

# NEWSLETTER

## NOVEMBER 2025



## Cross Country Success Continues!



**Congratulations to Ryan O' Brien, Rob Corney and Dan Moore for winning the Men's vets team prize at the BBO XC!**

## Editor's Intro

Tom Knight

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Welcome to the November Newsletter!

We have the usual reports from our regular contributors this month, plus a new 'Coaches Corner' section from Kerri, providing an update on all the great work the coaching team are getting up to. Kerri has promised to make this a semi-regular feature to keep us all informed, hope you enjoy the addition.

As the next newsletter will likely land at the very end of December, for those of you I don't see before then I would like to wish you all a Merry Christmas. Hope you have a good one whether it be catching up with family and friends, eating too much and/or going on a few more winter runs to burn said food off!

Again, as always, we welcome either one-off or new regular contributions to the Newsletter. if you'd like to be part of the next issue, please email [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org) by Wednesday 24<sup>th</sup> December.

## Chair

Chris Manton

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

I'm not sure where the year has gone, November has whizzed by with a flurry of Cross Country races with the ladies and men's teams both getting on the podium at Sandhurst in third place, a podium for Rob Corney with second place in the Berks, Bucks and Oxon Cross Country, along with second overall for the Men's team and a top of the podium finish for the Vet's at the race held on the Englefield estate. Looking further back the men and women got a top of the podium finish at Datchet. Keep an eye out for details of the upcoming fixtures.

In other news the Coaches brushed up on their First Aid skills with some training laid on by Mark the Medic, having recently done some similar training with parkrun this is really worthwhile training which strengthens and makes the coaching offering safer for our members.

Some food for thought as we run up to our own TVXC fixture on the 7<sup>th</sup> December and Bramley 20/10 on 15<sup>th</sup> February 2026, there is of course considerable effort to put these events on and a big part of delivering the events lays with the volunteers who manage carparks, manage start and finish areas, marshall and help set up and take down the courses amongst many other things, as I write this I believe the TVXC race needs it's last few people to help out and Bramley will soon be asking for your help, please do consider what you can do to help these events happen and help reduce the stress levels on the part of the organising committees by putting your name forward as a volunteer.

The success of the early session on a Wednesday night is great to see and we are pleased to be able to carry on offering this with an added bonus that there is now a coached session during the early session,

keep an eye on the weekly email to see details of what is going on. Don't forget we have secured the use of the RAC Clubhouse on a Wednesday, it is a great way to socialise after a hard session on the track and also a good opportunity to warm up with a cup of something hot given that the colder weather is starting to come in.

As we get closer to Christmas the Committee is working hard to confirm track dates in the run up to Christmas as well as organise the annual Mince Pies and Mulled wine. Keep an eye out in the weekly newsletter for more details.

At the risk of being told it is to early..... given this will be the last monthly Newsletter this side of Christmas I hope you all have a good Christmas and enjoy the opportunity to get some miles in over the Christmas period.

## Men's Captain Chris Moseley

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

It I'm not a big Facebook user, and more of a numbers person than a writer. But communication is a necessary part of the team captain's role. Claire and I work together to share information about events, encourage participation from all members and celebrate success where we see it.

I know that my newsletter article often just talks about the faster runners who score for the team, pick up prizes at events, or set record times. Success is also a personal thing: running a distance for the first time, getting a PB, achieving a parkrun milestone, or even just getting out running again after injury. These can be massive achievements for those individuals. If you want them mentioned, let Claire or me know, or share your own

success in the newsletter or on Facebook. People would love to hear about it!

So, what have the men in the club been up to in the last few weeks?

We had 5 men conquering the hills at the Marlow Half Marathon (and more in the shorter 7 mile and 10k races) at the start of November. It's a great local event and was the last race in this year's road/trail club championships. Full results for the champs are covered elsewhere in the newsletter. Relatively few runners completed races over all 4 distances. Well done if you did. And even if you just ran one or two races, I hoped you enjoyed the variety of races on offer. We're having a shake-up of the champs for 2026 with the hope of increasing participation. Watch this space for further announcements!

It was great to see nearly 60 Reading Roadrunners taking part in the TVXC Datchet race. After a poignant Last Post and minute's silence for Remembrance Sunday, we enjoyed a flat course, views of Windsor Castle and a fantastic buffet. **Rob Corney** was first finisher and we had a further 3 runners in the top 5 (**Callum Evans, Dan Moore, Matt Sarjent**). **Jamie Darling** and **Chris Moseley** completed the scoring men's team, getting another 1st place to keep up the strong start to the season.



10 Roadrunners ran in the men's race at the Hampshire XC League race in Aldershot in great running conditions. **Dan Moore** was our first finisher in 57th, leading the team to 8th place in division 1. Some decent runs from our over 40's helped us to 6th place Vets team.

