

NEWSLETTER

SEPTEMBER 2026



Announcing one of our 40th Anniversary celebrations next year!

**READING ROADRUNNERS RUBY DO!
SAVE THE DATE**

**40 Years
of Running,
Friendship &
Team Spirit!**

Saturday 3 July 2027 at lunchtime.
Reading University Meadow Suite & outdoors on the terrace.

Join us for a barbecue & festival fun!

More details soon from Fiona Ross, Alison Wrigley & Hannah McPhee

Save the date for the 40th Summer Party!



In aid of Chemogiftbags



Date: Friday 30th October

Time: 7pm to 10pm

Place: Beechwood Primary School, Ambleside Close, Woodley, RG5 4JJ

It's Bingo, but with songs instead of numbers!

Singo Bingo is always a great night out!

Bring friends and family for an evening of luck, fun, and maybe even a bit of singing, all in aid of this year's club charity - Chemogiftbags.

You can find out more about the charity on their website:

<https://www.chemogiftbags.org/>

Prizes for game winners, plus other fundraising opportunities, including a Silent Auction.

Could you offer an item or service for the Silent Auction? Are you a keen chef or baker? Are you qualified to offer a sports massage or a lesson of some kind?
Post details on sign-up, with an estimated cost.

Bring your own drinks and nibbles, or pop out to Woodley precinct for a takeaway!

Cost £10 per person.

Sign up [here via MyClubhouse](#) by Wednesday 28th October.

Editor's Intro

Tom Knight

Welcome to the September Newsletter!

Hope you all had a good and relaxing summer.

We have another packed issue this month, in addition to our regulars we have a recap on Palmer Park Race Nights from Fergal Donnelly and members sharing their favourite XC moments ahead of the new season. Plus, as part of his now regular Ultras feature (which has been a welcome addition), our membership secretary/results guru Gary Brampton has managed to get fellow member Ian Horritt to talk about his experiences at the Rasselbock Backyard Ultra.

Additionally, on a sadder note, we have tributes to Stan Eldon from Toni McQueen and Roger Pritchard. Stan was a pillar of the Reading running scene, alongside co-founding the Reading Half Marathon he had an influential part in the build up to the formation of the club. In addition to the tribute published in this issue, Roger has kindly written another article on the club's formation, which we will publish in a few months' time when the club celebrates 40 years. Which, as our cover shows, preparations for are very much underway.

Finally, thank you to those who have shared how much you have enjoyed recent issues. This is thanks to members taking time to write articles – I just put it together! If you'd like to contribute with a story of your own, please email newsletter@readingroadrunners.org by Wednesday 28th October.

Happy reading!



Chair Tony Page



chair@readingroadrunners.org

It feels like the start of a new school term. After a break from both committee meetings and newsletters in August, it is good to be back with plenty of club news to share.

I hope you all had a good summer break. In August, I enjoyed watching the European Athletics Championships in Birmingham. We were there on the Saturday, and the highlights for me were the gold medals in the men's and women's 100-metre relays. Driving, parking and walking to the stadium proved to be a good decision because a security scare that night led to the closure of all roads in the immediate vicinity. It was a long day, but we also managed to complete Perry Barr parkrun and meet sprinter Mark Lewis-Francis. In recent weeks, I have been trying to increase my mileage ahead of the Dublin Marathon in late October. Unfortunately, I picked up a niggle and have had to reduce the intensity again—a good lesson not to do too much too soon!

It still felt like the summer holidays when we held our first committee meeting on 1 September, but we are now getting back into the swing of things. Our next meeting is in a few weeks; meetings are usually held on the second Tuesday of the month. Thank you to everyone who volunteered to marshal at next year's London Marathon. We have around 50 volunteers, which is slightly fewer than in earlier years. Carl has contacted the London Marathon and will be in touch. If you volunteered, please remember to keep the date free.

Earlier this month, Claire decided to step down after serving as our women's team captain for the last couple of seasons. Thank you, Claire, for all your hard work. With the cross-country season beginning, this is a good opportunity for someone else to take on the role. There has already been some interest, and we expect to make an appointment in the next week or so.

The Bramley race committee has been working hard over the summer and is close to opening entries, so please keep an eye out for the announcement. The race will take place on Sunday 14 February, and perhaps we can expect a Valentine's Day theme. This edition will be a 10-mile race only. Although it will start near Bramley School, it will follow a new course that avoids the busy Bramley Road and uses only the quieter roads on the other side of the school. I think this will provide a better experience for runners and volunteers alike. As in previous years, there will be a team prize, so I encourage you to consider signing up—and look out for the early-bird offer!

This weekend, we will be entering six teams in the SEAA Road Relays. It is always a great event to be part of, and I wish all our team's good luck. The final two events in the club championship will also take place over the coming weeks, before the next newsletter. If you have a favourite race that you would like included next year, or any feedback on this year's championship, now is the time to contact Chris Moseley.

Men's Captain

Chris Moseley



teamcaptains@readingroadrunners.org

I hope everyone had a great summer. It was certainly different with so many heatwaves to deal with. But whilst the heat made running more difficult, it was good for UK holidays and I enjoyed time away in both Wales and Norfolk. I did some lovely scenic runs and completed the slowest parkrun in the UK: Great Yarmouth North Beach. With the whole course on soft sand, the average finish time is 39 minutes. In the 261 events to date only 6 people have run under 20 minutes. It's quite a challenge!

My other challenge of the summer was the inaugural Tapyard Ultra 50km. Setting off early from Ramsbury Brewery in Wiltshire, it was a nice course with a large chunk along the Kennet and Avon canal and a few small hills.

