

NEWSLETTER

DECEMBER 2025



Home Win at Ashenbury, Backed by Brilliant Volunteers!



Well done to all who took part and volunteered at our home TVXC fixture at Ashenbury, which resulted in an overall 1st place finish!

Editor's Intro

Tom Knight

Welcome to the December Newsletter!

Hope you all have had a good Christmas, and have managed to enjoy a break of some form during the festive period. I'm sure for some that has meant some more time to enjoy a winter run, others perhaps choosing to rest altogether! For me personally, I picked up a (minor) knee injury late last month, meaning I've taken it easier than I was for the past year during December. I've actually appreciated resting after running more this year than ever before, and I'm lucky that things have progressed well, meaning I should be able to rejoin track sessions in the new year.

In this issue we have most of the usual columns, plus a write up from Tony Page reflecting on the excellent work put in by the volunteering team at our TVXC fixture at Ashenbury. Coaches' Corner also returns, with Kerri French and Tony Canning sharing further information on OCHY, the AI running form app that our coaches now have access to.

Finally, hope you all have a Happy New Year, and a prosperous, injury-free 2026. I'm sure a few of you will have some running goals for 2026, wishing you good luck in achieving these. Maybe you'd like to share some of your journey with others via the Newsletter? If you'd like to be part of the next issue, please email newsletter@readingroadrunners.org by Wednesday 28th January.

Chair

Chris Manton



chair@readingroadrunners.org

As 2025 draws to an end it's the time to reflect on the past and look forward to the future. 2025 saw what became an elongated closure of the track whilst it was relaid, in a testament to the coaches and LIRFs who set up sessions across Reading and the surrounding area the lack of track facilities was barely noticed and the sessions offered were popular and well received, it's not so easy to replicate in the darker months but certainly gives the club the opportunity to consider if similar sessions can be offered in the future and augment the track sessions.

As we approached the track closure the club was running a high membership list and ultimately took a decision to freeze membership in order to try and mitigate the high numbers on track which was becoming a challenge, as a result of the time it gave us to consider options the trial of an earlier session is now permanent and also offers a coached session, the Committee along with some additional contingency plans that can be bought into play are pleased to be able to see the pause on new membership removed and the previous Friday only membership removed as we open up Wednesday sessions to all members, this and the track closure has made for a busy Committee over 2025 but increased numbers of coaches and other changes have seen the club continue to prosper.

As we look forward in 2026, please do consider the opportunity to give back to the club by volunteering for the club, this could be in any number of forms such as marshalling at our flagship races at Bramley or Shinfield, helping out at events such as the Palmer Park race nights or getting involved in the organisation of club races or indeed the club itself.

The club AGM is a little over 3 months away and already the Committee are starting to plan, we are pleased to be able to welcome Tom Knight to the Committee filling a long outstanding need for social media coordination which combined with the Newsletter will allow for improved opportunities for communication with members.

Inevitably as the AGM approaches the existing Committee members assess their continued membership of the Committee and in some cases elect to stand down, in my own case as Chair having held the role for nearly two years and having been on the Committee for two years prior I have decided to stand down and will not seek re-election, I have enjoyed and been challenged during my time but it is the right time to pass the baton on.

This of course means the role of Chair will be available for election. As of the December Committee meeting Sam Whalley has elected not to stand for Social Sec, this an important role for the club and Sam has done a great job of trying to develop and maintain the non running side of the club but one that possibly could be undertaken collectively if say a pair of people wanted to share or one that can coordinate others if they are inclined to organise perhaps a single event. If Social Sec or indeed Chair are roles that interest you and you want to find out more please do not hesitate to speak to Sam and I respectively.

In addition to the above Tony Page having organised two successful TVXC races for the club has elected to stand down from his role as Race Director, if anyone is interested in taking on this important role please feel free to discuss with Tony if you have any questions.

Back to the purpose of a running club, as 2026 appears so does that first training block of the year which culminates in various half marathons and marathons (as well as a bunch of other distances) over the spring months, if you have events in the calendar already good luck and enjoy the training.

