NEWSLETTER
OCTOBER 2026

It's that time of year again,
Cross Country is back!



Well done to all who took part in the opening Hampshire & TVXC races!

Editor's Intro

Tom Knight

Welcome to the October Newsletter!

It's been a busy month as the start of Cross-Country season overlaps with the peak of Autumn races. Which, judging by the size of the results section and medal photos at the end of this newsletter has been highly successful for many of us (myself included). Whatever you took part in, hope you had fun, and achieved whatever goal you had 😊.

Linked to the above, we have another content-heavy issue this month. In addition to our excellent regular columns, new Women's Captain Anna Balogh reflects on her first month in role, Colin Cotell introduces our new home TVXC fixture at Prospect Park and Kerri French shares our new Sunday River Runs initiative. Plus, Paul Monaghan returns after a while to report on one of his recent Marathon adventures, this time from Budapest.

As always, we welcome any member to write for the newsletter, we are particularly looking for content and ideas ahead of our 40th Anniversary in January. If you'd like to contribute with a story of your own, please email newsletter@readingroadrunners.org by Wednesday 25th November.

Happy reading!



Chair

Tony Page



chair@readingroadrunners.org

The clocks have gone back, but there's no slowing down at Reading Roadrunners! From autumn marathons to championship celebrations and muddy miles ahead, there's plenty to celebrate — and every reason to get involved.

Marathon moments

Well done to everyone who tackled an autumn ultra, marathon or half marathon, and good luck to those racing this weekend. I hope your training pays off! My Dublin Marathon last weekend, on minimal preparation, reminded me that the distance deserves respect — a lesson my legs won't forget in a hurry!

Club Championship achievers

The final two championship races are complete. At the last, the Cabbage Patch 10, I won my age category and a top raffle prize — quite a double! Congratulations to everyone who completed five qualifying races: podium or not, that's an achievement to celebrate. The top three in each age category will receive trophies at our awards night on Saturday 13th March.

Help our team captains make next year even better through their survey, especially in gender and age categories with only one or no qualifiers. Managed two or three races this year? Tell us what would help you reach five next time!

Supporting "Let's Lift the Curfew"

We're supporting This Girl Can's "Let's Lift the Curfew" campaign to amplify women's voices and make outdoor activity safer and more inclusive. With GLL (Palmer Park Management), we're providing a session on Thursday 29th October, meeting at Palmer Park. Thank you to Kerri French for leading our contribution!

Bring on the muddy miles!

The first TVXC and Hampshire League races are behind us, with a busy November ahead. Our December fixture needs volunteers: it's great fun, and some roles let you race too. Whether you're running or lending a hand, come and be part of it!

Finally, a warm welcome to Anna Balogh, who took over from Claire Seymour as women's captain this month and had her first taste of cross-country at the Metros race!

Men's Captain

Chris Moseley



teamcaptains@readingroadrunners.org

The Race Results section of the newsletter shows that plenty of you have taken part in Autumn races around the country and around the world this month: from Sydney to Loch Ness and plenty of places in between. Congratulations if you achieved a PB or other running goal!

We ended September with the SEAA Road Relays at a warm and sunny Aldershot Arena. For more details of that, see the article on the club website: https://readingroadrunners.org/2026/09/reading-roadrunners-take-on-the-seaa-road-relays/



Less than 24 hours later I ran the Waingels Woodley 10k: a nice new race helping raise money for my kids' school PTA. Others took part in The One on the Trail (Marlow) 10k that morning, part of the club championships. **Harry Smith** stormed home in 1st place and Roadrunners completed a clean sweep in the age categories: **Dan Musker** 1st MV40, **Bryan Curtayne** 1st MV50 and **Alan Freer** 1st MV60.

A few weeks later we had the final Club Champs race of the year: the Cabbage Patch 10 miles. **Tony Page** was our first finisher (1:11:47, 372nd place). It was good to include this race again although it's a shame more of us couldn't take part as it sold out so quickly. If you have any feedback about this or any other races in this year's club champs, please look out for our quick survey, coming out soon!

In between the 2 club champ races, we had the start of the cross-country season.

