves 😊 Sam Whalley, although not racing at the moment, made her signature gluten-free brownies, which ran out before Mark Worringham could get his hands on one, despite coming in second for Reading Roadrunners in the men's race! You'll have to be quicker next time Mark 😊

Popham is a little on the undulating side. Long grassy 🏃 long grassy 🏃 long grassy 🏃 long grassy 🏃 and a small woodland section 🌳 The women endure this for 6.3k, and the men for 10.2k. It's a firm favourite course for a lot of people, and great for spectating at 🙌 The weather was near perfect 🙌 the sun was shining and it was relatively dry under foot with very little wind.

Scoring for the senior women were **Kat Charles** (19), **Helen Pool** (46) and **Florence Ledger** (50). And for the vet women, **Helen Pool** (15), **Emma Paton** (37) and **Alex Bennell** (57). Seniors placed 9th out of 21 teams and the vets placed 10th out of 19 teams.

Scoring for the senior men were **Ryan O'Brien** (36), **Mark Worringham** (41), **Chris Burt** (61), **Callum Evans** (130), and **Pete Jewell** (136) Collectively they came FIRST again in Division 2 🏆💪 **Mark Worringham, Pete Jewell** and **Chris Moseley** scored under the vets category. Fantastic results all round!

As for TVXC. It was a slightly wetter day yesterday 🌧️ which made for a muddier course. Datchet is about as flat as you can get, running on towpaths and fields for 6 miles. We had 61 members and 8 guests, which is the best turn out yet this season!

A 2 minute silence was held before the race began, which I always find incredibly moving. 495 runners stood in silence, remembering those who died serving their country 🌸🇬🇧

Nikki Gray (5), **Sarah McDade** (7), **Kat Charles** (8) and **Ann Rostern** (22) made up the ladies scoring team, which came SECOND behind Maidenhead but in front of Datchet 😊 (I'm so proud of you ladies, I knew this was going to be a strong team!)

Fergal Donnelly (18), **Owyn Thatcher** (37), **Robert Tan** (46), **Tony Page** (63), **Kenny Heaton** (64) and **Eoin Mcleod** (85) made up the men's team and they placed seventh. With the scores combined, we came fourth overall.

Thank you to all those that ran this weekend, all of your finishing positions contributed to the end results. Our guests also produced some cracking times, perhaps they might like to consider joining the club on a Winter Reduced Subscription before our next fixture 🙌 Speaking of which, Sandhurst hosts the next TVXC event on Sunday 26th November. Sign up now 🍀💙

Strength and cross training – runners' dream or Achilles' heel?

Grant Hopkins

When it comes to improving your running performance, it's easy to focus solely on logging more miles and increasing your speed during training. While running is undoubtedly a fundamental aspect of becoming a better runner, neglecting strength and conditioning exercises at the gym can be a missed opportunity. Incorporating a well-rounded strength and conditioning routine into your training regimen can yield numerous benefits and enhance your running abilities. For the last three months, I have been attending morning classes at Go Perform, and I'll explore if hitting the gym can help take your running to the next level.

One of the primary advantages of strength and conditioning for runners is improved muscular endurance. Building strength through exercises such as squats, lunges, and deadlifts helps to fortify the muscles responsible for powering your stride. This endurance is essential for maintaining good form during long-distance runs, preventing late-race fatigue, and reducing the risk of injuries caused by muscle imbalances.

Running can be tough on your body, and overuse injuries are common among long-distance runners. It is funny looking back over my facebook and strava memories over the last 5 or 6 years, as the constant theme seems to be 'first run back post injury' or 'seeing how the niggle feels'. Strength training can help prevent these injuries by addressing muscle imbalances, improving joint stability, and enhancing overall body mechanics. It provides support for your connective tissues, such as tendons and ligaments, reducing the risk of common running-related injuries like IT band syndrome, shin splints, and patellofemoral pain syndrome (painful knee for the dullards like me!).



Strength training not only enhances your overall strength but also your running economy. Running economy refers to how efficiently your body uses oxygen at a given pace. Improved strength can help reduce energy-wasting movements, allowing you to maintain a more efficient stride. This means you can run faster or farther with the same effort, ultimately contributing to better race times.

