

# NEWSLETTER

## FEBRUARY 2024



### Brilliant Bramley



**Nikki Gray and Katherine Streams on their way to age category wins and 20-mile PBs at the 2024 Bramley 20/10. Congratulations and thanks to everyone in the club who played a part in organising the event 🙌**

## Editor's Intro

David Clay

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Welcome to the February newsletter.

This month has seen the huge success of the club's Bramley 20/10 races. The number of people from the club who helped out in the lead up and on the day was amazing. To echo one member's comment:

*"The way Bramley was put on today (adjusting the route at the 11th hour to make it safe for runners, super organisation, and wonderful marshals) makes me proud to be a Roadrunner. Thank you to everyone involved!"*

As someone who ran the race, it all seemed to be going like clockwork, but I'm sure there was a lot of work going on behind the scenes to make that happen!

With our chair Sam Whalley and men's captain Tony Page stepping down at next month's AGM, I'd like to say thanks to both of them for all the articles they have written for the newsletter over the years, on top of everything else they do. We are lucky they have volunteered so much of their time.

While not related to the club, this month we have learned of the tragic death of marathon world record holder Kelvin Kiptum in a road accident. Kiptum was surely set to attempt the first official sub-2 hour run in Rotterdam in the spring, to be followed by a battle with Eliud Kipchoge and the rest of the world's elite at the Olympics in Paris. The marathon-running world has lost a generational talent.

Thanks to everyone who has sent in an article this month. If you would like to submit something for inclusion in the March edition, please send it to me at [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org) by Monday 18<sup>th</sup> March.

Cheers  
David

## Chair

Sam Whalley

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

I can't believe this will be my last report for the newsletter.

I joined Reading Roadrunners in 2015, and for seven years have had a role of some kind – four years as Women's Captain, one year as Membership Secretary, and the past two years as Chair. It has been varied and fun, but I am ready to give someone else a chance, starting at the AGM in March.

As well as Chair, there will also be vacancies for a Men's Captain, two Ex-Officios and a Social Secretary, the latter arising because Kerri French has stepped in to be the Coaching Co-Ordinator. Thank you to Kerri for the social calendar she has provided over the past two years; she will also continue to take care of the Annual Awards Night this year (tickets available on myClubhouse – don't miss out!).

To attend the AGM you will need to be a fully paid-up member, so if you haven't yet renewed your membership, please do. If you haven't seen an email on this matter, please check your junk folder! The committee has reviewed the membership options for this year, and we are delighted to have been able to keep the membership fee the same as it was last year. The £2 increase you will see is the affiliation to EA, and this gets forwarded to them. Thank you to Ian Giggs for co-ordinating this process.

Last week we hosted our second race of the year, the Bramley 20/10. If you ran the race, you will know what a fantastic event it is, so a huge well done to Adele Graham and her team for managing to pull it all together in challenging circumstances. Adele has informed me that this year's Bramley 20/10 was her last as Race Director. I and the committee would like to thank Adele for the massive contribution she has made over the past 20 years - 20 years! - and hope she can enjoy watching and racing it now. If you are interested in taking over, Adele would be happy to show you the ropes.

Events like Bramley are so important for our club – thank you if were involved in any way. If you have yet to volunteer at a club event, why not put it on your targets for 2024? We still have Shinfield 10k, the Summer Relays and the Track Friday series to come, and if we all did a little bit... you know the rest!

Speaking of Track Fridays, we are looking to team up with Reading AC to transform these into a series of licensed races. I am really excited about this so watch this space for full details. Thank you as ever to Fergal Donnelly and Tony Canning for organising this.

Talk of track races must mean that the XC season has ended (boo!), and the vets track and field league is on its way (yay!). See the captains' reports for details of recent successes and upcoming team events.

The Wednesday track training sessions continue to be well attended, and Fridays are also picking up. It is really nice to see pictures of people enjoying themselves while working hard too, so please keep them coming. Thank you to all of our LiRFs and coaches for providing the sessions and keeping us all motivated, and to Kayleigh Forbes for keeping on top of the social media.

Off the track, thank you to Peter Higgs for offering to co-ordinate the Thursday social runs, open to our first and second-claim members. Similarly, thank you to Tina Woffington, who has come forward to organise the pub runs for this summer. If you are yet to join in with these runs, they are a great opportunity to get to know other members, as there is a lot of chatting along with the running! If you would like to host an outrun or pub run, please let Peter or Tina know, and look out for announcements as to upcoming locations.

