

NEWSLETTER

MARCH 2026



Roadrunners Rally for Reading Half!



Congratulations to those who raced and thanks to those who paced, volunteered or cheered on in the sunshine at Reading Half Marathon!

PALMER PARK RACE NIGHTS

5K • 3K • 1 MILE RACE SERIES

5 KM

FRIDAY 17TH APRIL

£5.50 ENTRY FEE*

3 KM

FRIDAY 8TH MAY

£5.50 ENTRY FEE

£3.50 U16s

1 MILE

FRIDAY 3RD JULY

£6.50 ENTRY FEE

£4.50 U16s & U14s

*(All runners must be aged 16 or over on 31/08/2026)



POWER OF 10 ACCREDITED

- Welcoming runners from across the Thames Valley and beyond
- Multiple races, multiple ability levels
- Including races for U16s (3k, Mile) & U14s (Mile)
- PB potential, including digital scoring for Mile event
- EA affiliated runners
- Refreshments in aid of local charity
- Jointly hosted by Reading AC & Reading Roadrunners
- Palmer Park Stadium, RG6 1LF
- Resurfaced race track | Sep 2025
- 1830 - 2030 hrs

Race Licence: TBC

Contact: pprn@readingroadrunners.org



Editor's Intro

Tom Knight

Welcome to the March Newsletter!

It certainly feels like March has been a busy month, uplifted by the better weather. The club had its AGM this month, the first I attended, where I was elected onto the new committee as an ex-officio. As a committee we hope we continue the excellent efforts of previous members (thank you) in helping support the club as we head into the 40th anniversary of the club next year. You will also notice that we have some gaps in committee roles this year, so if you have any spare time (no matter how big or small) to bring ideas, help out at events or even just talking about the club to new members it will be appreciated.

Other highlights from the month include our second club championships race, the Goring 10k, and of course the Reading Half Marathon. Before I was a Roadrunner, this was one of my favourite events because of the atmosphere, this has gone up a notch since joining. Thanks to all of those who helped out and cheered us all along the way on a sunny day. I think for me personally the support was partly why I was one whole second off my Half Marathon PB, something I was not aiming for on Sunday. I'd probably have also beaten it, had I not stopped to do my shoelace up at the University! Well done to all who completed it, many I see set PBs (and one world record – see Chris' Captain's column) on the day too.

As I write this, we round off March with the Awards Night this Saturday evening, where achievements over the past year are celebrated, well done to all – we'll cover the winners next month. Coming back to this issue, we have a Palmer Park Race Night update from Fergal Donnelly, Sam Whalley introduces our new Club Charity, and Kerri French provides us with 10 simple strength training exercises in Coaches' Corner. We also have the AGM minutes, plus the usual Captain's columns and a sea of results to read through. One column absent this month (due to the position being vacant) is a Chair's column, but from next month we have agreed to fill this in with a rotating committee member update.



As usual, we always welcome articles from anyone, and/or new ideas for the Newsletter. If you'd like to, please email newsletter@readingroadrunners.org by Wednesday 29th April. Also, please note the April issue may be out early May (depending on my workload), as we plan to accommodate results and news from the London Marathon.

Happy Reading!

Men's Captain

Chris Moseley



teamcaptains@readingroadrunners.org

It's been 30 years since I first did the Reading Half Marathon. I'm not sure what my time was that day, but I was young (the day after my 17th birthday) and quite inexperienced! I've done it several times since and my times improved. But I got a bit bored of it and the big race faff: parking, baggage queues, toilet queues, the cost, etc. So I took a break for a few years. But with a free entry from volunteering last year, I was back as a runner this year, for the first time since 2016!

And what a day it was. The sun was shining, the music blaring and there was a real buzz as the crowds gathered outside the stadium. I was in good shape and reasonably fresh having had a quiet few weeks of running. It wasn't a planned taper, more just that other things in life took priority.

The plan was to stick with the 1:20 pacer (Joe Lindsay) for as long as I could. But feeling good and driven on by the crowds, I found myself ahead of that group, running with Chris Lucas for a while, and maintaining a decent pace. The last mile was a bit of a struggle, but I was delighted to finish in 1 hours 19 mins.

It was great to see so many other Reading Roadrunners running, volunteering and spectating on the day. There were lots of PBs and I'm sure you will have your own stories, whether positive or negative.

Rob Corney won the race in 1:06:47, although sadly he was wearing his new Newbury AC kit. **Matt Sarjent** was therefore our first finisher in club kit in 49th place, in a fantastic time of 1:15:22.

Congratulations to **Alex Harris** and his daughter **Naomi** who now lay claim to the world record for the fastest half marathon run by a parent and child (mixed), with a combined time of 2 hours 41 minutes, knocking almost 3 minutes off the previous best!

But it's not just been about the Reading Half this month. Many people have been doing spring marathons and halves around the country and around the world, as you can see from the results section of this newsletter. We also had the second race in this year's club championship with a decent turnout of 30 Roadrunners at the Goring 10k. **Chris Lucas** was our first finisher in that race in 7th place (36:18), a few places ahead of **Mark Apsey** in 10th (37:38).

Next up in the club champs we have the Beaconsfield 5-mile race on Easter Monday. Sadly, I will be away for that one. We were then planning to have a Club Champs parkrun on 25 April. But due to a clash with parkrun's parkwalk initiative we're going to have to push that one back, probably to the end of May. Confirmation of this and a few other changes to the Club Champs fixtures which will be communicated separately.

Claire and I will also be starting to organise teams for the Ridgeway and Runnymede Relays, both great team events but which sadly this year fall on the same date: Sunday 28 June. Stick the date in your diary now and look out for separate comm's in the next few days!

Happy (Easter) Running!

Chris

Ladies' Captain

Claire Seymour



teamcaptains@readingroadrunners.org.uk

I would just like to start my report by saying thank you to everyone that voted for me to remain as Ladies Captain for another year at the AGM. I really enjoy the role and will look forward to meeting with as many of you as possible over the coming months. As I write this report I'm pleased to say that Spring is finally here and with the clocks due to change this coming weekend, it will be nice to get back to running in daylight in the evenings after work. With hopefully some more settled spring like weather on the horizon too!

Throughout March we have had another busy month with the first of our 10K events as part of the Club Championship the '**Goring 10K**'. It was great to hear that we had lots of RRs take part (including 7 ladies) our first lady home for the club was **Ann Rostern**, with **Rosemary Lane** finishing **1st** in age category and **Cecilia Csemiczky 2nd** in age category, well done!

We also had the popular local '**Reading Half Marathon**' of which we had an amazing turn out of green and blue vests! We had around 40 ladies taking part so we had great representation throughout the field! Our first lady home was **Katherine West** finishing in 15th place for the women overall, with **Mary Janssen and Rita Dykes** finishing **1st** in their respective age categories! I really enjoyed hearing how you all got on, and there seemed to be many different goals for running, for some it was to aim for a PB, or perhaps some miles as part of a marathon long run, running for charity, pacing, or some company for your son/daughter or friend running their first half! it's certainly a good one to take in the crowds and atmosphere! Well done and congratulations to you all!

Other highlights to note:

- We had a couple of ladies travel to Tokyo to participate in the marathon, well done to **Sarah Dooley** and **Catherine Leather**.
- We also had quite a few ladies participate in the Siren Craft Brew 10K, with some great results, **Nikki Gray** finished in **1st place** for the women, we also had a few ladies finishing 1st in age category, **Claire Marks, Saba Reeves, and Toni McQueen**, congratulations to you all!
- Congratulations also goes to **Helen Pool** for her PB at the Eastleigh 10K!
- Finally, well done everyone that raced at an event throughout March, whether this be locally or overseas 😊

Next up:

- Easter Monday 6th April – **Beaconsfield 5** (Club Championship)
- Saturday 9th May – **Greenham Common parkrun** (club Championship)

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.