Since I have been attending the gym, they have been giving me a varied schedule to help build my strength as well as my flexibility. It has been pointed out that when it comes to shorter races or sprint finishes, having a strong burst of speed can be a game-changer. Gym workouts that include plyometric exercises and explosive movements like box jumps and kettlebell swings can help you develop the power you need for those fast finishes and to tackle challenging hills during longer races.

A strong core is also vital for stability and balance while running. A weak core can lead to poor posture and inefficient running form. Exercises like planks, Russian twists, and leg raises help build a robust core, allowing you to maintain proper alignment throughout your run, which can reduce the risk of injuries and improve performance.

Including gym-based strength and conditioning in your training routine can also provide an excellent opportunity for cross-training. Cross-training helps prevent burnout, provides variety in your workouts, and allows you to give specific running muscles a break while still staying active and engaged. This is where I am thoroughly enjoying my time at the moment, as I am really enjoying my exercise as well as seeing my parkrun times become more consistently quick, plus I feel stronger in general when I run! This has been confirmed in the last 6 weeks or so at Cardiff Half and Verona Half, where I have started to make small steps in the right direction whilst feeling good and enjoying my running!

If you're new to strength and conditioning, consider working with a certified personal trainer who can create a program tailored to your running goals and ensure you're performing exercises with proper form. Your routine should target major muscle groups, including legs, core, upper body, and back, with a mix of compound and isolation exercises.



Remember to allow your muscles time to recover between gym sessions. As a runner, your priority is still running, so ensure your gym routine complements your training plan without overloading your body. Speaking to the experts at Go Perform, they ensure that the training you undertake is relevant and also preventing burnout, as well as keeping tabs on your form and technique.

In conclusion, strength and conditioning at the gym isn't just for bodybuilders or powerlifters. It's a valuable tool for runners looking to improve performance, reduce the risk of injuries, and enhance overall running experience. By incorporating a well-balanced strength and conditioning routine into your training, you'll build the physical and mental strength necessary to achieve your running goals and become a more resilient, efficient, and powerful runner. Give the gym a go – it's not as dreadful as you might think!

Reading Roadrunners Committee Meeting

Tuesday 17 October, 7pm (by video call)

The Committee

Sam Whalley	(Chair)
Kerri French	(Social secretary)
Chris Manton	(Ex officio)
Angharad Ross	(Ex officio)
David Fiddes	(General secretary)
Ian Giggs	(Membership secretary)
Chris Burt	(Treasurer)
Stuart Lunn	(Ex officio)

Apologies for absence

Kayleigh Forbes	(Website/social media)
Art Atwal	(Coaching liaison)

Minutes of the previous meeting

The minutes of the previous meeting were proposed as a true record by Stuart, seconded by Chris Manton.

Chair's Report

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.

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.

Thanks also to the coaches for turning out on Wednesdays and Fridays in all weathers.

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.

General Secretary's Report

Wargrave Runners attended their first Friday track share and have requested another session.

Reading University Athletics Society had their inaugural 2023/24 Friday session with about 40 people in attendance.

Membership Secretary's Report

13 new members joined in September to bring the total membership to 499 at the end of September.

Treasurer's Report

September Accounts

- Moderate negative movement in the month of c.£-1.5k, mainly due to a catch up on monies owed to the club charity account given all of the fantastic fundraising efforts by everyone of late
- c.£500 of event costs, mainly relating to SEAA road relay entries
- c.£600 of social costs, mainly relating to the Ascot races social and Bingo night (covered through entry tickets sold)
- Affiliation fees paid to Hampshire XC in the month of £125

Profit and Loss

Reading Roadrunners

For the month ended 30 September 2023

	Sep 2023
Turnover	
Membership	1,228.82
Total Turnover	1,228.82
Cost of Sales	
Events	572.00
Social	630.30
Total Cost of Sales	1,202.30
Gross Profit	26.52
Administrative Costs	
Affiliation Fees	244.00
Charitable Donations	1,466.24
IT Software and Consumables	39.60
Total Administrative Costs	1,749.84
Operating Profit	(1,723.32)
Other Income	
Charity donations received	68.74
Interest Income	128.86
Total Other Income	197.60
Profit on Ordinary Activities Before Taxation	(1,525.72)
Profit after Taxation	(1,525.72)

Social Secretary's Report

Last social - Great day out at Ascot - 22 of us went. The weather gods were shining down on us.