You will see in the recent committee meeting minutes that there has been some discussion about life members. In short, we have decided not to award any life memberships this year, and will leave it to the next committee to review the process for selecting those considered to be worthy.

There have been six nominees for the inaugural Sid Gibbs Award for Outstanding Contribution to the Club for the year 2023-24, and you will be able to vote for your winner at the AGM.

And that, I believe, is all from me. Thank you for your feedback and support during my time as Chair. I'm off to concentrate on something else for a while.

Look after yourselves,  
Sam Whalley

## Men's Captain

### Tony Page

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teamcaptains@readingroadrunners.org

Well, I don't know about you, but I have really enjoyed the cross country season this year.

In the final TVXC event hosted by TVT, **Rob Corney** and **Dan Moore** were in 1st and 2nd place. Our scoring team was completed by **Callum Evans** (15th), **Jamie Smith** (28th), **Chris Moseley** (29th) and **Tony Page** (60th), finishing in 2nd place. It was shame not to get another first place after such a good start! We finished in **4th place** over the season, had the 1st place runner in 4 of the 8 races but didn't have enough top 20 finishers to be able to challenge for the title. Looking at Maidenhead, you can't help but observe how winning the league has been really positive for them, so something to aim for again next season!

Unlike TVXC, we are unlikely to win the Hampshire League but we gave it a good go this year. There is a full report about how we secured promotion back to the top division in Bournemouth, see <https://readingroadrunners.org/2024/02/promotion-and-another-super-bramley-it-doesnt-get-much-better-than-this/>. Congratulations to **Lance Nortcliff** (M50) and **Pete Jewell** (M60) who were this year's individual league winners in their age categories.

The results of everyone who ran in a green vest counted towards the club's own cross country championships - the final results have now been published <https://readingroadrunners.org/2022/03/tvxc-results/> and there is a report on page 17. Pleasing that all of the Men's age categories were closely contested and that many of our best performers across both leagues qualified this year. Also, great to see an increase in the number of men running in all of the 8 TVXC races or the equivalent across the two leagues. The trophies will be awarded to the winners at the awards night on **23rd March**.

Since my last report, we've also had Bramley 2010 and some great performances. First Roadrunner home over 10 miles was **Dan Moore** (55.42 PB) in 6th place, who together with **James Harding** (14th) and **Chris Moseley** (1.02.08 PB) (29th) finished 2nd in the team competition. Running 20 miles, **Alex Harris** (22nd and 2nd M50), **Callum Evans** (29th, 2.14.47 PB) and **Clive Alderson** (87th, 4th M60) were 4th team. Congratulations to **Dimi Gospodinov**, **Tom Wright** and **Jon Green** with 10 mile PBs and to **Mark Andrew** and **David Clay** with PBs over 20 miles.

Amongst the other highlights this month, were **Eddie Thorpe**, 3rd place, M80, in the British Masters 10K. With parkrun in the headlines for the wrong reasons, there were some memorable performances at Woodley, from **Ryan O'Brien** (16.27 PB), **Callum Evans** (16.49 PB) and some recent age category leading by performances by **Dave Parton** at Newbury and Dulwich.

We have our 1st club champ race at **Wokingham Half** this weekend, doubling up as a **Berkshire road champs** race. So, don't forget to let Berkshire Athletics know if you are running! There's more to come as we start a new year, including the **Southern Team Road Relays** next month. Check your email for details.

This is my last report as team captain, so thank you for reading. Also, a big thanks to those of you who I have encouraged to write articles over the past 2 years. Hope you have enjoyed the past year and have signed up for another year!

## Women's Captain

### Chloe Lloyd

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teamcaptains@readingroadrunners.org

This month saw the cross country season draw to a close, but on the same weekend the road races began.

The last TVXC event of the 23/24 season took place on the 4th February in Bramshill Forest. Forty-three Roadrunners took to the start line and ran the 5.7 mile course. It had just over 300ft of elevation (half that of Handy Cross), significantly less mud than Reading and was reasonably firm under foot like well, no other course. We ran through beautiful forest, along sandy gritty paths and up a few hills, before charging down to the finish line.

