

NEWSLETTER

OCTOBER 2025



Mud, Sweat & Cheers – it's Cross-Country Time!



Well done to all who took part in the TVXC and Hampshire opening fixtures this month!

Editor's Intro

Tom Knight

Welcome to the October Newsletter!

This month has definitely had a bit of everything, earlier on in the month it didn't feel like October with bright sunshine whilst I was on holiday in the Cotswolds. Now it feels normality for this time of year has resumed, I'm suddenly appreciative of my partner suggesting I buy Gore-Tex shoes for early morning runs in the dark and wet!

I'll let the committee and captains tell the stories of the month, of which there are many if you read on. And there's plenty coming up in the next couple – mainly surrounding the season beginning with C. Which, of course is Cross-Country... not the other one that is (in my opinion) too early to mention yet. Tony has also written an article for this issue about our home TVXC fixture at Ashenbury Park on 7th Dec; please read to find out more about where you can help out volunteering. Unfortunately, I cannot make it this year, after enjoying (probably more than the run, I had an off day) helping out with parking last time round.

With the shorter, colder days now upon us, perhaps now is the time to write something about your running experiences and share with members in this newsletter? if you'd like to be part of the next issue, please email newsletter@readingroadrunners.org by Wednesday 26th November.

Chair

Chris Manton



chair@readingroadrunners.org

With the clocks going back it's getting proper dark earlier, hopefully the Palmer Park floodlights can handle it but I'm not so sure.

Having been back on track a few weeks hopefully you have noticed some differences to the offering on a Wednesday night, the early uncoached sessions starting at 5pm continue to be successful and well used, please remember these sessions are running on a trial basis and we are monitoring usage to see if the case exists to add the sessions on a more permanent basis and give people more options if they want to train on a quieter track or get their run in early.

Another big change is the result of some excellent work by David Walkley who has negotiated with Reading AC to get access to their clubhouse during and after sessions on a Wednesday night, this offers a returning social aspect to Wednesday nights and is proving to be popular, the weekly email provides more details and seeks volunteers to help provide it, along with asks for people to help out with door duty on a Wednesday, the success of a Wednesday night and the opportunity to utilise the clubhouse rely on volunteers and I would urge you to consider putting aside some of your time to help out.

Those of you who make use of the track on a Friday night or watch the social media will see we have held a couple of sessions for prospective new members, following a freeze on new membership we were pleased to be able to invite prospective new members over a couple of sessions (with more to come) to their induction which will hopefully see some new members join. Whilst we continue to reestablish the Wednesday sessions we are offering new members a Friday only membership to avoid overloading the track on a Wednesday.

Reading Roadrunners is pleased to support the This Girl Can "Let's Lift the Curfew" initiative, in conjunction with GLL (Palmer Park Management) the club is providing a session on Friday 31st October at Palmer Park as part of efforts to amplify women's voices to make outdoor sport and physical activity safer and more inclusive for women. Thank you to Kerri French for taking the lead on our contribution to this important campaign.

Now we are into autumn the cross country season is underway, the first TVXC race at Metros saw both the mens and womens teams gaining points and in the case of the senior womens demonstrated the importance of all the eligible runners finishing even those at the back end of the field and getting the points proving that scoring points is not only about the faster runners in the field!

Don't forget we have our own fixture coming up in December and the appeal is out for volunteers to help make the event happen, if you have not volunteered for our cross country fixture before it is great fun and some roles will also allow you to run as well. More details about the TVXC and Hampshire League Cross Country are in the weekly mail.

Men's Captain

Chris Moseley



teamcaptains@readingroadrunners.org

It feels like someone has switched on winter in the last few weeks: it's colder and wetter, and dark in the evenings. But that doesn't stop us runners: it just gives us an extra challenge and an excuse to buy different kit!

In the last month we've had another 2 club championship races. It was great to see lots of green vests at the Tadley 10-mile race. It was wet, but a nice event with a picturesque, undulating course along country roads. The beer tent kept us hydrated before the prizegiving. **James Lyne** won the race (57:18); I narrowly beat **Tom Knight** to the V40 prize; **Alex Harris** picked up the V50 prize; **Julian Sherman** was 1st V50 in the 10k race.

There was also success in the Sonning Common 10k, with **Rob Corney** smashing the course record to win the race in an impressive time of 31:10. **Ryan O'Brien** also made the podium in 3rd place (35:06).