Men's Captain Chris Moseley



teamcaptains@readingroadrunners.org

Just a quick one from me this month as it's the Christmas holidays and quite frankly there are other things I'd rather be doing than writing a newsletter article!

We started off December with our home fixture of the TVXC league at Ashbury Park. Tony Page and his team of volunteers put on a great event and we had some lovely feedback from other clubs. 🍀💙

The runners didn't do too badly either. Right from the off, the green vests were at the front. The course was wet, but not as boggy as some years. **Rob**

Corney, James Lyne and **Ryan O'Brien** made it look easy as they sped off into the distance. A pack of Roadrunners men wasn't far behind, cheered on by our lovely marshals and spectators. Amazingly, Roadrunners took the first 3 places and also positions 5 to 11!

It was an emphatic victory for the men's team (Corney, Lyne, O'Brien, Paviour, Lindsay, Burt). And such was our dominance on the day, our unofficial men's 'B' team (Apsey, Moore, Olrog, Ridley, Moseley, Griffin) also had a better score than any other club! 🏆 The women did fantastically too, finishing as 3rd place team, giving us joint 1st place overall! 🏆🏆 Full results can be found here: https://www.tvxc.org.uk/results/detail?race_id=132

15 Reading Roadrunners took part in the Berkshire XC Championships at Dinton Pastures. Conditions were great and the course was well designed, given the relatively small area they had to work with on the old golf course. A bit of mud, some small hills, a section through the woods – great fun!

Rob Corney was our first finisher in the c10km men's race: 2nd place overall and 1st master (over 35) in a speedy 32 mins 12 secs. **James Lyne** wasn't too far behind in 3rd place (2nd senior). Rob and James qualified to represent Berkshire in the Inter-Counties XC Championships in March. 🏆

The senior men's team (James, Callum Evans and Ali Olrog) finished in an impressive 2nd place. 🏆 The masters team (Rob, Chris Burt and Chris Moseley) went one better, taking the top spot on the podium. 🏆

Sadly, the TVXC Bracknell race on 11 January has been cancelled. The normal venue hiked the price and then cancelled the booking a few weeks ago. Bracknell Forest Runners have tried a few alternative venues, but have been unable to secure anything in time.

In the Hampshire XC League, Winchester & District AC were unable to host their planned fixture in December. For a week or so it looked like Aldershot Farnham & District AC were able to step in and host a second fixture in January, but sadly that fell through too. So, we will just have 3 fixtures in the Hampshire XC League this season with the last one hosted by Reading AC on 7 February.

In more positive news, you will hopefully have seen the recent launch of the 2026 club championship (via email / Facebook). The main change is that you now have to do a minimum of **five** races, but these can be over **any** distance. Hopefully everyone can find a few races that appeal to them. For the list of which races are included, and the full list of rules, please see the club championship page of the club website. <https://readingroadrunners.org/club-championships/>

And if like me you're starting to plan your races for 2026, please do consider taking part in:

- Bramley 20/10 road races on Sunday 15 February
- Shinfield 10k on Bank Holiday Monday 5 May
- And the Ridgeway Relay on Sunday 28 June

That's it from me for 2025. Happy New Year everyone!

Chris

Ladies' Captain

Claire Seymour



teamcaptains@readingroadrunners.org.uk

At the time of writing my report we are approaching the Christmas break, and by the time the newsletter is published we are likely to have passed Christmas and possibly moved in to the New Year. Hope you enjoyed spending time with family and friends and have been able to fit in a festive run or parkrun. Of which I'm sure many of you were able to find a Christmas day event, just to wish you a Happy and successful New Year 2026 personally and also with your new running goals.

Just a couple of points to mention before I move on to what you have all been up to. Firstly, the Club Champs events have now been announced for 2026, details can be found on the RR website, there are a variety of races to suit everyone. Therefore, please head over and take a look, it will be great to see lots of you taking part throughout 2026.