Scoring for the women were **Nikki Gray** (1), **Sarah McDade** (6), **Chloe Lloyd** (8) and **Charlie Dory** (10). Collectively we came first but with the results combined with the men, Reading Roadrunners finished second overall. What a way to end the season.

After eight races, the ladies finished third, which is the highest finishing position since 2015/16. Maidenhead did triumph, but with how this league has gone for our club, I believe it's ours for the taking next season.

Bramley 20/10, hosted by our club, was an exceedingly successful event. Bramley has had some bad luck over recent years, and it was looking a little wobbly this year due to recent flooding. However, Adele Graham and her team worked their magic! Forty club runners ran the 10 mile event, four of which achieved a personal best (all men!). Seventeen club runners decided to go a little further and ran 20 miles, and six achieved personal bests. It was **Katherine Streams** (1st W50; 2:17.23), **Nikki Gray** (1st senior; 2:18.12) and **Katie Gumbrell** (3:32.34) for the women - tremendous effort!

The ladies took home shiny plates as they came first in the team prizes in the 10 and 20 mile races! For the 10 - **Chloe Lloyd**, **Pip White** and **Saba Reeves**. And the 20 - **Katherine Streams**, **Nikki Gray** and **Mary Janssen**. Yippee!

We have the Wokingham Half Marathon this weekend, which is a recognised Berkshire Road Championship race, so be sure to email Berkshire Athletics to let them know you're attending! I'm sure this event is going to be just as popular as Bramley and there will be a flurry of green vests taking to the start line. Good luck to all those that are racing!

It's the AGM next month. The men's captain may be stepping down but I'm hoping to retain my title as ladies captain - I best get on and write my speech!

Hopefully we'll see lots of you there (psst there's a bar serving alcoholic drinks!)

Take care.

## Social Stuff!

### Kerri French, Social Secretary

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#### Reading Roadrunners Annual Awards Night

Join us for an evening of celebrations, three course dinner and dance the night away to live band Pink Fish.

Think Oscars and all that jazz.

**Date:** Sat 23rd March 2024

**Time:** 6.30pm - 12pm (sit for dinner at 7pm)

**Venue:** The Penta Hotel, Oxford Road, Reading, RG1 7RH

**Tickets:** £38 per head

First come first served, book on My Clubhouse before Friday 8<sup>th</sup> March.

There will also be a raffle supporting this year's chosen charity from the AGM.

Please purchase your own drinks at the bar. (No waitress service on drinks)

To keep costs down for the club there will be no paid for drinks on arrival.

Menu choices and seating preferences can be booked on My Clubhouse. Pic from last year below!



## Charity of the Year – Understanding Dementia

Liz Atkinson

As our charity year draws to an end, we could never have imagined raising such an incredible amount. As I write we still have money to come! Our latest and final large event was the Bramley 10/20, where the raffle raised £347. The first prize, a pair of Mizuno running shoes, was won by a Whitney runner, Lisa Kay, who tells me she has heard already from Mizuno and is delighted with her prize. The second prize, a £25 voucher from Runner's Retreat, went to Joanna Day from Godalming. Our own Reading Roadrunner, Angelique Haswell bagged herself the more indulgent prize of a nice bottle of Gin. Big thanks are due to Toni McQueen, Shirley Smith and Estelle Chase, serving on the refreshment tables and all those who baked, brought cake and sandwiches. The amount raised on refreshments was £449.95.



Thanks also go to Linda and Tom Wright and Stephanie Smith who donated directly to the charity through the Good Exchange. The total amount we have raised this year on the Good Exchange is an amazing £2,136.

Other donations since our last newsletter came from Catherine Douglas who organized Singalong Bingo at her school (hosted by Emma Caswell) and made a donation from receipts to the charity. To one other donor, who wishes to remain in the background, but made a very substantial cash gift, and finally Julie Rainbow, who collected for the charity on her pub bar!

I would also like to thank Liz Ganpatsingh, our charity treasurer, for all her help. She banked our receipts and kept our accounts over the year. Much of our cash dealing involved trips to the bottom of my garden as her garden backs onto mine. I did wonder at the time whether the neighbours thought there were some illegal deals being made, but as yet we have had no visit from the local constabulary! Thanks also go to the Club Treasurers, Chris Burt and Pip White, who dealt with internal transfers to and from the charity.