Sadly, there's now just one race left of this year's club champs: the Marlow Half Marathon on 2nd November. Have you done enough races to win a prize in your category? We'll soon find out when the final results get announced in the next few weeks.

Planning has already started for next year's club championships. We're looking to make a few changes to make it more accessible and increase participation. E.g. bringing in some shorter distances and removing the requirement to run half marathons. Full details will be revealed soon. But in the meantime, if there are any particular favourite local races that you'd like us to include for 2026, please let us know.

We've also had the first 2 cross country races of the season. With a late Sunday afternoon start and clashes with other races, numbers were low for the opening TVXC fixture at Metros. But it was nice to welcome some new faces as well as XC regulars. The course was dry, but still challenging in places. That didn't seem to faze our speedy Roadrunners as we had an amazing 5 runners in the top 6 (**Rob Corney, James Lyne, Callum Evans, Dan Moore, Ben Paviour**). I completed the scoring for the men's team and we claimed an emphatic victory. A great start to the XC season!

We also had the opening Hampshire XC League fixture at Bournemouth. **Ryan O'Brien** had a storming run, finishing in 28th place. But it wasn't so great from a men's team perspective. A puncture and traffic prevented Lance getting there on time. So we were 1 runner short in both the overall men's team and the vet's team. Oh well, hopefully we can have a better turnout at the next fixture, closer to home at Aldershot.

Talking of upcoming XC fixtures, here's what's coming up over the next few weeks:

- Sun 9 Nov - TVXC Datchet (The Broccas, Eton)
- Sat 15 Nov – Hampshire XC League Aldershot (Wellesley Woodlands)
- Sun 23 Nov – Sandhurst (Lord Wandsworth College, Long Sutton)
- Sun 23 Nov – Berks, Bucks & Oxon (BBO) XC Champs (Englefield Park)
- Sat 6 Dec – Hampshire XC League Winchester (venue TBC)
- Sun 7 Dec – TVXC Reading (Ashenbury Park): our home race, so lots of runners and volunteers required!
- Sat 13 Dec – Berkshire XC Championships (Lea Heath, Dinton Pastures)

Further details/sign up can be found on MyClubhouse (<https://readingroadrunners.myclubhouse.co.uk/>). These races are open to all and I would encourage everyone to give it a go. The TVXC even provides sandwiches and cake afterwards. If you have any doubts or questions, please speak to me or Claire, or anyone at the club who's taken part before.

And finally, back on the road, I should also mention **Rob Corney's** 2nd place at the Yorkshire Marathon in a fantastic time of 2:20:15. Wow!

Chris

Ladies' Captain

Claire Seymour



teamcaptains@readingroadrunners.org.uk

As we move into autumn with the lovely autumn colours and crisp leaves under foot on our runs, our focus turns more towards the XC season! We have already had the first of the fixtures in both the TVXC and Hampshire league, and the XC events start to become more frequent throughout November moving towards our own TVXC fixture in early December. I believe we are still looking for a few more volunteers to assist, therefore please let me know if you can help and I can put you in touch with the organisers! Please also see further in my report a reminder of the upcoming fixtures throughout November into December.

Moving back to the road, as I write this report, we still have one race remaining in this year's club champs the 'Marlow Half Marathon'. This is a final chance for some members to gain those all-important final points for the 2025 Championship. Good luck to everyone taking part!

Achievements to note:

- We had a few members take part in an undulating but scenic RR Club Champs race the '**Tadley 10 miles**'. Our first RR lady home was **Katherine Streams (1st female)**, and we had an additional 6 RR ladies taking part. This was the final opportunity to run 10 miles as part of the club champs.
- We also had RR club champs' event the '**Sonning Common 10K**'. This event unfortunately had a clash as it fell on the same day as the Metro's TVXC fixture. However, we had good representation from our RR ladies, with **Ann Rostern (2nd V50)** bringing the ladies team home and 7 additional RR ladies taking part scoring those all-important points, in what was to be the final 10K race of this year for the club champs.
- We had the **first TVXC fixture at Metro's** on a mild October day with dry conditions underfoot, and I'm pleased to report that RR were able to field a full ladies team this year! I would like to say thank you to **Kelly Kordzinski, Isabelle Church, Sally Caldwell and Gemma Funnell** for travelling to Hillingdon to represent us and score for the team. This meant that we gained some valuable points to get the ladies team off to a great start for this season. Our ladies finished in **12th place out of 15 teams**, and **6th place overall** combined with the men's result, well done to you all!

