

NEWSLETTER

DECEMBER 2023



Christmas Spirit 🎄



Festive hats aplenty at our last track session of the year! Thanks to all our coaches for your time, enthusiasm and encouragement in 2023.

Editor's Intro

David Clay

Seasons's greetings and welcome to the December newsletter!

The schools are shut, the 'out of office' messages are on and it's time to kick back and relax for a few days. I'm delighted to have next week off after a super busy month, where just getting out the door for a run has felt like a major achievement! I hope you are able to take a break at some point over the Christmas and new year period and enjoy some time with friends and family.

I'm sure lots of you will be checking out your annual stats on Garmin, Strava, Power of 10 etc. to see whether you can squeeze in a few extra miles to hit a distance goal, or reflect on what you've managed to achieve over the year. I have just noticed that, for the third year in a row, I have run only one road race in the entire year but managed to achieve a PB at that race! Have you spotted any quirky stats or running streaks in your own analysis? 🤖 I really hadn't appreciated how little I have raced post-covid, so fingers crossed I'll make some more start lines next year.

Thanks to everyone who has sent me an article this month, and a special mention to our General Secretary, David Fiddes, for turning round the December committee meeting minutes within 24 hours this week!

I hope you have enjoyed reading the newsletter in 2023. If you would like to submit an article for inclusion in the next edition, please send it to me at newsletter@readingroadrunners.org by Monday 22nd January.

Best wishes for a happy and healthy 2024 😊

David

Chair

Sam Whalley



chair@readingroadrunners.org

Is it just me who always feels like a week goes missing somewhere in mid-December?

One minute there is plenty of time to get organised, then it seems we are in Christmas Week and festive plans are imminent!

Hopefully you will all have received my email advising of the upcoming track closures. By the time this newsletter comes out we will have had our final track session of the year, on Wednesday 20th December. The track will then be closed, and our first session of the New Year will be on Wednesday 3rd January.

If all has gone to plan, we will have been able to wish each other a Merry Christmas over mince pies and mulled wine at the stadium.

This is a tradition we have lost in the post-pandemic years, so thank you to Toni for being willing to try and bring it back.

Thank you also to all of the coaches and LiRFs who have offered and assisted with sessions throughout the year. I am sure we all feel a lot fitter as a result, and it has often been reflected in the performances we have seen at many events. I haven't been able to train much during the second part of this year, but I have popped into the track as often as possible. Fortunately I only live a mile away!

You may have noticed we have been trying to promote our Friday sessions a bit more, by sharing the details in advance and posting about them afterwards. This is with a view to easing congestion on a Wednesday, when it sometimes feels like you could not fit a single person more on the track! I know there have been some other suggestions about improving the situation, and these will be discussed at the next committee meeting.

This past weekend the Christmas Night Out was held at Playlist Live in Reading. It looked like a really fun time. I was disappointed to not be able to attend, but delighted to have been invited to celebrate the 80th birthday of Eddie Thorpe, one of the most competitive members we have in the club, on the same evening. It is always great to hear about Eddie's next challenge, and maybe one day he'll tell us about all his past PBs. Now his focus is on the V80-84 category and we will follow this keenly.

Thank you to Kerri for all of the socials she has organised this year, and I look forward to being able to attend more next year.

The next major social event on our calendar will be the Awards Evening in March. This is where we will dance the night away after a slap-up meal and the awarding of trophies to winners and runners up in the club, marathon and XC championships.

The cancellation of the New Forest 10 in October meant that the finale of the club championship was delayed until the Mapledurham 10 at the beginning of December. The XC championship is still underway and will come to a conclusion in February. Changes to the way the championships work have also been proposed and will be discussed at the next meeting.

