

# NEWSLETTER

## FEBRUARY 2026



### Bramley 20/10 2026: A Drenched But Determined Effort!



Well done to all runners and thank you to all volunteers who braved the wet conditions at Bramley!

# Annual Awards Night

**Saturday 28<sup>th</sup> March**

**7pm-11.30pm**

**The Meadow Suite, Park House,  
University of Reading, Whiteknights Campus, RG6 6UA**

**Hot Fork Buffet**

**Live Music from Pink Fish**

**Charity Presentation & Raffle**

**Sid Gibbs Award - Live Announcement**

**Club Championship & XC Championship Presentations**

**Tickets £28 each from myClubhouse**



## Editor's Intro

Tom Knight

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Welcome to the February Newsletter!

Although 2026 so far has delivered what seems like an eternity of wet weather, spirits seem high at the club after several events this month. From what I saw from patrolling a slightly chaotic water station at Bramley, many still enjoyed taking part. Which was then followed up by a sea of green taking part in Wokingham half the following week, including myself where my time was a pleasant surprise. And whilst I was unable to attend, I have heard the final Hampshire League XC fixture got an above average team attendance, many being pleased with their efforts splashing through the mud and puddles.

We have quite a bumper issue this month, with Dan Rickett's entertaining write up on volunteer efforts at Bramley, followed by Colin Cottell's call to action for the Shinfield 10k, our next club-run event in May. New member of the coaching team Izzy Hester takes up the mantle to write for coaches' corner, plus Chris Manton and Sam Whalley write their final columns as Chair and Social Secretary respectively.

Finally, as usual, we always welcome articles from anyone at the club. As I've said previously, I'm sure we all have an interesting run-based story to tell. If you'd like to be part of the next issue, please email [newsletter@readingroadrunners.org](mailto:newsletter@readingroadrunners.org) by Wednesday 25<sup>th</sup> March.

## Chair

Chris Manton

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

As the end of February approaches the club works its way through a mass of events, looking back a couple of weeks to a wet Sunday the Bramley 20/10 road races took place. This was the culmination of months of planning on the part of the Race Committee, although it does not end on the day with a few tasks to deal with after the event need attention. In challenging weather conditions the Bramley team delivered a hugely successful race that has drawn praise from the Event Adjudicator and runners alike, to the Race Committee, thank you and well done.

In much better conditions a small group of marshalls supported the 80 plus green vested runners taking part in the Wokingham Half.

Looking forward London Marathon is approaching and a call for volunteers to marshal as gone out, marshaling London Marathon is a great day out (albeit a long one) and I would highly recommend it.

You'll also see Shinfield 10k starting to move through the gears and ready themselves for the race on the first bank holiday in May.

Finally, you'll have seen comms about the upcoming AGM on March 10th, this is the opportunity to understand how the club has done in the last year and to elect the Committee that will steer the club until

March 2027, as I write the club is short of nominations for Chair, Membership Sec and Social Sec. In addition we are looking for a new charity banker whose role is to assist the club charity and help manage the incoming money. If you want to understand more about any of the roles please do not hesitate to talk to anyone on the committee or race committees.

Over the last two years if you have read my column you will know I have talked about volunteering a lot and as I write my last column, guess what, I'm going out with a plea. Reading Roadrunners has a significant membership and lots of people benefit whether that be from the coaching or the social aspect of the club, but the club and high profile events don't run without people giving their time and effort in support of the club. Over the last two years we have been able to grow the coaching team and fill some previously vacant roles on the main and Race Committees, but now is the time I urge to think about what you can offer the club and to get involved, whether that is joining the main committee, joining a race committee, supporting the organisation and running of events such as the Palmer Park Race Nights or marshalling at London Marathon, at Shinfield and Bramley or door duty, helping out in the clubhouse or maybe being a LiRF or coach there is a role for everyone, sadly the ability of the club to meet the marshalling requirements for Bramley and London and more recently Wokingham is now contingent on people from outside the club stepping up and helping in order to ensure we can provide the required number of people, in the case of Bramley that outside help meant the race could go ahead safely.

When I joined the club ten years ago volunteering was a big part of the what the club did and stood for and it meant the club could put on Bramley, Shinfield, Mortimer, the Summer Relays, put teams into various races or events such as the Vets Athletics, marshal at great events such as London Marathon and other road races in London, put on social events, raise money for charity; all of which brought a great deal of satisfaction to those who took part. Over time some of those opportunities have gone but there is still so much we can do to pay the club or the wider community back, my ask as I step down as Chair is to ask yourself what can I do to help the club, how can I get involved and allow the club the means to continue enjoying our shared passion of running and wearing the green vest. I realise this is a big ask but it is such an important thing.

For those of you who have donned some high viz, spent evenings on zoom calls or sat with others organising a race, helped out organising events and teams, raising money for charity, organising social events, doing door duty, helping out in the club house or coached or Lirfed I cannot thank you enough, your efforts are incredible and a credit to the club, THANK YOU!

## Get Ready for Shinfield

Colin Cottell



After another hugely successful Bramley 20/10, planning for this year's Shinfield 10k and Junior Cross Country Races is already well advanced. Entries for this year's event on May the 4th opened at the beginning of February, and already a healthy number of runners have entered.

Popular for its varied and fast course, Shinfield attracts runners of all abilities, keen to enjoy its special Bank Holiday atmosphere. Featuring a UKA-licensed 10k road race followed by cross-country races for younger runners, Shinfield is the ideal event for the whole family.