Five Roadrunners took a trip down to King's Park in Bournemouth to run the first Hampshire Cross Country League race of the season. **Tony Page** finished 134th (19th V50) but we didn't have enough men to score in the team competition. Hopefully we'll have a much better turnout at the next Hants XC fixture hosted by Reading AC at Dinton Pastures on Saturday 14 November.

The TVXC league has also started with 26 runners including 6 debutants running the Metros race on 11 October. Although the course was dry this year with only a small stream to cross, the old ski slope doesn't get any flatter! **Chris Lucas** kept with the lead pack and surged ahead in the final stages to take victory. Both the men's and women's teams finished in 3rd place. The next TVXC race is Datchet on Sunday 8 November.

Also, in November we have:

- TVXC Sandhurst at Lord Wandsworth College on Sunday 22 November;
- Berks, Bucks and Oxon (BBO) XC at Broughton Castle, Oxfordshire on Sunday 22 November;
- SEAA Masters XC at Lloyd Park, Croydon on Sunday 29 November – open to all members aged over 40.

For more details of all the cross-country races, and to sign up, go to:
https://readingroadrunners.myclubhouse.co.uk/Events/Calendar/

These races are open to **all abilities,** and I would encourage everyone to give them a go. Yes, you may get muddy. But they're fun friendly events and a good way to meet other club members. The TVXC races even provide sandwiches, cake and hot drinks afterwards. If you have any doubts or questions, please speak to me or Anna, or anyone at the club who's taken part before.

Chris

Women's Captain

Anna Balogh



teamcaptains@readingroadrunners.org

Well, that's been a whirlwind! My first month as Women's Captain has gone in the blink of an eye - it feels like I haven't stopped. I'm grateful and chuffed that the club has trusted me with taking on this role. Being a relatively new club member it's exciting and daunting, but most importantly a brilliant opportunity to bring a fresh perspective and revel in my strength of organising things and getting to know people. As well as improving my understanding of what belonging to the club, training, racing and championships means to the women in Reading Roadrunners. Many of you have been a member for several years and what is very clear to see is that there's a real sense of pride in being a Roadrunner. It's lovely to see how many friendships have been formed through the club community. The support, appreciation and praise for each other comes through loud and clear.

Autumn is now well and truly here, and for many of you this is synonymous with the start of the cross-country season. A cross-country Taster event took place a few weeks ago, led by Chair, Tony Page, which I know has inspired several of you to give XC a go in anger. You can revisit the content that was shared, in this Club Facebook post: (link here)

There's also an article (link here) on the Club website about the opening weekend of both the Hampshire and Thames Valley XC leagues — with the latter including first time XC participants. Hope you all enjoyed it and will be back for more. And for those of you more experienced at it, I hope and wish there's more mud to enjoy in the upcoming races of the XC season.



October also saw the end of the Club Championships, with Cabbage Patch 10 being the final race. Congratulations to all members who managed to get a spot in this race — I hear it sold out super quickly! In all seriousness, well done to everyone who took part in this race or in the rest of the championship. Have a read of Bob's article for more details on the overall championship results. A bit more later on about one specific achievement at Cabbage Patch 10, but talking about the club championship leads me nicely onto my next point…

Chris (Men's Captain) and I will be sending out a survey to understand how fellow members feel about the Club Championships. We want to know what you like about it and what would make them better. Please look out for receiving an email with a link to the survey, and we would really appreciate if you could please complete it. Hopefully next year we will be able to put on an even more attractive set of races for the Club Championships.

We have had some notable results recently by club members. In the recent Cabbage Patch 10 race, **Kerri French** achieved a course best by 31 minutes and a 10-mile PB by 4 minutes - breaking a 14-year-old previous best! Not only did she train hard to do well for herself, she has been coaching **Yianna Papadaki**, who got a whopping 12-minute PB at the Cardiff Half Marathon, completing the race in 2:17:32. Congratulations both!

Last, but by far not the least, **Catherine Leather** absolutely smashed the Abingdon Marathon, where she qualified* for next year's Boston Marathon (one of the Marathon Majors) with a finish time that was nearly 10 minutes under the qualification requirement for her age group. A brilliant job, let alone the fact that she ran this race 25 minutes faster than she'd last done, 13 years prior.