With XC in mind it won't be long until we host our own TVXC fixture, which will once again take place at Ashenbury Park in Woodley on 7th January. Although I am the Race Director, largely by default, I can assure you that there are various people leading the key elements – set up, car parking, marshals, finish line, catering and logistics – and I am merely the figurehead. If you are not currently down to help, listen out for how you can, or come along and run; the more the merrier! Our teams have been doing really well so far, thanks to captains Tony and Chloe getting people to commit, and there is still time to do even better.

As I write this I am also dealing with the fallout of the cancelled Berkshire County XC Championships, which should have taken place at the weekend. For those who don't know, another of my voluntary roles is as XC Secretary for Berkshire, a role which I really enjoy, being a huge fan of XC. This is one of the reasons why I am ready to step down as chair. If you like our club as much as I do, maybe you could take my place? There are also a couple of places on the committee, so you could bring a friend!

Let me take this opportunity to wish you all a Merry Christmas and a Happy New Year.

Sam

Men's Captain

Tony Page



teamcaptains@readingroadrunners.org

This month we've seen green vests out in force and braving the mud at the Mapledurham 10, the final event of this year's club championship.

I hear **Dimi Gospodinov** out sprinted **Fergal Donnelley** (1st M50) for 3rd place, and **Chris Stitt** (1st M40) and **Clive Alderson** (1st M60) also won prizes. You can find a round up on the club championship by **Bob Thomas** on page 17 of this newsletter.

Elsewhere, **Mark Worringham** and **Ryan O'Brien** were a close 2nd and 3rd in the Chase the Moon 10K in Battersea park. Probably the award for top performance this month, goes to **Dan Moore** who followed up a 2.37 in his first marathon in Valencia with 1st place at

the TVXC Marlow, helping our team to 1st place. Well done Dan! Everyone who ran that day deserves a medal, it was a really tough course in those conditions, so really pleased we pulled together as a team and did so well.

It is 2 years ago since I took over as Men's team captain. This year's XC season will be my last as team captain – I will be standing down at the AGM in March.

It has been an absolute privilege. Right from my first event at the National XC Championship at Parliament Hill, where I ended up in the ambulance! Highlights for me probably have been the Ridgeway Relay where we finished second overall in each of the last 2 years and some great days out in the Hants XC league.

What is the captain's role, well there's a bunch of things but the success of the club in the leagues is important, and also in the county, Southern region xc and the road relays. For me, it is being passionate about the team events, that it matters how we do, that individual and team performances are the best we can achieve as a club. I found it was important to do most of the events I could, to lead from the front, as far as possible.... but you can only do that for so long and I feel I need to step back and give the opportunity for someone new to take on the baton.

And there is every reason to be optimistic about next season, attendance is up for cross country; there's been a good core team running the Hants league and we are set for promotion back to Division 1, if we perform well at Prospect Park in January when we're also looking to follow up our success in Marlow with a win in our home TVXC fixture at Ashenbury. So, let's keep the momentum going!

Further over the horizon, next Spring, we'll have the road relays – the popularity of these events has increased since I took over as captain, and this will be the first task for the new Men's captain whoever that may be. If you are interested in finding out what's involved do come and find me at the track or at one of the cross-country races.

All in all, what's important is to be there, with the flag and the RR tent, and supporting the team!

Tony

Women's Captain

Chloe Lloyd



teamcaptains@readingroadrunners.org

Merry Christmas Reading Roadrunners!

With only 2 more sleeps to go, 2 more sleeps to Santa, this is the last newsletter of 2023! We had our last track session on Wednesday, which was finished off with a tasty cup of mulled wine and a mince pie. Thank you **Toni McQueen** and your helpers for keeping up this tradition.

Two weeks ago, we showed up to the trickiest Thames Valley Cross Country race this season. Marlow Striders hosted their second (ever) event at Hambledon in Henley. The 10k course threw everything at us, from mud, puddles, fallen trees, roots, to over 750ft of elevation. Sixty-two Reading Roadrunners completed the race, and I am still dancing like Dasher that the club came **FIRST** ahead of our main rivals Maidenhead and Datchet. Scoring for the women were **Kat Charles** (2), **Nikki Gray** (3), **Pip White** (18) and **Ann Rostern** (22). Well done!