Next social - Nobody has emailed about wanting to do Go Karting so I've deleted the event on My Clubhouse. It was quite expensive too, so I don't blame people in the current cost of living crisis.

Up and coming events are:

Sat 25th Nov - Coach Trip to Bath Christmas Market. Despite lots of initial interest no one has booked. Luckily no deposit has been paid, so unless we get a flurry of sign ups this event is in danger of being cancelled too. I'll promote this over the next week & email those who initially wanted to come.

Sat 16th Dec - Christmas do at Playlist

The event has 9 sign ups. We've paid a deposit for 40 people. So again I'll need to start pushing this especially around the end of the month when people get paid.

Coaching Report

- Coaching is business as usual
- Kerri has had an excellent response with her new group of non-runners to members.
- Jamie has stepped down as coach co-ordinator, none of the coaches have put themselves forward as prospective replacements.
- The committee agreed that this position should be combined with the coaching liaison position.
- Question from the coaching team, which is valid for all members, is the lack of parking at Palmer Park
- Stuart has already raised this with GLL and it is an on-going matter

AOB

• TVXC Budget and Insurance

Sam presented the budget for our home event at Ashenbury Park. Expenditure costs are mostly as per last season's event and in the case of parking costs reduced as Waingels School car park is not available this time. Costs should be around £850 and income around £900.

The rules on England Athletes insurance have apparently changed and for cover to be provided by EA a race licence must be in place. Sam is looking to apply for the TRA insurance instead. The additional cost should be covered by guest fees.

• Track Friday Insurance

The changes in EA insurance also impact Track Friday as this is classified as a stadium event and therefore always requiring a race licence.

• New Year Membership Questions

It was agreed that for 2024 membership we would continue with the same membership categories as 2023. Junior, social and life members will not be available via MyClubHouse but are available on application or invitation.

It was noted that the club EA fee will increase from £150 to £200 and the individual EA fee will increase from £17 to £19. The latter rise will be passed directly on to affiliated members.

The membership card colour will change – new colour TBD.

• Coaching

There was a discussion on reimbursing coaches' membership fees. This was rejected.

• Track Lights

The lights are liable to occasional failures and will require re-setting. This has been raised with GLL by Stuart, but is unlikely to be fully resolved until the next financial year when there are funds to resolve the underlying issues with the lights.

Next Meeting: 19:00 Tuesday, 21st November via Zoom.

Main Club contact points:

Chair, Sam:

chair@readingroadrunners.org

Membership Secretary, Ian:

membership@readingroadrunners.org

Secretary, David:

gensec@readingroadrunners.org

Treasurer, Chris:

treasurer@readingroadrunners.org

Social Secretary, Kerri:

socialsec@readingroadrunners.org

Coaching Liaison, Art:

coach@readingroadrunners.org

Website, Paul:

webmaster@readingroadrunners.org

Team Captains, Chloe & Tony:

teamcaptains@readingroadrunners.org

Welfare Officer, Tom Harrison:

tom.harrison13w@btinternet.com

Welfare Officer: Nikki Gillard:

nicolagillard@hotmail.com

Mental Health Champion, Laura Lou:

goodtotalk@readingroadrunners.org

Kit Manager, Dean Allaway:

dean.allaway@yahoo.co.uk

Roadrunners' Race Results

David Dibben

In the last few weeks RR marathoners have been competing over the iconic 26.2 miles distance in no fewer than eight different countries (data below).

Closer to home there's been plenty of cross-country action and it's great to see **Rob Tan** back in a green vest and scoring for us in the TVXC and **Mel Shaw** running well again after her long injury lay-off.

Also in XC, our second-claimer **Ben Paviour** did the England vest proud with an age group fourth place finish in the British and Irish Masters international in Glasgow.

Finally, *chapeaux* to the legend **Tom Harrison**, who took on the horrendous series of ascents up to nosebleed territory at the top of the Chilterns in the Marlow Seven. Our most senior regular competitor got round in good enough shape to be able to represent the club in the TVXC a week later. Respect!