I wasn't there, but was pleased to see that over 50 members took part in the muddy, hilly TVXC race at Lord Wandsworth College, including several cross-country debutants. One of these was our first runner home, **Joe Lindsay** in 2nd position. It was also nice to see **Mark Apsey** back in a green vest and running well in 7th place. **Matt Sarjent, Simon**

**Rumsby, Marco Mckerlie and Tony Page** completed the scoring team, finishing in a strong 3rd place out of 15 teams.

On the same day, 8 Roadrunners (incl 5 Chris's) took part in the Berks, Bucks and Oxon (BBO) Cross Country at the beautiful Englefield Estate. **Rob Corney** was our first finisher in 2nd place, despite having a possible chest infection, also picking up the medal for 1st vet (over 35). **Ryan O'Brien** had a great run and was 2nd vet (7th overall). From a team perspective, we finished in a fantastic 2nd place in the men's team competition, and we won the vet's team prize!

And finally in terms of results, congratulations to **Rob Corney** for running an amazing 30:13 at the Fulham 10k: taking a few seconds off his own club record!

I hope to see lots of you at Ashenbury for our home TVXC race on Sunday 7 December, or the Berkshire XC champs at Dinton Pastures on Saturday 13 December. But if I don't see you then, or at the track in the next few weeks, I hope you have a lovely Christmas!

Chris

## Ladies' Captain

Claire Seymour



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

We are now in to the full swing of the XC season. I hope you are all enjoying the mud, hills, tree roots and other natural obstacles and we even had some colder temperatures and rain arrive recently to make things a bit more XC like and atmospheric!

So far, the season is going well and both men's captain Chris and I are pleased to see good numbers of runners turn out. Also some new faces, particularly in the TVXC league, with the Hampshire League turn out remaining slightly lower. The Hampshire League is a more competitive league however it is also very friendly, with a wide range of abilities taking part throughout and there is always good camaraderie between the clubs.

From my experience being towards the later part of the field I have always felt welcomed and encouraged to participate and I have enjoy running in this league for many years. I also like the fact that after the women's race we can then enjoy supporting the men in their race, it really is a great event with good team spirit between our club members, some of the courses are

also less technical which may suit runners that prefer road running to trail running, it would be great to have a few more women join us, come and give the next fixture a try and let me know what you think 😊 (to note you must be EA affiliated to participate).

Next up in the TVXC league we have our own fixture being held at Ashenbury Park, Woodley on 7th December, please sign up via myclubhouse if you would like to run! and I believe we are still looking for a few more volunteers to assist, therefore please contact Tony Page or Sarah Alford if you can help out. Please also see further in my report a reminder of the upcoming fixtures throughout December into early January.

Moving back to the road, the final race of this year's club champs 'Marlow Half Marathon' has taken place, please see details below. Your team captains/committee are currently working on next year's road champs therefore please watch this space for further details coming soon...

Recent updates:

- We had three ladies take part in the very hilly, picturesque Marlow Half Marathon; our first RR lady home was **Ann Rostern** (1st FV50) with Katie Gumbrell and Emma Sayers also successfully navigating those hills and enjoying the scenic route. This was the final opportunity to gain some last points towards this year's club champs; we also had a few ladies take part in the 7-mile version of the race with **Claire Marks** and **Toni McQueen** finishing in 1st place in their respective age categories. Well done to you all.
- We had the 2nd TVXC fixture take place at Datchet on a very mild November day, this fixture is traditionally held on remembrance Sunday. The course is around 6 miles and conditions were relatively dry underfoot, however parts of the course were slightly rutted and overgrown. Both

men's captain Chris and I were really pleased with the turnout of RRs at this event, with 20 women participating in total. Our scoring women were **Katherine West**, **Sarah McDade**, **Nikki Gray** and **Katherine Charles**, we also had many runners pushing back runners from other clubs which contributes to our total club score, with our women's team finishing in 1st place. As a club combined with the men's result, we finished in 1st place overall, a big well done everyone that took part!

- We then had the second Hampshire XC League fixture, held at Wellesley Woods, Aldershot, where we had 5 RR women out representing us. The weather was nice and mild and it was soft underfoot particularly through the woods, but scenic as always with the autumn colours. First women home for RR was **Helen Pool** in 43rd place (10th vet), next up was **Sarah Dooley** in 74th place (32nd vet) followed by **Elizabeth Ganpatsingh** in 105th place (48th vet), with Helen, Sarah and Liz making up the scoring team for both the senior's and vets, finishing in 9th place in both events! Also running for the team was **Sam Whalley** finishing in 118th place (57th vet) and me 126th place (65th vet), with Sam and I both enjoying our runs around the course. Well done all!
- We also had the final TVXC event for November which was organised by Sandhurst Joggers at the picturesque Lord Wandsworth College, Nr Hook. It was a bright sunny day, however there was a biting wind, and with the recent rain this made for muddy conditions underfoot. However, this did not discourage over 50 member's taking part, including 14 ladies! This was an amazing turnout overall considering some of our men were representing us at the BBO XC champs on the same day also. Our first RR lady home was **Katherine West** finishing in 1st position for the women, next up for the scoring team was **Hannah Pool**. Hannah was followed by **Pip White**, and rounding up the scoring team was **Sarah Alford**, we also had **Holly Curtayne** finish between Pip and Sarah however a requirement is that one of the scoring team members must be a vet! and as always a big thanks to the other ladies that participated as this helped towards our ladies team achieving 3rd place, and with the overall result combining the men's result we finished in 4th place overall well done to you all!
- Finally, I would like to say Congratulations to the following ladies that won a medal in the Berkshire road running Championships:
  - **Sara Cha**: silver in the senior category
  - **Katherine West**: Bronze in the senior category
  - **Chloe Lloyd**: Bronze in the FV35 category
  - **Helen Pool**: Bronze in the FV45 category
  - **Katherine Streams**: Gold in the FV55 category
  - **Helen Campbell**: Silver in the FV55 category