As I said last month, everyone who runs these events contributes to these results, so thank you for showing up on the day. The club has so much strength when out in force, and we are now sitting third in the results table. Next up is our own event on Sunday 7th January at Ashenbury Park in Woodley. Head over to myclubhouse to enter!

Cross Country is an acquired taste, but I really do hope those who have been involved so far have enjoyed the social aspect, the camaraderie and have seen an improvement in their physical and mental fitness. You can find photographs of yourself in action on the Thames Valley Running Club Community Facebook page, if you didn't know already...

The Club Championships has now finished, and the results can be found later in this newsletter. Congratulations to you all, it takes some commitment to run all four distances, some more than once to better your position in the results table! I look forward to the Annual Awards night where you will be rewarded for your efforts.

As news breaks that Men's Captain Tony Page is stepping down at the next AGM in March, I'd like to take this opportunity to thank Tony for all his hard work behind the scenes. He really has made taking over as Ladies Captain so much easier. Hopefully we can find someone to fill his shoes and work alongside me (if you'll have me again?), to make Reading Roadrunners the all-inclusive, fun, friendly and competitive club we are today. Please don't hesitate to speak to either one of us if you are interested!

I'm going to round off here. To the coaches, thank you for giving up your time on Wednesday/Friday nights in all weather to coach us. Enjoy your time away from the track and rest your voices until the 3rd January. To the committee, thank you for keeping us in check over the last year. And to you all - have a super time over the next couple of weeks, wherever you may be running, resting, eating, drinking... Cheers!

Chloe

Social Stuff!

Kerri French, Social Secretary

What a very social year it's been.

I do hope you've enjoyed the ones you've been able to come along to. And if you haven't made it along to a social event please do. You'll soon notice it's just the running that's the plumbing that brings us together. We are much much more than just a running club.

What has been lovely to see is the monthly retired & alumni members coffee mornings at Bosco Lounge. Huge thanks to Carl Woffington for taking care of these. If I was retired I'd be there like a shot with you every month! Not just popping my head in every now and again armed with my laptop.

Here's what we've been up to this year:

March - Post Reading Half drinks at The Turks Head

April - Reading Pub Quiz Trail & Pie Night at Sweeney Tods.

May - The Kings Coronation Concert at the Abbey Ruins

June - Charity Barn Dance (organised by Liz & her charity team.)

July - Summer Games in the park

August - Coach Trip to Bognor Regis

September - Charity Bingo with Fish & Chips (organised by Liz & her charity team.)

October - Ascot Racing & Beer Festival

November - Bath Christmas Market

December - Christmas drinks & buffet at Playlist





Our first event of 2024 is the biggest one to organise and that's our prestigious Annual Awards Night. Even if you haven't won an award, it is a fantastic celebration of our club, achievements, volunteers and friendships. So when tickets go on sale at the end of January don't hesitate to book up!

The date is Saturday 23rd March at The Penta Hotel.

I want to take this opportunity to thank you all for your support in 2023.

Here's to 2024 & all the fun that brings.

Merry Christmas 🎅

Charity of the Year – Understanding Dementia

Liz Atkinson

A lot has happened since my last newsletter. We were invited to join the Understanding Dementia Charity Quiz Night on 25th November and Reading Roadrunners enthusiastically supported it.

We took the event to a sell-out by entering five teams, who squeezed into Charvil Village Hall together with many other teams all supporting the Charity.

The questions raised a few eyebrows as they were challenging - taking themes following the interests of sponsors. If you were good on electricity, wine, newspapers and anything orange, you would be fine.

Despite this, the Roadrunners teams scored well, only missing out on placings by a half a point or so. It was a shame that this event coincided with the Bath trip as I know that some on that trip also enjoy a quiz.