After finishing their 10k, and grabbing a coffee, parents still have time to walk the short distance to Langley Mead to support their youngsters. Last year the Junior Races sold out, so this year we have provided an additional 50 places.

Since it began life as the Shinfield Fun Run way back in 1985,

Shinfield has always been a community event, and one that has enjoyed huge support from local businesses, organisations and residents. Over the years, Shinfield has raised around £135,000 for mainly local charities.

With more than 1,100 entries last year across the 10k and the Junior Races, Shinfield can only go ahead with the support of you, our club members. From van loading, to erecting signage, marshalling and numerous other tasks, ensuring that Shinfield runs smoothly is a mammoth task. To coin a well advertising slogan, every little helps. Although many members forgo the opportunity to run the 10k, we know that others are keen to do so. That's not an issue; however, we would ask that they consider helping at the Junior Races afterwards.

Angela Burley, our Chief Marshal will be in contact soon, explaining how you can help.



In the meantime, here's the link to the Shinfield Races website. For the further information as well as interesting posts why not visit our Facebook and Instagram pages.

Colin Cottell

Race Director

Shinfield Races 2026

Email: [shinfield@readingroadrunners.org](mailto:shinfield@readingroadrunners.org)

## Bramley 20/10 Road Races Report – the Volunteer Edition

Dan Rickett



14-15<sup>th</sup> February weekend saw 97 volunteers from the club, friends and neighbouring running communities, plus an additional 40+ volunteers from community groups come together to bring Bramley 20/10 to life. The running gods delivered damp. Spirits were anything but dampened. A highlight of organising this event is the huge number of positive comments we receive citing the amazing volunteers, and 2026 was no exception.

Runners were celebrated and encouraged by 40 marshals and four Reading Roadrunner water station coordinators situated around the course donning the full range of hoods, hats, dry robes and umbrellas that Berkshire has to offer. **Freya Tarttelin** stands out for the most adventurous headwear complete with colour-coordinated pompoms. Awesome. Not (yet) a RR member, this

was Freya's first experience of marshalling (standing in at short notice to cover an unwell club member). Rumour has it that Freya enjoyed it so much, that she has her target set on joining RR again to marshal at London Marathon. **Sam Whalley** had the brightest of all the umbrellas on the day. Orange suits you. Several comeback marshals stood in familiar territory claiming the same course position from previous years. From many to choose, **Ian Giggs** and **David Leake** were the Point L experts; Rennie Junction (aka Point I) was the home once again of **Peter Rennie** and **Hilary Rennie**; **Sheila Attenborough** again litter-picked proudly around Point A post-race; and at Point J this year, **Steph Smith** and **Mark Allen** were joined by **Angela Burley** to complete their marshal-à-trois.

Runners around the course will have spotted parkrun out in support, as marshal Points O and P were brought to you by core teams from Dinton Pastures parkrun and California Country parkrun, respectively, complete with parkrun pop-up signs and flags. Dinton Pastures parkrun was well-represented on Sunday. In addition to **Anna Balogh** and **Beccy Harris** at Point O, and **Dan Rickett** and **Martin Douglas** on the volunteer race committee, **Ashley Pinder** manned the volunteer car park before his race, and **Paul MacKenzie** volunteered at Number Collection before then pacing 9 minute/mile in the 10 mile race. With six of the seven Run Directors present on the day, the secret seventh Run Director was deposited somewhere safe, dry and far away for fear of natural disaster washing them all away and risking a future parkrun cancellation.



Local community volunteer teams supported our water stations, and each station was provided with a RR coordinator, including **Catherine Leather** and **Ray Jones**. Anyone within earshot of the help desk around

10am on race day will have overheard some rather fraught Google Maps instructions, as we temporarily lost our water station helpers for about 40 minutes. Respect to **Tom Knight** and **Nicole Rickett** who each held their nerve while single-handedly filling two tables with cups and water before the first runners arrived. All water stations helpers arrived before the first runners, much to everyone's relief.



Closer to HQ, **Kathy Tytler** commanded water station 5 following a shift on the baggage drop marquee. Not far from Kathy, **Julie Sugden** was seen in her familiar role hovering around the bananas while directing weary finishers encouragingly towards their medals and carbohydrates. Julie ended the day with a sense of accomplishment and an armful of recycling. The planet thanks you.

Had we organised volunteer team prizes, there would be many nominations: **Team Van Drivers**, **Team Photographers**, **Team School Set-up**, **Team Refreshments**, **Team Help Desk**.

**Team Baggage Drop Marquee** expertly managed flurries of pre- and post-race chaos while runners were reluctant to depart with their bags in cold temperatures until the final moments, and then couldn't find them quickly enough post-race. And **Team Palmer Park** van loading and unloading provided much needed extra hands on deck to the flagging core team book-ending the weekend.

**Team Number Collection** debuted this year and took the role calmly in their stride. **Mike Worsfold** was a new addition to **Team Course Set-up**, starting long before sunrise to mark the course out on race day. And this year we introduced **Team Pacers** in the 10 mile race for the first time. In pacer **Gary Clarke's** words, "I really enjoyed it, despite the weather. Bramley is one of my favourite races."

**Claire Marks** was provided with written diagrams and the mission, that she chose to accept: to organise the team and barriers in setting up the start and finish lines. Claire and the team did a fantastic job! No one would accuse Claire letting the new powers of responsibility go to her head; however, rumour has it that by midday an opinionated crowd barrier was promoted to middle management.