- Please also note that the **Ridgeway Relay** and **Runnymede Relays** are both being held on **Sunday 28th June** this year, so please considering adding one of these events to your diaries (more details to follow soon)

We have also received confirmation of this year's Veterans Athletics League, dates as follows:

- Match 1 - **Monday 27th April** – Horspath, Oxford (18:30 start)
- Match 2 – **Wednesday 20th May** – Tilsley Park, Abingdon (18:30 start)
- Match 3 – **Thursday 18th June** – Tilsley Park, Abingdon (18:30 start)
- Match 4 – **Sunday 5th July** – *Palmer Park, Reading (13:30 Start)

***To note we are co-hosting at the Reading event with Reading AC, therefore will require a few volunteers on the day, more details to follow soon!**

Volunteers are also required at each of the above evening events to help with organising the numbers, registration, officiating (this can be measuring a throw or jump, raking the sandpit etc) please let me know if you are available to help out.

Finally, just to wish all of our member's good luck with upcoming club champs' races, a spring marathon or any other local races! I will look forward to hearing how you all get on!

Any questions please contact us on: teamcaptains@readingroadrunners.org

Ladies Captain – Claire 😊

Coaches' Corner

[Kerri French](#)

Stronger Strides: 10 Simple Strength Exercises Every Runner Should Be Doing

Most runners know the feeling: you're logging miles consistently, but something's missing. Maybe it's that late-race fatigue, a recurring niggle, or just the sense that you're not quite as powerful as you could be. The missing piece is often strength training and no, you don't need a gym or fancy kit to get it right.

Here are ten highly effective hand-picked by your Coaches. They are no-frills strength exercises that will help you run stronger, stay injury-free, and feel more efficient with every stride.

1. Squats

Why they matter: Squats build strength in your quads, glutes, and hamstrings the primary engines of running. Stronger legs mean more power and better shock absorption.

Runner benefit: Improved uphill running, stronger push-off, and reduced knee strain.

2. Lunges

Why they matter: Lunges mimic the single-leg nature of running, helping correct imbalances between sides.

Runner benefit: better stability, improved stride symmetry, and lower injury risk.

3. Glute Bridges

Why they matter: Many runners have underactive glutes from too much sitting. This exercise wakes them up.

Runner benefit: Stronger hip extension, which translates to more efficient forward motion and less strain on the lower back.

4. Single-Leg Deadlifts

Why they matter: This move challenges balance while strengthening hamstrings and glutes.

Runner benefit: Enhanced coordination and stability, especially useful for trail runners or uneven surfaces.

5. Calf Raises

Why they matter: Your calves absorb and generate force with every step.

Runner benefit: Stronger push-off, improved ankle stability, and reduced risk of Achilles issues.

6. Step-Ups (use stairs or a bench)

Why they matter: Step-ups build unilateral leg strength and closely resemble running mechanics.

Runner benefit: Increased power for hills and better knee control.

7. Plank Holds

Why they matter: A strong core keeps your form intact as fatigue sets in.

Runner benefit: Less energy wasted through excess movement, helping you run more efficiently for longer.

8. Side Planks

Why they matter: These target the often-neglected lateral core muscles.

Runner benefit: Improved hip stability, reducing side-to-side sway and risk of IT band issues.

9. Bird Dogs

Why they matter: This controlled movement builds coordination between the upper and lower body.

Runner benefit: Better posture and spinal stability during long runs.

Zip up your core and pretend you're balancing a glass of water on your lower back. Hold the pose.



10. Wall Sits

Why they matter: Wall sits build muscular endurance in your quads.

Runner benefit: Greater resilience during long efforts and races, especially in the later stages.

Aim for 90-degree angles at the hip and knee when holding the pose.

How to Use These Exercises

You don't need to do all ten every day. Aim for 2–3 strength sessions per week, choosing 5–6 exercises per session. Focus on good form, controlled movement, and consistency over intensity.

A simple structure:

- 2–3 sets per exercise
- 8–15 reps (or 30–60 seconds for holds)

The Bigger Picture

Strength training isn't about bulking up; it's about becoming a more efficient runner. When your muscles are stronger, your body absorbs impact better, maintains form longer, and produces more power with less effort.

The result? You run faster, feel better, and stay injury-free.

And the best part: it can all be done in your living room or get outdoors in this lovely spring weather.

Bottom line: If you want to get more out of your running, don't just run more - run stronger!

Do these consistently over the spring and summer and you'll notice the difference in your autumn winter performances, AND they will make Cross Country races more enjoyable!

Or if you're looking for an exercise you can fit in without thinking too hard about it.... try standing on one leg whilst brushing your teeth or making a cup of tea.

Palmer Park Race Nights (PPRN) 5km 17th April 2026

Fergal Donnelly

We are delighted to announce the return of Palmer Park Race Nights, 2026 – a series of 5k, 3k C Mile race nights during April, May and July, respectively.

Co-hosted by Reading Roadrunners C Reading AC, the event is aimed at a wide range of running abilities with multiple races each night.

Since launching in 2015 as a 5k track event for Roadrunners, mainly, it has subsequently evolved into a UKA race licensed event (Power of 10 accredited) for club runners throughout the surrounding area, with additional Junior races for the 3k C Mile events.

The event is a great opportunity for newer members to meet fellow runners, with refreshments in the clubhouse afterwards (in aid of RR club charity - *Chemogiftbags*).

- 5k entries opened on 9th March and will close on 13th April, with the event taking place on 17th April, from 6:30 pm
- 3k entries are due to open on 30th March, closing on 4th May, with the event being held on 8th May, also from 6:30 pm
- Mile event will take place on 3rd July and details will be announced closer to the date

Entry fees are £5.50 (senior races) and £3.50 (Junior races – Mile C 3k, only). Online entry is via *myclubhouse* and search for *Palmer Park Race Nights* in April and May, respectively. See also race flyer on page 2 of the newsletter for full details.

Volunteers are requested (incl. registration, lap counting, refreshments) and if you are able to help please contact pprn@readingroadrunners.org. We really appreciate your support!

Special thanks to Finch Coasters for their permission to use the extended time on track needed to host this event. Thanks also to RR Committee for their support, and to Chris Cutting for a wonderful race flyer.

We look forward to welcoming you on Friday, April 17th!

With thanks,

PPRN on behalf of Reading Roadrunners s Reading AC

Club Charity – Chemogiftbags

Sam Whalley

Just before the AGM, when I saw that no club charity had been put forward for the coming year, I decided to propose Chemogiftbags.

Chemogiftbags was set up by my next-door neighbour Lynne, after she underwent chemotherapy for breast cancer, and noticed that there were some comforts that were lacking.

Now those receiving treatment for breast cancer in the Thames Valley can apply for a chemogiftbag to make their journey a little less unpleasant.

A current chemogiftbag costs around £116 to fill, and contains an organic nail polish kit, pill boxes, deodorant, hand sanitiser, body wash, moisturiser, lip balm, toothpaste, a soft bristle toothbrush, a neck scarf, a headwrap, socks, notebooks & pens, a water bottle, tissues, a wash cloth, puzzle books & treats, a heart shaped cushion and a lap blanket.



Throughout the year I will be fundraising for Chemogiftbags by organising events and drawing attention to donation opportunities.