- We also had the **first Hampshire XC League fixture**, held at King's Park Bournemouth. **4 RR ladies** made the journey down to King's Park, the weather was nice and mild and it was relatively dry underfoot which made for good conditions. We were also pleased to see a welcomed change to the course from the previous year, this made the distance just over 4 miles in the ladies race. First home for the RR ladies was **Helen Pool in 70th place overall (17th Vet)**, next up was myself in **145th place (66th vet)**, followed by **Kerri French in 166th place (83rd vet)** with Helen, Claire and Kerri making up the scoring team for both the senior's and vets getting the team off to a good start in **14th place overall!** We were also really pleased to welcome back **Cecilia Csemiczky** to the Hampshire league. Cecilia had an enjoyable run and finished as our fourth RR lady representing us. I highly recommend giving these fixtures a go, they are really friendly and supportive amongst the runners, the women's course is approx. 6K in distance, start time for the women's race is 1335.



Helen, Claire and Kerri making up the scoring team for both the senior's and vets getting the team off to a good start in **14th place overall!** We were also really pleased to welcome back **Cecilia Csemiczky** to the Hampshire league. Cecilia had an enjoyable run and finished as our fourth RR lady representing us. I highly recommend giving these fixtures a go, they are really friendly and supportive amongst the runners, the women's course is approx. 6K in distance, start time for the women's race is 1335.

- Thank you and well done to all the ladies that represented RR throughout October whether this was on the road or at one of the first XC fixtures of the season.

On to Upcoming events

The remaining **club champs' event** for 2025 and last opportunity to gain those important points is as follows:

- 2nd November – Marlow Half Marathon.

Cross Country

- 9th November – TVXC Datchet Dashers – The Brocas, Eton
- 15th November – Hants XC Aldershot – Wellesley Woods, Aldershot
- 23rd November – TVXC Sandhurst – Lord Wandsworth College, Nr Hook
- 23rd November – BBO XC Championships
- 6th December – Hants XC Winchester – location TBC
- 7th December – TVXC Reading Roadrunners – Ashenbury Park, Woodley.
- 13th December – Berkshire XC Championships

TVXC fixtures – Please register in advance via myclubhouse.

Hampshire League / BBO XC /Berkshire XC Championships – please email teamcaptains@readingroadrunners.org for more information if you are interested in taking part.

More details can also be found on the RR website: <https://readingroadrunners.org/cross-country/> this also includes details relating to our XC Club Championships!

I will look forward to meeting with lots of members at the upcoming XC fixtures.

Ladies Captain – Claire 😊

TVXC Ashenbury Park

Tony Page

It is our home Thames Valley XC fixture on Sunday 7th December, at Ashenbury Park.

I was the race director last year and will be again this year. This is a call for volunteers, so look out for an email to find out how to sign up for the various roles or speak to me or one of the team leaders (see below).

Looking back to 2024, what I remember is how amazing our team of volunteers were in the face of adversity.

What stays in my memory, is the few days leading up to the event, and the amazing work of the volunteers in making it possible. You may remember, it was the weekend of Storm Darragh, with very strong winds of up to 90mph forecast, torrential rain and flooding. Numerous sporting events were called off and transport disruption. It was uncertain whether our event would go ahead!

There had been strong winds on the Friday night, so on Saturday morning, after loading the van at Palmer Park with Toni McQueen, Fergal Donnelly and Tim Miller, Pete Higgs and I went to Ashenbury, anticipating fallen trees etc. We were not disappointed and spent the next couple of hours making the trees safe and clearing the course.

The Met Office were forecasting very strong gusts of winds (40-50 mph) for the early hours of Sunday until around lunchtime....so we held our breath...thankfully the woods were OK, so we didn't have to change the course, but it was a real battle to secure the catering tents because of the strong gusts of winds. All hands were on deck, there were some choice words, but we did it and thankfully the wind subsided. The race started on time at 11am, the marshals did a great job adjusting well to a slightly changed course, so did our runners with some great performances.

Events such as this one cannot go ahead without a large team of dedicated volunteers, and I need your help again this year. There are the following roles, some of which can be combined with running.