Special mention goes to **Team MOD Car Park**, comprising **Adele Graham**, **Veronica Andrew**, **Mark Andrew**, **Philip Hine**, **James Lyne**, **Chris Moseley**, and **Alex Bennell**. As none of us (including me) had visited the area until we were permitted entry on race day, they had to organise themselves quickly, and delivered. To our knowledge, no one was locked in at the end of the day amongst the maze of trees and disused outbuildings.

On a personal note, this year will be my last on the race committee. The highlight of the past eight years on the committee has been the camaraderie at our monthly committee meetings, and the opportunity getting to know so many more members of the club than I would otherwise have met.

As you can read, it takes a lot of people working together to deliver an event such as Bramley 20/10. And while it may be diplomatic to say there are too many people to thank individually, I am going to try. Please know that if you have been missed, this will be due to administrative clumsiness, not unappreciation.

1st Shinfield Guides ● Adele ● Alex ● Angela ● Ann ● Anna ● Anne ● Anthony ● Art ● Ashley D. ● Ashley P. ● Beccy ● Bennison Fitness Community ● Bramley School Association ● Bramley Scout Group ● Bruce ● Bryan ● Carl ● Catherine D. ● Catherine L. ● Charlie ● Chloe ● Chris Ma. ● Chris Mo. ● Chris S. ● Chris T. ● Claire H. ● Claire M. ● Colin ● Dan ● David C. ● David F. ● David L. ● Dean ● Diane ● Donald ● Emily ● Eoin ● Fergal ● Fiona ● Freya ● Gary C. ● Gary T. ● Gavin ● Gemma ● George ● Gill ● Glen ● Heather ● Helen ● Hilary ● Hollie ● Holly ● Ian ● Ioanna ● James ● John ● Jon G. ● Jon M. ● Julie ● Katherine ● Kathy ● Katie ● Kevin ● Linda ● Lucy ● Mark Al. ● Mark An. ● Mark R. ● Martin ● Mike ● Nicole ● Paul ● Pete ● Peter H. ● Peter R. ● Philip H. ● Philip W. ● Rachel ● Ray ● Rebecca ● Robert ● Sam ● Samuel ● Sarah H. ● Sarah W. ● Sev ● Sheila ● Shirely ● Simon ● Siren Craft Run Club ● Slough Ghana Pathfinders Club ● Sophie ● Stephanie ● Sue ● Thomas ● Tim H. ● Tim M. ● Tom K. ● Tom W. ● Toni ● Tony ● Veronica

## Men's Captain

### Chris Moseley

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

Many of us have a bit of a shift in our running in February: from the mud and hills of cross country to the faster, flatter, and often longer road races. That usually coincides with some nicer weather. But that wasn't the case at the recent Bramley races. I'm sure I got wetter and muddier running 10 miles at Bramley than at a lot of the cross country races this season. Thank you to the race committee and all the volunteers who had to stay out in the rain longer than I did!

Sadly, the cross country is over for me for this season (unless I get a late call up to the Inter Counties race in March). February started with the disappointing news that the final TVXC race of the season at Bradenham

Woods had been cancelled, bringing that league to a close after just 5 races. Whilst it was great that the men's team won 3 of the races, and finished joint 1<sup>st</sup> overall, it was nonetheless frustrating that we didn't get to run the final race and finish the TVXC season in style!

It was better news in the final Hampshire XC League race at Dinton Pastures on 7 February. Weeks of heavy rain had left local roads flooded and the course sodden. Numbers were generally quite low, but the damp conditions didn't seem to put off the Roadrunners as we had our biggest turnout of the season. **Rob Corney** was at the front from the start, making light work of the mud and winning by a decent margin. I'm told that the last (and possibly only) time a Roadrunner (Rob) won a Hampshire League race was Dibden Inclosure in 2019.

But it wasn't all about Rob. **Ryan O'Brien** continued his good form, finishing in 12<sup>th</sup>. **Ben Paviour** showed the youngsters his class, finishing in 23<sup>rd</sup> (1<sup>st</sup> Vet 50), just ahead of **Mark Apsey** in 24<sup>th</sup>. **Chris Burt** wasn't far behind in 29<sup>th</sup> (2<sup>nd</sup> Vet 40). Those 5 runners secured a fantastic 3<sup>rd</sup> place on the day for our men's team, finishing the season in 6<sup>th</sup> place in Division 1. The vets' team (Ben, Chris B and **Chris Moseley**) went even better, claiming 1<sup>st</sup> place on the day and 4<sup>th</sup> over the whole season. Well done to everyone that has taken part and supported at any of the cross country races this winter.



On the road, it was great to see so many Roadrunners volunteering and running at Bramley and Wokingham Half. In the Bramley 10-mile race, **Ryan O'Brien** splashed his way to a new PB of 54:59, finishing in 4<sup>th</sup> place. **Ali Olrog** was our second finisher in an excellent 8<sup>th</sup> place (57:25). **Rob Corney** took victory in the 20-mile race in an impressive 1:49:05, although sadly he was wearing his new Newbury AC vest. You're welcome back in green any time Rob! **Matt Sarjent** had a strong race to finish in 11<sup>th</sup> (2:07:16).