You can help by:

- Attending events
- Donating raffle prizes
- Buying raffle tickets
- Donating and buying food for our refreshments stands
- Taking part in any sweepstakes that come about
- Raising money through your own running events
- Passing me any toys or games that would otherwise be going to the charity shop
- Asking your employer if they can contribute in any way
- Following Chemogiftbags on Facebook and Instagram to see what they are up to and help raise awareness: <https://www.facebook.com/search/top?q=chemogiftbags>
<https://www.instagram.com/chemogiftbags/>
- Join the Chemogiftbags Craft Group on Facebook to see what they might need making: <https://www.facebook.com/groups/254017845104252>

You can find out more about the charity on their website: <https://www.chemogiftbags.org/>

Or you can make a donation via <https://www.givewheel.com/fundraising/14064/reading-roadrunners-club-charity-chemogiftbags/>

Thank you in advance for your support.

Sam Whalley

Reading Roadrunners Minutes of the Annual General Meeting 2025-26

Tuesday 10 March, 7pm at Suttons Bowls Club, Lower Earley

1. Apologies were received from

Toni McQueen, Adele Graham, Shirley Smith, Claire Seymour, Penny Kurowski, Paul Kurowski.

2. Minutes of the AGM held on 11th March 2025:

Proposed as a true and accurate record of the meeting by Gill Manton, seconded by Eddie Thorpe.

3. Annual reports were delivered by the relevant officials:

- Chair Chris Manton
- General Secretary Mike Worsfold
- Treasurer Phillipa White
- Membership Secretary Liz Johnson
- Social Secretary Sam Whalley
- Coach Liaison Kerri French
- Men's Team Captain Chris Moseley
- Women's Team Captain Claire Seymour (read out by the Chair)

3a. Chair – Chris Manton

As my tenure as Chair comes to an end I reflect on my time as Chair and on the Committee over the last four years, many of the themes from previous years have influenced the last year and are relevant to my reflections.

Membership has been high and grown through my tenure, whilst you may think (and rightly) that is a positive message it has brought its own set of challenges.

With new members comes a different perspective on what is expected of a running club with less store being placed on what might for longer standing members be an important aspect of membership which can manifest in different ways, add this to a general cultural shift post Covid and you see some changes which become things that exercise the committee's thoughts on a monthly basis.

Volunteering – Gone are the days where people would queue around the corridors of Palmer Park to get their name on a list to volunteer at the London Marathon, this might be caused by a change in people's priorities or reflect a view that the reward for marshalling at London is not as attractive as it once was. As a consequence over the last two years we have needed to go outside the club to fill the London Marathon slots. By agreeing to provide marshals the club makes a commitment and needs to do all possible to meet that commitment in full, that is never at the expense of members who are afforded the first opportunity to sign up before a cut off at which point external people can marshal.

Volunteering in general has always had its challenges although the challenges would appear to be growing, volunteers are the bedrock of a successful club whether it supports the main committee, the race committees, volunteer roles at races or supporting the club in other ways. Does the change in membership or culture drive the struggle to get volunteers? Where the need exists, initiatives have tried to ensure events are not competing with each other for volunteers by allowing each event its own block of time to appeal and

not have multiple events all trying to secure volunteers, this is without doubt a good initiative and one that should continue.

With that shift we've started to explore the idea of trying to create support for other local races such that there may be possibilities to negotiate free or discounted places as a result of increased entries by Roadrunners perhaps by making a race part of the Championship, these in turn can be used as something the races or the club can give away in return for volunteering via a raffle. Whilst the idea is there it probably needs some more thought and more importantly bring together different parts of the club who otherwise operate in their own space like the race committees and the team captains. More formal links may help realise opportunities such as these by working together, members of the race committees through Gill Manton and Colin Cottell in particular can and are building good relationships with other clubs but on their own won't necessarily reap a benefit meaning as a club we need to be better at welding together the various strands and working more collaboratively together in order to get outputs that benefit the club rather than working in various stove pipes which might be ok and work for those stakeholders but missing opportunities that can be realised by working together. The race committees do a very good job of laying on events which reflect positively on the club and are a source of income which helps the club and the wider community through donations to charity. Experience tells us that we need to be better at recognising that (as a main Committee but also throughout the wider club membership) so as to ensure we are supporting them and as I depart, I am sure it will be a subject of much discussion of how that works in practical terms.

This leads to Club Championships which have seen gradual change in the last few years in an attempt to make more attractive to the members to enter. Selecting and then managing the club championships races and results is no mean feat between the captains and those in the background pulling together the scoring and the battle to make the championship attractive will no doubt be a battle for years to come. If the club can build the links between the different areas of the club that will help provide a balance of value for money races by working with local clubs and avoiding the more corporate events which are getting more expensive which would probably see a decent cohort of Roadrunners enter regardless of being a championship race, reduce conflict between the club flagship races and championship events optimising the pool of potential pool of volunteers.

Looking toward the Committee there has been some success this year where we have grown the Committee and secured membership in roles that in the previous year were unfilled, whilst the club did not suffer through lack of a Social Secretary or a Social Media Ex Officio or a charity (not a committee role) filling all these roles is better for the club. As alluded to before there are benefits with more engagement between say the Social Sec and the Charity, the social events are where there is a real opportunity for the charity to make money but also lighten the load of the Social Sec by helping set up and run different events. Albeit driven in part by EA rules we have recognised the place of club welfare on the Committee through Debbie Clay assisted by Sarah Walters and Liz Ganpatsingh and have been able to put in place a mechanism which you may not see as individuals but when needed operates in a compassionate and constructive way to ensure the wellbeing of all members.

The social side of the club is another area where the increased membership and different perspectives cause challenges, Sam Whalley has done a sterling job this year of trying to establish social events but has not necessarily seen the uptake, when I first joined the club had a burgeoning social side, as a Committee this year we have tried to deliver on what people ask for and one such thing is securing the ability to use the RAC Clubhouse on a Wednesday an initiative taken on by David Walkley, in the past this was an important part of the Wednesday night scene and it is good to see it come back, recurring theme again, the ability to put it

on comes down to people giving their time to staff it and desire of people to use it, the numbers using have not hit the heights we might have hoped, for now it continues but needs to be sustainable from a volunteer and use perspective.

Outruns, the attendance at Outruns has dwindled to a point where discussions as to the benefit of maintaining the offering has been discussed, the club has sought to listen to feedback on what is offered and act accordingly, the key message is again success means people volunteering to lead the runs but also participation, my ask as Chair here is please think about using these opportunities else the risk is they cannot continue, feedback where appropriate what might make them more attractive and the club will assess and react where appropriate but ultimately success comes down to investing your time in volunteering or running.

The previous reflects some of the recurring challenges and discussion within the Committee over the last year and before that, but there are things which are more positive.

Coaching offering – the club has invested in coaches and LIRFS meaning a better coaching offering to the membership, achieving this has seen a lot of work on the part of Kerri French as the coaching coordinator and of course the coaches and LIRFS be they experienced or newer to the role.

Back in 2020 the club faced the challenges of COVID and the impact that had on what we could offer and as we were got used to a post COVID era Palmer Park decided to close and relay the athletics track, like any good infrastructure plan this took longer than expected but we were on top of it and managed a series of training sessions around Reading that proved to be popular and hopefully will become a more permanent offering in the summer months where we would hope to be able to off track sessions, this would help alleviate the problem of a very busy track (driven by the bigger membership!).