Unfortunately we had no control on the date as it was organised directly by our charity. On the plus side, we had no overheads in supporting the event and all of the £465.00 raised by us went directly to the Roadrunner charity account.



Fiona Ross has set up a donation page on the Good Exchange as she is donating to the charity this year instead of sending Christmas cards. This has been followed by others and at the time of writing donations stand at £307!

By the time you read this, the raffle for the Christmas Hamper will have been drawn. Thanks to so many kind donations from Aldi and individual Roadrunners we have expanded the draw to include both the main and a smaller hamper, and some individual prizes of wine and chocolates. Thanks to our Chair, Sam Walley, for providing the hamper baskets.

The total amount raised to date needs to be confirmed, but it is looking like we have just about raised £12,000.00. So, Roadrunners should feel justifiably proud that collectively you have contributed so much to this good cause.

Finally, a very merry Christmas from our charity, Fiona, Cecilia and me.

Reading Roadrunners Committee Meeting

Tuesday 21 November, 7pm (by video call)

The Committee

Sam Whalley	(Chair)
Kerri French	(Social secretary)
Chris Manton	(Ex officio)
David Fiddes	(General secretary)
Ian Giggs	(Membership secretary)
Chris Burt	(Treasurer)
Kayleigh Forbes	(Website/social media)

Apologies for absence

Stuart Lunn	(Ex officio)
Angharad Ross	(Ex officio)

Minutes of the previous meeting

Kerri was incorrectly recorded as attending October's meeting; however, she had sent her apologies. Apart from this inaccuracy the minutes of the previous meeting were proposed as a true record by Kerri, and seconded by Sam.

Matters arising from the minutes of the previous meeting

None

Chair's Report

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.

Thanks to Art who is stepping down as coach liaison.

General Secretary's Report

Nothing to report this month.

Treasurer's Report

October Accounts

- Small positive balance for the month at £446, with limited activity to update on aside from the Q3 track hire invoice being paid which was partly offset by income received from Reading Uni and Reading Joggers for their use of the track on Fridays.
- Track Friday generated £84 of income as I believe Finch Coasters joined the event and c.£70 of charity donations for refreshments which has now been paid over the Charity a/c alongside donations raised from the Bingo night and Ascot social.

Profit and Loss

Reading Roadrunners
For the month ended 31 October 2023

	Oct 2023
Turnover	
Event income	84.00
Membership	1,686.39
Total Turnover	1,770.39
Cost of Sales	
Track Hire	1,187.43
Total Cost of Sales	1,187.43
Gross Profit	582.96
Administrative Costs	
Charitable Donations	240.54
Misc.	36.00
Total Administrative Costs	276.54
Operating Profit	306.42
Other Income	
Interest Income	140.41
Total Other Income	140.41
Profit on Ordinary Activities Before Taxation	446.83
Profit after Taxation	446.83

Membership Secretary's Report

Ian reported that in October we had 13 new members to bring the total up to 512.

Social Secretary's Report

Bath Christmas Market

Coach cost £822 approx. - just waiting for invoice.
Ticket Sales £933

Christmas Night Out

Ticket Sales were poor in the lead up to paying the balance. So agreed with venue to drop the commitment to 25 places.

Current sales – 23. Have enabled a 'wait list' on MyClubHouse and will negotiate with the venue once we hit 25.

New member meet & mingle

Next Wednesday after track with 18 attending. Coaches & Captains hosting to give new members a chance to find out about club events, cross country & training goals.

Retired Members & Alumnus

Still meeting once a month- next one is Monday 11th December.

Any surpluses will be reconciled after Christmas Night Out.

2024

- Annual Awards Night - Saturday 23rd March.
- European Trip to Palma - October - 10k, Half Marathon & Marathon.
- Open to any ideas to start planning, especially something free to do late Jan early Feb to bridge the gap between Christmas & Annual Awards night.
- Might approach the Biscuit Factory for drinks, mingle, pre & post a private screening of something running related. It's a great space to meet & chat.

