

NEWSLETTER

APRIL 2026



Capital Gains! Roadrunners Celebrate London Successes



Well done to all those who participated in London (or other) Marathons this month, and thank you to the volunteers!

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 April Newsletter!

We have a bumper issue this month, a lot has happened at the club with plenty of people willing to write about it. Thanks to all contributors. From the awards night at the end of last month, we then saw Tony Page volunteer to be Chair, his first column in role covered in this issue. A race heavy month ended with many participating or volunteering at a historic (sub-2, times 2) London Marathon, followed by the first vets league fixture wrapping things up. All of which are covered in some form or another in this issue, along with news on upcoming events such as PPRN 3k, Woodford Summer Relays and Summer Pub Runs.

This month for me personally I have enjoyed things on the running front, volunteering at London (I was part of the Rotherhithe rabble, below left), taking part in my first Palmer Park Race Night and just getting out in the nicer weather without thinking about a looming big race. However, despite enjoying a year off marathons, seeing everything in the last few weeks is making me likely to hit 'sign up' for one next year very soon. Recommendations welcome...

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 27th May.

Happy Reading!



Chair Tony Page



chair@readingroadrunners.org

As this is my first newsletter as chairman, I would like to take the opportunity to formally introduce myself and express what an honour it is to take on this role. Since joining the club, I have gained enormously, achieving far more than I ever imagined possible and forming many friendships along the way. Upon reflection, I realise that I've benefitted more as I have become increasingly involved with the club. In my capacity as chairman, my aim is to foster this community spirit and encourage everyone to participate fully in the activities and opportunities we provide. Our club offers considerably more than smaller clubs, though our size presents the challenge of ensuring all members feel part of the club and are aware of all the opportunities. The committee manages the club on your behalf, and we are eager to hear your suggestions for improvement. Please do not hesitate to contact myself or any committee member with your ideas.

Like many of you, I originally joined the club to prepare for the London Marathon, and it is fitting that I am writing this after spending yesterday as a marshal in London. It was an incredible experience, supporting runners, assisting the public, and contributing to a historic event. Our club provided over 60 marshals at Rotherhithe (Mile 10) and the Tower (Mile 23), all expertly coordinated by Carl Woffington. Through Carl, our club has maintained a connection with the London Marathon since 1993, almost as long as the club has existed. Looking ahead, next January marks the club's 40th anniversary, and the committee will be planning celebrations to commemorate this milestone. Please keep an eye out for further details.

Earlier this month, following a pleasant Easter break in Devon, Sam and I returned just in time for the Beaconsfield 5, one of the Club Championship races. This 5-mile trail event was held in the picturesque surroundings of the Beaconsfield estate, with participants gathering at the rugby club and assembling under the club flag before the race began. These events are excellent opportunities to meet fellow members and enjoy some friendly competition within your age group. The Palmer Park track race made its return on Friday, 17th April and proved a great success, with numerous runners across several races. Refreshments were well received and proceeds benefited our club charity, Chemogiftbags. Thanks are due to Fergal and all the volunteers for their efforts.

Returning to my theme of involvement, there are plenty of club races and events to look forward to in the coming weeks. From May onwards, Thursday pub runs resume and will continue throughout the summer. The next Palmer Park track race is scheduled for Friday, 8th May, the next Club Championship race, Hook 10, on 17th May, followed by the second Vets League track and field fixture on 20th May (please speak to Ladies captain, Claire Seymour for details). In June, members can anticipate the Summer Relays on 9th June (in support of Chemogiftbags) as well as the Ridgeway Relays and Runnymede Relays on 28th June. All the details are on MyClubHouse. The team captains will be doing a talk on team events in the coming weeks for those new to the club or those who want a refresher.

Wish you all an enjoyable May and look forward to seeing many of you at Shinfield 10K, on bank holiday Monday.

Men's Captain

Chris Moseley



teamcaptains@readingroadrunners.org

I'm used to long, tiring days in London. But last week, instead of my usual commuter trains, spreadsheets and meetings, I got to experience marshalling at the London Marathon for the first time. And what a day it was, from the eerily quiet streets at 7.30am to the wheelchairs and elite runners whizzing past, followed by thousands and thousands of club runners and charity fundraisers. The support was amazing, the atmosphere amongst the runners was buzzing, and it was great to cheer on a few familiar faces as they went past.

It was also fantastic to hear that the two-hour record was smashed, although we had no idea we were witnessing a few seconds of history as they sped past us at 11 miles into the course! It was also inspiring to see

the runners further back in the field, each with their own goals and motivations to keep them going. And it looked hard going later in the day as the sun warmed things up.

In terms of the Reading Roadrunners, **Callum Evans** was our first finisher in 2 hours 38 mins. He ran very even pacing, a negative split and was just outside his PB. Next to finish were **Ryan O'Brien**, **Matt Sarjent** and **Joe Lindsay**. They were followed by **Alex Harris** in a superb time of 2 hours 52 mins, just a week after setting a PB of 2:48:48 at Manchester Marathon. And congratulations to **Marco McKerlie** for breaking the 3-hour mark with a big PB of 2:59:29!

But it wasn't just about London Marathon this month. There were also lots of you doing other marathons and half marathons, as seen in the results section of this newsletter. Well done if you achieved your spring race goal and commiserations if you didn't!