Partly to help control large track numbers on a Wednesday we introduced the 5pm session, this originally started as a do your own thing session but now offers a coached option, this is a particular success for the year that the Committee is rightly proud of. This new session and the existing offering are being paid without (EA subs aside) increases in membership which in the light of the economic backdrop is a positive success.

As I round off this report I'd like to thank the main Committee members past and present that I have served with and had the pleasure to chair, I may not always succeed in my stated aim to keep the monthly meetings somewhere close to an hour but we've got through a lot and it is down to your efforts that challenges have been met with resolve and opportunities embraced and realised. There are many varied roles and skillsets needed to keep things ticking along. As well as mentions elsewhere, that might be a Thursday nights sat at Mike Worsfold's dining table editing club policies and rules to take into account EA needs ensuring we have a full set of policy documents that support our club accreditation that are actually workable, the sterling work done by Pippa keeping the club finances in check and like her predecessor trying to get her head around some complicated tax rules and explain then to the rest of us or the work by Liz Johnson to maintaining the membership records. These roles are rewarding but some of it is tough and maybe not what we thought were signed up for but good or bad it all gets done, the club does not run without that group, and I am grateful to you all.

Finally, to sum up what this club was and can be, as I was getting my feet under the table and settling down as Chair we faced the news that Sian James had passed away, the clubs response was a sea of green pounding through Palmer Park and along the Thames, I don't think I had ever seen so many Roadrunners tops in one

place and it was a sight to behold, it also tells us this club and its members are important to all of us, whoever follows me will no doubt chair discussions on exactly the same things I did but I hope I leave the role with a legacy that they can build from and the club maintains sight of what is important.

3b. General Secretary – Mike Worsfold

As I reflect on my first year of serving as General Secretary, I'd like to start off by thanking the rest of the committee to welcoming me onto the team, and being there to answer my naïve questions about how a running club operates. I'd previously done similar roles in other environments, but never for a running club, so there was a lot to learn about how we are structured and affiliated to other organisations.

Our primary affiliation is with England Athletics (EA) and they have introduced a set of 7 Club Standards which were recommended for 25/26, but will be mandatory for 26/27. During the year Chris and I worked through the production of a couple of policies which were required for the club standards, and I'm pleased to report that we now have the Club Standards 'tick' against us on the EA website. One of these new policies was the Grievance and Disciplinary Policy. As a club we already had content relating to our procedures with our Rules document, so we have done a lift-and-shift of those words into the new policy. As a result, there is a proposal to change the club rules later in this AGM, which I encourage you to support.

One of the more visible things that I do as secretary is send out the weekly emails. This started during our summer track closure when we lost our opportunity to do the normal 6.30pm announcements. It seemed to be an immediate hit with members, so I have continued to do it. I deliberately don't report on events from the previous week as that is well covered in the fantastic monthly newsletter that Tom produces. Rather I try and focus on what is coming up in the next couple of weeks to keep it fresh and relevant.

Much of the work of a secretary happens behind the scenes, but to give you a flavour of the activities, it includes doing DBS paperwork for the coaches, booking the track at Palmer Park, and liaising with the other clubs that share our track, and minuting our monthly committee meetings. Recently the EA have put on a number of webinars aimed at committees, and I've attended ones about club legal structures and GDPR.

I am standing again for re-election in 26/27 as having spent a year in role learning the ropes I still have the motivation and energy to support the club for another year.

3c. Treasurer – Pip White

2025 has been another successful year for the club's finances, and we closed the year with a small surplus of £1K added to the reserves, so we continue to be in a secure position to support the on-going running of the club. Although membership income was down £5K primarily due to our freeze on new members joining because of the planned track closure we had over the Summer, this has not significantly financially impacted the club and was balanced by the freeze on track hire charges during this period. Post our return to track, the uplifted charge from GLL has not been too significant, therefore the committee were pleased to only need to increase the membership fee for renewals by the increase in EA fees.

Both Shinfield and Bramley in 2025 were successful, profitable events which is a continuing testament to the hard work of the committees who organise the races and all the volunteers that helped out. £6K was split between two charities from the surplus from Shinfield (SAFE, the nominated RRR charity for the year, and CIRDIC Shinfield).

Most other costs are largely in line with previous years- there were small increases in the annual renewals for our insurance, accountancy and IT costs. There were a few increased costs in 2025 compared with prior years- £1.6K was spent on training courses- primarily a First Aid training course and additional training to support our expanding volunteer CIRF and LIRF team, and the club funded coach travel to the National XC race at Parliament Hill in February.

During the year a new 95 day notice high interest account has been opened so the club can benefit from a better return on the cash balance held in our reserves.

3d. Membership Secretary – Liz Johnson

I would like to start my membership secretary report by firstly thanking last year's membership secretary, Ian Giggs, for his invaluable support. A week after being voted in as your membership secretary last year, my mum died, and Ian stepped up without hesitation to remain in the role a little longer than I'm sure he would have liked. When I was back and ready to take over, many a patient hour was spent over teams, where he talked me through the processes and work required. He was also on hand to answer many of my silly questions and help me navigate the intricacies of myClubhouse and the EA website. Thank you Ian.

Last year was not a normal year when it came to membership. With track figures increasing, it was felt that the coach to athlete ratio was not in our favour, so whilst track was closed for resurfacing, we made the decision to suspend all new membership. Once track was up and running, numbers were monitored and it was decided that we would offer a 'Friday Only' membership for new members who had first attended an induction. This was incredibly successful and we gained 41 new members this way. It also reinvigorated the Friday night track session which has continued into the new year.

We offered all the Friday members the opportunity to renew as full members and this has been widely taken up. We are also continuing with this theme and will offer membership to those who have attended a track induction session. Huge thanks go to Kerri French for promoting and running these induction sessions. These are the gateway into our club and it is great that new and prospective members have such a positive experience.

To give you an idea of numbers, we ended 2025 with 519 members in total. As at today's date we have 403 members, with time to still renew before the end of the month. We have 238 male members and 165 female members so a 59/41 split. Our oldest member is 92 and the youngest are 21. Our average age of 49.43, however, our biggest age category is 50-59 with 108 members.

I also had a little bit of fun analysing this with copilot and the average male member is called 'Chris' or 'David', and our average female member is 'Sarah'.

The Committee continues to look at ways to make our membership offerings more appealing and attractive, and whilst I will not be on the Committee next year, I am excited for the ideas and initiatives they have in the pipeline.

3e. Social Secretary – Sam Whalley

When I put myself forward for the role of Social Secretary at last year's AGM, after a year of no one in the role, I said I would take more of a co-ordinator approach, arranging meet-ups around existing events, rather than organising things from scratch, and having to sell tickets to break even. I knew I didn't have the capacity for the latter. However, I was prepared to link up with the charity where possible

The list I produced was:

March – Post-Reading Half Marathon Refreshments

April – Round Reading Quiz (fundraiser)

May – University of Reading Community Open Day, followed by Comedy at the Taproom

June – Woodley Carnival Evening Concert

July – Bingo Run (fundraiser)

August – Walk to Loddon Brewery

September – Code Red at The Purple Turtle

October – Halloween Spooky Walk and Drinks (fundraiser)

November – Winchester Christmas Market (cancelled due to lack of interest)

December – Drinks at Phantom Brewery

January – National Running Show

February – Post-Wokingham Half Marathon Refreshments

Despite the calendar being well received, attendance throughout the year was quite low. The most popular event by far was the Bingo Run, which might suggest that club members prefer running than socialising. Thank you to those who attended; it was nice to see you.