Next time you see any of these amazing women be sure to congratulate them.

*This will be officially confirmed next year.



With the extreme summer heat now behind us, looking at the various Facebook posts, Roadrunners Women were busy taking part in various races on top of those mentioned above. See the results page further along for more details — whatever race you competed at, I hope you enjoyed it and wore the green and blue vest with pride. I certainly did at the Frieth Hilly 10k - see the big smile on my face!

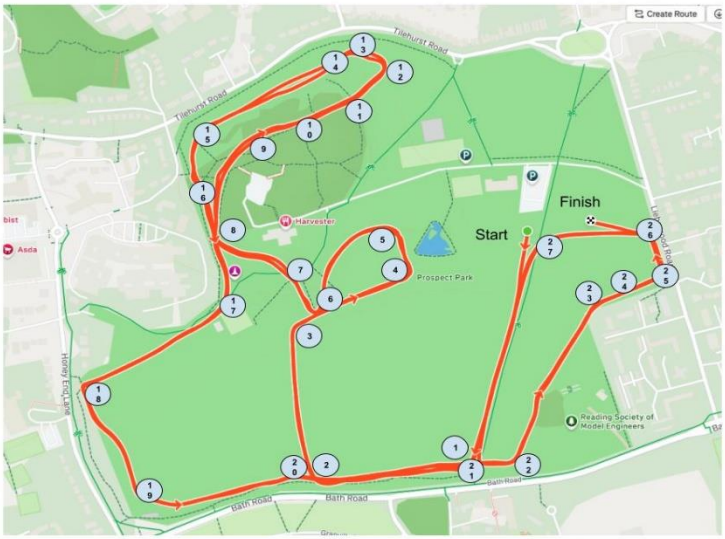
I'm keen to hear about everyone's successes. Please let me know if there's any running achievement that you want to shout from the rooftop. I've enjoyed meeting many of you at track and at Hillingdon (Metros) TVXC race, and I hope to meet even more of you throughout the next few months. I'm usually at track at the 5pm session on Wednesdays - if we haven't met yet come and say hi, and I'll look out for any new faces too to introduce myself. I've signed up to all the upcoming TVXC events, so I'm really looking forward to seeing many of you there and represent the Club together.

TVXC – Gear up for Prospect Park on December 6

Colin Cottell

December the 6th has been confirmed as the date of our Thames Valley Cross-Country fixture. This year's event is being jointly hosted by ourselves and our near neighbours Reading Joggers, who are new to the League this season.

Also new this year is the venue. Following its redevelopment, Ashenbury Park is no longer suitable for cross-country so this year our fixture will take place in Reading's Prospect Park. The 9.2km long course is two laps (see map) and will be very familiar to those who've run in the Hampshire League. Expect it to be muddy and slippery in places with a couple of challenging hills, so spikes or trail shoes (not road shoes) are a good idea. The race starts at 11.00am. If you plan to run, please sign up on myClubhouse.



Refreshments will be available courtesy of Toni McQueen and her team. As always, we will be looking for club members to provide, cakes, buns, sandwiches, crisps, biscuits, etc. Please give them to Toni before the race begins. Please ensure all food is in date and labelled appropriately with allergen information. As we are a plastic free event again this year, please bring your own cups or mugs.



This event can't take place without an army of volunteers. Although most of the roles we need to fill are for course marshals, there are a variety of others that are equally vital. These include, timekeeping, funnel management, recording finishers and giving out finish tokens, course set up and takedown, van loading (including from Palmer Park on Saturday December the 5th) and unloading and car park marshalling. Some of these, car park marshalling and course set up will allow you to run.

If you can help with any of the above, please could you email our Chief Marshal, Helen Dickens (helen.dickens07@gmail.com) indicating which roles or roles are of interest. If you haven't helped at one of our races before, don't worry as if you let Helen know she can ensure you're paired with someone more experienced who can show you the ropes.

Whether you're running or helping out on December 6 everyone can contribute to what we expect to be a great event.

Colin Cottell
Race Director

Coaches' Corner

Kerri French

Why Cross Country is so good for runners

As runners, we can sometimes get a little obsessed with pace. We watch our splits, chase PBs, compare sessions and worry when the watch tells us we are a few seconds per kilometre slower than we were last week.