Finally, it's been great fun organising events and experiencing all your generosity throughout this charity year. We are looking forward to announcing the final total at the Award Night. I am sure you will continue to support the new charity in the positive way that this fantastic club puts back into the community. From me, Fiona and Cecilia, it's a huge privilege to have been chosen to represent this year's charity Understanding Dementia. Thank you.

## Reading Roadrunners Committee Meeting

Tuesday 9 January, 7pm (by video call)

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### 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)

### Minutes of the previous meeting

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

### Matters arising from the minutes of the previous meeting

None.

### Chair's Report

It's been a busy couple of weeks in the lead up to our home TVXC event, which was a great success. Thank you to everyone who helped out and well done to everyone who ran.

Last week we enjoyed our first track sessions of the year. Thank you to all of the coaches who have signed up to offer sessions on Wednesdays and Fridays, and to those who help on the gate.

At our last track session before Christmas it was really nice to host our post session mince pies and mulled wine tradition.

A volunteer appeal has gone out for Bramley 20/10, and the advertising campaigns for Bramley and Shinfield continue.

An email has gone out regarding the Sid Gibbs Award; this has been well received by members. Thank you to Kerri for suggesting this.

Stuart has stepped down from the committee with immediate effect. Thank you to Stuart for all of his efforts this year.

### General Secretary's Report

Nothing to report this month.

### Treasurer's Report

There have been some issues with the bank on transferring the mandate between Chris and Pippa. This has delayed some payments, but these should be in progress now. The mandate transfer is still outstanding.

### Membership Secretary's Report

Ian reported 3 new members joined in December bringing the total up to 541 at the end of 2023.

### Social Secretary's Report

Kerri has contacted the Penta about seeing a menu and will chase midweek if no reply. She hopes to start selling Award Night tickets before January pay day.

There are no other socials before then apart from the Retired Members Coffee mornings organised by Carl.

Kerri will put a calendar of social events together if she is voted in at the AGM.

## Coaching Report

Kerri has planned a coaching meeting for 31st January after the track session. This will cover a number of topics including the new induction process, track congestion, and coaches' jackets.

## AOB

- **Sid Gibbs Award**

The nominations email has been issued and nominations have started to arrive. The deadline is this weekend.

- **Membership fees**

A meeting is still required to determine how club funds are coping against predictions following inclusion of track fees into the membership fee. It is likely that affiliated fees will rise by £2 to cover the £2 increase in EA fees.

- **Membership cards/MyClubHouse app**

Members may have noticed that the membership card colour has changed from green to yellow on some phones. It was hoped that this could be used to distinguish between membership years, but it appears that this is global setting.

There is an app which may be useful to members for viewing events and their membership card. The app clearly displays the membership expiry date.

- **Induction sessions/first timers**

To ease the burden on coaches on Wednesdays we are now holding induction sessions for new members on Fridays. We cannot commit to sessions happening every week. Details of the new arrangements and the session dates are now on the website.

- **Revised Bramley budget**

Bramley 20/10 is receiving a lower pick up than hoped and has received a significant increase in road closure charges from Hampshire Council (a rise of 150%). As such they are currently predicting a loss. The race committee are currently doing what they can to reduce costs.

- **Thursday Outruns**

Stuart Lunn has stepped down from organising Thursday outruns. In the absence of a coordinator Kerri proposed using an on-line outrun list to enable members to volunteer to lead runs or sign up to runs. The sheet would record the date, leader and start location (including the What3Words code) and a sign-up list.

**Next Meeting:** 19:00 Tuesday, 13<sup>th</sup> February 2024 via Zoom.

*Main Club contact points:*

Chair, Sam:

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

Membership Secretary, Ian:

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

Secretary, David:

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

Treasurer, Pippa:

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

Social Secretary, Kerri:

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

Website, Paul:

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Team Captains, Chloe & Tony:

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

Welfare Officer, Tom Harrison:

[tom.harrison13w@btinternet.com](mailto:tom.harrison13w@btinternet.com)

Welfare Officer: Nikki Gillard:

[nicolagillard@hotmail.com](mailto:nicolagillard@hotmail.com)

Mental Health Champion, Laura Priest:

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

Kit Manager, Dean Allaway:

[dean.allaway@yahoo.co.uk](mailto:dean.allaway@yahoo.co.uk)

## Reading Roadrunners Committee Meeting

### Tuesday 13 February, 7pm (by video call)

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### 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)  
Pippa White (Treasurer)

### Apologies for absence

Angharad Ross (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

Thank you to Kerri for taking on the role of Coaching Co-Ordinator. It gives me great confidence to see this important role in safe hands. This now leaves a vacancy for Social Secretary, along with Chair, Men's Team Captain and two Ex-Officios.