We started the month with our third club champs race of the year, the Beaconsfield 5-mile trail race on Easter Monday. Unfortunately, I was away, but I hear it was a great event. And it seemed to be popular with some of our older members with 2 over 70's men, 3 over 70's women and 2 over 80's men. It wasn't so great from the under 40's with just 1 female senior and no male seniors! First Roadrunners finisher was **Simon Rumsby** in 21st place.

Reminder: you need 5 races to be up for a club champs prize at the end of the season. But with 9 races still to go, there's still plenty to run for. Next up we have the **Hook 10 Mile Road Race** on Sunday 17 May and the **Greenham Common (Newbury) parkrun** on Saturday 30 May. Don't forget to wear your club kit if you want to score in the club champs, and please gather at the club flag to meet other members.

I didn't make it to this month's Palmer Park Race Night 5k. But there was a good turnout and some super-fast times. **Richard Percy** got the fastest time on the night: 16 mins 5 seconds. We had five other runners under 18 minutes and several other runners grabbing 5k PBs. The next track race is the 3k on Friday 8 May (enter now on MyClubhouse) followed by the 1-mile race on Friday 3 July (entries not open yet). I hope to see you there.

Talking of future races, please let Claire or me know (in person, by email teamcaptains@readingroadrunners.org or sign up on MyClubhouse) if you want to take part in the **Ridgeway Relay** on Sunday 28 June. We are looking to finalise the teams in the next few weeks and need lots more runners: male, female and vets (over 50)!

You may also be interested in taking part in this year's **Berkshire Road Running Championship**. The races for 2026 are:

- Sunday 10th May Marlow 5
- Monday 25th May Newbury 10k
- Sunday 9th August Newbury Racecourse Half Marathon
- Sunday 20th September Tadley 10 Miles
- Sunday 18th October Henley 5k
- Any certified marathon held between 1st March 2026 and 31st October 2026

For further details, please see: <https://www.berkshireathletics.org.uk/2026/01/road-running-championship-2026/>

That's it for me for now. Hopefully see lots of you at the **Shinfield races** on Bank Holiday Monday!

Chris

Ladies' Captain Claire Seymour



teamcaptains@readingroadrunners.org

It's been a busy month throughout April with it being the main month for spring marathons. Even though I wasn't able to marshal this year at London, I missed being there and it looks like you all had a fun day out! I have enjoyed following the various marathons virtually to try to spot our green and blue vests out there representing us and I notice there has been some great well-earned results too! Well done and congratulations to everyone that completed a marathon throughout April at either London/Brighton/ Manchester/Boston or Rimini to name a few.

We also had club champs' event '**Beaconsfield 5'** held on Easter Monday; it was great to see we had a good turnout of green and blue vests lining up on the start line (including 12 ladies). Our first lady home for the club was **Helen Pool**, with **Rosemary Lane** finishing **1st** in age category. I heard the run was lovely and scenic and enjoyed by all that took part! And the medal looked really nice too, well done to you all!

We also had the first of our track Friday 5K events, with some good results from our ladies across the races. Plus, we had the first match of the Vets' athletics league held at Horspath, Oxford, thanks to **Adele Graham** for travelling to Oxford to represent the RR ladies in the 100m, javelin and hammer.

Next up:

- Monday 4th May – **Shinfield 10K** – Good luck to all involved in the organisation & also to the runners
- Sunday 17th May – **Hook 10-mile** (Club Championship) entry available via: <https://hookfunrun.com/>
- Saturday 30th 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.

Ridgeway Relay – Sunday 28th June

Men's Captain Chris and I are looking for runners to sign up to this year's Ridgeway Relay, more details can be found by visiting <https://www.marlboroughrunningclub.org.uk/races/ridgeway-relay>.

If you are interested in taking part please either register via myclubhouse, or let us know you can make it by emailing teamcaptains@readingroadrunners.org. Please also feel free to contact us should you have any questions.

Veterans Athletics League (athletes V35+):

- Match 2 is being held on **Wednesday 20th May @ Tilsley Park, Abingdon (18.30 start)**, please see details of the available events listed below, please let me know asap via teamcaptains@readingroadrunners.org if you would like to sign up for any of these events:

Match 2 – Wednesday 20th May, Tilsley Park, Abingdon

18.30	2000m Walk (M&W) 35*, 50, 60 *35A only	Discus (M) 35, 50, 60	Triple J (W) 35, 50	Pole V (M) 35, 50 Pole V (W) 35, 50
18.50	200m (M) 35A, B, 50			
19.10	200m (W) 35A, B, 50		Shot (W) 35, 50, 60	
19.30	800m (M) 35A, B, 50, 60	Javelin (M) 35, 50		
19.45	800m (W) 35A, B, 50, 60	Discus (W) 35, 50	Triple J (M) 35, 50	
20.00	5000 (W) 35A, B, 50			
20.25	4 x 400 Relay (M)			
20.35	4 x 400 Relay (W)			

- 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.

Hope you have an enjoyable month of running!

Ladies Captain – Claire 😊

Southern Vets League – Event 1, Horspath Stadium, Oxford, 27th April

David Fiddes

Three of us – Adele Graham, Chris James and myself, represented the club at the first match in this year's Vets Track and Field League. We all did multiple events.



We all took part in the 100m sprint. Chris was first up for the M35 100m finishing in 6th place with a time of 13.8s. I finished 4th in the M60 100m with a time of 16.4s. Adele finished 3rd in the W60 100m with a time of 19.8s.



The next track event was the 3000m steeplechase. I lost a bit of time with a fall at one of the barriers, but finished in 15:32.6, second in the M60 category.