Due to the cancellation of the early Jan TVXC fixture at Bracknell and January Hampshire League fixture, the remaining XC fixtures of the season are as follows:

- TVXC Eversley – Bramshill Forest – 25th January
- Hampshire league – Reading (Dinton Pastures) – 7th February
- TVXC Handy Cross – Bradenham Woods – 8th February

Race updates:

- We had the local Mapledurham 10K, 10 mile and Half Marathon held on the same day, and I hear our ladies had a successful morning out. We had **Hannah Pool** (1st female 10K), **Sophie Mures** (2nd female 10K), **Andrea Greenfield** (1st FV50 10K), **Linda Wright** (2nd FV70 10K) with **Nikki Gray** taking on the 10 mile (finishing 2nd female), and **Isabel Ely** taking on the Half marathon distance (finishing 2nd female). We also had **Holly Curtayne**, **Jasmine Rapson** and **Emma Sayers** representing us across the various distances. Well done to you all as this is a challenging, muddy, hilly run and will set our ladies up well for the upcoming Cross Country fixtures in the spring.
- We also had our home TVXC fixture at Ashenbury Park of which was a great success with a good mix of volunteers and runners on the day! Well done to everyone involved! Our scoring ladies team consisted of **Katherine West** (1st female), **Sarah McDade** (3rd female), **Isabel Ely** (11th female) with **Sarah Alford** scoring for the vets (44th female). Sarah was also chief marshal on the day displaying great multitasking skills, well done Sarah! We also had a good support team of ladies taking part pushing back runners from other clubs to help the club achieve as many points as possible. Our women's team finished in 3rd place overall and combined with the men's result we finished joint 1st place with Datchet Dashers. Well done everyone!
- We also had the Berkshire XC Championships, held for the first time at Dinton Pastures, we had three ladies represent us, **Katherine Charles** in the senior race, and **Helen Pool** and **Sarah Alford** for the

vets. Katherine finished in 6th place in her race, with Helen in 3rd place for the vets and Sarah 8th place for the vets, an enjoyable run was had by all on this new course, well done! and Congratulations also goes to Helen on winning a bronze medal and to both Helen and Kat for receiving invites to run for Berkshire at the Intercounties XC Championships in the spring 2026 (date tbc)

That's all from me for now, hope you have a great start to January and hope to see lots of you out at the remaining XC fixtures towards the end of January and into February.

Ladies Captain – Claire ☺

Coaches' Corner

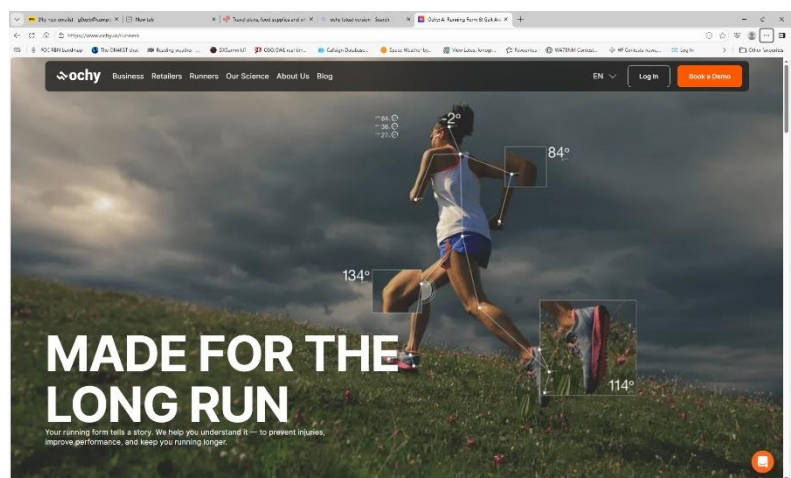
Kerri French & Tony Canning

RRR now has OCHY to help you.

What is OCHY?

OCHY is an AI based running form analysis app. The app is built for runners ONLY so not the usual generic one modified for each sport. It is also endorsed by EA and others worldwide.