Conditions were much better at Wokingham a week later and I enjoyed my run, helped by all the support out on the course. This race always gets a good turnout from Reading Roadrunners and the full results are listed later in the newsletter. Several PBs are noted, but I'm sure there would have been many more. Our first finisher, in 73<sup>rd</sup> place in a high-quality field, was **Joe Lindsay**. He set a PB of 1:15:13 and I'm sure his times are only going to get faster over the next few months / years. **Matt Sarjent** and **Ali Olrog** were not far behind in 1:16:34 and 1:16:39 respectively. Well done if you ran and achieved your goal.

Next up for me is the Reading Half which I haven't done for several years. But before that, don't forget to come along to our club AGM on Tuesday 10 March. And there's also still time to grab your ticket for the Annual Awards Night on 28 March – a great social event celebrating the successes over the last year.

Cheers, Chris

## Ladies' Captain Claire Seymour



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

As I'm writing this report its very spring like 😊 Hopefully this is a sign of more settled weather to come after what seems like a month of rain almost daily! With the lighter evenings on the way and drier conditions underfoot I'm looking forward to getting out on the trails again and into the countryside for some of my runs.

February has gone by very quickly and it has been a busy month race wise; we had the final few races of the XC season (although there is still the Intercounties XC Championships to come for those selected) and we have now moved in to the spring Half marathon/marathon season. With lots of you in the midst of your training plans I'm sure, talking of Half marathons we recently had our first RR club Championship race 'the Wokingham Half' and it was good to see lots of green and blue vests taking part. Details of future Club Champs races 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 to create some friendly camaraderie within the age categories.

### Race highlights:

- First up we had the final Hampshire XC League fixture of the season held at Dinton Pastures. This was great as it was nice and local for us and with the recent rain the course was quite wet and muddy in places. However, this did not deter our RR ladies, our first lady home was **Helen Pool (17<sup>th</sup> overall -9<sup>th</sup> vet)**, closely followed by **Chloe Lloyd (20<sup>th</sup> overall)**. We then had **Pip White (40<sup>th</sup> overall)** followed by **Liz Ganpatsingh** in her shiny brand-new spikes (they didn't stay looking like this for long!! 😞) (**43<sup>rd</sup> overall -30<sup>th</sup> vet**), followed by **Sam Whalley (60<sup>th</sup> overall – 39<sup>th</sup> vet)** and **Kerri French** having a strong run finishing in **69<sup>th</sup> position overall – 48<sup>th</sup> vet**. Our ladies finished in **5<sup>th</sup> place** in the senior race, and **5<sup>th</sup> place** for the vets' team with **Helen Pool** finishing in **2<sup>nd</sup> place** overall for the season in the Vet Women 50 category, congratulations Helen! Well done to you all! Unfortunately, we had a couple of Hants XC events cancelled this season hopefully the full list of fixtures will be reinstated in 2026/27.
- Next up we had our own Bramley 20/10 and we had a good turnout of runner's participating considering we had many members in volunteering roles also. Our first few ladies' home in the 10-mile race being 2<sup>nd</sup> claim member **Edwina McDowall** closely followed by **Lisa Steele** and **Mary Janssen**, we had a total of 15 ladies taking part in the 10-mile event, with some PB's in there also! In the 20-mile event we had 3 ladies participating with **Mary-Ann Dent** being our first lady home, next



up we had **Hannah Pool** and **Katie Gumbrell**, well done to everyone that raced and also volunteered over the weekend!

- As mentioned above we had a good turn out from our members at Club Championship event the Wokingham Half Marathon with around **30** RR ladies taking part! First home were two of our 2<sup>nd</sup> claim member's **Katherine West** (1.23.53) and **Sarah Gee** (1.24.10) and 1<sup>st</sup> claim member **Nikki Gray** (1.26.23), we also finished **3<sup>rd</sup> ladies' team overall**, with the team made up of first claim members **Nikki Gray, Kate Williams, Katherine Foley and Erica Key**. There were also some great performances throughout the field from our ladies with some PB's and for some it was the achievement of completing your first Half Marathon (a PB by default), well done to **Gemma Funnell**. I'm sure there were also one or two other members running their first half! Congratulations and well done to you all!

#### Next up:

- Sunday 9<sup>th</sup> March – **Goring 10K** (Club Championships)
- Monday 6<sup>th</sup> April – **Beaconsfield 5** (Club Championships)
- Please also note that the **Ridgeway Relay** is being held on **Sunday 28<sup>th</sup> June** this year, so please add this date to your diaries (more details to come soon)

On a personal note, I have put my name forward for the Ladies captain position to cover 2025/26. I have enjoyed returning to the role and meeting up with some of you at the various XC's and club champs races and working with men's captain Chris and feel like I am just warming up and would like to continue in the role for another year, therefore I hope you will vote for me at the upcoming AGM 😊

That's all from me for this month, good luck to all of our member's taking part in the upcoming club champs' races and other local races! I hope to see some of you there!

Any questions please contact us on: [teamcaptains@readingroadrunners.org](mailto:teamcaptains@readingroadrunners.org)

Ladies Captain – Claire 😊

## Coaches' Corner

Izzy Hester

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### Training with purpose, not pressure

As we roll into March, race season starts to gather momentum. Entries are filling up and Google searches for “12-week half marathon plan” and “16-week marathon schedule” are going through the roof.

Having a race in the diary is a powerful motivator. A plan gives us direction. But too often, that helpful framework becomes a rigid rulebook. We ignore niggles because “the plan says intervals.” We miss a family lunch to squeeze in a tempo run. We cut sleep short to hit mileage that, in reality, could wait.