Adele came 5th in the W50 Hammer with a throw of 13.24.

Chris finished 6th in the M35 400m in 68.0s and 7th in the M35 1500m in 6:06.7.

I finished 4th in the M60 long jump with a jump of 2.98m.

And finally, Adele finished 5th in the W60 Javelin with a throw of 7.49m.

The next match is at Tilsley Park in Abingdon on Wednesday, 20 May 2026 from 18:30. The event is open to all EA-affiliated veteran (+35 years) club members. It would be great to get a bigger contingent out for this match. Events on offer include:

- 2000m walk
- Discus
- Triple jump
- Pole vault
- 200m
- 800m
- 5000m (women only)
- 4x400m relay



Events generally have 35, 50 and 60 age categories, with the 35 events have A and B events. Some events also allow non-scorers to participate. Contact the team captains to register your interest or for more information.

David Fiddes

Reading Roadrunners' Awards Night, Park House, UoR, 28th March

Sam Whalley

The last social event of the year was the Annual Awards Night on Saturday 28th March. This year there was a change of venue, and 76 Reading Roadrunners gathered at the new location of the Meadow Suite, Park House, University of Reading, to celebrate a year of our club.

First up was a hot fork buffet, less formal than our usual 3-course meal, and designed to suit all dietary needs. If only I had known that the vegan rogan josh would be served with rice, then we wouldn't have ended up with a mountain of new potatoes left over!



We then moved onto the awards and presentations section of the evening, with treasurer Pip White rewarding last year's committee members and coaches with vouchers, and captains Claire Seymour and Chris Moseley handing out trophies to the winners in the Club Championship and XC Championship.

Next came the live announcements. Life member Toni McQueen presented Dan Rickett with the Sid Gibbs Award for his services to volunteering on the Bramley Race Committee, as voted for by the members, and in memory of late volunteer stalwart Sid. Kerri French then revealed the committee's choice for a Life Member Award – a very surprised Shirley Smith – for her involvement with the club in various ways, over many years.

With that, Pink Fish struck up the intro to Play that Funky Music, and the dancing began, with an interval midway to draw the raffle mentioned in the charity report.

What a great night! Thank you to everyone who attended and helped out.

For a full list of Club and XC Championship winners, links to the final results are below:

[2025 Club Championship Results](#)

[2025/26 XC Championship Results](#)

Shirley Smith – A Life Membership Well Deserved!

Kerri French

Reading Roadrunners is proud to celebrate the award of Life Membership to Shirley Smith, a truly remarkable member whose dedication, kindness, and tireless energy have left a lasting mark on our club and community.

Shirley joined the club in 1990, and for the last two decades she is a familiar and welcoming face on the club door, greeting runners with warmth and enthusiasm. Even after she stopped running in 2010, her commitment never wavered. She has remained an ever-present supporter, volunteering at countless events including the Reading Half Marathon, Bramley, and Shinfield races, as well as giving her time to the London Marathon year after year.

Her own running achievements are equally impressive. Shirley completed marathons in New York and Los Angeles, along with seven London Marathons. While she once hoped to reach ten, her running journey also included many half marathons and countless miles of dedication, perseverance, and club spirit.

Beyond running, Shirley has always embodied the very best of what a community member should be. She played a key role in the club's fundraising efforts for a minibus for disabled children, just one example of her quiet determination to make a difference.

But to truly understand Shirley's impact, you only need to look beyond the race results and volunteer rosters. As her daughter Julie beautifully described to me, Shirley is someone who simply cannot sit still when there is an opportunity to help others. Whether it's taking a friend shopping every week, visiting an elderly former customer in her care home, delivering homemade jellies and groceries to an old colleague, or cooking Sunday roasts for her 90-year-old neighbour, Shirley's generosity knows no bounds.

After more than 50 years working at Waitrose, she built not just a career, but a network of friendships that she continues to nurture to this day. Her care for others extends to her family too, always ready to drop everything for her children, grandchildren, and even her grand-dog, Reggie.

Despite a bad knee, Shirley never complains. She simply carries on helping, giving, and supporting wherever she can. And she does it all with the same energy and positivity that has defined her throughout her life.

Shirley represents everything Reading Roadrunners stands for: commitment, community, and kindness. Her Life Membership is not just recognition of her years of service, but a celebration of the incredible person she is.

Congratulations, Shirley and thank you for everything you have given to the club and to so many people around you!



Coaches' Corner

Kerri French

We have invested in the Ochy app for the club, and many of the members have had an assessment with their Coach and are reaping the benefits of taking a look at their form.

We would like more of you to reach out to your Coaches and book in. Speak to your Coach or drop the Coach team an email at coach@readingroadrunners.org

The app is designed to act like a “running coach in your pocket,” focusing mainly on technique, injury prevention, and performance. Here’s a clear breakdown of its main benefits:

1. Improves running form (your technique)

- Your Coach records a short video of you running, and the app analyses your biomechanics (e.g. stride, posture, cadence).
- It highlights issues like overstriding, poor alignment, or inefficient movement patterns.
👉 This helps you run more efficiently and often feel smoother and faster.

2. Helps prevent injuries

- The app identifies movement patterns linked to common running injuries.
- It then suggests **targeted exercises** to correct those issues.
👉 This is one of its biggest advantages—fixing problems before they turn into injuries.