## On to Upcoming events

### Cross Country

- 7th December – TVXC Reading Roadrunners – Ashenbury Park, Woodley.
- 13th December – Berkshire XC Championships, please visit <https://www.berkshireathletics.org.uk/content/cross-country> for more information and eligibility criteria.
- 10th January – Hampshire League – location to be confirmed
- 11th January – TVXC – Bracknell Forest Runners, Lightwater Country Park.

**TVXC fixtures** – Please register in advance via myclubhouse.

**Hampshire League /Berkshire XC Championships** – please email [teamcaptains@readingroadrunners.org](mailto: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 understand that this will be the last newsletter before the festive period begins, so to wish you all Season's greetings, hope you enjoy spending time with family and friends and are able to fit in the odd festive run also!

Ladies Captain – Claire ☺

## Coaches Corner

### Kerri French

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### New Member Inductions

After having a wait list since March, we ran some inductions in October and welcomed them onto the track. 61 people attended and lots have signed up to our temporary Friday membership until the new England Athletics year starts in February.

Great team effort from Ashley, Angelique & Carol to deliver all of inductions.

If you know anyone looking to try out the club our next induction is Friday 16th January and they can sign up on our website.





### ThisGirlCan - Lift the Curfew Event

We recently hosted a 'Lift the Curfew' ThisGirlCan open session in collaboration with Better Leisure.

The event aimed to give women a safe space to run under our lights & then form a network of local women to run with through the winter. Especially if they were worried about running alone & in the dark.

It was open to the public and a fantastic success.

Thanks to Gemma, Sally and Carol for their support & making them all feel so welcome. Lots of them are keen to join up and continue their journey.

## Social Update

### Sam Whalley



On Friday 31<sup>st</sup> October, a small handful of Reading Roadrunners met at The Three Tuns pub for a spooky walk. This took us into the university grounds and around the lake. It really was very dark in places, and those of us who were dressed up did get some second glances.

Participants paid £1 to join in, and £2 to not dress up. As event organiser I made the executive decision to award Dean Allaway first prize for his inflatable alien outfit, and he was bought a drink from the proceeds. The remaining £6 was donated to the club charity, SAFE. Thank you to those who came along for a chat and a laugh.

Unfortunately, the scheduled trip to Winchester Christmas Market on Saturday 22<sup>nd</sup> November was cancelled, due to lack of interest. Clearly this was not anybody's cup of tea.



The remaining socials for the committee year will be:

**\*NEW\***

**Wednesday 10<sup>th</sup> December** – Mulled Wine & Mince Pies

Toni McQueen will be hosting her usual festive event after the track session.

**Saturday 13<sup>th</sup> December** – Christmas drinks at Phantom Brewery, Unit 3 Meadow Rd, Reading RG1 8LB

An area has been set aside for us at the brewery.

7.30-10.30pm

**Saturday 31<sup>st</sup> January** – National Running Show, National Exhibition Centre, Birmingham B40 1NT

Sign up at <https://nationalrunningshow.com/subscribe> to receive information on how to obtain free tickets.

Meet at Reading train station at a time as yet tbc for a train to Birmingham International for the running show. We can get a group ticket. Option to drive, lift-sharing with a parkrun on the way.

Show open from 9am to 5pm.

**\*NEW\***

**Sunday 22<sup>nd</sup> February** – Post-Wokingham Half Marathon Refreshments

Venue to be confirmed. Watch this space!

**Saturday 28<sup>th</sup> March** – Annual Awards Night, Park House, University of Reading, Reading RG6 6UA

I will soon be confirming the menu for this evening of celebration. Information and sign-up details will follow in the new year.

Don't forget, the clubhouse is available after every Wednesday track session. It would be great to see you there. Sometimes there is cake!

Sam Whalley

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

## Reading Roadrunners Committee Meeting

**Tuesday 18 November, 7pm (by video call)**

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### The Committee

Chris Manton	(Chair)
Pippa White	(Treasurer)
Mike Worsfold	(General secretary)
Liz Johnson	(Membership secretary)
Kerri French	(Coaching Liaison)
Sam Whalley	(Social Secretary)
Debbie Clay	(Lead Welfare Officer)

David Walkley (Ex Officio)  
Colin Cottell (Ex Officio)

### **Apologies for absence**

Debbie Clay (Lead Welfare Officer)  
David Walkley (Ex Officio)

### **Minutes of the previous meeting**

The minutes of the previous meeting were proposed as a true record by Colin Cottell, and seconded by Liz Johnson.