Membership renewal emails have been sent out. Thank you to Ian for sorting this out.

We've just hosted the Bramley 20/10 race. Thank you to Adele Graham and her committee for working tirelessly to not only avoid a cancellation, but to ensure that the race was a great success.

We have had excellent feedback already from members and non-members alike.

The XC season has now ended, with the final Hampshire League fixture in Bournemouth. The men's team was promoted back to Division 1 and there were overall age category wins for Lance Nortcliff and Pete Jewell. The team captains have selected the trophies for both the XC and road championships. I believe they have chosen medals/mementoes again for the marathon championship. I am about to select a trophy for the Sid Gibbs award, ahead of our decision at the meeting, so that this can be ordered at the same time.

I circulated the life membership spreadsheet to the existing life members for discussion.

Fergal is in talks with Reading AC to transform the Track Fridays into licensed jointly-hosted Race Nights. This is as a result of our insurance for Track Fridays coming into question. I look forward to seeing these come to fruition. Look out for further updates.

Tina Woffington has offered to co-ordinate the pub runs this year. Thank you to Tina.

Peter Higgs has offered to co-ordinate the Thursday outruns, keeping the spreadsheet up to date and sharing the upcoming runs. Thank you Peter.

Dean Allaway has found a supplier for hoodies and would like approval to order some kit. Bobble hats would be £11 and hoodies £34.





Dates for the Veterans Track & Field League are being finalised. Apparently the Palmer Park track will now be resurfaced in 2025 not 2024 so it looks like our home fixture will be on Sunday 7th July. We will need to appeal for volunteers, and Chris Manton will be on holiday so will need a team manager sub on that day. On a similar note I believe that Eddie Thorpe has broken some V80 club records recently, which will need updating and adding to the website. Chris now has the required document from Helen Pool.

Toni McQueen is liaising with some other members to get the trophy cabinet reinstated/replaced. Palmer Park do not want the noticeboard put back up.

## General Secretary's Report

The calling notice has been issued for this year's AGM for 12th March. A number of committee members are standing down and members are encouraged to come forward and get involved.

Fergal has been progressing with the Track Friday insurance issue. He has confirmed that we need a race licence and is liaising with EA and Reading AC on how best to manage this. Events are pencilled in for the 5th April, 24th May and 28th June.

## Treasurer's Report

The banking mandate has finally been sorted. A learning point for next time is to create and delete rather than transfer. Pippa can now catch up with reconciliation and the Bramley invoices.

## Membership Secretary's Report

Ian reported that 31 new members joined in January.

The renewal emails went out at the end of January. Base membership has remained at £36. The EA affiliation fee has increased £2 to £17.

As of 11/02/24, 138 out of 541 members have renewed. Ian will issue further reminders towards the end of February.

## Social Secretary's Report

Thanks to Carl Woffington for hosting another Retired Members Coffee & Catch up on Monday 12th Feb at Bosco Lounge in Woodley. These are monthly and all details are on our Event Calendar on MyClubhouse.

A 50% Deposit has been paid for the Annual Awards Night Saturday 23rd March. Any concerns from last year's event has been fed back and taken onboard by the venue.

Menu choices & seating requests have been put on sale at £38 per person on MyClubhouse. For transparency we are paying The Penta £37 per person (80 places) so this covers the Stripe fee & any surplus can contribute towards the craft materials to make name place cards.

Sales as of Thursday - 35 of 78 places have been sold. 2 free places are allocated for our outgoing charity of the year Understanding Dementia- I'm awaiting menu choices from Liz Atkinson. I urge all members (whether they've won an award or not) to book tickets asap as this will sell out!

Balance to be paid two weeks before & food orders required by the venue.

I'm stepping down as Social Secretary to focus on my role as the Coaching Liaison member of the Committee. It's been a fantastic two years and highly recommend it to anyone to step forward and take this role on.