Yes – achieving meaningful goals requires hard work and consistency, but no training plan should come at the expense of the other pillars of life.

Many runners fall into the trap of choosing a programme based on an ambitious finish time – sometimes just beyond current fitness. The result? Pushing too hard, too often, leading to niggles, burnout, injury, or suboptimal race-day performance. Online plans and apps can be great starting points. However, they are not written for individual lifestyles, stress levels, training history, or injury profiles.

Adaptation to these programmes is not weakness; it is smart. Sometimes that means extending the base phase so the early weeks don't feel overwhelming, swapping intervals for an easy run when fatigue is high, taking an extra rest day without guilt, or replacing a run with a hike, swim, or cycle when managing niggles. While running is specific to racing, the cardiovascular system responds to many forms of aerobic training. Cross-training is not “missing a session” – it can be a strategic choice that supports longevity.

The challenge often lies in managing self-talk. It can be difficult to distinguish between healthy discomfort that builds fitness and warning signs that signal the need for recovery. Learning that difference is key. Consistency over months and years will always outperform a short block of forced perfection.

For most, running is a passion – not a profession. The aim is not just one strong race, but years of healthy, enjoyable training ahead.

So set ambitious goals. Train with purpose and work hard. But remember: the plan serves the runner – not the other way around.

By race day, the work is done. The race is the celebration.

Speak to your coaches! They're on hand to offer guidance, share pointers, and help you achieve your goals.

Why not book an Ochy running form analysis too? It's a great way to identify any imbalances and optimise your running technique, so you can perform at your best.

The coach email is: [coach@readingroadrunners.org](mailto:coach@readingroadrunners.org)

## Social Update

Sam Whalley

It was good to see some of you at the National Running Show in Birmingham at the end of January. If you haven't been before, I would recommend it. There were some interesting speakers, and plenty of opportunities to make running or race-related purchases. I was very happy with my new gloves and a job lot of CLIF bars.



Having only run down to support Wokingham Half Marathon, rather than run it myself, it was nice to catch up with some of you at The Ship Inn afterwards. Thankfully we had been spared the rain, but there were many tales about the wind, as well as the bridges. It seems like a debrief was just what we needed.

As you hopefully be aware, I will be standing down from the role of Social Secretary at the AGM on 10<sup>th</sup> March. Thank you if you have supported any of the socials over the past year, and I look forward to joining in with whatever my successor has to offer.

### Still to come:

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

For those of you who haven't been before, this is a chance to put your party clothes on for a fun night of celebrations.

This year we have moved away from the traditional three course meal in favour of a hot fork buffet, with a range of dietary needs catered for.

Dishes served will be:

- Roasted Chicken Thigh on Leek and Pea Fricassee (GF)
- Chickpea, Pepper and Kale Rogan Josh (GF, Vegan)
- Beetroot and Balsamic Roast Onion Tart (Vegan)
- Thyme Roasted Baby Potatoes (GF, Vegan)



- Roasted Sweet Potato and Squash (GF, Vegan)
- Chocolate Quinoa Chia Cake (GF, Vegan)
- Apple and Blackberry Bakewell Tart (Veggie)

We are hoping to have 8 tables of 10, so you can select in advance who you would like to sit with, and avoid that pre-event anxiety.

The running order for the evening will be:

7:00pm Guests arrive  
 7:30pm Buffet Meal  
 8:30pm Club and XC Championship Awards, plus Presentations  
 9:00pm Music from Pink Fish (set 1)  
 10:30pm Music from Pink Fish (set 2)  
 11:30pm Evening ends

If you haven't heard Pink Fish before, you can have a listen here:

<https://www.partywithpinkfish.com/media.html>

Tickets are £28 each from myClubhouse.

<https://readingroadrunners.myclubhouse.co.uk/Events/Calendar/View?id=353>

The deadline to sign up is **11<sup>th</sup> March**.

It would be great to see you there, especially if you have won something. It avoids that deadly silence when your name is called out, and saves the captains having to chase you round all year with a trophy.

Sam Whalley

## Reading Roadrunners Committee Meeting

**Tuesday 17 February, 7pm (by video call)**

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### The Committee

Chris Manton (Chair)  
 Pip White (Treasurer)  
 Mike Worsfold (General secretary)  
 Liz Johnson (Membership secretary)  
 Kerri French (Coaching Liaison)  
 Sam Whalley (Social Secretary)  
 Debbie Clay (Lead Welfare Officer)  
 Tom Knight (Ex Officio - Newsletter & Social Media)  
 David Walkley (Ex Officio)  
 Colin Cottell (Ex Officio)

## **Apologies for absence**

Debbie Clay

## **Minutes of the previous meeting**

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

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

None

## **Review of actions**

2511-06 Regarding corporation tax, the committee agreed that we should appoint our accountant to provide us with some professional advice on our liabilities.

## **Chair's report**

After all the build-up and hard work Bramley became front and centre this past weekend. In challenging conditions, the Bramley Committee ably assisted by a horde of volunteers delivered a great event, it was a wet one but was a great success eliciting really good feedback from the England Athletics Adjudicator, runners and volunteers. Well done and thank you to the race committee and anyone that volunteered. Well done also to anyone who ran, I heard there were some course PBs out there!