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

None

### **Review of actions**

Actions were reviewed and updated.

### **Chair's report**

As ever it has been a busy month. Following successful trial of the earlier track time the initiative has been extended and a coached session is also now available. This is an excellent initiative and thanks go to those that have been involved.

The trial opening of the clubhouse is ongoing and the club will be monitoring use of the initiative to ensure that the initiative provides a value for money return to the club.

Arrangements for next year's Vets Athletics are starting up, based on her email Claire Seymour is looking for help and assistance to manage the RR interaction with the league.

With the clubhouse initiative, TVXC coming very soon and Bramley moving toward the middle of the radar we are entering period where we will need volunteers to help put the events on. The requests are going out so really a case of monitoring uptake. I am aware that Bramley is holding off its first call for volunteers until we are clear of the RR TVXC race although an ask for Pacers and prospective new committee members will likely go out soon.

Mike Worsfold and I took an opportunity to review certain policies in light of requirement to have certain policies uploaded as part of our EA Affiliation. Mike has explained the approach we have taken, and there are no significant changes with the exception of the Disciplinary and Grievance which we are suggesting changes in order to be better positioned to deal with arising issues and appeals. As Mike notes the changes will need to be agreed at the AGM as we will have a short window to address any issues before having to upload in support of 2026/27 affiliation.

## General Secretary's Report

I've met with Chair Chris to create 3 new stand-alone documents to simplify our EA affiliation and meet the 7 required Club Standards. These have been circulated to the committee for approval at the next meeting. The London Marathon Ballot is nearly ready to be made. I've checked that all the entrants meet the required rules for membership, and have informed a couple of people who are 2nd Claim or non-EA affiliated that they aren't eligible. One member may pay the EA subs so that they can enter the ballot. The draw will be made on Wed 26 Nov.

A WhatsApp group has been set up with the Reading Uni organisers as it was proving difficult to get responses via email. Coach Liaison Kerri is also in this group as she is regularly at track on Friday when they are present.

Weekly emails continue to go out. If there is anything from the committee that needs to be communicated, please drop me a note about it.

## Treasurer's Report

Activity has still been fairly quiet over the last couple of months but will begin to pick up with Bramley payments starting to go out, then after Xmas the membership renewals.

### Key Outgoings/Receipts

- Receipts relate to the TVXC entries and the new Friday only membership sign ups
- First quarterly invoice received for the track hire to cover until Dec, including the extra 1.5 hour starting at 5pm. GLL have increased the hourly rate from £48.44 to £51.58 following the return to track.

### Other Business

- None
- Cash ending balance in Oct25 £120K

## Profit and Loss

Reading Roadrunners

For the month ended 31 October 2025

Account	Oct 2025	Sept 2025	Year to date
<b>Turnover</b>			
Event income	236	374	45,738
Kit sales	0	0	871
Membership	212	20	23,263
Social income	0	0	1,976
<b>Total Turnover</b>	<b>449</b>	<b>394</b>	<b>71,850</b>
<b>Cost of Sales</b>			
Affiliation Fees	0	0	8,248
Events	0	118	39,905
Kit	0	0	1,760
Social	0	0	3,023
Track Hire	(63)	3,022	4,423
<b>Total Cost of Sales</b>	<b>(63)</b>	<b>3,140</b>	<b>57,359</b>
<b>Gross Profit</b>	<b>512</b>	<b>(2,746)</b>	<b>14,490</b>
<b>Administrative Costs</b>			
AGM	0	0	220
Charitable Donations	0	0	6,398
Coaching	0	0	1,017
Equipment	0	0	361
Insurance	0	0	221
IT Software and Consumables	0	0	1,323
Training Courses	0	0	50
Travel - National	0	0	690
Trophies and Awards	0	0	1,172
<b>Total Administrative Costs</b>	<b>0</b>	<b>0</b>	<b>11,451</b>
<b>Operating Profit</b>	<b>512</b>	<b>(2,746)</b>	<b>3,039</b>
<b>Other Income</b>			
Charity donations received	0	1	560
Interest Income	103	114	1,165
<b>Total Other Income</b>	<b>103</b>	<b>115</b>	<b>1,724</b>
<b>Profit on Ordinary Activities Before Taxation</b>	<b>615</b>	<b>(2,631)</b>	<b>4,763</b>

## Membership Secretary's Report

None received.

## Social Secretary's Report

I have continued to offer one social per month, as per my 'manifesto'. Take-up continues to be disappointing, with only a handful of participants for the Hallowe'en Spooky Walk. £6 was raised and donated to the charity. Saturday 22nd November should be the trip to Winchester Christmas Market, with a sign-up deadline of Thursday. I will cancel if there is no interest by then.

December's social will be on Saturday 13th, Christmas Drinks at Phantom Brewery.