October 1st

Loch Ness Marathon

Pos	Name	Chip
3364	Trisha Arnold	6:16.19

October 15th

Palma Marathon

Pos	Name	Chip
684	Martin Bush	5:12.56

Palma Half Marathon

Pos	Name	Chip
837	Caroline Monaghan	1:52.41
2167	Catherine Leather	2:12.30
2265	Tina Woffington	2:14.31
2515	Angelique Haswell	2:20.24
2533	Paul Monaghan	2:22.23
2723	Adele Graham	2:26.26

Palma 9k

Pos	Name	Chip
432	Tracy Jenkins	49.12
1052	Heather Bowley	57.49

1093	Mel Silvey	59.51
1481	Carl Woffington	1:08.05
1822	Sandy Sheppard	1:25.45
1823	Gill Gillard	1:25.45
1872	Jane Silvey	1:33.30

October 22nd

Thames Valley XC League (race 2, Bracknell)

Pos	Name	Gun
1	Chris Lucas	36.50
6	Dan Moore	37.35
20	Chris Moseley	40.16
40	Owyn Thatcher	42.29
42	Fergal Donnelly	42.35
49	Tony Page	43.13
50	Kat Charles	43.19
73	Ian Giggs	45.26
91	Mark Andrew	47.04
96	Eoin McLeod	47.23
97	Mike Worsfold	47.26
99	Pip White	47.29
114	Liang Guo	49.07
116	Alan Freer	49.24
123	Ann Rostern	49.42
124	Adrian Cull	49.57
129	Tom Wright	50.51
131	David Fiddes	50.55
146	Sarah Dooley	51.41
149	Mark Allen	52.03
174	Dan Rickett	53.35
180	Pauline Bravet	53.50
201	Sarah Alsford	55.30
207	Kayleigh Forbes	55.48
220	Liz Ganpatsingh	57.09
243	Alex Bennell	58.50
256	Gary Clarke	1:00.05
257	Caroline Monaghan	1:00.15
262	Lorna McLeod	1:00.37
264	Brian Fennelly	1:00.39
282	Jim Kiddie	1:02.23
299	Andy Atkinson	1:04.10
306	Sara Lopez	1:05.19
321	Sarah Richmond-D	1:07.39
325	Peter Higgs	1:08.12
329	Emma Hopkins	1:08.41
332	Sally Caldwell	1:10.07
338	Lucy Radburn	1:11.13

340	Maureen Sweeney	1:11.22
344	June Bilsby	1:12.45
356	Becky Mellor	1:17.31
362	Cecilia Csemiczky	1:28.11
363	Sophie Higgs	1:34.36
364	Pete Morris	1:34.38
365	Linda Wright	1:52.39

RR men: 1 Lucas, 5 Moore, 18 Moseley, 37 Thatcher, 39 Donnelly, 46 Page. **RR: 4th.**

RR women: 2 Charles, 12 White, 21 Rostern, 31 Dooley. **RR: 3rd.**

Beachy Head Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
985	Martin Bush	7:20.32

Abingdon Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
30	Callum Evans	2:46.51 PB
264	Ian Horritt	3:22.26
463	Brian Grieves	3:49.02
663	Amy Williamson	4:34.09
700	David Leake	4:44.56
	(1st M70)	

Leeds Abbey Dash 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3555	Kira Moffat	1:00.48

Fleet 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
144	Jon Green	44.45

October 28th

Hampshire XC League (race 1, Aldershot)

Women

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
23	Kat Charles	25.06
57	Chloe Lloyd	27.33
60	Kaja Milczewska	27.37
67	Laura Nagi	27.55
88	Pauline Bravet	29.34
126 (58)	Claire Seymour	35.02
142 (72)	Kerri French	50.49

RR women: 8th

Men

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
35	Ryan O'Brien	35.07
47 (6)	Mark Worringham	36.09
62	Dan Moore	36.58
81	Chris Burt	37.53

85 (10)	Lance Nortcliff	38.00
	(1st V50)	
106	Callum Evans	39.41
131 (35)	Pete Jewell	41.03
	(1st V60)	
214 (89)	David Walkley	46.38
232	Tom Wright	48.47
243 (112)	David Fiddes	50.21