Focus turns now to the AGM which will no doubt see increasingly more creative methods of trying to attract new members to the Committee and fill the roles opening up, hand roles over with a view to the seamless continuation of the successful management of the club. There has been much discussion on approaches through actively utilising the various media forums (Facebook, weekly emails etc)

The AGM will no doubt mention a lot about volunteering but I would note that the success of Bramley was to a large extent of the network of people known to the Race Committee external to the club who were persuaded to give of their time and efforts, our ability to even fill London Marathon spots in the last two years has been down to being able to attract volunteers outside of the club, even for Wokingham this year places have been filled by non-members. I mention this as despite the strenuous efforts of the Race Committees, volunteer coordinators, or the main committee our abilities to put on events large or small is constrained by the number of people willing to give their time and help out. Be it races or social events, the effort to try and get enough people to volunteer or attend social events is recognised by me, events happen and assumption may likely be everything was fine in terms of having the volunteers but success now means we cannot be self-sufficient in attracting members to help and need the wider networks and I feel it important to recognise that.

## Treasurer's Report

### Profit and Loss

Reading Roadrunners

For the month ended 31 January 2026

Account	Jan 2026
<b>Turnover</b>	
Event income	188
Kit sales	75
Membership	29
Social income	576
<b>Total Turnover</b>	<b>869</b>
<b>Cost of Sales</b>	
Track Hire	2,161
<b>Total Cost of Sales</b>	<b>2,161</b>
<b>Gross Profit</b>	<b>(1,292)</b>
<b>Administrative Costs</b>	
Equipment	50
IT Software and Consumables	968
Training Courses	45
<b>Total Administrative Costs</b>	<b>1,063</b>
<b>Operating Profit</b>	<b>(2,355)</b>
<b>Other Income</b>	
Interest Income	86
<b>Total Other Income</b>	<b>86</b>
<b>Profit on Ordinary Activities Before Taxation</b>	<b>(2,269)</b>

### Key Outgoings/Receipts

- Receipts relate to the TVXC entries and awards evening ticket sales
- Quarterly track hire for Q1 has been paid- hence the loss for month which is normal for January

### Other Business

- Application for a new higher interest rate account has finally been made and should be open within the next week
- Corporation tax assessment continues- to be discussed at the committee
- Numerous transactions for Bramley have been paid out from the bank, but have been posted to prepayments in the accounts to be recognised in February where we will also see the income.
- Cash balance at the end of Jan26- £101K

## Membership Secretary's Report

Renewals are going ok. There have been a number of email queries asking about renewing Friday membership, and some other people want to change categories.

## General Secretary's Report

- I have no DBS checks outstanding.
- My focus during the last month has been on planning the AGM.

- London Marathon email and sign-up form has been sent on behalf of Carl W.
- I attended an EA webinar about Club Structures. We are currently an “unincorporated association”. Many running clubs are this category. We have no employees nor do we have any premises to lease out, which would be tiggers to consider one of the forms of incorporation. However. as an unincorporated association the committee is at risk of unlimited personal liability as a result of personal injury or damage claims. I recommended that the committee considers incorporation (probably as a Company Limited by Guarantee (CLG)) after the AGM

## **Social Secretary’s Report**

Since the last meeting there has been one social event: the National Running Show in Birmingham on Saturday 31st January. A handful of Roadrunners attended, and feedback was positive.

The final social of my year in post will be next Sunday, 22nd February: Post-Wokingham Half Marathon Refreshments at The Ship Inn in Wokingham.

Plans are going well for the Annual Awards Night, with 50% of tickets now sold. It would be great to fill the space. The deadline to sign up is Wednesday 11th March.

## **Coaching Report**

### **Training and Development**

Izzy Hester has qualified as a LiRF and booking her Coaching Course.

Mark Worringham is completing his assessment videos this Weds for his LiRF qualification.

### **Track Sessions**

The 5pm track session is still proving popular with members, attracting between 35-45 during the session.

The 6:30pm session attendance averages around 80 (which is significantly lower than the congested track pre-resurfacing).

I have asked Palmer Park to remind Better Leisure members not to use the track whilst we have it booked.

### **Inductions/Trial Session**

The next one is Friday 27th Feb, have reminded David to ensure Door Volunteers are aware of this and to expect only new people who have attended an induction for trial sessions.

### **Qualification Register/Website**

I’ve chased the team for their renewals info & website information. Will continue to keep these up to date & get the outstanding info.

## Matters Arising from Reports

### Bad Weather / Track closure procedure

Palmer Park need to be informed so they prevent anyone from using the track when there are no coaches present. Kerri will be the point of contact between coaches and Palmer Park.

## Agenda Items

### Awards Night

- We are over halfway on numbers.
- Pip has found the drinks tokens to give people a free drink on arrival.
- The band has not asked for a deposit so we assume they will invoice us (and don't expect to be paid on the night).
- Bob Thomas has sent the email out about Trophies, and has all that in hand.
- Team Captains normally hand them out. Pip is willing to host this. We can use a band microphone.
- Still awaiting contact from SAFE to see if someone can attend to receive the cheque.

### AGM

- Need a top table and some other tables. Arrange chairs in rows
- Mike to bring pens or pencils and sign in sheets and ballot papers
- Mike to distribute Sid Gibbs nominations before the AGM
- Colin to help sign people in.
- Liz to bring an updated membership list

### Proposal to change Social Membership category in the rules

- Kerri raised that the current Social Membership category does not allow members to take part in pub runs (although they can walk).
- After some discussion the committee agreed to change the description of this category to allow outruns and pub runs, but to continue to exclude coached sessions on track or elsewhere and to exclude team events and races.