Firstly, I still have a very important role to fill. **I need 2 people to do the timekeeping.** We use the Parkrun App, so this would suit those of you with experience as a timekeeper at Parkrun. Alongside these roles, I also need other volunteers for the finish funnel to hand out finish tokens.

Also, on Sunday:

Catering team – to help **Toni McQueen** in setting up the catering tent, and serving tea/coffee etc. We also need donations of sandwiches, cakes and snacks.

Car parking - you need to available from 9am but can run. Our parking manager is **Fergal Donnelly**.

Course set up – to help **Pete Higgs** to set up the course from 9am, but can run

Marshals - we need at least 30 marshals, to help keep runners on course, for safety and to give support. Our chief marshal is **Sarah Alford** again this year and I know some of you have already been in touch, but we need more volunteers.

Results processing – one or two volunteers after the race to help **Bill Watson** with processing the results.

On Saturday

We also need volunteers to help **Tim Miller** with loading the van on Saturday morning and unloading after the event.

So look out for an email, or a Facebook message, to prompt you to sign up for the various roles. We couldn't put on this event without volunteers. I know you will not disappoint!

Reading Roadrunners Committee Meeting

Tuesday 7 October, 7pm (by video call)

The Committee

Chris Manton	(Chair)
Mike Worsfold	(General secretary)
Liz Johnson	(Membership secretary)
Kerri French	(Coaching Liaison)
Sam Whalley	(Social Secretary)
David Walkley	(Ex Officio)
Colin Cottell	(Ex Officio)

Plus:

Claire Seymour (Ladies Captain)

Chris Moseley (Men's Captain)

For first section on Club Champs

Apologies for absence

Pippa White (Treasurer)
Debbie Clay (Lead Welfare Officer)

Discussion about Club Champs

The committee was joined by the team captains to have an open discussion about the Club Champs, and ways in which participation could be increased.

There are multiple reasons for running a club champs including:

- Giving members a focus for their training
- Helping to build a sense of team at events
- Promoting the club at events
- Providing a competition which is open to all standards
- Encouraging members to enter events/distances they would not normally consider.

A variety of options were shared, with consensus being that longer events (half marathons) were often a reason for people not taking part in club champs. There was also a desire to support local races put on by other clubs where possible (rather than use more commercial events).

The use of the Friday race nights was seen to be a good idea, but to avoid there being lots of different distance categories it was proposed that a range of races over 10k or longer would be included, and treated as 'long races', and a similar range of races of under 10k be provided, and treated as 'short races'. To qualify members would have to do at least 2 'long races' and 2 'short races'. The current approach of 50 points for each race based on position will continue.

Team captains will consider a list of races for 2026. If this list is to include a parkrun, then the Event Directors must be consulted, and the club should provide volunteers to help with the running of that parkrun. Kerri offered to run a Friday 5k or 3k if we need extra beyond the race nights.

Chris and Claire left the meeting

Minutes of the previous meeting

The minutes of the September meeting were proposed as a true record by Kerri and seconded by Liz.

Matters arising from the minutes of the previous meeting

Following the September meeting we received confirmation from Palmer Park that we could continue with our Friday track share arrangements with other clubs, so this meant that the proposal which was agreed in the previous meeting to require members from other clubs to join us as second claim was no longer required, although the 'Friday 2nd Claim' membership category is still being used to deal with the wait list until membership re-opens in 2026.

Review of actions

Actions were reviewed and updated.

Chair's report

Another new normal has started with the return to track, numbers look good, the early session start is showing promise, all in all a good start following the extended period of the track. As things stabilise, we'll need to assess track congestion and the like. The rather sudden return to track leaves us behind where we wanted to be in terms of celebrating the return, allied with other potential good news events there is a strong plan building to build the social and interactive elements of the club offering.

The idea of rotating the presenter of the weekly announcements is a good one and one we should try and use to maintain profile of the committee as well as give a voice to groups who are making appeals for volunteers, help or simply maintaining awareness of things such as socials, the charity, club champs etc. As we head into the XC season, return of Race Nights,

Recent events such as the cancellation of the out run last week are regrettable and we should work to establish the reasons underlying the low numbers, noting that some of the feedback might be relevant to other aspects of what the club offers and ensuring that as best as we can we offer something that members want and can take advantage of. Thank you to Kerri for initiating the questionnaire to try and gather some actionable feedback.