RR men: 2nd in Div 2. RR vets: 6th

October 29th

Dublin Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14312	Tim Miller	5:08.58

November 5th

Marlow 7

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
10	Fergal Donnelly	47.13
	(2nd M50)	
11	Andrew Shirley	47.40
	(3rd M50)	
18	Caroline Hoskins	49.40
	(2nd lady, 1st W50)	
23	Mark Andrew	51.00
32	Chris James	53.13
49	Julie Rainbow	55.40
	(3rd W50)	
50	Jackie Smith	55.55
55	David Caswell	56.33
76	Colin Cottell	59.09
135	Toni McQueen	63.10
	(3rd W60)	
140	Alex Bennell	63.05
204	Jim Kiddie	68.14
	(2nd M70)	
263	Rita Dykes	74.40
272	Ashley Pinder	75.56
373	Lorraine Bailey	88.53
395	Tom Harrison	94.33
408	Julie Wing	103.54

Marlow Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
113	Brian May	1:42.29
183	Mary Janssen	1:47.32
202	Chris Cutting	1:49.11
210	Mark Allen	1:49.48
347	Ben Fasham	1:58.18
433	Amit Dutta	2:05.15
530	Katie Gambrell	2:13.30
618	Justin Watkins	2:26.02

Northolt 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7	Alex Harris	38.10

Nice-Cannes Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5778	Martin Bush	5:31.42

New York Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6658	Peter Rennie	3:34.24
15667	Angela Burley	4:03.34

November 11thHampshire XC League (race 2, Popham)Women

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
19	Kat Charles	25.34
46 (15)	Helen Pool	27.36
50	Flo Ledger	27.51
55	Chloe Lloyd	28.09
63	Kaja Milczewska	28.50
81	Kayleigh Forbes	30.20
89 (37)	Emma Paton	30.44
123 (57)	Alex Bennell	34.22
134 (65)	Claire Seymour	37.11
156 (81)	Cecilia Csemiczky	46.44

RR women: 9th**RR women vets: 10th**Men

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
36	Ryan O'Brien	35.52
41 (5)	Mark Worringham	36.15
61	Chris Burt	37.41
130	Callum Evans	41.14
136 (39)	Pete Jewell	41.35
	(1st V60)	
143 (44)	Chris Moseley	42.15
161 (56)	Tony Page	43.04
178	Dimi Gospodinov	44.10
200 (88)	Chris Stitt	45.07
221 (100)	Mark Andrew	46.47
262	Jon Green	49.45
272 (142)	David Fiddes	51.53

RR men: 1st in Div 2**RR men vets: 7th**British & Irish Masters XC International

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
7	Ben Paviour	27.22
	(4th M50)	

November 12thThames Valley XC League (race 3, Datchet)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
19	Fergal Donnelly	37.20
38	Owyn Thatcher	38.24
49	Rob Tan	39.02
52	Toby Laver (guest)	39.06
55	Nikki Gray	39.09
62	Sarah McDade	39.18
67	Kat Charles	39.29
72	Dan Horritt (guest)	40.14
73	Katherine West	40.15
75	Tony Page	40.17
76	Kenny Heaton	40.18
101	Eoin McLeod	41.51
103	Gavin Rennie	42.00
109	Ben Ganpatsingh	42.18
112	Jamie Smith	42.31
127	Pip White	42.58
139	Chloe Lloyd	43.38
146	Ann Rostern	43.51
149	Helen Pool	43.58
156	Pete Aked	44.18
160	David Walkley	44.32
170	Robert Houghton	45.13
171	Alan Freer	45.15
172	David Caswell	45.17
173	Antoine Chabran	45.20
177	Adrian Cull	45.33
182	Alix Eyles	45.45
183	Kaja Milczewska	45.49
186	Bruce Sarjent	45.58
195	Ian Horritt	46.16
198	Tom Wright	46.25
201	Mark Allen	46.31
213	Pauline Bravet	47.14
231	Jon Green	47.52
232	Claire Marks	47.55
253	Colin Cottell	48.33
254	Sarah Dooley	48.34
272	Lorna McLeod	49.35
274	Kayleigh Forbes	49.57
278	Tom Ellis (guest)	50.17
279	Sarah Alsford	50.19
281	Liz Ganpatsingh	50.22
289	Brian Fennelly	50.34
310	Dan Rickett	51.20
327	Gary Clarke	52.21
334	Pete Morris	52.49
336	Amelia Busby	52.56
351	Toni McQueen	53.53
356	Claire Hatfield	54.00