I ran well but suffered from cramp in the final 10km, resorting to walking quite a lot towards the finish at Renegade Brewery. It was therefore a pleasant surprise to find I'd run the 3rd fastest time of the day.

Sadly, I didn't make it to either of the Club Champs races in the last few weeks. The Headington 5-mile race in August was popular, with 24 Roadrunners fighting for valuable points. Our first runner was **Tom Knight** (22nd, 29:16), just ahead of VM40 rival **Simon Rumsby** (24th, 29:20).

The Farnham Pilgrim Half Marathon sounded like a great course / event. **Mike Worsfold** was first Roadrunner to finish (24th, 1:55:09).

The final races in this year's Club Champs are the Marlow Trail 10km this Sunday 27 September, followed by the Cabbage Patch 10 Mile race on Sunday 18 October. Entries to the Marlow race are still open. We've also got plenty of cross-country races to look forward to. I've already shared the dates by email, and there are further details on the club website: <https://readingroadrunners.org/cross-country/>

But as a quick reminder:

- There's a **Cross Country Taster** event on Sunday 4 October from The Bull, Theale. Like all the XC events, this is open to runners of ALL abilities and ages. And there's free food and drink afterwards. Please sign up on MyClubhouse (<https://readingroadrunners.myclubhouse.co.uk/>).
- **TVXC races** take place on Sunday's usually starting at 11am. The cost is £4 per member, payable in advance on MyClubhouse. The first race is on 11 October, hosted by Metros, at Hillingdon Sports Complex. Note: this one starts at 4pm.
- **Hampshire XC League** races take place on Saturday afternoons with a women's race at 13:35 and a men's race at 14:30. The club pays for entries, but please sign up on MyClubhouse to let us know you're coming. The first race is on 10 October, hosted by Bournemouth AC, at King's Park.

Finally, before I close, I'd like to thank Claire, who has decided to step down as ladies team captain. It's been a real pleasure working with her over the last couple of years on events including the Ridgeway Relay, Road Relays and cross country. I completely understand her decision and wish her all the best. I also look forward to working with whoever takes on the role next.

Ladies' Captain

Claire Seymour



teamcaptains@readingroadrunners.org

This is my last report as Ladies Captain, as I'll be stepping down from the role this month due to other commitments. It has been a pleasure being your captain for a second time and I'd like to thank those of you that supported me and participated in events during my time in the role (you know who you are 😊).

It's been great to see our ladies representing the club at the club champs' events over the past few months, we had a good turnout at the **Headington 5** with 10 RR ladies taking part, with **Helen Pool** first home for us, we also had **Julie Wing** flying the RR flag for us at the **Farnham Pilgrim Half Marathon**. Well done and thank you!

I'd also like to take this opportunity to remind you all of the work that goes on behind the scenes by the team captains. A lot of time and effort goes into putting teams together, contacting members and encouraging people to get

involved in club events.

These team events (Ridgeway relay, SEAA relays, XC fixtures etc) are a great benefit of being a club member and where events are club funded, please make the most of the opportunities available. **Please support your captains by turning out whenever you can, having** a strong club presence makes such a difference and is what makes these events so enjoyable.

With the **cross-country season fast approaching**, please support Tina's **XC taster session on 4th October** (more details can be found on the MyClubhouse event) if you've never tried cross-country before, it's a great chance to give it a go and see what it's all about.

Although I'm stepping down as Ladies Captain, I'll still be around and will try to get to as many XC events as I can over the winter. Hopefully I'll see plenty of familiar faces out on the courses!

Here's to plenty more miles, races and RR club spirit! 🏃

Claire 💚💙

Members' Favourite XC Moments

Tom Knight

Ahead of the 2026/27 Cross Country season starting, we asked members to share their favourite experiences and stories over the past years. Here's what they had to say...

"Puddle fun is always the win for me"

Sarah Richmond-De'Voy



One of mine is from Parliament Hill in 2022. I hurt my foot but still managed to get round. What I remember the most is the camaraderie and support of the team 💚💙💚

Tony Page

XC season is my favourite, so much so that I've also been the XC Secretary for Berkshire Athletics for the past 5 years! I have so many memories of mud and laughter, running in rain, wind and hail, coming back to the tent to find it flooded (Aldershot) or not even there (Parliament Hill) ... The photo is of when I fell over at Butser Hill, right in front of the support crew 😊

Sam Whalley



My favourite memories are when team mates have come to the finish to cheer me in, it makes such a difference & shows great team spirit.

Kerri French

My favourite club XC moment is undoubtedly the start of the Nationals/Southerns on Hampstead Heath: the excitement building as we gather at the allocated team slot, silence descending as we're called forward to the start line, then the starting gun firing followed by an exhilarating stampede up Parliament Hill! One of my overall favourite things in running!

Gary Brampton

Face first in the mud at TVT 2 years ago.

Tom Wright

The opportunity to do parliament hill!! The funny rituals like taping up your shoes.

Alex Bennell



At the last race of the season (Bracknell) a few years ago.

Angela Burley

Metros XC Uxbridge 2019. Rainstorm the night before swelled the 6-inch stream into a 3-foot-deep raging torrent. All got a waist deep soaking and some of the girls got swept away downstream!