3. Boosts performance and running economy

- By improving your mechanics, you use less energy for the same pace (better “running economy”).
- You get data on things like cadence, ground contact time, and joint angles.
👉 Over time, this can translate into faster times or longer distances with less fatigue.

4. Gives personalized, data-driven insights

- Analysis is tailored to your body (height, weight, pace, etc.).
- You get clear feedback—not just numbers, but explanations of what they mean.
👉 It’s more like coaching than just tracking.

5. Tracks progress over time

- You can compare past and current runs side-by-side.

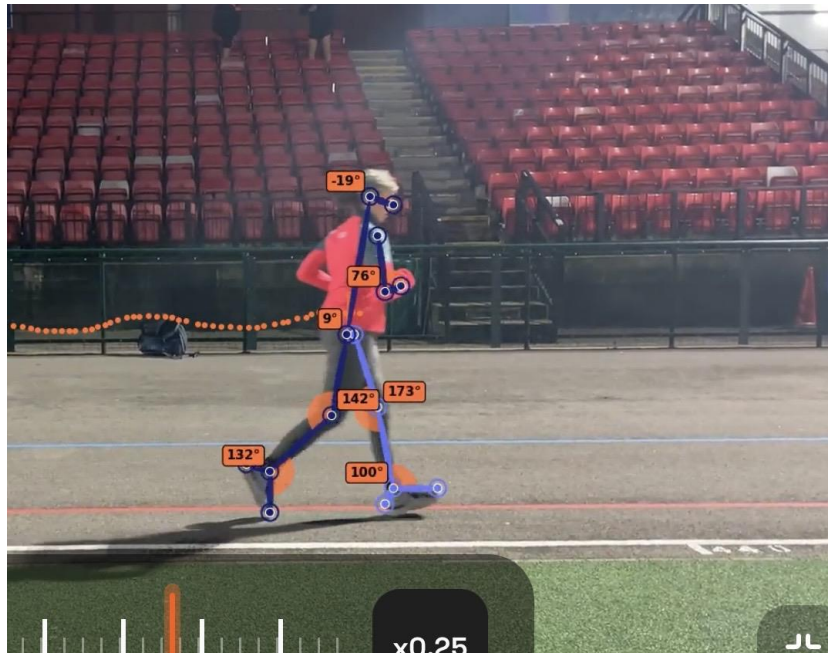
- Progress metrics show whether your form is improving.
 👉 Useful for staying motivated and seeing real improvement.

📱 6. No special equipment needed

- Works with just a phone camera
 👉 Makes advanced gait analysis accessible to you and your Coach

🧠 7. Helps you understand why changes matter

- The app explains the reasoning behind its advice, not just what to fix.
 👉 This helps you become a smarter, more self-aware runner.



Bottom line

The biggest benefit of Ochy is that it turns complex biomechanical analysis into something simple and actionable. Instead of guessing what to improve, you get **specific, personalized guidance** based on your actual running form. Plus, your coach can follow up with you.

Fancy giving it a go?

Palmer Park Race Nights (PPRN) 3km 8th May 2026

Fergal Donnelly

Entries are closing soon (midnight, May 5th) for our 2nd event of the season, 3k race night - a series of 5k, 3k & Mile race nights during April, May and July, respectively.

Following on from our recent 5k event, which saw 71 entrants from ten different running clubs, including 30 female runners.

Co-hosted by Reading Roadrunners & Reading AC, a wide range of running abilities is targeted with multiple races throughout the evening.

A great opportunity for newer members to meet fellow runners, with refreshments in the clubhouse afterwards (in aid of club charity, *Chemogiftbags*).

Entry fee is £5.50, only, for this UKA licenced event. Sign-up via myclubhouse (see *Event Calendar*).

Some Volunteer roles are available, still (i.e. Registration, Lap counting & Refreshments) so if you are able to help, we'd be very grateful. Please contact pprn@readingroadrunners.org

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. See also race flyer on page 2 of the newsletter for full details.

8th May - just 1 week away!

PPRN on behalf of Reading Roadrunners & Reading AC

Summer Relays, Woodford Park, Woodley 9th June 2026 7pm

Sam Whalley

This event started in 1990, it is a fun event no matter your ability, age or pace. The real skill is knowing your pace and guessing it right without wearing a sports watch. We open the event to Non-Reading Roadrunners too, and it is well supported by other local clubs & runners.

All proceeds go to our club charity for 2026 - Chemogiftbags.

How it works:

- 3 members per team.
- Team members take turns to run a leg consisting of two laps of the top-secret course (total distance per leg 2.1 miles/3379 metres), without a watch or phone to time themselves.
- The winning team is the one closest to their predicted time, entered before the event.
- If you don't have a team don't worry, still enter in advance and we will find you one.
- Enter and pay (£5 per person) via myClubhouse (by Thursday 4th June).
- Entry link: <https://readingroadrunners.myclubhouse.co.uk/Events/Calendar/View?id=408>
- Parking can be found over in the Woodley Lidl/Library Car Park, Headley Road, Woodley, RG5 4JA, a 1/2-minute walk from the park.
- You can collect your team numbers from Coronation Hall between 6.10pm and 6.50pm on the night.
- There will be refreshments to purchase in Coronation Hall.

To book on myClubhouse you'll need to provide:

- The name of your team or full names of the other people on your team,
- Optionally, the name of your club if you belong to one,

- The time in which you forecast completing the course to the nearest second,
- A contact email address,
- In case of emergency name and number for each member.