As summer ends and the nights draw in the cross-country season starts, a good start at the Metros event for the club although there was a miss with regards to publishing the success especially considering we were able to field a full female team, this allied with previous other events shows the need for inclusive comms across the club's activities which should encourage participation across the club. This is intended as an observation not a criticism which feeds into the debate around how we go about ensuring we have a strong, diverse club that recognises the achievement and inputs of all.

General Secretary's Report

Following our meeting last month where we discussed the options around letting members from other clubs join as 'Friday 2nd Claim' I received a phone call, and confirmation via email (below) from Palmer Park to say that we could continue with allowing other clubs to use the track on Fridays. Reading Uni, Reading Joggers and Wargrave & Twyford were all contacted and invited back.

I've received an email from the EA about missing policies; I noticed that the constitution uploaded on the EA website was the previous version from before it was updated at the AGM in 2024. I have now uploaded the version that was approved at the 2024 AGM.

The EA publish example templates for clubs to use and adapt, so I will meet with Chris Manton to review the three missing policies – Grievance & Disciplinary; Inclusion & Diversity; Health & Safety – to make sure they align with our existing constitution and rules, following which we will discuss them in committee and bring to the AGM.

Treasurer's Report

None this month.

Membership Secretary's Report

Liz has been working on 2nd Claim members, and will meet with Ian to go through how to set up new membership categories, and add new members manually.

Social Secretary's Report

There have been no further socials since our last meeting. I have added all upcoming events to myClubhouse. I will add details to these nearer the time of each event, as well as set up Facebook events and send out invitation emails.

The next social will be the Hallowe'en Drinks & Spooky Walk on Friday 31st October.

Coaching Report

The first month back at track has gone smoothly, thanks to all the Coaches & LiRFs for continuing to deliver the sessions. It's great to see members back on the track and working hard.

The Coaches & LiRFs had a team meeting on 17th September to discuss the return to track, track congestion ideas proposed by Jamie, team kit & inducting people on the waitlist.

Tony & Kerri have been trialling the Ochy Coaching Tool to give athletes 1-1 specific feedback on their running style & biomechanics. We have been very impressed with the analysis & exercises it suggests to strengthen the body where there are inconsistencies, improve performance and avoid injury. Positive feedback has been received from the athletes and the analysis is shared with them by email too.

Induction for new people is scheduled for Friday 10th & 17th October. There is a sign-up form on our website and all people on waitlist have been contacted to let them know.

Wednesday Early sessions from 5pm has had between 14 & 22 people each week so far. Kerri & Tony have been there each week and will continue to do that during the 10-week pilot.

Peter Higgs has asked members for feedback on Thursday night Out Runs, with a view to improving engagement on Facebook. Kerri helped scribe and upload a feedback form, so responses are collated, and it is available to the end of the month for all members to complete and give their views.

There is a First Aid course booked for 15th November.

Up and Running have asked to host another brand try on night in the autumn/winter. Kerri is awaiting dates from the Store Manager on when they would like to do this.

Matters Arising from Reports

None.

Agenda Items

1) Safety (deferred from last month)

BARR (British Assoc of Road Races) alerted us to the need to comply with food hygiene regs. These apply where ever food is sold or given away. Chris has sent a message to TVXC – no response as yet, will approach Tony for a direct contact.

The regulations relate to labelling (especially of allergens) and food storage and hygiene. This should be part of risk assessments that Race Directors carry out. Liz agreed to contact race directors.

2) Back to track event / Clubhouse re-launch

We will do an event on Wed 15th Oct. David to get food and drink (noting food safety concerns). Also ask for volunteers to go onto a rota to help.

3) Ochy – coaching tool

This is a coaching tool app. It is endorsed by the EA, and a number of clubs use it. It allows video to be taken of athletes and individual assessments to be shared with members. Unanimously agreed to buy a year's subscription, which will allow 15 assessments per month.

4) Track congestion – change to lane usage

In order to maximise track use, Jamie has proposed changes to the track protocol. Kerri to share the detailed proposal, and work with the coaches on a Risk Assessment, demonstration video and communication plan

5) Coach licencing

There are a couple of LiRF coaches who aren't currently active, but want to renew. Kerri to contact them and ask if they can be available to fill-in to cover absence rather than commit to a regular routine.