Alan Freer

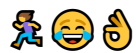
Cecilia disappearing below the surface of the water when the stream was flooded at Metros

🤿 **Peter Higgs**

My favourite memory has to be one of my first TVXC races. Bracknell were hosting and the race took place in Swinley Forest and the terrain was perfect XC conditions (by this I mean muddy). I was running along and tripped falling face first in a massive muddy puddle. My friend Sandy Sheppard who I thought would help me up ran straight past me because she wanted to beat me 🤔😂 always competitive! We're best friends now and that's what is so great about being part of a team and being a RR 💙💚

Tina Woffington

Drowning the poor MAC girl at Lightwater in 2023 🐣



Jon Green



Last year there was a very wet cross country at TVXC Lightwater (which is a great course with a bit of everything). All the trails were streams, so it wasn't sticky heavy mud, but clean splashy water.

Mike Worsfold



Always fun when we get a big turnout!

Mark Allen

Stan Eldon MBE: 1st May 1936 - 15th August 2016

Toni McQueen & Roger Pritchard

From Toni McQueen:

Stan was a sports reporter for the Chronicle. He always promoted Roadrunners at all of the races. Lots of photos and write ups. Stan also secured an annual donation from them for a good number of years, which in the early days of the club, swelled our bank balance. If I remember correctly, it was a 5-figure sum (should be in our banking history somewhere, I think it was about £100.00). Which was a lot of money back then. Especially when we were such a small club.

Stan always supported our events along with his lovely wife Marion. They were for a good number of years guests of honour at our Annual Dinner Dance, where Stan used to hand out the trophies and awards.



Unfortunately not too many people about now, with the knowledge of our club from back in the day.

From Roger Pritchard:

It was sad to hear that Stan Eldon died on the 15th August this year at the age of 90.

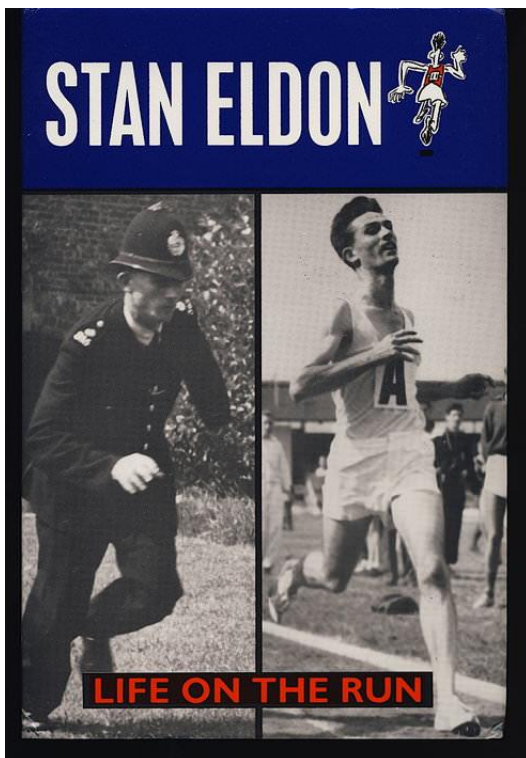
Co-founder of the Reading Half Marathon. International Cross Country Champion, former 5-mile, 6-mile and 10k British record holder, Wokingham policeman, charity worker, Reading sports personality and sports shop proprietor. Stan was awarded the MBE for organising and managing the Reading Half Marathon with his business partner, John London. Stan and John decided it would be a good idea to run twice weekly training sessions at Palmer Park, primarily for runners entering the Reading Half, but all runners welcome. The sessions were attended by members of Reading Joggers, Wargrave Runners, Finch Coasters and an assortment of unattached locals such as me.

After organising these well attended sessions for a few years, Stan and John decided it was time to retire. John London came up with a plan to keep the twice weekly sessions alive by getting the regulars to take over the sessions. John did this by encouraging attendees to form a new club based at Palmer Park. More on club history to follow, as this is about Stan Eldon. *(Ed - Roger has also written a story on the club's formation; this will be in an issue closer to our 40th anniversary).*

In Stan's days, all athletes were amateurs and not allowed to make money out of the sport. When Stan set up his sports shop in Reading, he had to write to the chairman of the British Amateur Athletic Board to get permission to use Stan Eldon Sports Ltd, as the name of his business, which at first was refused, but later approved. Stan and John not only organised the Reading Half, but they also organised the Reading Courage Half Marathon (run in the autumn and on a different course than the main Reading Half), the Oxford Half Marathon, the Littlecote Challenge at Littlecote House (called the Challenge because of its monstrous hill) and the Stratfield Saye 5-mile race.

My favourite story Stan told me about the Reading Half was when he had to jump out of the lead car and pull some barriers apart so that the leaders would go the correct way around the roundabout at the junction of Liebenrood Rd & Tilehurst Rd. Stan could not work out how the barriers became rearranged, missing out the roundabout altogether making the race short of the official distance. After investigating, it transpired that a young over-enthusiastic WPC assigned to the roundabout rearranged the barriers, because she thought it would be easier for the runners.

In Stan's competitive days, he would go over to Wargrave and train with Wargrave Piggott School teacher and former European 5000 metre champion Bruce Tulloh (Trivia, Bruce gave me a stop watch at the Wargrave 10k as a spot prize). During the Palmer Park sessions, Stan was such a good pacemaker, that I would get him to pace me around the track at 6-minute mile pace and every lap was spot on 90 seconds.



Stan missed a golden opportunity when Chris Brasher, founder of the London Marathon and Sweat Shop was approached by the CEO of 'Tiger' shoes, that later became Asics and asked if he would like to be the sole importer for their shoes. Brasher turned down the offer and put Stan forward instead, but Stan also declined and alas never became the Millionaire he could have been.

I should give Marion, Stan's wife a mention, as she used to produce the RHM results on the day in a caravan at the finish, without the use of timing chips and computers, fancy that! Sadly, it was at Marion's funeral, that I last spoke to Stan.