Rules:

- Teams of three comprising any combination of gender, age† and ability.
- Predicted times must be given prior to the event. And once submitted cannot be changed.
- No watches to be worn or phones on the course.
- If a team member is missing, another member may run in their place, but to their predicted time.
- Prizes will be awarded to the winning team and to the person closest to their predicted time.
- † Minimum age is 16.

Pub Runs 2026

Peter Higgs

Why don't you join us for a fun evening out — choose your pace and your distance!



Options:



5 Mile Run



3 Mile Run



Casual Social Walk



Meet at 6:30 PM



Ready to start at 7:00 PM



All abilities welcome — whether you are running, jogging, or strolling, come along for fresh air, good company, and a well-earned pub finish!

Bring friends, bring energy, and bring your sense of humour!



The events are as follows:

- 7th May – The George, Loddon Bridge (Leader: **Peter Higgs**)
- 28th May – The Bull, Theale (Leader: **Tina Woffington**)
- 4th June – Victoria Cross, Basingstoke Road, Reading (Leader: **Ian Giggs**)
- 25th June – Jolly Farmer, Hurst (Leader: **Claire Seymour**)
- 2nd July – The Bull, Arborfield (Leader: **Adele Graham**)
- 9th July – Ye Olde Leathern Bottel, Wokingham (Leader: **Tony Page**)

- 23rd July – Picnic / takeaway, Chalfont Park (Leader: **Sophie Higgs**)
- 30th July – Siren Brewery, Finchampstead (Leader: **Angelique Haswell**)
- 20th August – Good Companions (TBC) (Leader: **Kerri French**)
- 3rd September – Packhorse, Mapledurham (Leader: **Dave Thornton**)

All the above have been added to My Club House, and the first Pub Run is now live on Facebook as an event.

Any questions, contact me or speak to the run leader of the event you are interested in.

Charity Update

Sam Whalley

So many of you have approached me to talk about this year's charity, Chemogiftbags. I'm glad you agree that it is a worthy cause, and I look forward to us raising money together this year.

The Annual Awards Night was the place to be if you wanted to be in with a chance of winning anything from fluffy socks to Prosecco!

Thanks to the combination of members who donated prizes and bought tickets, and the dynamic sales duo of Kerri French and Colin Cottell, the raffle raised an astonishing £392.50.

Just after this success I was informed by last year's charity banker, Liz Ganpatsingh, that the money for supplying marshals for Wokingham Half Marathon had just arrived, so that was another £400 for the pot.



chemogiftbags.org

I was then flabbergasted to hear from Gill Manton, former race director of Bramley 20/10, that the final surplus from that event, and the amount that would be transferred to the charity, was £2500 – wow!

In short, we were off to a great start!

The Grand National sweepstake raised £68, with Tony Page winning £10 and both Emma Caswell and Fergal Donnelly winning £4 each, but all generously opting to donate their winnings! Thank you for supporting this, and I am hoping to use a couple more events for sweepstakes (see below).

At the Palmer Park Race Night on Friday 17th April, Gavin Rennie and

Fiona Ross sold refreshments totalling £66 in the RAC clubhouse – thank you for volunteering. You can find the recipe for my epic Biscoff Brownies here: <https://www.janespatisserie.com/2015/07/18/cookie-butter-brownies/>

Finally for this month, Steve Dellow dropped off his charity shop pile at my house, and I sold some things on eBay, amounting to £29.09 at the time of this report.

Needless to say, I am really pleased with the support I have received from members so far.

Coming up:

Monday 4th May – Shinfield 10k tombola and refreshments – please donate and buy, and remember to mark the ingredients/allergens on anything home-made.

Friday 8th May – Palmer Park Race Night refreshments – as above

Saturday 16th May – Eurovision Song Contest sweepstake

Tuesday 9th June – Summer ‘Naked’ Relays

Thursday 11th June – FIFA men’s World Cup sweepstake

Friday 3rd July – Palmer Park Race Night refreshments – as above

Sunday 12th July – Bingo Run

In addition, the charity is hosting a Christmas Quiz on Friday 27th November – full details on their website: <https://www.chemogiftbags.org/events/>

In between events, you are welcome to send any unwanted gifts my way – I am sure I can make use of them somehow.

If you want to make a donation to the charity, please use this link:

<https://www.givewheel.com/fundraising/14064/reading-roadrunners-club-charity-chemogiftbags/>

Reading Roadrunners Committee Meeting

Tuesday 14 April, 7pm (by video call)

The Committee

Tony Page	(Chair)
Pip White	(Treasurer)
Mike Worsfold	(General secretary)
Gary Brampton	(Membership secretary)
Kerri French	(Coaching Liaison)
Debbie Clay	(Lead Welfare Officer)
Tom Knight	(Ex Officio - Newsletter & Social Media)
David Walkley	(Ex Officio)
Colin Cottell	(Ex Officio)
Ian Giggs	(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 Pip, and seconded by Kerri.

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

Tony Page offered to take on the position of Chair, which was unanimously supported by the committee.

Treasurer's Report

Key Outgoings/Receipts

- Membership renewals are in full flow- income is £1K down on the same point past year, £20.8K vs £21.8K in 2025. EA affiliation fees are to be paid out hence the significant profit currently showing.