Cross country is a wonderful antidote to all of that.

Instead of perfectly measured roads, predictable surfaces and staring at your watch, you get mud, grass, hills, puddles, tree roots, twists, turns and the occasional battle with the weather. And that's exactly why cross country is such fantastic training for runners.

It makes you strong

Cross country asks much more of your body than running on a flat, predictable surface.



Soft ground, mud and uneven terrain make your muscles work harder to stabilise you. Hills develop strength in your legs and lungs, while changes in surface and gradient constantly challenge your stride. You are effectively getting a strength and conditioning session while running.

Running uphill builds power and strength.
Running downhill teaches you to control your body when fatigued. Uneven ground develops balance and stability. And repeatedly changing pace and effort teaches your body to respond to whatever the course throws at you.

The result? **Stronger, more capable and more resilient runners.**

That strength can then transfer back into your road running. A 5K, 10K or marathon can feel very different when you've spent the winter running through mud and over hills!

It makes you resilient

Cross country also teaches something that isn't easily replicated in a perfectly controlled training session: **resilience**.

Sometimes the conditions are horrible. It's raining. It's windy. The ground is ankle-deep in mud. Your legs are tired. The hill you've been trying to forget is suddenly right in front of you.

But you keep going.

You learn to adjust your effort, accept that your pace might be slower, concentrate on the runner in front of you and keep moving when things get uncomfortable.

That's hugely valuable.

Running isn't always about feeling good. Racing isn't always about hitting the pace on your watch. Cross country teaches us to respond to the conditions rather than fight them.

And there is something very satisfying about finishing a race absolutely covered in mud, knowing that you've given everything!

Forget the watch

One of the best things about cross country is that pace becomes almost irrelevant.

A kilometre of muddy, hilly cross country is not comparable with a kilometre on a flat road. Your pace might be slower, but the effort can be considerably higher.

That gives us a chance to run by **feel** rather than numbers.

How hard are you working? Can you respond to the person ahead? Can you push over the top of the hill? Can you hold your effort when your legs are tired?

These are important racing skills, and cross country provides an excellent environment in which to develop them.

And then there's the fun...



Let's not pretend that the training benefits are the only reason to do it.

Cross country is great fun.

There is something wonderfully ridiculous about a group of otherwise sensible adults deliberately choosing to run through mud on a Sunday morning.

The atmosphere at league races is brilliant. You get to race alongside your clubmates, cheer for other Reading Roadrunners, experience courses that you probably wouldn't run otherwise and enjoy a bit of friendly competition.

And cross country is a team sport as much as an individual one. Every runner contributes to the club, whether you're battling for the front of the field or simply trying to get around the course in one piece.

You don't have to be the fastest runner in the club. You don't have to be an experienced racer. You don't even have to particularly like mud!

Come along, give it a go and see what you think.

Get involved this season

Reading Roadrunners has the opportunity to take part in both the **Hampshire Cross Country League** and the **Thames Valley Cross Country League**, giving members plenty of opportunities to experience competitive cross country and enjoy racing as part of the club.

If you've never done cross country before, don't be put off. Everyone has a first race, and you might be surprised at how quickly you get hooked.

Think of it as winter training with a race number attached.

You'll get stronger. You'll become more resilient. You'll develop skills that will benefit your road running.

And, most importantly, **you'll have fun doing it.**

So, when the next league race comes around, dig out the old trail trainers, embrace the mud and come and run with your clubmates.

Your watch might not thank you. Your running probably will.

Sunday River Runs

Kerri French

Get bored running on your own for those longer runs and want some company?
Whether you're training for a race or not, running in a group can help build endurance.



We are organising some group runs for **ALL** club members on the following **Sundays**:

Nov 15th
Dec 27th
Jan 17th & 31st
Feb 28th
March 7th & 28th

We have deliberately chosen dates that do not directly clash on the day with any club fixtures in the Cross-Country Season and major local races.

Meet time: 9:20 am to leave at 9:30 am prompt.

Location: The Wokingham Waterside Centre at Thames Valley Park RG6 1PQ. There is roadside parking after the double yellow lines beyond the Waterside Centre.