Stan published his autobiography 'Life on the Run' in 2002. Me and my old friend Arthur Abbott who was another regular at Stan and John's Palmer Park sessions (and former chairman of Reading Joggers) both have signed copies of Stan's book.

Palmer Park Race Nights (PPRN), 2026 – Recap & Reflections

Fergal Donnelly

Recap

Following a break in proceedings last year - due to track refurbishment - during which it was possible to stage one track event (5k), only, it was back to 'service as normal' this year with all three events – 5k, 3k, Mile – taking place between April and July.

It was important to re-establish momentum & help cement PPRN's place in what is a busy running calendar for everyone.

It has always been the aim of PPRN to appeal to a wide range of running abilities, and local clubs, so it was with such ambition we set out on our journey for 2026.



5k, 17th April

A promising start with 71 race entrants (59 starters) spread over three separate races.

1st race was won by Bracknell Forest runner Iain Heath in a time of 20:48 mins, followed by Roadrunner **Robert Houghton** & Finch Coaster Paul MacKenzie in 21:45 & 22:23 mins, respectively – the latter just pipping Izzy Williams (Reading AC & 1st lady) by two seconds.

2nd race was a closer affair with **Matthew Clover-McCann**, whose winning time of 19:55 mins was just 12 secs ahead of **Lay Hung** (20:07 mins) with **Harry Smith** a further 4 secs behind.

Roadrunners, thereby, featuring in all top 3 positions, with **Isabelle Hester**, 1st lady & fellow Roadrunner, in close pursuit crossing the finish line in 20:29 mins.

3rd & final race of the evening was well worth the wait with Roadrunner **Richard Percy** storming home in a magnificent time of 16:05 mins. An equally memorable performance from Lizzy Sheridan of Reading AC whose finishing time of 17:08 mins saw her finish in 2nd place (1st lady), with Isaac Peach, also of Reading AC, completing the top 3 in a time of 17:27 mins. A quick field with 9 of the 18 runners finishing sub 18 mins.

Overall, 40 Roadrunners entered the event, 30 (42%) of race entrants were female, with finishing times ranging between 16:05 – 28:31 mins. 10 running clubs were represented.

3k, 15th May



The 'rescheduled' event. Unfortunately, due to illness impacting multiple race officials, the event had to be postponed at short notice, from 8th to 15th May.

Understandably, this had a big impact on race numbers with just under 40% of original entrants having to drop out.

And so on we went with 32 race entrants (25 starters) spread over three races, including a separate Junior race.

1st senior race was a 1-2-3 for Roadrunners with **Robert Houghton** claiming pole position in 12:19 mins. It was the narrowest of margins splitting **Steve Dellow** in 2nd (12:56:3 mins) from **Chris James** (12:56:5 mins) in 3rd position, with Bracknell Forest runner & 1st lady Liza Kahanova slightly behind (13:00 mins) finishing in 5th.

2nd senior race resulted in a comprehensive victory for Roadrunner **Callum Evans** completing in 10:01 mins with Burnham Jogger, Daniel Fulbrook, finishing 2nd in 10:16 mins, just pipping Rob Sparkes (Finch Coaster) by one second. Roadrunner **Lisa Steele** was 1st lady, finishing in 11th position in a time of 12:15 mins.

There was a small field in the Junior race with Nolan Chencery (U18) of Reading AC managing the fastest time of the evening, 09:46 mins. Lucy Rennie (U18), also of Reading AC, was 1st female in a time of 12:15 mins, 4th overall.

Overall, 18 Roadrunners entered the event, eight (25%) of race entrants were female, with finishing times ranging between 09:46 – 16:20 mins. Nine running clubs were represented.

Mile, 3rd July

Race numbers were back up again and we had 71 entrants (66 starters) spread over six races, including two separate Junior races.

Also, for the first time, PPRN featured in Roadrunners club champs' series as part of an effort to introduce some shorter distance races into the overall championship.

For the purpose of brevity, 1st male & 1st female only are listed:

- 1st Senior race: William Chikowore (U18), 06:19 mins (M), **Sapna Odlin** (RRR), 07:28 mins (F), 2nd
- 2nd Senior race: **Chris James** (RRR), 06:03 mins (M). Nicola Davies (MAC), 06:58 mins (F), 9th

- 3rd Senior race: Will Burkitt (MAC), 05:31 mins (M). Susan Francis (RAC), 05:55 mins (F), 5th
- 4th Senior race: **Richard Pearcy** (RRR), 04:39 mins (M). Sophie Crumly (RAC), 05:06 mins (F), 3rd
- 1st Junior race: Isla Laurie-Pile (BAC), 05:29 mins (M). Thomas Loveridge (MAC), 05:46 mins (M), 2nd
- 2nd Junior race: Wilf May (RAC), 04:53 mins (M). Shreyas Gandhi (RAC), 05:22 mins (F), 7th

Overall, 33 Roadrunners entered the event, 22 (31%) of race entrants were female, with finishing times ranging between 04:39 – 10:54 mins. Six running clubs were represented.

Reflections

It's fair to say PPRN achieved its No.1 goal, that of getting the show back on the road and ensuring a full series of events was completed. It was unfortunate the 3k event had to be rescheduled, and at short notice, but these things happen and we're grateful to all for their understanding.

Race numbers were down on previous years – we've had closer to 100 runners at some events in previous years. This may be partly attributable to the disruption in 2025, due to track refurbishment, which can adversely impact momentum. In addition, we encountered a delay in promoting the race series due to track certification requirements & availability. Plus, as we know, it's a busy running calendar for all and it's not always possible to schedule events on preferred dates, for a variety of reasons. Despite this, race entries for two of the three events were still quite positive.