The App runs any mobile phone, you take a 5-7 sec. video of the runner and upload to the App. The AI system then takes over and returns a full and detailed analysis within a few minutes. This includes suggested areas that could be improved and most importantly including several how to videos with lots of additional information. The video you get back will be the one you sent with a 'stick man' overlaid on your image throughout the running cycle.



Do you seem to get injured often? What's wrong?

You can download a free trial version of OCHY from Ochy: AI Running Form & Gait Analysis Technology limited to 5 free uploads and is something you may wish to experiment with over the Christmas holiday. Recommend reading the FAQ about how to take a video and do look at the examples given. The amount of information in terms of feedback you get from the app may appear quite daunting at first but coaches can offer advice on this.

All coaches now have access to this app via a RRR account but it is limited to a total of fifteen (15) up-loads per month.

As the time put into this by coaches can be significant and we only have limited up-loads there needs to be some stipulation on use of the club account so;

- A) You must want to improve
- B) Be prepared to put in time and effort for this
- C) Agree to undertake the adaptation of any current exercise program suggested by your coach advisor (who probably knows your abilities).

Don't worry if the app suggests six exercises for a particular issue you won't need to undertake them all.

A useful feature is the "Compare" option, so progress can be tracked but don't expect to be able to up-load one of you each week on the RRR account.

RRR Coaches

TVXC Ashenbury Volunteers – Thank You

Tony Page

'We've made a success of our home cross country fixture at Ashenbury, which took place on Sunday 7th December.

Claire and Chris will have written about the success of our runners, but I want to big up the role of our volunteers without whom there would be no event. Thank you all!

There were around 60 volunteers, in multiple roles, from those who helped with parking over 200 cars at our two car parks, those who set up the course to a such a high standard, those on duty for race, so the marshals, timekeepers and those in the finish area and Toni's team serving up hot teas and coffees post-race; and the team that packed and unpacked the van. All contributing to the great experience had by all those who attended, and some of you, volunteered in more than one role.



And to my team leaders who were an amazing support, giving up their time to help with the planning and organisation to make sure everything ran smoothly, from recruiting volunteers, booking the car parks, hiring the van and generators, organising the buffet etc, as well as on the day, and with the results. Thank you!

Everyone did a great job, but you don't have to take my word for it, just look at the positive feedback received on social media and from the other clubs, some of which is reproduced below:

'Thank you to the marshal for coming to my aid when I fell today and for walking with me and for finding me after the race and asking how I was. Much appreciated.'

'Best tail runner ever, thanks so much.'

"Thank you ... for a cracking cross-country...conditions were perfect, as were your amazing marshals, who gave so much encouragement."

"Thank you...great course, fantastic marshals and wonderful hot tea, Lots of amazing, supportive marshals on the course"

"Loved the course today. All your marshals were spot on too!"

"Our team enjoyed the faster conditions (compared to previous years)"

I will be stepping down so will not be your race Director, for 2026, so if anyone is interested in taking this on please let me, or the committee know.'

Social Update

Sam Whalley

The Mulled Wine & Mince Pies event after the track session on Wednesday 10th December was well attended. Thank you to Toni McQueen for hosting this event, and well done to Angelique for holding a raffle, which I believe raised around £180 for the club charity, SAFE.

A small number of us enjoyed the Christmas drinks at Phantom Brewery in Reading.

Coming up, we have:

- **Saturday 31st 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 or low-priced tickets.
No one has yet signed up for this, but I will be going anyway, probably doing a parkrun on the way.
You can find out which speakers are on here: <https://nationalrunningshow.com/saturday-agenda>
Show open from 9am to 5pm.



- **Sunday 22nd February** – Post-Wokingham Half Marathon Refreshments, The Ship Inn, 104 Peach St, Wokingham RG40 1XH
Come along for a post-race debrief and celebration.
From 12.30pm.
- **Saturday 28th 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.
Arrive 6.30pm for a 7pm start.