Nearest public toilets: Palmer Park Reception, you can choose to park there and jog down to the meet point for 9.20am if you wish, parking is free for 3 hours.
Route: We will be running out along the Thames and back increasing the time on feet over the series of runs.



Pace: Because of the nature of an out and back route you can run at your own pace. On each run someone will be at the back with the last person.

Please note: This is **NOT** a Coached session, members can just turn up - *there is no requirement to sign up.*

The first one will be an hour & 15 minutes and we will build up the time from there as we move into Spring ready for those targeting a race.

Who CAN come: Any Reading Roadrunners Member, *whether a full member or a non-track (social member*).

If someone is **not** a member and wants to try out the club, they need to email coach@readingroadrunners.org at least 24 hours before these runs.

Who CAN'T come: Children or any dogs.

Charity Update

Sam Whalley



October has been Breast Cancer Awareness Month, and we kicked it off with a 'Wear Pink' social outrun and walk from my house in the Southlake area of Woodley. I led a 3-mile run, so thank you to Tony Page for leading the 5-mile option and Sandy Sheppard for leading the walk. We were all very eye-catching in our pink tops, and Steve and Lynne from Chemogiftbags were really impressed with the turnout, and grateful for our generosity. Everyone donated £1 or more to take part, and everyone enjoyed a piece of cake afterwards. Steve even passed across some freshly-baked sausage rolls. A total of £75.80 was raised.

As I write this report, I am making the final preparations for the Singo Bingo event on Friday 30th October. I look forward to letting you all know how much is raised through ticket sales and the silent auction. I can already guarantee that fun will be had.

I have just bought my ticket for the Chemogiftbags Christmas Quiz, which will be held in Wokingham on Friday 27th November. You can find out more, and buy tickets, via this link: https://www.peoplesfundraising.com/event/CGB-Xmas-Quiz.

A final date for your 2026 diary is Wednesday 16th December, when Toni McQueen will be serving up mulled wine and mince pies after the last midweek track session before Christmas. There will be a festive raffle, and a separate raffle of four Reading Half Marathon places. I hope to be selling tickets from 6pm onwards.



Thank you if you have helped support the charity in any way, whether through attending events, buying raffle tickets, approaching your employer, or donating things for me to sell on eBay.

The link for corporate support is here: https://www.chemogiftbags.org/business-support/

The general donation link is here: https://www.givewheel.com/fundraising/14064/reading-roadrunners-club-charity-chemogiftbags/

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

Budapest: Three Tourists, Two Races and a Couple of Boat Trips!

Paul Monaghan

*Why an overseas running trip could be the perfect excuse for your next running adventure. *
My wife Caroline and I had never visited Budapest, so when the opportunity came along to combine sightseeing with a 5K and a marathon, it seemed the perfect excuse for a trip abroad. Our neighbour, best man and marathon legend Martin “Bushy” Bush had been before, but it was so long ago that he decided it was time to refresh his memories, replenish his fridge magnets and perhaps add a few more hats to the collection.

Getting there and settling in.

We bagged some reasonably priced flights from Heathrow on Thursday evening, hoping to arrive refreshed and ready for a busy few days. We'd booked a decent-sized Airbnb apartment near the city centre to share between us.
Getting from the airport couldn't have been simpler. The 100E airport express bus departs from right outside the terminal every few minutes. A quick tap of your bank card and, for around £5, you get a 35-minute journey into the city. Even better, it stopped near our apartment, so we arrived shortly after midnight without too much hassle.

Our host had thoughtfully left us a bottle of wine to welcome us. Well, it would have been rude not to!

Friday morning saw us heading towards the race expo, a spectacular 1.5-mile walk along the Danube. We caught a tram for the final half-mile, partly to save our legs and partly because it offered cracking views from the bridge. Bushy nearly missed our stop because he was too busy taking approximately 1,000 photographs of the scenery.

We'd entered both the 5K and the marathon, so there were two sets of race numbers to collect. Being there on Friday morning meant virtually no queues at the campus pickup point, and we had plenty of time to explore the expo and soak up the atmosphere.

The start and finish areas were in the same location, giving us a chance to familiarise ourselves with the course. Bushy, naturally, found time to buy a couple of hats and take another 500 photos.