Roadrunner participation levels were pleasing with 40 members signing up for the 5k, in particular. PPRN's inclusion in the club champs was also a welcome addition with another healthy turn-out from Roadrunners in the Mile event. Female participation was particularly high in the 5k – 42% - reflecting much closer the club's demographic. And the range of finishing times reflecting ongoing effort to appeal to a wide range of running abilities.

Increased participation from local clubs (i.e. more runners from existing clubs) as well as encouraging more of our own (RRR & RAC) runners will be key, moving forwards.

Overall, 2026 was about getting PPRN back on the road. Ideally, we'd like to get to the point where we are getting closer to 250 runners across the three events. And that will be the challenge for 2027.

Finally, and very importantly, PPRN would not take place without the support of **Volunteers**. From the Reading AC race officials through to Roadrunner volunteers the team has worked brilliantly together and, hopefully, enjoyed the slightly different experience of helping at track events (versus road or cross country, more usually). As always, the feedback from runners was very positive. Big thank you to ALL our Volunteers from co-organiser, Julie Rayfield & myself.



Collectively, we helped raise a few hundred pounds for club charity – **Chemogiftbags** – via sale of refreshments each evening. It was rewarding to see founder, Lynn, and her husband at our events. The story of Chemogiftbags is a very inspiring one and a real illustration of what community is all about.

Fergal Donnelly PPRN, on behalf of Reading Roadrunners & Reading AC

Coaches' Corner

Kerri French

Track Etiquette as the Nights Draw In

As the evenings get darker and the weather starts to turn, we're seeing more members making use of the track, which is great to see! With more runners sharing the track, however, it's important that we all remember the track rules and show consideration for our fellow members.

Please make sure you follow the club's track etiquette, particularly when sessions are busy. Be aware of other runners around you, use the correct lanes and overtaking procedures, and listen to coaches and session leaders when they give instructions.

A busy track is a sign of a thriving club, so let's keep it that way by making sure everyone can train safely and enjoyably. A little awareness and courtesy goes a long way!

Particularly giving each other plenty of space when overtaking, not bunching up, not cutting in front too closely and following the track rules which are:

- Always look before entering, crossing or leaving the track.
- Always look before changing lanes.
- Overtake on the right when in lanes 1 & 2.
- Keep to the left when using lanes 1 & 2
- Use lanes 5 & 6 for warm ups, cool downs and recoveries.
- Be alert to other track users: no spitting; no headphones; no bottles to be carried.

If you see others breaking the rules, call 'TRACK' and report the facts to your Coach.



Thanks everyone, and happy running!

Charity Update

Sam Whalley

If you follow the Reading Roadrunners members group on Facebook, you will have seen my delight that Chemogiftbags would receive £6000 from the company M&G's community charity fund, having been nominated by employee and fellow club member Liz Johnson, and voted for by her colleagues. When I informed Lynne from the charity, she had already heard from M&G, but thought it might be a scam, as it sounded too good to be true! Needless to say, she was over the moon. A huge thank you to Liz for thinking of Chemogiftbags.

I was also really pleased to receive a message from the Dinton Pastures parkrun team, who had been offered a donation of £150 from the parkrun tourism group, Cowfest, in return for hosting their meet-up at that parkrun over the summer. The team couldn't think of anything they needed, so the donation was made to Chemogiftbags instead. Thank you so much to Dinton Run Directors and Roadrunners Paul Mackenzie, Dan Rickett, Martin Douglas, Anna Balogh and Ashley Pinder, and non-RR RDs Beccy Harris and Lee Davies for their generous suggestion.

As you may already know, October is Breast Cancer Awareness Month. With that in mind, we have a couple of events coming up.

- On Thursday 1st October, the weekly outrun will be from my house near Southlake in Woodley. The theme will be 'Wear Pink', and it will be followed with cake! I'd love it if everyone who participates could bring £1 for the charity pot. I'm also hoping Lynne and Steve from the charity will pop over to say hi (well, they do live just next door!). Run-wise, there will be a 3-mile led by me, and a 5-mile

led by Tony Page. If anyone would like to come and lead a walk, that would be great. If you'd like to come along, please do sign up on MyClubhouse:

<https://readingroadrunners.myclubhouse.co.uk/Events/Calendar/View?id=450>. There's no limit on numbers, but I don't want to run out of cake! My address will also be visible on sign-up.

- At the other end of the month, on Friday 30th October, there will be a revival of Roadrunner favourite 'Singo Bingo', at Beechwood Primary School in Woodley. For £10 you will have a couple of games of bingo and more fun than you could ever imagine! There will also be a small raffle, other games (host Emma says she has some good ones lined up!), and a Silent Auction.
- The Silent Auction is something new I'm trying for a change. There are various things on the list, from hand warmers to Formula 1 merchandise, to a tractor driving lesson. The list keeps growing, and you can view everything so far in this album: <https://photos.app.goo.gl/M7SMSZD6jsTznJRy7>. Browse the album, then on the night place your bid in the relevant envelope. If your bid is the highest, you win the item!
- The sign-up link for Singo Bingo is here: <https://readingroadrunners.myclubhouse.co.uk/Events/Calendar/View?id=428>. Bring friends and family, and bring your own drinks and snacks if you like.
- The charity still has tickets for its 'Christmas Quiz' in Wokingham on Friday 27th November. Information and sign-up are here: <https://www.peoplesfundraising.com/event/CGB-Xmas-Quiz>.