Going forward, I would propose post-race gatherings or social running events which incorporate fundraising efforts. Since Reading Roadrunners was set up as a social club for runners, it would be a shame to lose the social aspect of the club altogether.

3f. Coaching Liaison – Kerri French

I'd like to thank the whole Coach Team for their passion for making a difference and ongoing support this year. I hope I've done a good job representing them on the Committee, made them feel valued. And that members have appreciated some of the improvements made to the offering at the club.

During the membership year these were the activities delivered:

- Introduced the Coach/LiRF Qualifications register
- 4 new Coaches
- 2 new LiRFs
- 2 new Coaching Assistants
- First Aid Course for Coaching Team
- Did a First Aid Kit Audit & restock
- Provided EA branded kit for Coach Team
- Coordinated off track training sessions during the resurfacing
- Organised Induction sessions for new members
- Introduced 5pm track sessions
- Introduced the Ochy analysis tool
- Introduced membership fee waiver for all those actively supporting the Coached offering to members.
- Liaised with Palmer Park to use the overflow car park
- Provided a 'This Girl Can' taster session.

I'd like to round off my report thanking the Committee members for their hard work & dedication to the club. It's a bit of an art balancing what life throws at you alongside volunteering commitments.

I'm very much looking forward to our 40th year as Reading Roadrunners and all that brings.

3g. Team Captain Men – Chris Moseley

It's been another busy and successful year for the men's team.

Claire and I worked together to get 4 teams for the **Ridgeway Relay**. After nearly 10 hours of running, it was amazing to see the 'Mostly Men' team take a dramatic late victory. The vet's team had some navigational mishaps but still finished in a creditable 2nd place.

It was good to have some teams at the **Runnymede Relays** on a scorching day in Windsor Great Park. Some people have been put off by the recent change in format. But those of us who were there enjoyed our afternoon and it's definitely an event that we should continue to take part in.

In the **Southern 6 Stage Road Relays** in Aldershot, the senior men's team finished in a brilliant 34th place in a highly competitive race, missing out on a place at the National Road Relays by just 2 minutes. It was also nice to get out a 'B' team and a couple of vets teams.

The **club championship** was again a bit of a mixed bag with good turnouts at some races: Wokingham Half, Maidenhead 10 Mile, Wargrave 10k. But not all races were so popular. Claire and I have worked with the committee to revamp the club champs for 2026, introducing some shorter races and dropping the requirement to run all distances. This should hopefully make it more accessible and appealing.

Although participation in individual races was in line with previous years, there were only 5 races in the TVXC league and only 3 races in the Hampshire XC League. So with only 8 races in total, rather than the usual 11 or 12, a lot of runners failed to complete the required 5 races to qualify for the club **cross country championships**.

But we had lots of individual and team success in the cross country.

- In the **TVXC League**, we had individual wins in 4 of the 5 races and the men's team won 3 races, finishing joint 1st place over the season. Combined with the women's team, we finished 2nd overall.
- In the **Hants XC League**, the highlight was the Reading AC fixture at Dinton Pastures, with Rob Corney 1st place, the men's team 3rd, and the vets team 1st. Over the season, the men's team finished 6th in division 1 and the vets team came 4th.
- In the **Berks, Bucks and Oxon (BBO) XC Championships** at the glorious Englefield Park, Rob was 2nd, the men's team narrowly missed out on victory, and the vets team finished 1st.
- And in the **Berkshire XC Champs** at Dinton, we had Rob Corney 2nd and James Lyne 3rd, with the men's team 2nd and the masters team 1st.

In summary, it's been an excellent year for the men with some top individual and team performances. The club is in a strong position and I look forward to seeing some even better results in the various races in the coming year!

Finally, thanks to everyone who took part in the races and supported me during the year.

Chris took a couple of questions about the inclusion of parkruns in the Club Champs relating to communication with Event Directors and capacity for additional runners. It was observed that TVP parkrun doesn't have great toilet facilities.

3h. Team Captain Ladies – Claire Seymour

I have really enjoyed the past year in the ladies' captain role and would like to highlight some of the ladies' results from 2025 into 2026.

- At the Maidenhead 10 Sarah Gee finished (first FV60) in a British best (record) time, with Carrie Hoskins (first FV50), Sarah, Carrie and Helen Pool also won the women's team competition.
- Katherine Streams finished in 3rd place in her age category at the London marathon!
- Marlow 5 Katherine Streams, Helen Pool and Helen Campbell collected the women's team prize!
- In June we had 4 teams out at the Ridgeway Relay, we had RR ladies representing across all teams, the A team won overall, our vet team finished in 2nd place, ladies team finished 4th overall and the B team finished 39th out of 42 teams. This year's date is 28th June therefore please add this date to your diaries.
- In July we had the Runnymede Relays, 15 runners participated on a rather hot day, however we did manage to find some shade, everyone that took part really enjoyed the event, and we hope to have a few teams out this year also.
- We had quite a few members take part in RR Club Champs and Berkshire Champs event the 'Wargrave 10K' on a very warm day! considering the conditions our ladies had a great morning with Sarah Gee (2nd claim Roadrunner) finishing as 1st female, Katherine Streams finishing as 2nd female and Helen Campbell winning 1st V50
- Vet athletics league – A small number of member's took part in 2025 and all enjoyed running, volunteering and throwing things, the dates are still being finalised for 2026 and will be published in due course,
- In September we had a few members take part in RR Club Champs 'Burnham Beeches Half Marathon' our ladies had a great morning with Sarah Gee (2nd claim Roadrunner) finishing as 2nd female overall (1st V60), Katherine Streams (1st V50) with Ann Rostern (3rd V50)
- We also had good results across our other Club championship events from our ladies; I'm looking forward to seeing how the 2026 club champs go with a variation of distances to suit everyone.
- We also had three ladies take on the SEAA relays (V50 team), Helen Campbell, Helen Pool and Julie Rainbow, bringing the team home in 4th position overall. In the past we have had several team's out across all age categories, hopefully we can have a few more teams out in 2026.
- Congratulations also go to our ladies that participated in the Berkshire Road running Championships with several member's finishing in either, gold, silver or bronze position.
- In December we had the Berkshire XC Championships - 3 ladies participate with Helen Pool finishing in 3rd place for the vets with a bronze medal, all three ladies received invites to run for Berkshire at the Intercounties XC Championships in the spring 2026.
- In the Hampshire XC league we had a good season and managed to have full senior and vet teams at each event, with Helen Pool finishing in 2nd place overall for the season in the Vet Women 50 category, congratulations Helen!

Unfortunately, we had a couple of Hants XC events cancelled this season hopefully the full list of fixtures can be reinstated in 2026/27.

- We had a great season in the TVXC league, even though the first fixture at Metro's is typically lower on numbers, our ladies got us off to a great start and we were able to have a full ladies team at each event, overall our ladies finished in second place for the season, and combined with the men's final results finishing in 3rd as a club we finished 2nd overall.

- We also had a good start to the 2026 Club Champs with a good attendance of green and blue vests at the local popular Wokingham Half Marathon, with our ladies finishing as 3rd ladies' team.
- Finally I would like to say a big thank you to all of our ladies in the club that participated in any of the above events over the past year, without this participation across the range of abilities we would not be able to complete our teams, I will look forward to meeting with lots of you at team events across 2026 whether this be at the Relays, Club Champs races or Cross Country towards the end of the year!