6) Missing policies from EA portal – Grievance & Disciplinary, Inclusion & Diversity, Health and Safety

Mike and Chris to meet to discuss these and ensure they are workable, and fit alongside our existing documentation, policies and constitution

AOB

We have been approached by Reading Joggers about the reboot of the Pangbourne 10k – they want to borrow our signs on 12 Sep 2026. Mike to go back to say that in principle they can borrow equipment, details TBC.

Mike also to suggest to team captains that this is a Club Champs event.

Next Meeting: 19:00 Tuesday, 18 November- online.

Main Club contact points:

Chair, Chris Manton:

chair@readingroadrunners.org

Membership Secretary, Liz Johnson/Ian Giggs:

membership@readingroadrunners.org

Secretary, Mike Worsfold:

gensec@readingroadrunners.org

Treasurer, Pippa White:

treasurer@readingroadrunners.org

Social Secretary, Sam Whalley:

socialsec@readingroadrunners.org

Coaching Liaison, Kerri French:

coach@readingrunners.org

Ex Officio: Colin Cottell, David Walkley

Website Manager, Paul/David:

webmaster@readingroadrunners.org

Team Captains, Claire Seymour & Chris Moseley:

teamcaptains@readingroadrunners.org

Kit Manager, Dean Allaway:

dean.allaway@yahoo.co.uk

Lead Welfare Officer: Debbie Clay

Welfare Officers: Sarah Walters, Liz Ganpatsingh

welfareofficer@readingroadrunners.org

Newsletter: Tom Knight

newsletter@readingroadrunners.org

Results Processor: Gary Brampton

results@readingroadrunners.org

Roadrunners' Race Results

Gary Brampton

"There is only one thing in the world better than winning a race, and that is winning two races on the same day"

Oscar Wilde, shortly after completing the Reading Gaol Double, 5th October 1897

Details of results, PBs and any multiple winning days can be emailed to: results@readingroadrunners.org

September 27th

Trail Escape Bristol Bath Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
359	Pete Morris	6:00:29

Windsor Womens' 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
16	Claire Marks	46:02

September 28th

Windsor Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Tom Griffin	1:20:26
121	Gary Tuttle	1:31:20
138	Chris Webber	1:32:07
282	Gareth Griffiths	1:35:10
553	Mary-Ann Dent	1:42:16
596	George Mitchell	1:43:03
1957	Colin McCarlie	2:08:27
2084	Chris Harding	2:11:43
3098	June Bilsby	2:37:04
3331	Julie Wing	3:24:05

Ealing Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
490	Glen Parker	1:36:04
757	Dave Thornton	1:41:25
948	Giles Crist	1:44:47

Tadley 10

(Club Championship)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	James Lyne	0:57:18
5	Chris Moseley	1:01:42
6	Tom Knight	1:02:19
10	Alex Harris	1:04:41

12	Katherine Streams	1:06:19
	(1st female)	
22	Gavin Rennie	1:10:07
25	Mike Worsfold	1:11:22
27	Ann Rostern	1:13:43
33	Helen Campbell	1:15:46
57	Stephen Dellow	1:26:46
63	Mark Allen	1:29:04
72	Tim Miller	1:30:18
88	Rachel Helsby	1:36:31
94	Martin Gould	1:37:15
95	Katie Gumbrell	1:37:16
111	Heather Bowley	1:50:20

Tadley 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Julian Sherman	37:54
	(1st VM50)	
6	Ashley Doyle	38:30
25	Jon Green	47:55

London 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3719	Gary Brampton	50:40
5251	Julian D'Cruz	55:49
5526	Ashley Pinder	56:49 PB
5839	Andy Atkinson	57:53
4436	Emily James	63:40

Marwell 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
764	Nicola Gillard	66:30
765	Sarah Richmond-De'voy	66:33
1003	Helen Wing	75:13
1140	Linda Wright	92:01

October 5thChester Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
42	Chris Burt	2:42:34

Isle of Wight Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
154	Pete Morris	5:13:05
161	Martin Bush	5:17:31

Cardiff Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1676	Gavin Rennie	1:33:42
2771	Claire Marks	1:39:04
7351	James Wilkinson	1:51:57
10326	Chris Manton	2:12:46
16567	Ellis Breese	2:18:58
21065	Sarat Rajarshi Atluri	2:34:56
23687	Tony Eastaway	3:12:19
23688	Gill Manton	3:12:19

Basingstoke Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
91	Glen Parker	1:40:16

Hastings Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
664	George Mitchell	1:53:02