I will continue to coordinate the club trip to Palma in October.

## Coaching Report

Thanks to the fellow Leaders in Running Fitness & Club Coaches. I've had overwhelming support since taking on the role from Art Atwal. I'm also very impressed by their dedication to the club & the membership.

We had a Coaches & LiRFs meeting.

They agree that the Coach Coordinator & Liaison roles should be amalgamated and still should be a Committee role (so they feel represented).

We are working together to ensure track sessions are covered with a good mix of sessions for members. Thanks to everyone for delivering these both on Wednesdays & Fridays.

Induction sessions are working well, with new people trying the club out starting off in Tony Canning's group whilst they learn the track rules and general safety on the track. Early friendships are being forged as new people join and are inducted together and there is consistency.

Some LiRFs are keen to extend their knowledge & train for the full Coach qualification. I've taken an action to document a process to apply for funding to cover the cost of the training and get the Committee to approve the process document. This will give full transparency on what is expected when the club is funding this for members wishing to apply for funding, and agreed commitment or what will be offered & when.

We also discussed having the right kit to volunteer. I would like to discuss any potential budget with the Committee when it's convenient.

I've also approached some of the LiRFs (who aren't currently directly involved with supporting a named Coach) if they'd either like to support Induction or lead one of the member led outruns once a month (if they can't commit to a weekly session).

The LiRFs recruited to support outruns during Covid wanted to do exactly that, so my idea to continue that with Thursdays puts into practise the training they've received if they wish to do that.

We've agreed to meet every quarter and have provisionally booked Weds 24th April.

## AOB

- **Sid Gibbs Award**

Agreement was reached on the short list of nominations for the inaugural Sid Gibbs award for services to the club in a voluntary capacity.

- **AGM**

David reminded committee members that some of them will need to do a report at the AGM and that all seeking re-election need to sort their nominations, which can be done via email. David also went through the proposed changes to the constitution and rules.

- **Junior members**

An enquiry regarding whether junior members can attend track without their parents has been received.

**Next Meeting:** 19:00 Tuesday, 9<sup>th</sup> April 2024 via Zoom.

*Main Club contact points: See January newsletter above.*

## Vets Track and Field 2024

Chris Manton

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It's 2024 and it is the year of the Games of the XXXIII Olympiad or simply Paris 2024. Whilst some will get to compete in Paris, the Vets Track and Field League offers Veterans (Over 35) the opportunity to compete in the much more glamorous surroundings of Horspath in Oxford, Tilsey Park in Abingdon and the iconic Palmer Park!



Over 3 evenings and an afternoon starting April and finishing July, it's a chance for the Vets to compete in track and field events from the sprints to 5k on the track and the throwing and jumping events in the field. Despite going up against a number of athletic clubs Reading Roadrunners have shown we can hold our own and sometimes score more points than the likes of Reading AC! The provisional dates for the season are out and will be confirmed once some scheduling issues around the June fixture are sorted out:

	Date	Venue
1	Monday 29th April 2024	Horspath, Oxford
2	Wednesday 29th May 2024	Tilsley Park, Abingdon
3	Thursday 27th June 2024	Tilsley Park, Abingdon
4	Sunday 7th July 2024	Palmer, Park, Reading

For those of you that have not had the pleasure of competing it is easy; in the run up to each meet I'll put out an appeal for athletes and all I will need from you is which event you want to take part in and your age category (events are split into V35, V50 and V60 age groups). Event timetables will come out with the appeal for athletes although I plan to publish them when they are issued.

Now, being a road running club we don't do much throwing and jumping so we are planning to try and arrange some practice sessions in advance of each meet, more to come on that soon.



Also coming soon will be the Vets Track and Field Club Records which I am finalising after some startling work by Nigel Hoults to pull all the raw data together, these will be ready to be published soon and hopefully be some good targets to go after over the 4 months.

One ask from me, at each event and especially the home fixture at Plamer Park which we co-host we are asked to provide volunteers to help the meets run smoothly, you don't need to be a qualified track and field official and it may simply be collecting the discus, hammer, shot, raking the sand pits or putting the poles back in the high jump and pole vault, no training is required. If you can offer to help out it really would be appreciated.