If there's anything else you'd like to see on the calendar before I step down at the AGM, please let me know: socialsec@readingroadrunners.org

Sam Whalley

Reading Roadrunners Committee Meeting

Tuesday 16 December, 7pm (by video call)

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)
Pippa White	(Treasurer, joined at the end)

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

None

Review of actions

Actions were reviewed and updated.

The storage area in the Palmer Park undercroft has been tidied up and the club kit from *Up and Running* has been moved in. Palmer Park have said that we can get 2 lockable containers to go in that space. David W to purchase these.

We discussed giving new members a voucher to enable them to claim a club vest.

Chair's report

With the Cross-Country season in full swing, it is worth mentioning the sterling efforts of the club to lay on the TVXC fixture, in particular Tony Page, Sarah Alford, Toni McQueen, Fergal Donnelly, Tim Miller, Peter Higgs and Bill Watson who between them led a significant volunteering effort, thank you everyone who helped out. Next up, Bramley 20/10.

Staying with Cross Country, some strong results within TVXC and the Berks, Bucks and Oxon Cross Country the latter seeing some silverware. The Berks County XC Champs also saw some silverware and qualification for the Inter-Counties XC Champs.

Also recognising lots of effort around the club, relocating kit, clearing stuff from under the stand to make space to said kit, social events and the usual coaching and outrun sessions.

London Marathon places awarded to runners and marshals have been undertaken and winners notified.

Looking ahead as we enter 2026 so we get closer to the AGM, the Committee will be working over the next month or so to identify and Committee places that will need filling come March such that the roles can be publicised and willing volunteers can be secured to stand for election.

General Secretary's Report

The three policies that we signed off last month have now been uploaded to the EA website, which completes our affiliation "Club Standard" requirements.

The London Marathon Ballot was carried out, and the two athletes selected have been registered on the London Marathon Portal.

I've cleared a number of very old ring binders from the area under the seating at Palmer Park, and have helped Dean to move in the club kit that was being held at Up and Running.

I have carried out DBS checks for three of our coaches to allow them renew.

Palmer Park track has been booked for Wed (5-8pm) and (Fri 6.30 – 7.30pm) for Jan/Feb/Mar 2026. Pip has contacted Sutton's Bowls Club for the AGM Hall booking. It is pencilled in at their end.

Treasurer's Report

Profit and Loss

Reading Roadrunners

For the month ended 30 November 2025

Account	Nov 2025	Oct 2025	Year to date
Turnover			
Event income	226	236	45,964
Kit sales	0	0	871
Membership	193	212	23,457
Social income	0	0	1,976
Total Turnover	419	449	72,268
Cost of Sales			
Affiliation Fees	0	0	8,248
Events	870	0	40,775
Kit	0	0	1,760
Social	335	0	3,358
Track Hire	(21)	(63)	4,402
Total Cost of Sales	1,184	(63)	58,543
Gross Profit	(765)	512	13,725
Administrative Costs			
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	200	0	1,523
Training Courses	1,294	0	1,344
Travel - National	0	0	690
Trophies and Awards	0	0	1,172
Total Administrative Costs	1,494	0	12,946
Operating Profit	(2,259)	512	780
Other Income			
Charity donations received	0	0	560
Interest Income	86	103	1,251
Total Other Income	86	103	1,811
Profit on Ordinary Activities Before Taxation	(2,173)	615	2,590

Key Outgoings/Receipts

- Receipts relate to the TVXC entries and the new Friday only membership sign ups
- Event costs relate to events from earlier in the year where the invoices have been received late (Bramley car park fees from RBC and the Vets league co-hosting)
- Social costs relate to the clubhouse hire and re-opening evening refreshments

Other Business

- I spoke to a club member and also a tax partner at Crowe (our audit firm at my work) re the query around our corporation tax liability, if any. He said it's been a long time since he's been involved with not for profits/societies, but would have an unofficial chat with colleagues and come back to me. I haven't yet contacted England Athletics to see if they can support with the query.
- Cash ending balance Nov25 £118K.