### Bramley Feedback

- Gill has written a helpful report for the committee which we went through.
- There were no significant issues on the day, and there was good feedback from adjudicators and runners alike.
- Entries were above the number budgeted for, so there should be a surplus.
- These entries were achieved through a lot of hard work and promotion by the race committee.
- Costs were carefully controlled.
- Volunteers had to be sourced by race committee members contacting friends and family. This is the biggest risk to the future of this event if we are unable to find sufficient volunteers from within the club.
- Volunteers are still needed to join the race committee for next year.

- Food safety requirements (including allergen labelling) needs improvement in order to be compliant with current legislation.

## **AOB**

None

Coming up: AGM Tues 10 March

**Next Meeting:** 19:00 Tuesday, 14 April - 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:

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

Social Secretary, Sam Whalley:

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

Coaching Liaison, Kerri French:

[coach@readingrunners.org](mailto:coach@readingrunners.org)

Ex Officio: Colin Cottell, David Walkley

Website Manager, David Fiddes:

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

Team Captains, Claire Seymour & Chris Moseley:

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

Kit Manager, Dean Allaway:

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

Lead Welfare Officer: Debbie Clay

Welfare Officers: Sarah Walters, Liz Ganpatsingh

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

Social Media & 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

Let me know of any results you would like included here by emailing: [results@readingroadrunners.org](mailto:results@readingroadrunners.org)

#### January 25th

##### Marrakech Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1379	Martin Bush	5:28:48

130	David Fiddes	57:10
132	Jon Green	58:21
138	Gary Clarke	66:46

#### February 6th

##### Phoenix Friday Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Brian Grieves	3:57:31

**Roadrunners Senior Men:** Corney 1, O'Brien 12, Apsey 24, Burt 29, Sarjent 33 - **Joint 3rd place of 8 teams in Division 1**

**Roadrunners Veteran Men:** Burt 3, Moseley 9, Page 30 - **2nd place of 23 teams**

#### February 7th

##### Hampshire Cross Country League

##### Fixture 3, Reading

##### Women's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
17	Helen Pool	30:38
20	Chloe Lloyd	31:10
40	Philippa White	34:11
43	Liz Ganpatsingh	35:38
60	Sam Whalley	39:48
69	Kerri French	44:37

**Roadrunners Senior Women:** Pool 17, Lloyd 20, White 40 - **5th place of 7 teams in Division 1**

**Roadrunners Veteran Women:** Pool 9, Ganpatsingh 30,40 Whalley 39 - **5th place of 8 teams**

#### February 8th

##### Farnborough Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
143	Jake Dellow	1:22:49
162	Simon Rumsby	1:23:26 <b>PB</b>
491	Erica Key	1:35:33

##### Wokingham 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
27	Paul Mackenzie	49:53
147	Cecilia Csemiczky	72:51

##### Wokingham 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
	Linda Wright	42:32

##### Men's race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
1	Rob Corney	33:25
12	Ryan O'Brien	36:22
24	Mark Apsey	38:23
29	Chris Burt	39:21
33	Matthew Sarjent	44:08
43	Chris Moseley	41:12
75	Alistair Haston	44:40
85	Tony Page	45:43
88	Mike Worsfold	46:16
98	Gavin Rennie	47:37
109	Christopher Saunders	49:17
122	Bill Watson	52:44
123	Mark Allen	53:47

#### February 15th

##### Seville Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3494	Stephen Ingledew	3:13:50

##### Bramley 20

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Rob Corney	1:49:05
11	Matthew Sarjent	2:07:16
19	Jake Dellow	2:13:15
26	Ashley Doyle	2:16:42
35	Christopher Webber	2:21:25
49	Geoff Barlow	2:26:40
91	Justin Simons	2:41:33
111	Mary-Ann Dent	2:49:04

132	Hannah Pool	2:54:32
203	Katie Gumbrell	3:31:26
227	Pete Morris	3:59:06

Bramley 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Ryan O'Brien	54:59
8	Alistair Olrog	57:25
44	Daniel Worthey	1:03:10
45	Chris Moseley	1:03:18
46	Ryan Faulkner	1:03:23
49	Phil West	1:03:51
55	Alex Harris	1:05:52
84	Edwina McDowall	1:11:28
85	Lisa Steele	1:12:01
91	Gavin Rennie	1:13:24
93	Datonye Ngoye	1:13:23
99	Chris Cutting	1:14:02
108	Richard Usher	1:15:20
110	Mary Janssen	1:15:30
112	Christopher Saunders	1:15:30
119	Martin Mures	1:16:26
121	Saba Reeves	1:16:41
134	Kayleigh Forbes	1:19:54
136	Dean Allaway	1:19:56
137	Rosemary Lane	1:20:02
159	Lorna Mcleod	1:23:14
166	Bill Watson	1:24:14
173	Ben Fasham	1:24:27
193	Brian Fennelly	1:27:21
209	Alex Bennell	1:29:10
212	Martin Gould	1:29:00
262	Rachel Helsby	1:36:39
263	Sarah Richmond-De'voy	1:37:00
290	Art Artwal	1:40:14
320	Leo French	1:46:41
321	Kerri French	1:46:42
325	Cathrin Westerwelle	1:47:00
333	Gary Clarke	1:49:15
337	Phil Sharman	1:50:26
338	Rebecca Simons	1:50:49
342	Angelique Haswell	1:51:20
361	Jon Green	1:59:51
362	Becky Mellor	1:58:50
376	Tom Harrison	2:21:33
378	Julie Wing	2:34:30
381	Stephen Wing	2:42:50
382	Tony Eastaway	2:42:43