Details of other fundraising opportunities for businesses are on this page:

<https://www.chemogiftbags.org/business-support/>

If you are hosting an event yourself or undertaking a challenge, you can donate (or get friends and family to donate) to Chemogiftbags through this link: <https://www.givewheel.com/fundraising/14064/reading-roadrunners-club-charity-chemogiftbags/>

I will be selling old-style club kit at the track on Wednesday 30th September, in time for XC season. Cash or card payments will be accepted if you see anything you fancy.

And finally, I am still selling unwanted items on eBay, so continue to send them my way. Thank you if you have done so already; I can't believe Steve Dellow has anything left in his house! The total sold currently stands at £187.00.

Thank you, everyone, for your continued support for Chemogiftbags.

Roadrunner Ultras

Gary Brampton



I spent a good deal of time at the end of August watching the live stream of UTMB World Series finals races. The coverage is amazing given the terrain on which the camera operators are working. Highlights are available to watch on YouTube if you are interested. I was strangely reassured to see how many of the leading runners took tumbles, it made me feel a bit better about my own clumsy negotiation of the local trails. Perhaps it's a bit of a metaphor for life in general; keep primary focus on the next few steps or you could easily end up flat on your face!

Closer to home, the Chiltern Wonderland is a fantastically well organised 50 miler which starts and finishes at Goring village hall and takes in some lovely but challenging sections of the Chilterns, including an ascent of 'Chitty Chitty Bang Bang Hill', with its iconic windmill. **Gary Tuttle, Izzy Hester** and **Leigh Boswell** managed to complete the picturesque loop this

year.

Elsewhere the inaugural Tapyard Ultra took place, a 50km run between the Ramsbury and Renegade breweries which I believe will change direction each year. **Chris Moseley, Mark Allen** and **Pete Morris** were all no doubt pleased to finish their efforts at a brewery on a hot day! The race name is a play on the now famous Backyard Ultras, a format devised by the evil genius of ultramarathon race concepts, Lazarus Lake. All you have to do is run a just over four mile loop in an hour. Then do it again. And again. Over and over and over and over again until only one runner remains. Roadrunner Ian Horritt took part in one of these recently and has written about his experience below.

As ever, race reports on the above mentioned events or any ultramarathon related articles are welcomed, please email to results@readingroadrunners.org

Rasselbock Backyard Ultra: Hardwick Hall, September 2026

Ian Horritt

This was my 3rd backyard and 3rd time with Rasselbock. If you're not familiar with the format: on the one hand it's very simple: as many laps of a 4.161 mile loop as you want / can, starting and finishing on the hour every hour. On the other it's one of the most complicated things I have ever done in running, but I'll get to that.

The weather was good this year: mild and no rain forecast, not too cold overnight. I arrived with my crew (14 year old son) the night before and we camped on site. There were a few other runners to chat to, most who had not done a BYU before and had no idea what to expect. We helped a bit with the set up and went to bed.



Kick off was 10am and about 130 runners set off on the first loop ('yard'). With an hour to run just over 4 miles it isn't a test of speed and this year I knocked it back to try and finish each loop between 52 and 55 mins. In previous years some of my early ones had been <45 mins and I was looking to avoid that and keep it back for later.

Runners either have their own little shelter with a chair, food, etc or there is a communal tent with some refreshments provided and a bit more camaraderie. I have only ever used the communal tent and did so this time. You don't really need a long time between yards: 5 mins is plenty to eat, drink, have a pee and tend to any blisters or change shorts, etc.

Things rolled on with yard after yard. Every so often you hit a landmark distance (half, marathon, ultra, etc) where a lot of people stop and the field thins out. When the sun goes down headlamps become compulsory. People drop out either by not starting a loop (quitting in the chair) or failing to get round one in time. The number of athletes remaining is displayed on a board and the last person standing is the winner- with the rest DNF.

In previous years I had just wanted to see what would happen and I did 16 in 2024 (the rain was torrential overnight) then I did 17 last year for a PB and stopped. This is where the complexity comes in: I am sure we have all done races where we think 'why did I start this?' but it's quite something else to do one where the question in your mind is 'when / why do I stop this?'. There is plenty of time to ask other people when they will be stopping and the answers can vary from 'I want to do 6' to 'as far as I can go'. It can get quite

existential thinking about when to stop for hours in the dark.

So, my target was this year was 24. As we approached evening and it started to get dark I was telling myself to calm down as you're only halfway, long way to go, etc. I tried to compare it to a 10k and tell myself I was just easing into the 2nd half and needed to power through.

The night time yards are hard: fewer people, less to see, increasing aches and the campervan looking very tempting when I passed it every lap. But I pushed on and was looking forward to the sun coming up, which it did at about 0530 with a beautiful red sunrise. There's also a buzz about the night yards as long as it's not too cold / wet.



By that time I was running with the same 4 or 5 people and sticking to that ~55 min pace, It was getting harder and harder to start from a stop and run from a walk but I didn't really have other issues. Learning from previous years I was eating a mix of my usual food and sugary energy stuff, Coca Cola is a god send!

After the sun came up it was 3 to go and they were the hardest of the race but we got it done and I managed 24. Strava had it at 161.8km in 24 hours and 12,419 calories.

Reading Roadrunners Committee Meeting

Tuesday 1 September, 7pm Online

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, Ian

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

None.

Review of actions

Pip suggested that we use a different person for the account sign off next year, and that the new person should also help to advise on corporation tax.

In addition to Up & Running doing an event, other suppliers (e.g. nutrition) could do a roadshow on a Wednesday night. It could make use of the clubhouse and drive some footfall in there.