## Coaching Report

61 people on the waitlist have been inducted and lots have signed up under the temporary Friday membership as this has risen from 454 to 509. These new joiners will be offered full membership at EA renewal time. We currently have another waitlist for the January induction with 33 people on it.

The early track slot from 5pm has proved very popular with members. We have been getting between 12 & 44 attendees with most weeks being in the high 20's. We have decided to trial a Coach/LiRF led session from 5pm too & 28 came on the first week. We will endeavour to keep this up providing its popular & Coaches are available.

Peter Higgs surveyed the members regarding the Thursday Out Runs and is reviewing the feedback and any actions from it. 6 members want to train as LiRFs to support Out Runs and some of them track sessions too. 1 as a Coaching Assistant.

The Ochy training tool will be rolled out allowing us to work 1-1 with members on their gate and running biomechanics.

We ran a First-Aid tailored for Sports Injuries & life saving skills. 9 RRs attended and found it very informative. We are looking to run every three years.

## Matters Arising from Reports

### Storage

In addition to the need to find additional space because the containers are full, we have heard that Up & Running in Reading can no longer hold our club kit, and want it out by Christmas to make space for stock. Stadium management have been asked if we can have lockable storage under the stands to bring the club kit back to Palmer Park. The charity coordinator will try and sell old kit stock, proceeds going to the club charity. Any leftover stock will run into the next charity year. Mike and Chris to assess the undercroft on 26 Nov.

Colin to try and find out from Reading AC when they might be vacating the undercroft and moving into their new container.

### Funded Events

Mike has a list of events that RR fund from several years ago. Team captains are to be asked to review this list and update it so that we can be clear about which events the club will pay for.

### New LiRFs

Four people have come forward to be LiRFs to support the Thursday outruns. Two more to be LiRFs generally. The Committee agreed to support these new LiRFs through the process.

## Agenda Items

### Life Members

No objections have been heard to the proposed change of membership duration from 15 down to 10 years as a prerequisite for consideration. The next round of Life Members will be considered on this basis.

### Policies

As part of our EA affiliation, we are required to provide some policy documents which we did not have in place. The EA publish some example templates for these which Chris and Mike reviewed. These are: Grievance & Disciplinary; Inclusion; Health & Safety. As there is already a Disciplinary procedure within our Roadrunner Rules, we did a lift and shift of the relevant text from our club Rules into the new Grievance & Disciplinary Policy. The committee agreed to adopt these three new policies, and to take the revised Rules (with the Disciplinary procedure remove) to the next AGM.

### AOB

#### Next AGM

Date set provisionally at 10 March 2026. Pip to email Suttons Bowl club and cc Mike.

#### Upcoming races

The committee would like to see Budgets and Risk Assessments for all races that the club arranges. Mike to contact Tony Page about Risk Assessment and Budget for TVXC.

#### Emergency Procedures

With the change to track access following the building work at Palmer Park, it is wise to review the emergency procedures. Mike to send the current doc to Kerri (Coach Liaison) to review.

#### Corporation Tax

We discussed about how to get some advice on this matter. Pip to follow up on some contacts.

**Next Meeting:** 19:00 Tuesday, 16 December- online.

## **Main Club contact points:**

Chair, Chris Manton:

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

Membership Secretary, Liz Johnson:

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

Secretary, Mike Worsfold:

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

Treasurer, Pippa White:

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Social Secretary, Sam Whalley:

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

Coaching Liaison, Kerri French:

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Ex Officio: Colin Cottell, David Walkley

Website Manager, David Fiddes:

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Team Captains, Claire Seymour & Chris Moseley:

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Kit Manager, Dean Allaway:

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Lead Welfare Officer: Debbie Clay

Welfare Officers: Sarah Walters, Liz Ganpatsingh

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

Newsletter: Tom Knight

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

Results Processor: Gary Brampton

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

Club Champs: Bob Thomas

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

## Roadrunners' Race Results

### Gary Brampton

Over the next few weeks, I could easily be distracted by a different set of results; those emanating from various Australian cricket grounds. Please ensure this misplaced focus on my part doesn't lead to your achievements failing to appear in these pages by emailing details to me at: [results@readingroadrunners.org](mailto:results@readingroadrunners.org)

#### November 2nd

##### New York City Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3176	Alex Harris	3:06:15
6474	Chris Webber	3:22:52
11693	Helen Campbell	3:39:55
13386	Eoin McLeod	3:44:51
22202	Lorna McLeod	4:05:42

##### Cornish Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
340	Pete Morris	5:32:23
355	Martin Bush	5:44:07

##### Marlow Half Marathon

(Club Championship)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
90	Ann Rostern (1st VF50)	1:41:24
157	Chris Cutting	1:47:46
220	Mark Allen	1:52:36
350	Ben Fasham	2:04:38
382	Richard Gostick	2:07:50
437	Sam Briggs	2:13:01
478	Katie Gumbrell	2:17:13
513	Emma Sayers	2:25:11