**February 22nd**Wokingham Half Marathon  
(Club Championship)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
73	Joseph Lindsay	1:15:13 <b>PB</b>
94	Matthew Sarjent	1:16:34
115	Ryan O'Brien	1:17:31
135	Chris Burt	1:18:33
148	Callum Evans	1:19:19
167	Chris Lucas	1:19:46
193	Rob Sparkes	1:20:46
201	Chris Moseley	1:21:07
213	Tom Knight	1:21:31
253	Phil West	1:23:07 <b>PB</b>
255	Simon Rumsby	1:23:10 <b>PB</b>
287	Katherine West	1:23:53
293	Sarah Gee	1:24:10
294	Alex Ballinger	1:24:12
314	Brett Collis	1:24:22 <b>PB</b>
305	Marco McKerlie	1:24:24 <b>PB</b>
321	Julian Sherman	1:24:48
326	Stephen Curtis-Powell	1:25:02
357	Nikki Gray	1:26:23
358	Gary Tuttle	1:26:45
390	Ben Mackenzie	1:27:12
380	Ollie Parsons	1:27:24
415	Ashley Doyle	1:28:18
443	Jake Dellow	1:28:19
435	Brian May	1:28:21 <b>PB</b>
425	Ryan Faulkner	1:28:47
458	James Chandler	1:28:48
535	Gabriel Mello De Souza	1:30:57
634	Gemma Wicks	1:34:00
648	Daniel Musker	1:34:24
662	James Wilkinson	1:34:28
683	Phil Hine	1:35:02
676	Kate Williams	1:35:30
700	Birte Hayes	1:35:35
697	Christopher Webber	1:35:47
728	Sophie Fowler	1:36:22
749	Katherine Foley	1:36:24
741	Matt Clover-McCann	1:36:29
756	Tony Page	1:36:34
754	Erica Key	1:36:48
783	Mary-Ann Dent	1:37:46
851	Ian Horritt	1:38:51
897	Claire Marks	1:39:31
943	Richard Usher	1:40:44
950	Philippa White	1:41:12

1029	Mark Ryce	1:43:11	1934	Matthew O’Riordan	2:01:24
1044	Ellie Clarke	1:43:57	2050	Nick Peksa	2:02:34
1055	Melanie Shaw	1:43:57	1977	David Walkley	2:03:13
1144	Bruce Sarjent	1:45:29	2126	Gary Clarke	2:06:20
1124	Harry Smith	1:45:40	2092	Helen Almarez Serrano	2:08:01
1283	Gary Brampton	1:47:33	2247	Ashley Pinder	2:09:12 <b>PB</b>
1346	Hannah Pool	1:49:25	2232	Anne Moses	2:09:55
1307	Chris James	1:49:29	2328	Art Atwal	2:11:42
1332	Bill Watson	1:50:11	2307	Tim Miller	2:12:08
1365	Daniel Rickett	1:50:15	2428	Kavitha Hawaladar	2:14:29
1368	Jasmine RapsonBallinger	1:50:31	2434	Sarah Richmond-De’voy	2:15:29
1457	Eleanor Taylor	1:51:40	2442	Lucy Chivers	2:16:21
1491	Paul Mackenzie	1:53:15	2498	Andy Atkinson	2:18:54
1535	Glen Parker	1:53:50	2573	Donald Scott-Collett	2:23:40
1519	Steve Booth right	1:54:07	2602	Rita Dykes	2:28:30
1565	David Fiddes	1:54:07	2670	Angelique Haswell	2:29:26
1548	Kayleigh Forbes	1:54:09	2707	Liz Sarjent	2:32:26
1631	Celia Clay	1:55:03	2812	Pete Morris	2:47:27
1655	Kausalya Padhi	1:55:14	2851	Anthony Eastaway	3:14:24
1640	Dave Phillips	1:55:35	2852	Gemma Funnell	3:14:29 <b>PB</b>
1717	Phil Dale	1:56:35	2856	Phil Sharman	3:22:37
1734	Mark Allen	1:56:37			
1608	Arben Veseli	1:56:42			
1691	Nigel Ely	1:58:10			
1773	Stephen Willmot	1:58:40			
1784	Ben Fasham	1:59:00			
1828	Sara Cha	1:59:33			
1907	Craig Pauffley	2:00:03			

Settle Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Rob Corney	1:12:36

## 2026 Club Championship

### Bob Thomas

This year’s Club Championship is off to a good start with some 92 members returning a result from the ever-popular Wokingham HM.

There are twelve nominated races this year, which are listed on the [Club website here](#). The next race is the [Goring 10K](#) on 8 March.

A reminder that the format of the Championship has been altered this year: to complete the competition you need to return a result from at least five of the nominated races, but you are no longer constrained regarding which races you elect to run within the nominated set. As before, you are competing only against other members in the same age-gender category, and your best five scores count.

If you have any questions regarding the competition, please mail [champs@readingroadrunners.org](mailto:champs@readingroadrunners.org).

# February Medal Roll Call

Congratulations to all who gained a medal (or several)