Coaching Report

None this month.

AOB

Membership fees

We need to determine whether track costs are going to increase next year before setting the new fees – David to action.

Shinfield junior races

The committee agreed that there were circumstances when the children could be accompanied in the Shinfield junior races. This would require changes to the rules and is ultimately for the Shinfield race committee to agree.

AGM

It was agreed to try and book Suttons Bowling Club again for the 12th March 2024.

Friday track coach/committee cover

The schedule is covered until 22nd December.

Marathon championship changes

Tony Page has proposed changes to the club championships and marathon championships. Further discussion is still required. Bob Thomas, who administers the championships, is open to changes as long as they don't increase the administrative burden.

Track congestion

Jamie Smith has produced a discussion paper in response to Wednesday nights track congestion. This wasn't fully circulated before the meeting, but will be considered at the next committee meeting in December.

Next Meeting: 19:00 Tuesday, 19th December 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

Reading Roadrunners Committee Meeting

Tuesday 19 December, 7pm (by video call)

The Committee

Sam Whalley	(Chair)
Kerri French	(Social secretary)
Chris Manton	(Ex officio)
David Fiddes	(General secretary)
Ian Giggs	(Membership secretary)
Kayleigh Forbes	(Website/social media)
Angharad Ross	(Ex officio)
Pippa White	(Treasurer)

Apologies for absence

Chris Burt	(outgoing treasurer)
Stuart Lunn	(Ex officio)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

None.

Chair's Report

It has been another busy month for the club.

The XC season has continued with TVXC fixtures in Sandhurst and Marlow. The Berkshire Championships scheduled for today were cancelled. Captains are currently planning entries for the Southern, and we are looking ahead to our own TVXC fixture on 7th January.

Track sessions have continued to be popular. Thank you to all of the coaches who have provided sessions on Wednesdays and Fridays. Friday sessions are picking up due to some focused promotion.

The Christmas social this weekend was attended by a good number of members, and a fun time was had. Thank you to Kerri for organising this.

This coming Wednesday will be the final track session of the year.

General Secretary's Report

David forwarded London Marathon places to club draw winners.

Tony Canning forwarded some ideas on rewarding coaches, including request for additional jackets, which David agreed to raise for discussion.

Treasurer's Report

November Accounts

- Moderate surplus of £985.
- Notable expenditure in the month mainly due to social activities – c.£400 for balance of Xmas party social, and £750 for coach trip to Bath. Both expenses covered by income from members via MyClubHouse.
- Kit sales picked up last month (£167) – suspect this will be driven by members picking up vests / t-shirts for XC
- Inflow of new members driving EA affiliation payments last month
- Track payments from Wargrave and RJ resulting in credit

Profit and Loss

Reading Roadrunners
For the month ended 30 November 2023

	Nov 2023
Turnover	
Kit sales	167.03
Membership	2,242.58
Total Turnover	2,409.61
Cost of Sales	
Events	130.00
Social	1,142.96
Track Hire	(100.00)
Total Cost of Sales	1,172.96
Gross Profit	1,236.65
Administrative Costs	
Affiliation Fees	221.00
Charitable Donations	163.80
Total Administrative Costs	384.80
Operating Profit	851.85
Other Income	
Interest Income	133.63
Total Other Income	133.63
Profit on Ordinary Activities Before Taxation	985.48
Profit after Taxation	985.48

Membership Secretary's Report

In November we had 26 new members to bring the membership up to 538 to the end of November.

Social Secretary's Report

Kerri reported that the Christmas Do at Playlist was great fun, the buffet was ample & tasty!

The next big event is the Annual Awards Night on Saturday 23rd March, and planning for this starts in the New Year.

Coaching Report

No report this month.

AOB

Membership fees

Membership fees will be increased.