##### Hayling 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Julian Sherman (1st VM50)	1:02:35

##### Marlow 7

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
38	Fergal Donnelly	52:23
46	Gavin Rennie	53:26
56	Claire Marks (1st VF60)	54:37

140	Toni McQueen (1st VF70)	1:03:48
217	Rachel Helsby	1:07:37
305	Jim Kiddie	1:16:38
409	Tom Harrison	1:42:09
411	Julie Wing	1:57:01

##### Marlow Frankenstein 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
26	Mike Worsfold	47:07
88	Simon Peralta	54:05
93	Colin Cottell	55:48
339	Linda Wright	1:54:04

##### Reading Town 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Alex Ballinger	39:13

#### November 9th

##### Thames Valley Cross Country League

##### Race 2, Datchet

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Rob Corney	31:49
3	Callum Evans	34:41
4	Dan Moore	34:49
5	Matthew Sarjent	35:06
13	Katherine West	36:43
14	Jamie Darling	36:46
15	Chris Moseley	36:51
31	Brian May	38:07
37	Tom Knight	38:35
55	Sarah McDade	39:59
60	Tony Page	40:18
69	Fergal Donnelly	40:58
73	Phil Hine	41:06
75	Nikki Gray	41:18
84	Duan Coertzen	42:07
85	Mike Worsfold	42:09

93	Alan Nesbit	42:35
95	Lance Nortcliff	42:40
107	Ian Giggs	43:06
121	Kat Charles	43:57
129	Pete Aked	44:23
130	Ian Horritt	44:24
134	Hannah Pool	44:28
135	Tom Wright	44:29
137	Alan Freer	44:33
144	Chris James	44:57
147	Chris Cutting	45:11
158	Harry Smith	45:41
174	Bill Watson	46:29
178	Bruce Sarjent	46:34
180	Alistair Haston	46:39
197	Mary Janssen	47:32
198	Claire Marks	47:35
205	Sarah Dooley	47:49
212	Holly Curtayne	48:02
223	David Fiddes	48:20
224	David Walkley	48:22
228	Brian Curtayne	48:40
239	Colin Cottell	49:21
250	Sarah Alford	50:18
262	Elizabeth Ganpatsingh	50:54
279	Samantha Apps	52:18
305	Phil Sharman	54:13
306	Gary Brampton	54:21
325	Kayleigh Forbes	55:44
347	Toni McQueen	57:04
358	Rhys Penny	57:39
363	Gary Clarke	58:26
366	Sarah Richmond-De'voy	58:32
369	Claire Seymour	58:50
372	Jim Kiddie	59:27
396	Lucy Radburn	63:24
400	Peter Higgs	64:00
407	Kerri French	66:00
423	Wendy Davies	69:31
434	Cecilia Csemiczky	78:05
437	Pete Morris	83:34

**Roadrunners Men:** Corney 1, Evans 3, Moore 4, Sarjent 6, Darling 13, Moseley 14  
– **1st place of 15 teams**

**Roadrunners Women:** West 1, McDade 4, Gray 7, Charles 14 - **Joint 1st place of 15 teams**

**Roadrunners overall: 1st place of 15 teams**

BMAF Open 10k Road Championship (Heaton)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
189	Helen Pool	41:11

**November 15th**

Hampshire Cross Country League

Fixture 2, Aldershot

Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
43	Helen Pool	27:23
74	Sarah Dooley	29:34
105	Liz Ganpatsingh	33:08
118	Sam Whalley	36:25
126	Claire Seymour	38:15

**Roadrunners Senior Women:** Pool 43, Dooley 74, Ganpatsingh 105 - **9th place of 10 teams in Division 1**

**Roadrunners Veteran Women:** Pool 10, Dooley 32, Ganpatsingh 48 - **9th place of 14 teams**

Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
57	Daniel Moore	38:15
81	Chris Moseley	39:51
122	Alex Harris	42:35
143	Lance Nortcliff	43:47
152	Tony Page	44:08
164	Mike Worsfold	45:05
207	Tom Wright	48:30
215	Jonathan Lloyd	48:57
216	Christopher Saunders	49:24
228	David Fiddes	53:09

**Roadrunners Senior Men:** Moore 57, Moseley 81, Harris 122, Nortcliff 143, Page 152 - **8th place of 10 teams in Division 1**

**Roadrunners Veteran Men: Moseley 11, Harris 27, Nortcliff 42 - 6th place of 24 teams****November 16th****Battersea Park Half Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
19	Stephen Ingledew (1st VM60)	1:28:15

**Gosport Half Marathon**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
385	Simon Rumsby	1:37:16
386	Glen Parker	1:37:16

**Watford 10k**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Fergal Donnelly (1st VM50)	45:38

**Fulham 10k**

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
15	Rob Corney	30:13
95	Ryan O'Brien	33:22
103	Callum Evans	33:22
365	Phil West	38:32
3042	Cathrin Westerwelle	59:44