- Costs for the awards night are still to be finalised as we await the final invoices for food and drink from the venue
- Bramley was a very profitable event this year, with the surplus to be donated to club charities

Other Business

- Audited accounts are being finalised with the club's accountant
- Corporation tax assessment continues- to be discussed at the committee
- Cash balance at the end of Mar26- £135K

Profit and Loss

Reading Roadrunners

For the month ended 31 March 2026

Account	Mar 2026	Feb 2026	Year to date
Turnover			
Event income	193	27,583	27,965
Kit sales	0	0	75
Membership	8,853	11,888	20,770
Social income	740	686	2,003
Total Turnover	9,787	40,158	50,813
Cost of Sales			
Affiliation Fees	150	0	150
Events	(0)	20,422	20,422
Social	920	225	1,145
Track Hire	0	0	2,161
Total Cost of Sales	1,070	20,647	23,878
Gross Profit	8,716	19,511	26,935
Administrative Costs			
Accountancy	101	0	101
AGM	330	0	330
Equipment	0	150	200
IT Software and Consumables	316	293	1,576
Training Courses	129	343	516
Trophies and Awards	1,654	0	1,654
Total Administrative Costs	2,529	785	4,377
Operating Profit	6,187	18,725	22,558
Other Income			
Charity donations received	15	61	76
Interest Income	28	72	186
Total Other Income	43	133	262
Profit on Ordinary Activities Before Taxation	6,230	18,858	22,819

Membership Secretary's Report

A bit of a challenging start to my tenure with a lot of loose-ends to identify and attempt to tie-up whilst learning the practical application of MyClubhouse software but reasonable progress in knot-tying and understanding has been made.

Main issues outstanding are that we cannot currently progress with England Athletics renewal for the club and members until a Chair is named and that new members are able to join without attending induction due to auto-approval of membership which I cannot find a way to switch off, I think Ian is looking at this too.

Non-routine issues resolved include a glitch which was causing two of our coaches to repeatedly appear on the system as if they had been suspended and a small change which hopefully prevents life members with no EA affiliation from having to actively renew their membership.

Current membership stands at 431:

- Life Senior inc EA 9,
- Life Senior non-EA 14,
- Senior inc EA 309,
- Senior non-EA 42,
- Senior 2nd claim 19,
- Senior Coach inc EA 15,
- Social 21,
- Student 1,
- Junior 1

General Secretary's Report

- Since the last committee meeting, we have had both the AGM, and the Awards Night. Both of these required a fair degree of planning and preparation and my thanks go to those that helped to make both events successful.
- Club rules have been updated following the AGM and loaded onto the website.
- There has been an important matter raised off the back of the AGM relating to the lack of audited accounts. This is being addressed, and will be discussed further during the meeting.
- The list of Life Members has been updated in the trophy cabinet.
- I have carried out a couple of DBS checks for coaches.
- I attended an EA training webinar about GDPR and data protection.
- I have been assisting Fergal with some MyClubhouse related issues with the Race Nights.
- Track has been booked for Apr-Jun, and dates have been arranged with Reading Joggers and Wargrave and Twyford to share the track on Fridays.
- As Chris is no longer Chair, I have been attempting to get access to the bank account, but have not been successful. I may need some assistance from Pip and/or NatWest to resolve this.

Social Secretary's Report

Role is vacant.

Coaching Report

Training and Development

- Mark Worringham has now qualified as a Leader in Running Fitness.
- We ran an Induction in March and have two planned for April.
- None in May due to holidays.
- Some off-track sessions have been planned for the summer and updated on the training planner.

Matters Arising from Reports

None.

Agenda Items

AGM Finance Report

Following the AGM, it was brought to the attention of the committee that we had not provided audited accounts for the 2025 year (Jan-Dec) at the AGM. Pip confirmed that the 2025 accounts are being externally audited by the same firm that we have used for a number of years – Radford & Sargeant – and we are hoping to hear back from them imminently.

Once they are returned to us, they will be signed by the Treasurer and Chair, and the Secretary will send them out to all members with an apology on behalf of the committee for their lateness.

The committee discussed the timing of the 2027 AGM, and we will schedule it later in March to allow more time to get the accounts finalised and signed off before the next AGM.

Reading Roadrunners 40th Anniversary party (Summer 2027)

Fiona Ross and Hannah McPhee are working to arrange a summer party. They requested a budget allowance to start booking venues for this. The committee approved this, and Ian Giggs volunteered to help with the organisation of this / provide a link back to the committee.

Night of 5k PBs

Colin has been approached to see if we can provide marshals for a track night at Palmer Park organised by a third party. We need to know more before committing to support this, and they need to pick a date that doesn't clash with our existing Friday night track events or inductions, or approach Palmer Park directly to book their event.

EA Registration

Mike will update the EA website with Tony as Chair, so that will enable us to renew our affiliation. Pip to get the bank card details to Gary.

Communications

Tony to write an email to members introducing himself as chair and reminding people of the two vacancies – Social Secretary and TVXC Race Director.

Socials

Mike to add the next Awards Night to the May agenda.

Consider having post-track socials / talks / or shoe try-outs as running related events might attract more people.

AOB

None

Next Meeting: 19:00 Tuesday, 12 May – in person.