Shinfield budget

Ian presented the Shinfield Races budget which was accepted by the committee.

Club Championships

A proposed change to the club championships to merge the marathon championships into the main club championships was accepted. Further details of this will be announced with the 2024 club championship announcement.

Coaching matters

There was a lengthy discussion on coaching matters, including proposed changes to Wednesday sessions, coaching jackets and the need for a coaching co-ordinator/coaching liaison.

Next Meeting: 19:00 Tuesday, 9th January 2024 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:
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Website, Paul:
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Team Captains, Chloe & Tony:
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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

With the cancellation of the Berkshire Cross-Country Championships, I could find zilch evidence of any RR members competing last weekend... my first blank in six years of rounding up this data.

Of course, if anyone was in action please mail your times to results@readingroadrunners.org and we'll get them in the January newsletter.

In the meantime... Happy Christmas!

November 26th

Thames Valley XC League (race 4, Sandhurst)

Pos	Name	Gun
1	Rob Corney (guest)	33.21
23	Chris Moseley	37.48
30	Fergal Donnelly	38.27
50	Kat Charles	39.40
51	Nikki Gray	39.41
55	Sarah McDade	39.59
58	Tony Page	40.18
69	Kenny Heaton	40.44
82	Gavin Rennie	41.21
83	Rob Tan	41.24
89	Chris Stitt	41.50
99	Ian Giggs	42.21
107	Ian Horritt	43.06
132	Pete Aked	45.00
139	Chloe Lloyd	45.26
142	Pip White	45.29
146	Eoin McLeod	45.58
150	Alan Freer	46.07
151	Qasim Abulas	46.10
154	Tom Wright	46.23
156	Rob Cannings	46.28
159	Ann Rostern	46.31
166	David Fiddes	47.13
171	Liang Guo	47.29
178	Mark Allen	47.42
181	Adrian Cull	47.51
186	Alex Squire	48.14
191	Mel Shaw	48.49
213	Colin Cottell	50.25

224	Jonah Ganpatsingh (g)	50.54
225	Sarah Alsford	50.57
240	Liz Ganpatsingh	51.34
243	Bryan Curtayne	51.40
280	Lorna McLeod	54.01
281	Brian Fennelly	54.02
282	Simon Peralta	54.08
300	Gary Clarke	55.53
306	Pete Morris	56.28
308	Andy Atkinson	56.34
326	Jim Kiddie	58.05
369	Claire Seymour	63.40
374	Sarah Richmond-Devoy	64.18
375	Peter Higgs	64.37
379	Sally Caldwell	64.53
398	Becky Mellor	74.24
400	Cecilia Csemiczky	79.59
402	Tom Harrison	91.33
403	Linda Wright	95.45

RR men: 22 Moseley, 29 Donnelly, 53 Page, 58 Heaton, 70 Rennie, 71 Tan. **RR: 6th.**

RR women: 1 Charles, 2 Gray, 3 McDade, 25 Rostern. **RR: 1st=.**

Overall: RR 3rd.

Southampton 10k

Pos	Name	Chip
142	David Caswell	44.58

Eynsham 10k

Pos	Name	Chip
112	Clive Alderson (3rd M60)	41.32

Kingston 10k

Pos	Name	Chip
18	Ellie Greensmith (3rd lady)	47.39

November 29thChase the Moon 10K (Battersea)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Mark Worringham (1st M45)	33.15
3	Ryan O'Brien (1st M35)	33.18 PB
5	Chris Lucas	34.25 PB
6	Chris Burt (2nd M35)	34.34 PB

December 2ndVictoria Park Half Marathon (Hackney)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
91	Jane Copland	1:29.08 PB
258	Qasim Abulas	1:41.21 PB

Lanzarote 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
74	Dean Allaway	49.40
530	Kerri French	1:33.37

Valencia Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1029	Dan Moore	2:37.01