Membership Secretary's Report

Senior First Claim EA	360
Senior Friday inc EA	2
Senior Friday Non-EA	41
Senior Friday First Claim non-EA	46
Senior 2 nd Claim	24
Junior 1 st Claim	1
Senior Social	16
Life Senior Inc EA	9
Life Senior non-EA	13
Senior Coach inc. EA	7
	519

Social Secretary's Report

The social to Winchester Christmas Market on 22nd November was unfortunately cancelled due to lack of interest.

On Wednesday 10th December Toni McQueen hosted a Mince Pies & Mulled Wine event after the track session. A raffle was also held.

On Saturday 13th December we had drinks at Phantom Brewery. This was a really nice evening. However, as with previous socials, the absence of most committee members was noted.

The remaining socials will be The National Running Show in January and Post-Wokingham Half Marathon Refreshments in February.

Coaching Report

Development

Carol Bowker has passed her LiRF qualification.

Izzy Ely & Mark Worringham have attended their LiRF course.

Gemma Funnell has booked her Coaches Assistant course for next year.

All the people who indicated they would like to assist with leading Thursday Outruns and attain the LiRF qualification have been contacted. So far none have replied to take this forward. I will follow up with them to see if they are still interested.

Training Sessions

Since the last Committee meeting we have offered a Coached session at 5pm too. Plus, two Coached options on a Friday.

Kit

Jackets have been ordered from England Athletics for Carol, Cathrin, Sarah, Hannah & Catherine.

Matters Arising from Reports

Socials

Awards night on 28 March - helpers needed to ensure continuity of planning and organisation pre and post AGM.

Membership

Seven people are pending and haven't paid. 41 new Friday members since October. 61 attended inductions. 35 people are on the list for the 16 Jan induction. Inductions planned every 6-8 weeks.

Agenda Items

Membership renewal

EA affiliation fee has increased. This will be passed on to members.

Other club fees will not be increased.

The Friday membership category will be removed as this was only ever intended to be temporary to deal with the wait list.

Numbers on track and membership will be kept under review as previously track has been overcrowded when numbers go above 600.

AGM planning

Suttons Bowls club booked for 10 March

Formal notice of AGM and pack will be produced during Jan.

Chair Chris and Social Sec Sam confirmed they will not be seeking re-election.

Action for committee to consider how to fill these roles, and bring more people into assistant or deputy roles to help with the more challenging roles.

AOB

Mike to contact Reading Uni to find out which Fridays they will be wanting the track in 2026.

Next Meeting: 19:00 Tuesday, 13 January - online.

Main Club contact points:

Chair, Chris Manton:

chair@readingroadrunners.org

Membership Secretary, Liz Johnson:

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, David Fiddes:

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

Club Champs: Bob Thomas

champs@readingroadrunners.org

Roadrunners' Race Results

Gary Brampton

The Mapledurham HM, 10 mile and 10k events did not publish club membership information in their results. It is therefore likely that I have failed to spot a few of you, apologies if you are one of those whose result is not listed. You can ensure that your race achievements are not ignored here by emailing details to me at: results@readingroadrunners.org

November 30th

Mapledurham Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
14	Gavin Rennie (1st VM60)	1:43:52
22	Isabel Ely	1:49:02
92	Emma Sayers	2:33:08

Mapledurham 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Rob Corney	56:31
7	Nikki Gray	1:12:34
18	Peter Aked	1:18:01
47	Mark Allen	1:28:29
112	Gary Clarke	1:44:06

Mapledurham 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Alex Ballinger	41:34
3	Ed Nash	45:20
11	Hannah Pool (1st female)	48:44
14	Sophie Mures	49:51
18	Andrea Greenfield (1st VF50)	50:19
19	Martin Mures (1st VM60)	50:19
40	Holly Curtayne	53:50
56	Brian Curtayne	56:20
77	Jasmine Rapson	59:23
106	Ashley Pinder	1:04:45
204	Linda Wright	1:57:46