Sonning Common 10k

(Club Championship)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Rob Corney	31:10
3	Ryan O'Brien	35:06
9	Jamie Darling	37:48
38	Tony Page	42:34
37	James Cust	42:36
53	Ann Rostern	44:42
58	Alan Freer	45:01
67	Joe Whitcomb	45:28
78	Chris James	46:26
90	Will Shillibier	47:19
98	Dave Phillips	48:03
124	Bryan Curtayne	50:17
125	Colin Cottell	50:36
133	Holly Curtayne	51:08

203	Gary Clarke	58:26
207	Christina Reay	59:07
263	Liz Sarjent	65:36
265	Phil Reay	67:10
282	Wendy Davies	71:24
294	Tom Harrison	85:31
299	Linda Wright	97:51
300	Julie Wing	98:28

Thames Valley Cross Country LeagueRace 1, Metros

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Rob Corney	32:24
2	James Lyne	34:05
4	Callum Evans	34:32
5	Dan Moore	34:52
6	Ben Paviour	34:54
16	Chris Moseley	37:24
43	Rees Cooper	41:42
44	Phil Hine	41:50
49	Fergal Donnelly	42:23
58	Jon Lloyd	43:15
64	Mike Worsfold	44:04
99	Tom Wright	47:15
102	Richard Usher	47:28
129	Mark Allen	49:50
132	David Fiddes	50:01
140	Kelly Kordzinski	50:46
163	Gary Brampton	54:08
170	Jamie Richards	54:55
175	Isabelle Church	55:38
204	Andy Atkinson	59:51
233	Sally Caldwell	67:15
234	Peter Higgs	68:19
242	Gemma Funnell	94:10

Roadrunners Men: Corney 1, Lyne 2, Evans 4, Moore 5, Paviour 6, Moseley 16 - 1st place of 15 teams

Roadrunners Women: Kordzinski 27, Church 44, Caldwell 74, Funnell 80 - 12th place of 15 teams

Roadrunners overall: 6th place of 15 teams

October 11thBournemouth Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
53	Robert Patterson	1:21:47
891	Giles Crist	1:44:41

Hampshire Cross Country LeagueFixture 1, BournemouthWomen's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
70	Helen Pool	29:49
145	Claire Seymour	39:17
166	Kerri French	44:23
171	Cecilia Csemiczky	50:26

Roadrunners Veteran Women: Pool 17, Seymour 66, French 83 - 14th place of 15 teams

Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
28	Ryan O'Brien	32:17
104	Chris Moseley	37:26
202	Christopher Saunders	44:20
230	Jamie Richards	52:32

Roadrunners Senior Men: O'Brien 25, Moseley 104, Saunders 202, Richards 230, *Penalty* 236 - 9th place of 10 teams in Division 1

Roadrunners Veteran Men: Moseley 25, Saunders 92 (insufficient finishers to score)

October 12thMelbourne Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1062	Gary Tuttle	3:04:30

Malmö Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1040	Martin Bush	4:47:17
1135	Pete Morris	5:11:08

Oxford Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
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47	Joseph Lindsay	1:16:46
371	Simon Williamson	1:27:10
432	Alex Squire	1:28:17 PB
534	Daniel Musker	1:29:28 PB
576	Marco McKerlie	1:29:58
1867	Sara Cha	1:42:36 PB
2953	James Webb	1:49:17
6630	Ashley Pinder	2:12:03 PB

October 19thAbingdon Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
210	Philip Woolfall	3:03:22
257	Marco McKerlie	3:08:22 PB
298	Stephen Ingledew	3:13:22
589	Sophie Mures	3:41:34
668	Jane Davies	3:48:35
725	Brian Grieves	3:56:14

Yorkshire Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Rob Corney	2:20:15
1969	Tony Page	3:45:50
3578	Renée Whalley	4:14:53

Naples Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
362	Caroline Monaghan	3:56:56

Palma Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
937	Pete Morris	4:56:38
1037	Martin Bush	5:07:21

Naples Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1984	Paul Monaghan	2:47:51

Henley Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
211	Stephen Cunningham	1:50:39
299	Brian Fennelly	1:56:36
510	Ashley Pinder	2:15:03

Great South Run (10 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
			346	Sarah Dooley	1:37:36
			520	Julie Rainbow	1:44:26
477	Robert Cannings	1:06:38		(1st VF60)	
2566	Will Shillibier	1:09:05 PB	764	Alex Marino	1:47:25