4. Election of the Committee

David Fiddes was appointed as Returning Officer and announced the results as follows:

Position	Candidate	Votes for
Chair		
General Secretary	Mike Worsfold	53
Treasurer	Phillipa White	53
Membership Secretary		
Coaching Liaison	Kerri French	47
Social Secretary		
Ex officio	David Walkley	53
Ex officio	Tom Knight	52
Ex officio	Ian Giggs	52

Ballots cast 53

All six candidates were elected in their declared posts. As there was no candidate for Chair, the General Secretary stood in as deputy for the rest of the meeting. When the committee meets, they will agree how to share the duties of the Chair across the committee members.

The newly elected committee then co-opted four additional members onto the committee: Gary Brampton (Membership), Debbie Clay (Lead Welfare Officer), Colin Cottell, Tony Page.

5. Election of Team Captains

Chris and Claire were elected unanimously.

6. Proposed Rule Amendments

There were three proposed changes to the rules. They were all accepted by members following a majority show of hands

Change 1 – Moving of Rules 8.6 & 8.7 relating to Disciplinary Process into a separate document

<p>Proposed by: Chris Manton – Chair & Mike Worsfold - General Secretary</p>
<p>Rationale: In order to comply with England Athletics 'Club Standards' for affiliation we are required to publish a Grievance and Disciplinary Policy. We already have the text for this within our rules, so we propose moving this text into a stand-alone document and putting a signpost to this new document into the rules. Rule 8.7 shall cease to exist.</p>
<p>Current Text:</p>

8.6 Disciplinary procedure

- a. The Committee shall be granted the power to discipline members for alleged infringement of Club Rules or any misbehaviour or misconduct liable to bring the Club into disrepute.
- b. The Committee shall assess the severity of the breach of Rules and, at its discretion, decide on the disciplinary action needing to be taken. Such actions may include, but are not limited to:
 - a written warning, including a clear statement of the remedy required of the member to correct the breach of Rules
 - referral to the Club Welfare Officer
 - removal of rights and privileges commensurate with the inappropriate behaviour unless and until the breach of rules has been remedied
 - a final warning to remedy the unacceptable behaviour or be brought before a Disciplinary Committee
 - request for the member to appear before a Disciplinary Committee comprising five Committee members (excluding the Chairperson), which shall have the power to expel the member concerned
 - expulsion from the Club and notification to the sport governing body that the expelled member is no longer a member of the Club, either as an outcome of a Disciplinary Committee hearing or because the member declined to attend such a hearing when requested to do so
 - immediate expulsion in cases of the most severe breach of the Rules
- c. Following the outcome of a Disciplinary Committee hearing, the member shall have the right to appeal against the action taken to an independent Appeals Committee, which shall comprise the Chairperson and four other Committee Members, none of whom should have sat on the original Disciplinary Committee².

² In the event that the Committee is unable to provide nine members to staff a Disciplinary
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- d. Disciplinary Committee and Appeals Committee decisions shall be taken on the basis of a simple majority vote of the respective Committee members.
- e. Disciplinary action taken by the Committee, together with a record of the evidence on which it was based, shall be recorded for audit purposes but shall not be published beyond Committee members and anyone directly affected by the behaviour that led to disciplinary action being taken.

8.7 Extraordinary Disciplinary Procedure

- a. The process described at §8.6 covers most issues likely needing to be addressed in ensuring that the Club is operated in accordance with the Rules stated herein and for the collective benefit of its members. There are unfortunately circumstances that may arise for which their resolution needs to be expedited or the details of the issue are personally sensitive. Examples of such issues include, but are not limited to:
 - Repeated behaviour that could damage the interests of the Club
 - A Club official's breach of trust to the detriment of other members
 - Grossly disrespectful engagement with another member or the Committee
 - Making continued unwelcomed advances to one or more members
 - Fraudulent or otherwise suspected illegal activity
 - Harassment
- b. This section is concerned with addressing aberrant behaviour that most reasonable members would consider to be counter to the ethos of the Club, but which may not be explicitly in breach of any of the Rules cited herein.
- c. Should an issue arise that at least two of the three Executive Officers (Chair, Treasurer, and Secretary) concur is not suitable to be dealt with under Rule §8.6 owing to its urgency, seriousness or sensitivity, they are empowered to overrule the standard Disciplinary Procedure and proceed as follows:
 - Without reference to the full Committee, they may interview the alleged miscreant and any victims involved in the issue.
 - At their discretion, they may co-opt the assistance of one or more members, which need not be Committee members, and with the agreement of any victims involved in the issue but excluding such victims.
 - Following their review of the facts and allegations, they may choose to halt this process and refer the matter to the standard Disciplinary Procedure.
 - Otherwise, they shall proceed to a determination of the required remedy without the need to issue warnings or to hold a review board. The remedy may extend to immediate expulsion from the Club, notification to the governing sport body and, potentially, to the police.
 - The member retains the right to appeal, as defined at Rule §8.6.
 - The Executive Officers may determine the extent to which these proceedings are reported, being driven by the need to preserve the privacy and dignity of any victims in the case and in accordance with any agreement reached with the member, though the fact that this process has been invoked shall always be reported at a Committee meeting and be recorded in the minutes of that meeting.

Committee and an Appeals Committee, at the discretion of the Chairperson, a Life Member may be asked to take the place of a Committee member.

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Proposed Text:

8.6 Grievance and Disciplinary Procedure

- a. The Committee shall be granted the power to discipline members for infringement of Club Rules or any misbehaviour or misconduct liable to bring the Club into disrepute
- b. Details of the Grievance and Disciplinary Policy can be found in a separate document.

Change 1 was accepted via a show of hands among the members present.

Change 2 – Timing of Nominations for AGM

<p>Proposed by: Mike Worsfold, General Secretary</p>
<p>Rationale: Rule 7.2b currently requires candidates to submit nominations <u>one week</u> before the AGM, but rule 7.2c requires the Secretary to post the names of the candidates on the website <u>two weeks</u> before the AGM. This proposed change gives the Secretary removes this discrepancy and gives the Secretary the ability to set the deadline date for nominations within a seven-day window between one and two weeks prior to the AGM to allow enough time to collate and publish the nominations one week before the AGM.</p>
<p>Current Text: 7.2b Nominations for membership of the Committee shall be made on the official form available from the General Secretary. The form shall require signatures by the candidate, a proposer and a seconder, each of whom shall be a paid-up member, and be received by the General Secretary no less than one week prior to the date of the AGM. Alternatively, nominations can be done via an email chain from the candidate, proposer and seconder sent to the General Secretary.</p> <p>7.2c The General Secretary shall report the names of candidates for Committee posts on the website from two weeks prior to the date of the AGM and by email one week prior to the AGM.</p>
<p>Proposed Text: 7.2b Nominations for membership of the Committee shall be made on the official form available from the General Secretary. The form shall require signatures by the candidate, a proposer and a seconder, each of whom shall be a paid-up member. Alternatively, nominations can be done via an email chain from the candidate, proposer and seconder sent to the General Secretary. Nominations must be received by the General Secretary no less than one week prior to the date of the AGM. When announcing the AGM, the General Secretary shall set the deadline for nominations to be up to two weeks prior to the date of the AGM.</p> <p>7.2c The General Secretary shall report the names of candidates for Committee posts on the website and by email one week prior to the AGM.</p>

Change 2 was accepted via a show of hands among the members present.