Sri Chinmoy Grizzly Bear 10k (Battersea)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
30	Callum Evans	35.19 PB

Salisbury Plain Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
154	Pete Morris	6:28.29
155	Caroline Hargreaves	6:28.31

Sri Chinmoy Grizzly Bear 10k (Battersea)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
30	Callum Evans	35.19 PB

December 3rdMapledurham 10 (club champs)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Dimi Gospodinov	1:09.10
4	Fergal Donnelly	1:09.13
7	Nikki Gray (1st lady)	1:10.58
8	Chris Stitt (1st M40)	1:13.47
9	Chris Webber (3rd M50)	1:14.22
12	Clive Alderson (1st M60)	1:15.31

15	Mark Andrew	1:18.11
23	Adrian Cull	1:21.08
32	Mark Allen	1:24.40
34	Robert Houghton	1:25.10
37	Pauline Bravet (2nd senior lady)	1:25.46
46	Bryan Curtayne	1:29.05
72	Gary Clarke	1:36.36
90	Jo Sollesse	1:39.23
91	Chloe Ryce	1:39.34
92	Mark Ryce	1:39.55
97	Catherine Leather (2nd W50)	1:41.09
99	Julie Sugden	1:41.11
102	Andy Atkinson (2nd M70)	1:41.23
136	Sarah Richmond-Devoy	1:50.55
138	Ashley Pinder	1:51.30
149	Adele Graham	1:59.54
150	Antoine Chabran	2:00.59
158	Stephanie Smith	2:23.11
159	Cecilia Csemiiczky (2nd W70)	2:25.47

Mapledurham 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Alex Squire	49.34
31	Roger Ganpatsingh	54.00
33	Claire Marks (2nd W50)	54.20
41	Liz Ganpatsingh (3rd W40)	56.28
84	George Nyamie	1:03.33
198	Linda Wright	1:50.09

Mapledurham Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
10	Philip Woolfall (1st M50)	1:37.29
12	Gavin Rennie (2nd M50)	1:41.35
20	Ann Rostern (3rd lady)	1:48.41
38	Sarah Alsford (2nd W50)	1:57.59

British Masters 5k championships

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
11	Ben Paviour (3rd M50)	16.09
83	Alex Harris	18.27
117	Helen Pool	19.41
198	Eddie Thorpe	26.24

Grim Challenge (8 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
53	David Caswell	1:08.57

December 10thThames Valley XC League (race 5, Marlow)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Dan Moore	39.06
3	Ryan O'Brien	39.40
7	Mark Worringham	40.17
14	Lance Nortcliff	42.07
21	Fergal Donnelly	43.30
22	Chris Moseley	43.53
40	Kat Charles	45.40
47	Nikki Gray	46.24
50	Toby Laver (guest)	46.38
59	Robert Tan	47.02
62	Tony Page	47.13
75	Duen Cuertzen (guest)	48.21
81	Mark Andrew	49.05
83	Dan Horritt (guest)	49.23
100	Jamie Smith	50.51
103	Ian Horritt	51.07
108	Pete Aked	51.28
111	Eoin McLeod	51.40
114	Ian Giggs	51.46
121	Tom Pattichis (guest)	52.11
125	Pip White	52.27
127	Alex Squire	52.37
130	Alan Freer	52.45
133	Adrian Cull	52.55
137	Ann Rostern	53.08
139	Tom Wright	53.26
141	Robin Cannings	53.30
145	Sunil Fernandes (guest)	53.54
151	Chloe Lloyd	54.08
153	Jon Green	54.20
161	Mark Allen	54.41
162	David Fiddes	54.43
166	Mel Shaw	54.53