Cabbage Patch 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
			859	Kayleigh Lambden	1:54:00
			900	Lauren Prior	1:55:04
1284	Andy Atkinson	1:38:49	965	Craig Pauffley	1:56:00
			1119	Joseph Lindsay	2:03:34
			1120	Eleanor Taylor	2:03:34
			1266	Emma Sayers	2:09:03
			1620	Chris Harding	2:38:10

Tirana 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
893	Linda Wright	1:39:28

River Thames Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
499	Rob Bursell	2:00:00

October 26th

Maidenhead Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
19	Callum Evans	1:13:21
94	Ashley Doyle	1:24:53 PB
127	Rees Cooper	1:26:01 PB
147	Gareth Griffiths	1:27:56
156	James Chandler	1:27:56
215	Erica Key	1:31:50
287	Hrushikesh Padhi	1:34:36
597	Sarah Walters	1:37:33

New Forest 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
214	Chris Cutting	1:17:03
405	Celia Clay	1:29:05
482	Katie Gumbrell	1:34:09
632	Nicola Gillard	1:47:57
633	Sarah Richmond-De'voy	1:47:59

Club Championships

Bob Thomas

There have been two Championship races since the previous report: the Tadley 10 and the Sonning Common 10K. There is just the Marlow HM on 2 November to go to complete the competition.

There are 26 members still in the competition, with just two needing to return a result from Marlow to avoid disqualification.

Here is the present leaderboard for each of the competition categories:

	Women	Men
Senior	Sara Cha	Will Shillibier
Vet 40	Christina Reay	Chris James
Vet 50	Katherine Streams	Tony Page
Vet 60		Alan Freer Gavin Rennie
Vet 70	Heather Bowley	David Leake
Age grade	Ann Rostern & Katherine Streams	

Link to the folder containing the cumulative scoresheets: [2025 Club Championship Scores](#). Hopefully, it will be possible to file results on the Club website again next year.

The scoring administrator can be emailed at champs@readingroadrunners.org.

There were several disqualifications at the Sonning Common 10K owing to members not running in Club colours.

The implications of a disqualification can be broader than they might first appear. For example, if a disqualified runner would have earned 50 points for first place, the second-place runner now receives 50 points instead of 49, and everyone else in the category moves up by one point. This adjustment might seem minor for a single race, but when points from multiple races are combined, it can influence overall standings within the categories.

The November newsletter will report on the final outcome and medal placements.

XC Championship 25/26 - Current Standings

David Fiddes

Below are the current standings after two events in this year's cross-country club championships.

The next event is Datchet Dashers' fixture in the Thames Valley XC League on Sunday, 9th November. Sign up is available on MyClubhouse.

	B'Mouth Hants XC	Metros TVXC	Total Score
Senior Women			
Kelly Kordzinski	0	50	50
Isabelle Church	0	49	49
Women - Vet 40			
Sally Caldwell	0	50	50
Claire Seymour	50	0	50
Gemma Funnell	0	49	49
Women - Vet 50			
Helen Pool	50	0	50
Kerri French	49	0	49
Women - Vet 60			
Women - Vet 70			
Cecilia Csemiczky	50	0	50
Senior Men			
Jamie Richards	49	44	93
Rob Corney	0	50	50
Ryan O'Brien	50	0	50
James Lyne	0	49	49
Callum Evans	0	48	48
Dan Moore	0	47	47
Rees Cooper	0	46	46
Phil Hine	0	45	45
Men - Vet 40			

Chris Moseley	50	50	100
Christopher Saunders	50	0	50
Jon Lloyd	0	49	49
Tom Wright	0	48	48
Men - Vet 50			
Ben Paviour	0	50	50
Fergal Donnelly	0	49	49
Mike Worsfold	0	48	48
Richard Usher	0	47	47
David Fiddes	0	46	46
Men - Vet 60			
Mark Allen	0	50	50
Gary Brampton	0	49	49
Peter Higgs	0	48	48
Men - Vet 70			
Andy Atkinson	0	50	50
Men - Vet 80			

Photo Gallery

Some snaps from recent weeks



▲ Post-Track Clubhouse re-opening, 15 October

▼ Ashley and new members selfie post Friday induction session, 17 October



October Medal Roll Call

Congratulations to all who gained a medal (or several)!