Change 3 – Change to Social Membership Category

<p>Proposed by:</p> <p>Kerri French, Coaching Liaison</p>
<p>Rationale:</p> <p>The current term “Social Member” is unclear and does not allow members to take part in the non-coached social runs (e.g. Outruns and Pub Runs). This proposal is therefore to change the name and description of this membership 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.</p>
<p>Current Text:</p> <p>4.6a The Club offers the following classes of membership:</p> <ul style="list-style-type: none"> • 1st Claim full member with all benefits and affiliated to the governing body • 2nd Claim member affiliated to the governing body through another club. • Senior full member apart from not being affiliated to the governing body • Junior member who is 16 or 17 years old • Life members who have been awarded Life status • Social non-running members who take part in social events
<p>Proposed Text:</p> <p>4.6a The Club offers the following classes of membership:</p> <ul style="list-style-type: none"> • 1st Claim full member with all benefits and affiliated to the governing body • 2nd Claim member affiliated to the governing body through another club. • Senior full member apart from not being affiliated to the governing body • Junior member who is 16 or 17 years old • Life members who have been awarded Life status • Non-track membership members who want to join un-coached social runs (not affiliated to the governing body)

Change 3 was accepted via a show of hands among the members present.

7. Club Charity Report for 2025/26 – SAFE (Saving Abandoned Fly-Grazing Equines)

2025 was a funny old year with track being closed for a number of months and possibly the loss of some usual opportunities to make money for the charity. Two Palmer Park Race Nights were cancelled and there were no Summer Relays.

None the less I am delighted we have raised just over £9,500 for SAFE. They really do need every penny. Last year and the beginning of this has seen them take in more horses & ponies than usual. Unfortunately, they all come with the need for vet treatments and in many cases castration which costs more than they are often worth and a reason they are dumped or as we call it fly-grazing where they are left on someone else's land. Here is a quick rundown as to how some of the money was generated:

The largest contributions being:

- Shinfield 3,000
- Wokingham Half £400

- Bramley £4,000+ £125 from the vendors and £244 from Toni and her team.

Thank you to both Shinfield and Bramley committees.

I'd like to thank Sam for arranging a number of social events, particularly the Bingo run which was not only great fun but raised £193.

Thank you also to Adele and Tracy who helped me with various raffles:

- Award Night - £308
- Easter Egg - £118
- Shinfield - £216 could have been more if we'd had Wi-Fi
- Christmas - £182

Thank you to David for taking on the Clubhouse and Sandy for manning it every Wednesday - £149

Thank you to Toni (who has sent her apologies for tonight) for doing refreshments at Shinfield & Bramley - £355 with possibly more after Reading Half.

Thank you to the club for allowing me to sell the old-style kit - £240 of which I still have some.

Also thank you to everyone who has donated raffle prizes or contributed to the charity in one way or another, raffle tickets, the Bingo run, kit, clubhouse etc. and a special thank you to Ashley Pinder for his support and who has donated so generously to SAFE.

8. Choice of Club Charity for 2026/27

Sam Whalley introduced Lynne Shipton and Steve Newport from Chemogiftbags (www.chemogiftbags.org). Lynne gave brief talk about the charity, and answered some questions. Members voted to select this as our Club Charity by a majority show of hands.

9. Sid Gibbs Award

The Sid Gibbs Award is an award recognising club volunteers. It is awarded in the memory of founder member Sid Gibbs. A secret vote was held. The winner was not announced at the meeting as it is presented at the Awards Night.

Nominees were:

- Dan Rickett
- Kerri French
- Peter Higgs

10. Registered Other Business

10a Fees for 2026/27

Under Rule 4.2a the Committee should present its decision on membership fees at the AGM.

Membership fees comprise two elements: The club's membership fee and the EA's affiliation fee for those who wish to be EA affiliated. The Committee has decided in light of our favourable bank balance, and wider economic pressures on members, that the Reading Roadrunners part of the membership fee will be unchanged from 2025/26 and held at £36. The EA affiliation fee has been increased from £20 to £23. Under Rule 4.2b this increase is passed on to members. The membership fee for Seniors with EA affiliation has therefore increased from £56 to £59 as a result of the change in EA affiliation.

10b Proposal to live stream the AGM if technology allows.

In recent years the turnout at the AGM has been low. In order to promote engagement with this important point in the year of the club, it is proposed that if the venue for the AGM has the technology available, the meeting will be live-streamed for people to view from home.

Under Rules 7.2a & 7.2f voting must be a secret ballot by fully paid-up members. At the moment there are no easily available technologies which would enable people viewing the meeting to vote. Voting would therefore only be permitted by those in physical attendance at the meeting.

It is hoped that people who join on-line one year, may choose to attend in person in subsequent years.

The committee sought the view of members on this proposal.

There was an active discussion, with a range of views. There was concern that it would not deliver the expected outcome, and would cause fewer people to attend the AGM if they could join from home. Another view was that if a way could be found to change the voting so that more people could vote, this would give greater representation and engagement with members. No decision was made, and the committee shall investigate how other clubs run AGMs and consider the points raised by members.

11. Closure

Mike Worsfold closed the meeting.

Minutes produced by Mike Worsfold, General Secretary, March 2026

Main Club contact points:

Chair, Vacant

chair@readingroadrunners.org

Membership Secretary, Gary Brampton:

membership@readingroadrunners.org

Secretary, Mike Worsfold:

gensec@readingroadrunners.org

Treasurer, Pippa White:

treasurer@readingroadrunners.org

Social Secretary, Vacant:

socialsec@readingroadrunners.org

Coaching Liaison, Kerri French:

coach@readingrunners.org

Ex Officio: Colin Cottell, Ian Giggs, Tony Page, 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

Social Media & 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

Let me know of any results you would like included here by emailing: results@readingroadrunners.org

February 22nd

Malta Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1175	Martin Bush	4:54:07

Malta Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3840	Julie Wing	3:27:01
3881	Stephen Wing	3:40:10

Malta 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
707	Linda Wright	53:12

February 25th

Battersea Park 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Phil West	37:23 PB
420	Pete Morris	71:29

March 1st

Tokyo Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8170	Sarah Dooley	3:35:48
9858	Hrushikesh Padhi	3:43:12
20898	Catherine Leather	4:30:21

Cakeathon Marathon

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
29	Martin Bush	6:20:28

Taunton Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1591	James Chandler	2:37:48

Looe 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
602	Pete Morris	2:15:03

Windsor & Eton Brewery Canicross 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
19	David Fiddes	56:51

March 6th

Phoenix Friday Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Brian Grieves	3:52:53

March 8thGoring 10k

(Club Championships)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7	Chris Lucas	36:18
10	Mark Apsey	37:38
24	Phil Woolfall	39:21
25	Alistair Haston	39:22
31	Mike Turner-Hibberd	40:03
43	Matthew Brown	41:10
72	Tony Page	42:38
85	Mike Worsfold	43:21
100	Alan Nesbit	44:03
134	Ann Rostern	45:46
129	Dan Stockwell	45:31
154	Adrian Cull	46:51
177	Tom Wright	47:18
180	Chris James	47:40
202	David Caswell	48:37
207	Holly Curtayne	48:46
216	Rosemary Lane	49:15
237	Mark Allen	49:31
269	Bryan Curtayne	50:57
415	Sam Briggs	55:42 PB
435	Tim Miller	56:22
506	Sam Whalley	59:42
526	Chris Harding	60:27
527	Andy Atkinson	60:27
533	Helen Serrano	60:51
607	Phil Davies	64:48
676	Eddie Thorpe	71:43
682	Cecilia Csemiczky	72:37
705	Carl Woffington	85:42
710	Julie Wing	91:22

Cyprus Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
133	Caroline Monaghan	3:44:41
487	Martin Bush	5:04:34

Cyprus Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
641	Paul Monaghan	2:09:00