359	Andy Atkinson	54.07
366	Catherine Leather	54.37
367	Jim Kiddie	54.38
371	James Leach	54.52
373	Sian James	55.02
395	Tina Woffington	56.32
406	Christina Reay	57.03
433	Tracy Eddington	60.30
436	Charlie Macklin (guest)	60.39
437	Louise Atkinson (guest)	60.40
439	Sarah Richmond-Devoy	60.42
444	Sally Caldwell	61.24
469	Heather Bowley	65.43
473	Becky Mellor	67.52
482	Peter Higgs	69.49
488	Cecilia Csemiczky	74.29
492	Tom Harrison	80.35
493	Linda Wright	84.56

RR men: 18 Donnelly, 37 Thatcher, 46 Tan, 63 Page, 64 Heaton, 85 McLeod. **RR men: 7th.**

RR women: 5 Gray, 7 McDade, 8 Charles, 22 Rostern. **RR women: 2nd. Overall: RR 4th**

November 19th

Berks, Bucks & Oxon XC Championships

Women's race

Pos	Name	Gun
2	Nikki Gray (1st vet)	31.09
5	Kat Charles	31.45
17	Kaja Milczewska	36.06
22	Mel Shaw	37.58
25	Pauline Bravet	38.34
26	Lorna McLeod	38.53
27	Kayleigh Forbes	39.14
29	Toni McQueen	43.32

Gray, Charles, Milczewska 3rd ladies

Gray, Shaw, McLeod 3rd ladies vets

Men's race

Pos	Name	Gun
11	Mark Worringham (1st vet)	27.09
30	David Parton	29.33
40	Fergal Donnelly	30.40
48	Tony Page	32.04
49	Dimi Gospodinov	32.17
54	Ian Giggs	33.18
57	Gary Tuttle	33.32
59	Mark Andrew	33.59
61	Eoin McLeod	34.24
69	Jon Green	37.19

Worringham, Parton, Donnelly 3rd men's vets

Verona Marathon

Pos	Name	Chip
48	David Boulton	2:37.34 PB

Verona Half Marathon

Pos	Name	Chip
385	Brooke Johnson	1:28.48
466	David Clay	1:30.58 PB
443	Grant Hopkins	1:31.19
-	Rob Tan	1:32.10
537	Chloe Lloyd	1:33.08 PB
616	Pip White	1:33.53
822	Jamie Smith	1:37.34
-	Rob Cannings	1:38.47
1244	Liz Johnson	1:44.40
1300	Julie Sugden	1:44.44 PB
1796	Angela Burley	1:51.15
2392	Sara Lopez	2:08.56
-	Katherine Foley	2:24.46

Maspalomas Marathon

Pos	Name	Chip
651	Martin Bush	5:18.33
720	Pete Morris	5:55.45

Brighton 10k

Pos	Name	Chip
349	Edwina McDowell	42.07
420	Gemma Buley	43.31
834	David Dibben	49.54

Gosport Half Marathon

Pos	Name	Chip
464	Katherine West	1:45.01

Wimborne 10

Pos	Name	Chip
108	Helen Pool (1st W45)	1:12.38

Rugged Radnage 10k

Pos	Name	Chip
114	Bryan Curtayne	1:00.45

* For the avoidance of doubt, the mail address for all your results and PBs is results@readingroadrunners.org

* If you've run a marathon, and wish to be included in the club championship, please also mail your result to: bob.thomas@btinternet.com

Photo Gallery

Some snaps from recent weeks



- ▲ Some of our women's team at the Hampshire League XC in Popham on 11 November
- ▼ TVXC runners at Datchet on 12 November. Well done to those who ran both!





- ▲ Friday track sessions have been proving popular lately! This group photo is from 17 November.
- ▼ Some of our Verona half finishers (and supporters) enjoying the post-race sunset on 19 November.