British Masters 5k Road Championships

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
176	Helen Pool	19:29
203	Alan Nesbit	20:04
357	Edward Thorpe	31:52

December 6th

Lanzarote Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3320	Martin Bush	5:24:12

Lanzarote Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1177	Caroline Monaghan	1:46:21
2188	Paul Monaghan	2:34:43

December 7th

Thames Valley Cross Country League

Race 4, Reading

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Rob Corney	26:27
2	James Lyne	27:31
3	Ryan O'Brien	27:48
5	Ben Paviour	28:57
6	Joseph Lindsay	29:14
7	Mark Apsey	29:21
8	Dan Moore	29:24
9	Chris Burt	29:29
10	Alistair Olrog	30:01
11	Stephen Ridley	30:07
22	Chris Moseley	31:14
24	Tom Griffin	31:35
27	Katherine West (1st female)	31:58
38	Marco McKerlie	33:19
47	Fergal Donnelly	33:50
48	Sarah McDade	33:53
49	Chris Webber	33:54
56	Lance Nortcliff	34:04
70	David Price	34:41
75	Phil Hine	35:05
77	Gavin Rennie	35:13
80	Jon Lloyd	35:24
85	Duan Coertzen	35:40
88	Ben Price	35:50
103	Tom Wright	36:41
106	Isobel Ely	36:46

112	Hannah Pool	37:16
119	Christopher Saunders	37:42
122	Adrian Cull	37:48
129	Chris James	38:04
133	Ian Horritt	38:17
137	Bill Watson	38:34
149	Pip White	39:10
150	Alan Freer	39:11
159	Holly Curtayne	39:56
177	Chloe Lloyd	40:56
185	Bryan Curtayne	41:30
189	Mark Allen	41:40
196	Colin Cottell	42:17
212	Sarah Alsford	43:21
224	Alex Squire	44:00
231	David Walkley	44:24
234	Kayleigh Forbes	44:43
255	Sam Whalley	47:07
264	Gary Clarke	49:22
272	Sarah Richmond-De'voy	50:44
297	Kerri French	55:41
299	Peter Higgs	57:16
307	Katie Gumbrell	64:12
	(Tail runner)	

Roadrunners Men: Corney 1, Lyne 2, O'Brien 3, Paviour 5, Lindsay 6, Burt 9 - **1st place of 15 teams**

Roadrunners Women: West 1, McDade 3, Ely 11, Alsford 44 - **3rd place of 15 teams**

Roadrunners overall: Joint 1st place of 15 teams

Victory 5, Portsmouth

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
93	Julian Sherman	29:52
115	Ashley Doyle	30:39

December 13th

Berkshire Cross Country Championships

Masters women

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
3	Helen Pool	36:18
8	Sarah Alsford	44:10

Senior women

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
6	Katherine Charles	37:30

Masters men

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Rob Corney	32:12
5	Chris Burt	36:25
10	Chris Moseley	38:22
16	Tony Page	43:05
20	Jonathan Lloyd	44:02
25	Richard Gostick	46:58
30	David Fiddes	50:36

Senior men

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
2	James Lyne	33:18
10	Callum Evans	37:05
11	Alistair Olrog	37:13
13	Phil West	40:41

December 14th

Malaga Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
207	Julian Sherman	1:22:03

December 16th

Blast Meadows Edinburgh 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
28	Stephen Ingledew	19:22
	(1st VM60)	

December 21st

Portsmouth Coastal Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
563	Martin Bush	5:51:32

Portsmouth Coastal Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
433	Pete Morris	2:19:46
620	Tony Eastaway	3:19:16

Wimbledon Common 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
15	Fergal Donnelly	42:13

Photo Gallery

Some snaps from recent weeks



▲ (L) Woodley Christmas Outrun, 11 December. (R) Pete H. & Debbie's Wed group run, 17 December
▼ Reading Christmas Outrun, 18 December



December Medal Roll Call

Congratulations to all who gained a medal (or several)