Cambridge Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5637	Amy Williamson	1:52:58
10745	Sarat Rajarshi Atluri	2:16:23

Kingston Break-Fest 20

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
47	Katherine West	2:13:33
53	Phil West	2:14:16

Kingston Break-Fest 16

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Ashley Doyle	1:49:12

Kingston Break-Fest 8

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
12	Julian Sherman (1st VM50)	51:47

Chippenham Spring 10

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
104	Fergal Donnelly	1:10:06

Lisbon Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3590	Will Shillibeer	1:43:35 PB
15161	Sara Lopez	2:42:36

March 15thSri Chinmoy Skopje Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
??	Pete Morris	5:22:41

Ramsbury Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
18	Fergal Donnelly	1:42:56

Bath Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5068	Stephen Cunningham	1:55:31
5209	Amy Williamson	1:56:02
5462	Sam Briggs	1:57:03

Siren Craft Brew 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
10	Nikki Gray (1st female)	38:08
31	Gavin Rennie	41:08

	(1st VM60)		669	Hrushikesh Padhi	1:34:50
57	Claire Marks	44:44	672	Alex Squire	1:35:12
	(1st VF60)		761	Glen Parker	1:36:34
61	Saba Reeves	45:05	807	Datonye Ngoye	1:37:48
	(1st VF50)		811	Isabel Ely	1:35:34 PB
81	Christopher Dench	46:59	847	Mary Janssen	1:38:20
166	Toni McQueen	52:35		(1st VF60)	
	(1st VF70)		883	Joe Witcomb	1:39:13
314	Angelique Haswell	61:34	996	Sarah Dooley	1:41:10
325	Rita Dykes	63:04	1015	Gang Quan	1:38:58

March 22ndReading Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>			
1	Rob Corney	1:06:47	1199	Hannah Pool	1:43:19
49	Matthew Sarjent	1:15:22	1228	Richard Usher	1:40:52
57	Callum Evans	1:16:35	1233	Caroline Monaghan	1:40:44
68	James Lyne	1:17:30	1279	Bruce Sarjent	1:42:44
90	Tom Griffin	1:18:36 PB	1391	Andrew Tucker	1:43:52
91	Chris Lucas	1:18:45	1394	Mark Ryce	1:44:14
110	Chris Moseley	1:19:32	1439	Renée Whalley	1:44:35 PB
118	Ed Nash	1:19:50	1518	Elizabeth Johnson	1:45:21
121	Joe Lindsay	1:20:04	1533	Jason Bell	1:44:49
158	Tom Knight	1:21:27	1612	Ian Giggs	1:47:04
164	Alex Harris	1:21:49	1644	Stephen Cunningham	1:46:28
168	Simon Rumsby	1:21:56 PB	1724	Lorna McLeod	1:47:07
173	Julian Sherman	1:22:25	1766	David Fiddes	1:48:38
189	Marco Mckerlie	1:22:43 PB	1843	Dean Allaway	1:49:28
201	Alex Rapson-Ballinger	1:23:09 PB	2082	Matthew Hurley	1:54:52
211	Samuel Hatfield	1:23:40	2103	Kayleigh Lambden	1:52:29
270	Ollie Parsons	1:25:45	2261	Lucy Chivers	1:48:49
274	James Chandler	1:26:07	2285	Robert Houghton	1:54:45
288	Chris Webber	1:26:28	2324	Judith Leutbecher	1:53:10
290	Katherine West	1:26:30	2623	Jon Green	1:58:22
298	Rees Cooper	1:26:52	2631	Jasmine Rapson-Ballinger	1:57:26
378	Ryan Faulkner	1:28:50	2669	Roger Ganpatsingh	1:54:32
401	David Price	1:29:17 PB	2706	Ben Fasham	1:57:24
438	Ben Price	1:30:26	2767	Zaid Yousif	1:54:53
460	Brooke Johnson	1:30:51	2782	Thomas Cann	1:53:40
472	Peter Aked	1:28:39	2812	Richard Gostick	1:43:50
480	Sean Hancox	1:30:49	2919	Alex Bennell	1:57:05
549	Christopher Stitt	1:32:39	2920	Martin Gould	1:57:14
570	Nathan Davies	1:32:35	3078	Hannah Gough	1:50:44
576	James Wilkinson	1:33:06	3292	Art Atwal	1:57:37
581	Gavin Rennie	1:33:31	3396	Craig Pauffley	1:59:57
587	James Cust	1:33:34	3427	Helen Serrano	2:01:13
601	Sam Heaver	1:33:24	3566	Phil Dale	1:58:04
607	Phil Hine	1:33:37	3580	Samantha Briggs	2:04:30
658	Ashley Doyle	1:34:35	3657	Alice Moorcroft	1:59:06 PB
			4063	Lauren Prior	2:06:53

4082	Anas Bakhit	2:04:25	6035	Nicole Rickett	2:33:57
4088	Martin Douglas	2:07:34	6047	Becky Mellor	2:38:39
4143	Mark Allen	2:04:52	6175	Rachel Penny	2:36:37
4152	Tracy Jenkins	2:07:54	6219	Ioanna Papadaki	2:37:45
4162	Elizabeth Ganpatsingh	2:04:57	6429	Ni Joe Akemche	2:37:10
4170	Susan Knight	2:04:57	6539	Michaela Summers	2:39:19
4288	Ashley Pinder	2:12:16	6549	Donna Saunders	2:44:33
4306	Paul Monaghan	2:06:43	6552	Amanda Rosser	2:44:35
4311	Chris Harding	2:11:02	6644	Natasha Hall	2:42:58
4342	Hilary Rennie	2:07:10	6822	Andy Atkinson	2:59:07
4424	Colin McCarlie	2:08:22	6936	Tom Harrison	3:18:13
4541	Gary Clarke	2:09:41	6962	Julie Wing	3:23:49
4556	Sahan Jinadasa	2:12:46			
4676	Zetat To	2:11:15		<u>Windsor Trails Half Marathon</u>	
4766	Rhys Penny	2:12:28	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4769	Leo French	2:12:53 PB	39	Claire Marks	1:45:13
4787	Kerri French	2:13:04 PB		(1st VF60)	
4879	Emily Farahani	2:19:38			
4923	Catherine Leather	2:14:36		<u>Hastings Half Marathon</u>	
5316	Brian Grieves	2:19:47	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5370	Santosh Barot	2:25:44	359	George Mitchell	1:40:46
5378	Deborah Clay	2:19:56			
5559	Claire Raynor	2:18:14		<u>Eastleigh 10k</u>	
5567	Nathaniel Hatch-Johnson	2:14:58	<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5583	Cathrin Westerwelle	2:26:13	211	Helen Pool	39:39 PB
5710	Rita Dykes	2:27:43	267	Fergal Donnelly	41:11
	(1st VF75)				
5876	Rebecca Simons	2:25:56			
5969	Amelia Busby	2:27:23			

2026 Club Championship

Bob Thomas

We've now had two of this year's Championship races: the ever-popular Wokingham HM and the Goring 10K. Members have so far entered across all age groups and all gender-age groups except for F80. As usual, the WHM was well attended by Club members as well as a good showing at Goring.

Sadly, I had to disqualify 23 members' results at Wokingham and one at Goring as they chose not to run in Club colours.

The next Championship race is the Beaconsfield 5 Trail Run on 6 April; the full race schedule can be found in the Championship section of the Club website. Any queries to champs@readingroadrunners.org.

March Medal Roll Call

Congratulations to all who gained a medal (or several)



Reading Half Roll Call

Congratulations to all who gained a medal and/or volunteered on the day!