Chair's report

- I have a call next week, with Jamie and the race committee for Bramley.
- Carl has been approached to see if we as Reading Roadrunners will supply marshals for the London marathon on Saturday (as well as Sunday).
- Stan Eldon has passed away. Toni McQueen is going to write an obituary for the newsletter

Treasurer's Report

Profit and Loss

Reading Roadrunners

For the month ended 31 August 2026

Account	Aug 2026	Jul 2026	Year to date
Turnover			
Event income	5	104	51,444
Kit sales	0	0	75
Membership	478	654	24,514
Social income	0	0	2,003
Total Turnover	483	758	78,036
Cost of Sales			
Affiliation Fees	138	0	8,686
Events	387	0	36,214
Social	0	192	4,583
Track Hire	0	2,963	7,810
Total Cost of Sales	525	3,155	57,293
Gross Profit	(42)	(2,397)	20,743
Administrative Costs			
Accountancy	420	0	521
AGM	0	0	330
Charitable Donations	344	0	11,714
Coaching	450	64	514
Equipment	0	0	200
Insurance	0	0	232
IT Software and Consumables	0	680	2,256
Training Courses	68	0	691
Travel - National	0	0	30
Trophies and Awards	0	0	1,755
Total Administrative Costs	1,282	744	18,243
Operating Profit	(1,324)	(3,142)	2,501
Other Income			
Charity donations received	88	0	230
Interest Income	205	231	1,556
Total Other Income	292	231	1,786
Profit on Ordinary Activities Before Taxation	(1,032)	(2,910)	4,286

Key Outgoings/Receipts

- Again, there's been a fairly small amount of activity this month- we continue to receive a small amount of membership income now the main renewal period has finished from new member sign-ups. Event income/costs relate to the Palmer Park race night and the cost share of the Vets League to Reading AC
- Social costs relate to the clubhouse hire on Wednesday nights
- There were two significant payments in July- the annual renewal of the website domains and the Q3 Palmer Park track hire.

Other Business

- Corporation tax assessment remains the next priority and updates to the mandate.
- Cash balance at the end of Aug26- £123K

Membership Secretary's Report

Membership currently stands at 490. Of the 129 people attending induction sessions since 27th February, 62 (48%) have subsequently applied for membership.

I have altered the standard membership approval email wording to make it clear that payment is required to complete the process in the first paragraph rather than at the end of the email, as was the case, because there were instances where applicants had not realised.

Gary will think about the change to the membership card colour.

General Secretary's Report

- Carl has carried out the draw for the marshal places for the London Marathon Ballot. I am waiting to hear how many places we will be allocated (and if they will be linked to a specific day) before doing the draw. Last year the draw was in late November.
- Track has been booked with Palmer Park until the end of Sept. Q4 will be booked soon.
- I have sent an invoice to Wargrave and Twyford for their use of the track in Sept.

Social Media

- Tom would like to connect with the Bramley team when they are ready to discuss social media, so he can help with account access but also agree on a joint comms plan for posting content. Mainly to avoid Bramley posts clashing with other club announcements (e.g. inductions, charity events) and thus being pushed down the feed.
- Tony is keen that we start to celebrate successes and achievements, for example the committee or captains recognising runners (in addition to Medal Monday). Would be good to do this in a standard way with a structured format.

Social Secretary's Report

Role is vacant.

Coaching Report

- It's been business as usual for the Coach team, with a variety of sessions on offer over the summer including off track alternatives for members to participate in.
- Track numbers have seen a small rise of 8-11 athletes on a Friday, and stabilised on a Wednesday with 20-30 at the 5pm session and 60-80 at the 6:30pm session.
- Coaches have been advised to approach non-members training before our session that we have the track booked and escalate this to Better Leisure reception team if necessary.
- Induction booking is now fully embedded with My Club House offering two per month and regular comms to promote them on our public & internal social media.

TVXC at Prospect Park

- An Email has come in from the council with a lot of questions including for us to provide details of parking arrangements.
- Tony Page offered to contact schools about parking

Clubhouse

- The Clubhouse hasn't been open for a few weeks due to holidays and Reading AC using it.
- Committee suggests reducing to opening once a month, and make more of an event of it.

Agenda Items

London Marathon

- Carl W has had a meeting with the London Marathon team who are asking for volunteers for both days.
- Carl is willing to be team leader for both days.
- Mike to set up an Event on MyClubhouse and send out email to get people to sign up and specify which day.

Life Members

- Process to be run as normal this year. Mike to kick it off. Gary to provide list of people who have been members for over 10 years.

Cross Country Taster

- We have arranged a Cross Country Taster event in early October. The Bull pub in Theale has been booked. This needs to start to be promoted. Kerri to ask if coaches can encourage people to go.

AOB

None

Next Meeting: 19:00 Tuesday, 13th October – Online

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

Please email results to: results@readingroadrunners.org

July 26th

San Francisco Bridge Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
589	Helen Campbell	1:51:54
	(1st VF60)	

Maidenhead Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
89	Chris Harding	2:11:46

July 30th

Battersea Brewery 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
50	Linda Wright	41:42
	(1st VF70)	

Heart of the Lakes Rydal Round Fell Race

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
19	Mark Apsey	1:39:39

August 2nd

Vanguard Way Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
33	Pete Morris	7:38:00

August 5th

Yateley 10k Race 3

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
8	Callum Evans	34:39
82	Fergal Donnelly	41:48
100	Katherine Foley	42:39
113	Gareth Griffiths	43:27