**November 23rd****BBO Cross Country Championship**

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
2	Rob Corney	27:39
7	Ryan O'Brien	28:52
15	Chris Lucas	30:28
22	Dan Moore	31:02
23	Chris Burt	31:07
29	Chris Moseley	32:29
42	Chris Webber	35:27
55	Chris Saunders	40:11

**Thames Valley Cross Country League****Race 3, Sandhurst**

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
2	Joseph Lindsay	35:58
7	Mark Apsey	37:10

8	Matthew Sarjent	37:24
10	Katherine West	37:36
33	Simon Rumsby	40:42
44	Marco McKerlie	41:29
51	Tony Page	41:56
59	Phil Hine	43:06
63	Duan Coertzen	43:29
65	Lance Nortcliff	43:38
66	Ben Price	43:40
67	Gavin Rennie	43:46
69	Mike Worsfold	43:53
74	Alex Squire	44:16
87	Pete Aked	45:10
91	Jon Lloyd	45:15
93	Tom Wright	45:30
101	Alan Nesbit	46:09
105	Harry Smith	46:37
118	Richard Usher	47:18
121	Hannah Pool	47:29
123	Adrian Cull	47:35
131	Ian Horritt	48:01
135	Ian Giggs	48:11
139	Chris Cutting	48:20
144	Bill Watson	48:35
149	Alan Freer	48:46
151	Chris James	48:58
154	David Fiddes	49:11
158	Bruce Sarjent	49:32
159	Pip White	49:33
168	Holly Curtayne	50:16
196	Mark Allen	52:30
199	Bryan Curtayne	52:44
204	Sarah Alsford	53:11
219	Liz Ganpatsingh	54:08
221	Jamie Smith	54:13
225	Colin Cottell	54:21
247	Alex Bennell	57:15
277	Martin Douglas	60:35
292	Gary Clarke	62:51
305	Katie Gumbrell	64:45
307	Sam Whalley	64:58
317	Sarah Richmond-De'voy	66:48
329	Kerri French	69:51
337	Kirsty Mellor	75:13
341	Michaela Summers	76:54
342	Nat Hatch-Johnson	76:55

344 Ioana Papadaki 78:26 **Roadrunners Women:** West 1, Pool 12, White 24,  
 347 Becky Mellor 80:56 Alsford 33 - **Joint 3rd place of 15 teams**

**Roadrunners Men:** Lindsay 2, Apsey 7, Sarjent 8, **Roadrunners overall: 4th place of 15 teams**  
 Rumsby 32, McKerlie 43 - **3rd place of 15 teams**

## Club Championships – Final Results

### Bob Thomas

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The Marlow HM took place at the start of November, bringing this year's Club Championship to a close. Congratulations to the members who completed the competition and, of course, to the trophy winners, listed here...

#### Women

Category	1st	2nd	3rd
Senior	Sara Cha		
FV40	Christina Reay		
FV50	Katherine Streams	Ann Rostern	Helen Campbell
FV70	Heather Bowley	Julie Wing	

#### Men

Senior	Will Shillibier	Ben Price	
MV40	Chris James Phil Reay		Chris Moseley
MV50	Tony Page	Mike Worsfold	Adrian Cull
MV60	Alan Freer Gavin Rennie		Mark Allen

#### Age Grade

	Ann Rostern Katherine Streams		Alan Freer
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The full Championship scoresheet can be found [here](#).  
 The trophies will be presented at a social event early next year.

## XC Championship 25/26 - Current Standings

David Fiddes

Below are the current club cross-country championship standings. This is after the fifth event in the championship, which was Sandhurst Joggers' Thames Valley XC League fixture at Lord Wandsworth College. Competitors need five results to qualify.

The next fixture is our own fixture in the Thames Valley XC League at Ashenbury Park on the 7th December. Remember that volunteering rather than running at this fixture counts towards qualification for the championship.

	B'mouth	Aldershot	Metros	Datchet	Sandhurst	Total
	Hants XC	Hants XC	TVXC	TVXC	TVXC	Score
<b>Senior Women</b>						
Katherine West	0	0	0	50	50	<b>100</b>
Hannah Pool	0	0	0	47	49	<b>96</b>
Holly Curtayne	0	0	0	46	47	<b>93</b>
Kelly Kordzinski	0	0	50	0	0	<b>50</b>
Isabelle Church	0	0	49	0	0	<b>49</b>
Sarah McDade	0	0	0	49	0	<b>49</b>
Kat Charles	0	0	0	48	0	<b>48</b>
Pip White	0	0	0	0	48	<b>48</b>
Michaela Summers	0	0	0	0	46	<b>46</b>
Samantha Apps	0	0	0	45	0	<b>45</b>
Ioana Papadaki	0	0	0	0	45	<b>45</b>
Kayleigh Forbes	0	0	0	44	0	<b>44</b>
Lucy Radburn	0	0	0	43	0	<b>43</b>
<b>Women - Vet 40</b>						
Claire Seymour	50	49	0	47	0	<b>146</b>
Sarah Dooley	0	50	0	49	0	<b>99</b>
Sarah Richmond-Devoy	0	0	0	48	49	<b>97</b>
Sally Caldwell	0	0	50	0	0	<b>50</b>
Nikki Gray	0	0	0	50	0	<b>50</b>
Katie Gumbrell	0	0	0	0	50	<b>50</b>
Gemma Funnell	0	0	49	0	0	<b>49</b>
<b>Women - Vet 50</b>						
Elizabeth Ganpatsingh	0	49	0	49	49	<b>147</b>
Kerri French	49	0	0	48	46	<b>143</b>
Helen Pool	50	50	0	0	0	<b>100</b>
Sarah Alsford	0	0	0	50	50	<b>100</b>