195	Bryan Curtayne	56.46
203	Jonah Ganpatsingh (g)	57.22
208	Sarah Alsford	57.45
210	Dean Allaway	57.59
218	Katy Warren (guest)	58.32
226	Simon Peralta	59.14
231	Liz Ganpatsingh	59.45
232	Kayleigh Forbes	59.46
233	Bill Watson	59.47
244	Fiona Kingston	1:00.46
247	Angela Burley	1:01.04
249	Brian Fennelly	1:01.16
256	Lorna McLeod	1:01.48
257	Alex Bennell	1:01.51
262	Gary Clarke	1:02.21
283	Andy Atkinson	1:05.34
301	Jim Kiddie	1:07.35
312	James Leach	1:09.07
326	Christina Reay	1:11.24
334	Pete Morris	1:13.04
336	Peter Higgs	1:13.55
338	Sally Caldwell	1:14.16
348	S Richmond-Devoy.	1:17.15
351	Justin Watkins	1:17.35
357	Becky Mellor	1:20.37
360	Phil Reay	1:22.11
367	Cecilia Csemiczky	1:30.46
370	Katherine Heaton	1:49.22
371	Kerri French	1:49.23

Telford 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
627	Alex Harris	37.50

West Palm Beach Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
377	Caroline Monaghan	2:03.42
906	Paul Monaghan	2:42.43

* 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

Club Championships

Bob Thomas

After the disappointment of the New Forest 10 being called off, 25 brave members tackled the perennially muddy Mapledurham 10 after a bout of wet weather, closing the Championship with the planned 13 fixtures.

Some statistics from this year's competition...

- Some 198 members ran at least one of the nominated races of which 41 completed the competition (17 women & 24 men).
- Participation by race distance was: HM 136; 10M 86; 10K 151; 5M 84. The prevalence of 10K isn't surprising, but maybe 5M isn't far enough to tempt members out of bed in the morning.
- The Wokingham HM was the most popular race with 97 members returning a result, whilst the least popular race was the Dorking 10, with only nine results returned.
- Some outstanding performances have been recorded across all age groups, with many age grade results in the 70s and 80s and into the 90s. The highest recorded age grade was 93% by Katherine Streams at the Marlow 5.

The full results are posted on the Club website. Here are the medal winners:

Senior Women		Senior Men		Age Grade	
1	Nikki Gray	1	Callum Evans	1	Katherine Streams
2	Flo Ledger	2	Dimitar Gospodinov	2	Alan Freer
3	Julie Sugden	3	Chris Stitt	3=	Ann Rostern
				3=	Chris Webber
Women Vet 40		Men Vet 40			
1	Sarah Dooley	1	Chris James		
2	Christina Reay	2	Chris Moseley		
3	Sarah Richmond-De'Voy	3	Phil Reay		
Women Vet 50		Men Vet 50			
1	Katherine Streams	1=	Chris Webber		
2	Ann Rostern	2=	Mark Andrew		
3=	Catherine Leather	2=	Tim Miller		
3=	Claire Raynor				

Women Vet 60

- 1= Adele Graham
- 1= Stephanie Smith
- 3 Linda Wright

Men Vet 60

- 1= Alan Freer
- 1= Clive Alderson
- 3= Mark Allen
- 3- Tony Streams

Women Vet 70

- 1 Cecilia Csemiczky
- 2 Julie Wing

Men Vet 70

- 1 Eddie Thorpe
- 2 Andy Atkinson
- 3 Jim Kiddie

The Team Captains will announce the schedule for next year's competition in the New Year.

The latest standings in the Marathon Championships are available on the club website [here](#).

Photo Gallery

Some snaps from recent weeks



▲ Chris Burt, Mark Worringham, Ryan O'Brien and Chris Lucas at the Chase The Moon 10k in Battersea on 29 November. Three PBs, all four under 35 minutes, and all four in the top six (out of 450+). Great running!



- ▲ Some of our runners at the Mapledurham 10 miles and 10k on 3 December. True winter conditions!
 ▼ Rob Tan & Nikki Gray at TVXC on 10 December ▼ Coaches Pete, Angela & Jamie at track on 20 December