Main Club contact points:

Chair, Tony Page

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, 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

March 27th

Phoenix Golden Treasure Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
7	Brian Grieves	4:29:33

March 29th

Phoenix Gauntlet Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
6	Brian Grieves	3:59:04

Berlin Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
635	Jake Dellow	1:19:14
9156	Stephen Dellow	1:48:44
5471	Angela Burley	1:59:14
6103	Ellis Breese	2:00:58
12131	Nicola Gillard	2:23:14
12703	Emma Sayers	2:25:59

White Horse Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
296	Ben Fasham	1:49:53

Fleet Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
264	Nikki Gray (1st VF40)	1:24:05
643	Andrew Butler	1:34:43

April 4th

Dorney Lake 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
19	Rosemary Lane (1st VF60)	22:08

April 5th

Putney & Fulham Riverside Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
782	Pete Morris	3:02:17

April 6th

Mortimer 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
58	Holly Curtayne	49:38
98	Bryan Curtayne	53:26
221	Chris Harding	64:48
269	Pete Morris	70:59
316	Gemma Funnell	91:19

West Wight 3 Hills (8 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
13	Rees Cooper	58:50

Beaconsfield 5

(Club championship)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Simon Rumsby	33:12
28	Tony Page	34:27
29	Glen Parker	34:30
42	Mike Worsfold	35:38
46	Helen Pool	35:50
63	Tom Wright	36:52
64	Ann Rostern	36:56
66	Adrian Cull	37:00
95	Dean Allaway	38:12
111	Renée Whalley	39:03
113	Chris James	39:03
126	Mark Allen	39:42
128	Rosemary Lane (1st VF60)	40:09
153	David Fiddes	41:03
165	Tony Dawson	41:17
224	Nick Peksa	43:52
215	Alex Bennell	44:00
320	Sam Whalley	48:09
328	Tina Woffington	48:32
342	Kerri French	49:31
387	Andy Atkinson	51:04
390	Gary Clarke	51:37
433	Liz Sarjent	53:30
518	Ed Thorpe	58:54
549	Cecilia Csemiczky	59:31
586	Carl Woffington	69:06
598	Tom Harrison	76:25
600	Julie Wing	78:20

601 Linda Wright 82:27

April 12thBrighton Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
211	Mary-Ann Dent	3:38:46
4832	Will Shillibier	4:16:53
8187	Pete Morris	5:23:20
8967	Martin Bush	6:09:40

Boston (UK) Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
80	Gary Tuttle	2:58:35

Henley River Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
29	Gavin Rennie	1:38:44
35	Glen Parker	1:39:16
86	Claire Marks (1st VF60)	1:47:51

Tewkesbury Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
339	Gary Brampton	1:52:32

Salisbury 10

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

April 15thOlympic Park 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17	Stephen Ingledew (1st VM60)	40:55

April 17thPalmer Park Race Night 5kRace 1

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
2	Robert Houghton	21.45
3	Paul Mackenzie	22.23
5	Mark Allen	22:46
6	Rosemary Lane	22:57
9	Tony West	23:28
10	David Phillips	23:45
11	Jasmine Rapson	23:51

14	Judith Leutbecher	24:24
15	Sahan Jinadasa	24:29
17	Liz Ganpatsingh	25:46
20	Fang Liu	27:43
21	Kerri French	28:31

Palmer Park Race Night 5kRace 2

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Matthew Clover-McCann	19:55
2	Lay Hung	20:07
3	Harry Smith	20:11
4	Isabel Hester	20:29
5	Mike Worsfold	20:45
6	William Shillibier	20:51
7	Jess Paxford	20:52
8	Hrushikesh Padhi	20:55
11	Chloe Lloyd	21:39
16	Chris James	22:14
17	Matthew O'Riordan	22:17
19	David Fiddes	22:23

Palmer Park Race Night 5kRace 3

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
1	Richard Percy	16:05
4	David Boulton	17:28
6	Marco McKerlie	17:47
7	Tom Knight	17:49
8	Ryan Faulkner	17:50
9	Alex Ballinger	17:55
11	Brian May	18:28
12	Alex Squire	18:29
17	Chun Hung Au Yeung	19:59
18	Helen Pool	20:14

April 18thChiltern Ridge 50k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
219	Lauren Shaw	6:45:58

April 19thNewport Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
440	Finbarr Bevan	3:08:35
941	Brian Grieves	3:34:51
2425	Art Atwal	4:59:25

Manchester Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
218	Chris Burt	2:44:29
239	Ali Olrog	2:45:08 PB
364	Alex Harris	2:48:48 PB
747	Simon Rumsby	2:55:32 PB
6234	Glen Parker	3:38:11
8734	Hannah Pool	3:50:56

Rimini Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
889	Caroline Monaghan	4:08:42
1411	Paul Monaghan	4:56:55
1555	Martin Bush	5:19:20
1653	Pete Morris	5:58:50

Dell Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Ann Rostern	1:46:28
11	Adrian Cull	1:48:04

Dell 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Paul Billing	52:55
198	Linda Wright	1:52:14

April 20thBoston Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
17215	Liz Johnson	3:38:57

April 26thNettlebed Stinger 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
89	Holly Curtayne	50:55
98	Mark Allen	52:09
119	Brian Curtayne	54:37
155	Alex Bennell	57:15
256	Pete Morris	77:38

London Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
593	Callum Evans	2:38:42
1556	Matthew Sarjent	2:49:15
1566	Joseph Lindsay	2:49:20 PB
1933	Alex Harris	2:52:35
3188	Marco McKerlie	2:59:29 PB
4151	Christopher Webber	3:05:41
5117	Phil West	3:11:11 PB
6901	Birte Hayes	3:19:29
8612	Ashley Doyle	3:26:26
9518	Gavin Rennie	3:29:19
10211	Sam Heaver	3:31:35 PB
12845	Ellie Clarke	3:40:08
13788	Daniel Musker	3:43:00
15079	Andrea Greenfield	3:46:41
17105	Harry Smith	3:52:19
21019	Lucy Chivers	4:01:57
22027	Mark Fursman	4:05:16
30761	Martin Gould	4:31:18
31103	Gary Clarke	4:32:19
44108	Michelle Wise	5:15:54
51957	Amanda Rosser	5:54:55
58409	Tony Eastaway	7:13:04

2026 Club Championship

Bob Thomas

Only three Championship races have taken place so far but over 120 members have taken part in at least one of them. The next race will be the Hook 10 on 17 May, followed by the Greenham parkrun on 30 May.