Sam Whalley	0	48	0	0	47	95
Alex Bennell	0	0	0	0	48	48
Becky Mellor	0	0	0	0	45	45
<b>Women - Vet 60</b>						
Mary Janssen	0	0	0	50	0	50
Claire Marks	0	0	0	49	0	49
Wendy Davies	0	0	0	48	0	48
<b>Women - Vet 70</b>						
Cecilia Csemiczky	50	0	0	49	0	99
Toni McQueen	0	0	0	50	0	50
<b>Senior Men</b>						
Dan Moore	0	50	47	48	0	145
Phil Hine	0	0	45	45	46	136
Rob Corney	0	0	50	50	0	100
Callum Evans	0	0	48	49	0	97
Matthew Sarjent	0	0	0	47	48	95
Jamie Richards	49	0	44	0	0	93
Harry Smith	0	0	0	44	43	87
Ryan O'Brien	50	0	0	0	0	50
Joseph Lindsay	0	0	0	0	50	50
James Lyne	0	0	49	0	0	49
Mark Apsey	0	0	0	0	49	49
Marco Mckerlie	0	0	0	0	47	47
Rees Cooper	0	0	46	0	0	46
Brian May	0	0	0	46	0	46
Ben Price	0	0	0	0	45	45
Alex Squire	0	0	0	0	44	44
Alistair Haston	0	0	0	43	0	43
Rhys Penny	0	0	0	42	0	42
Nat Hatch-Johnson	0	0	0	0	42	42
<b>Men - Vet 40</b>						
Chris Moseley	50	50	50	49	0	199
Tom Wright	0	49	48	45	48	190
Jon Lloyd	0	48	49	0	49	146
Ian Giggs	0	0	0	47	46	93
Ian Horritt	0	0	0	46	47	93
Chris James	0	0	0	44	45	89
Jamie Darling	0	0	0	50	0	50
Simon Rumsby	0	0	0	0	50	50
Tom Knight	0	0	0	48	0	48
Jamie Smith	0	0	0	0	44	44
David Walkley	0	0	0	43	0	43

Phil Sharman	0	0	0	42	0	<b>42</b>
<b>Men - Vet 50</b>						
Mike Worsfold	0	47	48	48	48	<b>191</b>
David Fiddes	0	45	46	42	42	<b>175</b>
Tony Page	0	48	0	50	50	<b>148</b>
Lance Nortcliff	0	49	0	47	49	<b>145</b>
Fergal Donnelly	0	0	49	49	0	<b>98</b>
Christopher Saunders 50	0	46	0	0	0	<b>96</b>
Richard Usher	0	0	47	0	46	<b>93</b>
Pete Aked	0	0	0	46	47	<b>93</b>
Chris Cutting	0	0	0	45	44	<b>89</b>
Bill Watson	0	0	0	44	43	<b>87</b>
Bruce Sarjent	0	0	0	43	41	<b>84</b>
Bryan Curtayne	0	0	0	41	40	<b>81</b>
Ben Paviour	0	0	50	0	0	<b>50</b>
Alex Harris	0	50	0	0	0	<b>50</b>
Adrian Cull	0	0	0	0	45	<b>45</b>
Martin Douglas	0	0	0	0	39	<b>39</b>
<b>Men - Vet 60</b>						
Alan Nesbit	0	0	0	50	49	<b>99</b>
Mark Allen	0	0	50	0	47	<b>97</b>
Alan Freer	0	0	0	49	48	<b>97</b>
Gary Brampton	0	0	49	47	0	<b>96</b>
Colin Cottell	0	0	0	48	46	<b>94</b>
Peter Higgs	0	0	48	45	0	<b>93</b>
Gary Clarke	0	0	0	46	45	<b>91</b>
Gavin Rennie	0	0	0	0	50	<b>50</b>
Pete Morris	0	0	0	44	0	<b>44</b>
<b>Men - Vet 70</b>						
Andy Atkinson	0	0	50	DNF	0	<b>50</b>
Jim Kiddie	0	0	0	50	0	<b>50</b>

## Photo Gallery

### Some snaps from recent weeks

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▲ Roadrunners coaching team First Aid training, 15 November

▼ Team 'Chris' (Lucas, Burt, Webber, Saunders & Moseley) at BBO XC, 23 November





▲ Team Photo at TVXC Datchet, 9 November

▼ Team photo at TVXC Sandhurst, 23 November



# November Medal Roll Call

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