I look forward to welcoming back any of our many previous competitors and look forward to welcoming people new to the Vets Track and Field, anyone who has done it will tell you it is great fun so give it a go. I'll be in touch soon, in the meantime if anyone has any questions or queries, please do not hesitate to get in contact with me ([cjmanton73@yahoo.co.uk](mailto:cjmanton73@yahoo.co.uk)).

Chris Manton  
Vets Track and Field League Team Manager

## Roadrunners' Race Results

David Dibben

Not much volume this month — but stacks of quality!

There were trophies and PBs galore from our Bramley competitors, with our ladies' teams coming out on top at both distances.

And you won't see their names in this list but there should surely be some medals for Adele Graham, her committee and volunteers for their brilliant staging of the event.

Here's all the scores on the doors...

### January 21st

#### Winter Tanners 20 miles

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
2	Alan Freer	3:19.0

### January 27th

#### SEAA Cross-Country Championships

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
200	Ben Paviour	52.51

### February 4th

#### Thames Valley XC (race 8, Bramshill)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Rob Corney	31.38
2	Dan Moore	32.11
15	Callum Evans	35.19
28	Jamie Smith	37.13
29	Chris Moseley	37.18
35	Nikki Gray	37.48
41	Dan Horritt (guest)	38.06
42	Duan Coertzen (guest)	38.10
61	Tony Page	39.27
71	Ian Giggs	40.01
72	Sarah McDade	40.07
83	Chloe Lloyd	41.20
84	Ian Horritt	41.23
89	Charlie Siviter	41.32
93	Brian May	41.51
97	Pip White	42.01
106	Mike Worsfold	43.01
111	Alan Freer	43.27
116	Tom Wright	43.38
120	Bruce Sarjent	43.50

126	David Caswell	44.13
127	Antoine Chabran	44.14
133	Jon Green	44.43
134	Mel Shaw	44.44
141	Simon Peralta	45.05
142	David Fiddes	45.07
160	Brian Curtain	46.21
164	Mark Allen	46.42
175	Eoin McLeod	47.09
183	Sarah Alsford	47.43
188	Pauline Bravet	48.15
193	Liz Ganpatsingh	48.35
194	Angela Burley	48.42
203	Lorna McLeod	49.18
239	Gary Clarke	52.55
258	Claire Seymour	54.57
260	Andy Atkinson	55.15
272	Sarah Richmond-Devoy	56.31
281	Sam Whalley	58.18
293	Peter Higgs	59.58
294	Pete Morris	1:00:02
297	Sally Caldwell	1:00.19
321	Lorraine Bailey	1:11.10

**RR men:** 1 Corney, 2 Moore, 15 Evans, 28 Smith, 29 Moseley, 55 Page. **RR men: 3rd.**

**RR ladies:** 1 Gray, 6 McDade, 8 Lloyd, 10 Siviter.

**RR ladies: 1st.**

**Overall: RR 2nd.**

**Season's final placings:** RR ladies 3rd, RR men 4th, RR overall 3rd.

#### Chichester 10k (British Masters Championships)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
909	Eddie Thorpe	55.41
(3rd M80)		

#### Watford Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
233	Fergal Donnelly	1:37.16

#### Oxfordshire XC League (race 4)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
94	Mike Turner-Hibberd	36.03

**February 10th**Hampshire XC League (race 4, Bournemouth)Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
16	Ryan O'Brien	33.57
31 (4)	Lance Nortcliff	35.16
	(1st V50)	
73 (21)	Pete Jewell	38.53
	(1st V60)	
104 (40)	Tony Page	41.02
121 (51)	Ian Giggs	42.42
174 (97)	Gary Clarke	53.24

**RR win Division 2**Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
89	Sam Whalley	32.07
95	Claire Seymour	32.38

**February 11th**Bramley 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Dan Moore	55.42 PB
14	James Harding	58.31
29	Chris Moseley	1:02.08 PB
40	Dimi Gospodinov	1:04.25 PB
60	David McCoy	1:09.00
64	Chloe Lloyd	1:10.18
67	Jamie Smith	1:10.42
68	Pip White	1:10.42
95	Tom Wright	1:15.21 PB
96	Jon Green	1:15.34
104	Mark Ryce	1:15.49
105	Saba Reeves	1:15.55
	(1st W50)	
133	Mary-Ann Dent	1:18.58
137	Simon Peralta	1:19.34
141	Bryan Curtayne	1:20.33
148	Lorna McLeod	1:21.14
149	Eoin McLeod	1:21.14
152	David Dibben	1:22.25
156	Celia Clay	1:23.16
168	Martin Gould	1:25.47
172	Matthew O'Riordan	1:25.50
178	Sarah Harford	1:25.50
184	Vince Williams	1:27.10
208	Amelia Busby	1:30.31
226	Tina Woffington	1:33.42
246	Andy Atkinson	1:35.13
255	Dan Worthy	1:36.25
264	Sarah Richmond-Devoy	1:37.21