A reminder that this year you are not obliged to run a race from each of the distances: if 10 miles or a half marathon is a bit too challenging at present, you can still win your Age-Gender category by never exceeding 5 miles.

Too early to read much into this yet, but for the record, here are the present category leaders...

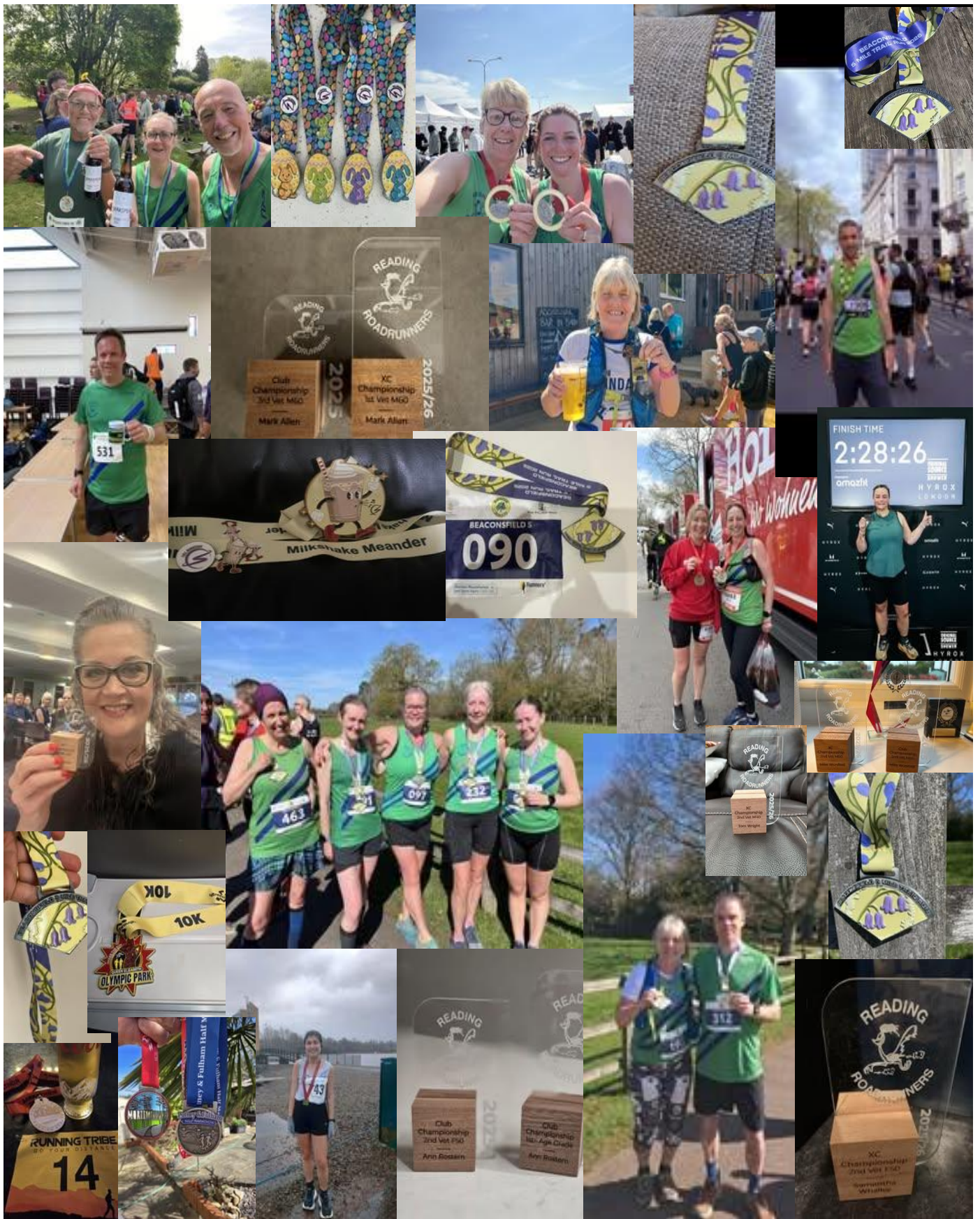
	Women	Men
Senior	Holly Curtayne	Chris Lucas
Vet 40	Nikki Gray	Chris James
Vet 50	Ann Rostern	Tony Page
Vet 60	Rosemary Lane	Mark Allen
Vet 70	Cecilia Csemiczky	Andy Atkinson
Vet 80		Eddie Thorpe
Age grade	Tony Page	

Any queries, please contact champs@readingroadrunners.org

Bob Thomas

April Medal & Awards Roll Call

Congratulations to all who gained medals and/or awards this month!



April Marathon Roll Call

Congratulations to all who completed the 26.2 miles this month!