133	Helen Pool	44:10
233	Ian Giggs	48:18
353	Alex Bennell	53:01
386	Martin Douglas	54:47
480	Rhys Penny	58:30

August 6thCotswold Ultra (57 miles)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Gary Brampton (1st VM60)	12:26:17

August 7thPhoenix Friday Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Brian Grieves	4:04:23
35	Martin Bush	5:58:14

August 9thNewbury Racecourse 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
166	Linda Wright	45:46

Newbury Racecourse 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
273	Liz Sarjent	1:09:41

Newbury Racecourse Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
83	Caroline Monaghan	1:51:41
112	Paul Monaghan	2:01:50
187	Pete Morris	2:23:48

Burnham Beeches Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
26	Nikki Gray (1st VF40)	1:30:48
44	Gavin Rennie	1:37:25
55	Mary Janssen (1st VF60)	1:40:23
198	Gary Clarke	2:17:28

August 16thRamsbury Gold 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
58	Mark Allen	54:20
171	Glen Parker	80:53

August 19thBattersea Park 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
25	Phil West	18:08

Battersea Park 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
506	Pete Morris	62:29

August 20thDinton Pastures 5k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Brian May	19:52
16	Glen Parker	21:02
28	Ed Dodwell	23:32
43	Paul Mackenzie	26:04
53	Sam Briggs	28:05
140	Linda Wright	50:10

Dinton Pastures 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Harps Hansra (1st female)	41:56
8	Callum Pitfield	43:40
9	Abdul Anwar	43:41
38	Julie Sugden	50:18
42	David Caswell	51:35
87	Heidi Cunningham	59:48

August 23rdHeadington 5

(Club Championships)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Tom Knight	29:16
24	Simon Rumsby	29:20
51	Mike Turner-Hibberd	31:24
72	Glen Parker	32:17
85	Helen Pool (1 st VF50)	33:03
89	Daniel Musker	33:10
97	Mike Worsfold	33:57
106	Pete Jewell	34:08
120	Mary-Ann Dent	34:56
125	Tom Wright	35:01 PB
165	Alan Freer	37:12
179	Holly Curtayne	37:25
205	Chris James	38:58
228	Bryan Curtayne	39:37
266	Catherine Leather	42:19

320	Tina Woffington	46:44
331	Kerri French	47:23
340	Gary Clarke	48:08
395	Eddie Thorpe	55:08
415	Cecilia Csemiczky	58:46
418	Gemma Funnell	61:28
425	Carl Woffington	68:07
430	Julie Wing	73:41
431	Linda Wright	75:40

August 30thWindsor Trail Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5	Simon Rumsby	1:30:02
18	Glen Parker	1:40:54

Longford Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
156	Caroline Monaghan	4:09:01
189	Paul Monaghan	4:26:47
252	Pete Morris	5:14:15
264	Martin Bush	5:23:11

September 5thHardwick Hall Backyard Ultra

<i>Yards</i>	<i>Name</i>	<i>Distance</i>
24	Ian Horritt	100 miles

Tapyard Ultra (50k)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
3	Chris Moseley (1st VM40)	4:07:56
130	Mark Allen	7:06:33
147	Pete Morris	7:45:50

September 11thPhoenix Friday Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Brian Grieves	3:58:10

September 13thChisinau Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
162	Caroline Monaghan	4:11:44
299	Martin Bush	5:08:15

304	Pete Morris	5:12:19
309	Paul Monaghan	5:21:26

New Forest Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
21	Stephen Ingledew (1st VM60)	3:13:56
259	James Redburn	4:15:01

New Forest 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
312	Amanda Redburn	1:02:39

Chippenham Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
156	James Wilkinson	1:33:49
654	Ben Fasham	1:59:42

Exeter Autumn Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
11	James Parry	1:30:18

Farnham Pilgrim Half Marathon

(Club Championships)

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
24	Mike Worsfold	1:55:09
47	Adrian Cull	2:04:52
72	Mark Allen	2:13:17
94	Steve Dellow	2:20:47
197	Julie Wing	4:18:07

Great North Run

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
201	Katherine West	1:18:19

Worcester City 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
39	Alex Westcott	37:15

September 16thVeterans AC 10000m Open Masters Championship –Race 2 of 3

<i>Pos</i>	<i>Name</i>	<i>Gun</i>
4	Fergal Donnelly	40:08

September 19thChiltern Wonderland 50

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
19	Gary Tuttle	8:48:48
109	Izzy Hester	10:50:14
174	Leigh Boswell	12:10:56

100 Marathon Club AGM Run, Newbury

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
22	Paul Monaghan	5:06:36
23	Caroline Monaghan	5:06:38
48	Martin Bush	6:13:39

September 20thThames 10k

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
4	Chris Lucas	36:24
15	Harps Hansra	40:02
35	Jonathan Lloyd	44:54
74	Paul Russell	48:59
175	Heidi Cunningham	59:56

183	Kerri French	61:21
200	Liz Sarjent	63:31

Copenhagen Half Marathon

<i>Pos</i>	<i>Name</i>	<i>Chip</i>
5432	Brooke Johnson	1:30:48
5717	Sam Heaver	1:34:11
10956	William Shillibier	1:40:19
11377	Elizabeth Johnson	1:41:02
20613	Kayleigh Lambden	1:54:23
23192	Elizabeth Ganpatsingh	1:57:40
25248	Amy Williamson	2:00:06
26008	Qasim Abulas	2:01:25
27300	Ellis Breese	2:03:52
27461	Catherine Leather	2:04:09
28332	Roger Ganpatsingh	2:05:52
29199	Lauren Prior	2:07:53
37646	Andrea Tallis	2:33:35

August & September Medal Wall

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