272	Ashley Pinder	1:38.09
283	Jim Kiddie	1:38.50
293	Angelique Haswell	1:40.06
308	Justin Watkins	1:42.21
310	Ellis Breese	1:42.17
333	Donna Saunders	1:46.40
336	Sarah Walters	1:47.37
372	Lorraine Bailey	2:01.00
377	Tom Harrison	2:07.52
379	Linda Wright	2:09.03
389	Julie Wing	2:26.53
392	Stephen Wing	2:39.02

**Teams: RR ladies 1st, RR men 2nd**Bramley 20

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Alex Harris	2:11.49
29	Callum Evans	2:14.47 PB
32	Katherine Streams	2:17.23 PB
	(1st W50)	
35	Nikki Gray	2:18.12 PB
	(1st senior lady)	
87	Clive Alderson	2:30.42
89	Mark Andrew	2:30.47 PB
96	Brian May	2:32.26
98	David Clay	2:32.50 PB
116	Ian Horritt	2:37.53
134	Arben Veseli	2:42.45
143	Peter Rennie	2:45.40
151	Mary Janssen	2:47.01
199	David Caswell	2:58.44
226	Mark Allen	3:08.42
264	Chloe Ryce	3:26.53
278	Katie Gumbrell	3:32.34 PB
280	Pete Morris	3:42.45

**Teams: RR ladies 1st, RR men 4th**Punchbowl Challenge (20 miles)

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
2	Alan Freer	3:24.0

**February 16th**Phoenix Valentines Marathon

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Brian Grieves	3:37.0

**February 18th**Southampton Festival Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
16	Fergal Donnelly	1:34.50
	(1st M50)	

## Club Championships

### Bob Thomas

The final results for the 23-24 season Cross Country Championship are confirmed as...

	Pos	Pts
<b>Senior Women</b>		
Kat Charles	1	250
Nikki Gray	2	248
Chloe Lloyd	3	242
<b>Women Vet 40</b>		
Melanie Shaw	1	250
Claire Seymour	2 =	245
Elizabeth Ganpatsingh	2 =	245
<b>Women Vet 50</b>		
Sarah Alsford	1	247
Alex Bennell	2	244
Angela Burley	3	242
<b>Women Vet 60</b>		
Linda Wright	1	245
<b>Women Vet 70</b>		
Cecilia Csemiczky	1	250

(Maximum points = 250)

	Pos	Pts
<b>Senior Men</b>		
Ryan O'Brien	1	249
Dan Moore	2	247
Tom Wright	3	241
<b>Men Vet 40</b>		
Chris Moseley	1	249
Ian Giggs	2	246
Ian Horritt	3	233
<b>Men Vet 50</b>		
Fergal Donnelly	1 =	249
Lance Nortcliff	1 =	249
Tony Page	3	248
<b>Men Vet 60</b>		
Alan Freer	1	250
Mark Allen	2	246
Gary Clarke	3	242
<b>Men Vet 70</b>		
Andy Atkinson	1	250
Jim Kiddie	2	246

In addition, the rules of the XC Championship provides for a Participation Award to be made to any member who returns a valid result in eight or more fixtures. For this season, these awards will be offered to...

- Mark Allen
- Andrew Atkinson
- Gary Clarke
- David Fiddes
- Ian Giggs
- Peter Higgs
- Chloe Lloyd
- Anthony Page
- Sarah Richmond-De'Voy
- Claire Seymour
- Tom Wright

The trophies and participation awards will be presented at the Awards night on Saturday 23rd March. Full results for everyone who completed the Championship are available on the club website.

That's the end of the 2023-24 season Championships; the first fixture in the 2024-25 season is the Wokingham HM on 25 February followed by the Goring 10K on 17 March.