Cruising the Danube – and testing the meaning of “all-inclusive”

We'd done our homework before travelling and booked two all-inclusive boat trips along the Danube. One was scheduled for Friday afternoon, with the other booked for Sunday evening after the marathon. The two trips cost around £30 per person in total, including unlimited drinks. Naturally, we felt duty-bound to put this to the test!

The first cruise began with champagne on arrival – a promising start – before we made our way downstairs. The 90-minute trip took in all the major riverside sights, including the magnificent Hungarian Parliament building, which is simply spectacular when viewed from the water.

The drinks kept flowing, and before long we were probably boring the other tourists senseless with our running and marathon stories.

All three of us agreed it was one of the best boat trips we'd ever taken, combining fantastic views, great value and an excellent atmosphere.

After a wander around the city and a bit of tram-hopping, it was time to call it a night. We had a 5K to run the following morning. Sensible preparation was required.

The 5K: So much for taking it easy!

We'd agreed to take the 5K easy, particularly with a marathon looming the following day. Caroline, however, appeared to have missed the memo.

The walk to the start in the morning sunshine was lovely, although we soon noticed thousands of runners heading in the opposite direction. For a moment, we wondered whether we'd got our timings wrong, as our race wasn't due to start until 11am. Thankfully, we discovered that the 10K and a walking event had started earlier.

Bushy was a little disappointed to discover that he'd potentially missed out on two more medals though another 500 pictures kind of made up for it.

The 5K start area was absolutely buzzing, with more than 3,000 runners waiting to go. I've never witnessed a 5K quite like it, apart from perhaps the famous Bushy Park parkrun 1000th day.

A huge overhead gantry marked the course, and I was genuinely chomping at the bit. Caroline seemed even more eager than me, which was slightly worrying given our agreement to take things easy.

Once we were off, the atmosphere was incredible. The route followed the Danube, with crowds cheering, horns sounding and spectators lining the riverbanks and watching from the boats. It was an exhilarating experience and made it very difficult to remember that we had another 26.2 miles to tackle the next day.

And the results? Out of more than 3,300 runners, Caroline and I both finished first in our respective age categories!

So much for a gentle warm-up.

Looking back, perhaps we should have shown a little more restraint, but the atmosphere made it almost impossible. This is a seriously underrated 5K and a great option for anyone looking for a big-race experience.

Castles, cobbles and a few tourist traps



After the 5K, we headed off in search of a little sightseeing. Bushy was desperate to find more souvenir shops, while Caroline and I wanted to visit one of Budapest's iconic landmarks.

A tram ride followed by a walk took us up to the Buda Castle district and the beautiful Fisherman's Bastion. The architecture looks as though it's been lifted straight from a fairy tale, with stunning views across the city and the Danube. It was the perfect place for photographs – although by this point, Bushy had probably taken enough to produce his own travel guide.

He found his souvenir shops, and we discovered a tourist trap café nearby which required a second mortgage and just for a drink and a snack!

One of the great things about Budapest as in many other Eastern European countries is that they're relatively easy on the wallet. At local Hungarian restaurants, a meal for two with a bottle of wine can be found for under £20, depending on where you go. Beer is generally around £2–£4, while public transport is inexpensive and plentiful. A three-day local tram, bus and train ticket will only set you back about £12. Uber and Bolt are also widely available

With marathon morning approaching, we decided against another restaurant meal and made use of the cooking facilities in our apartment. A simple dinner, followed by a croissant and coffee for breakfast, would hopefully provide all the fuel we needed for a 9am start.



Marathon morning: Budapest delivers

Unlike our recent trip to Moldova, where the weather had been rather less accommodating, we woke to bright sunshine. Once again, we walked along the Danube towards the university campus, where the marathon started in the same area as Saturday's 5K.

Thousands of runners were making their way towards the start, and the trams crossing the bridge were packed like sardines. Still, we'd soon be slightly less cramped on the start line!

One thing that surprised us was the queue to collect race numbers at the expo. It must have been around 100 metres long, with many runners seemingly leaving collection until the last minute. Fortunately, we'd collected ours on Friday, so we had time to spare for the toilets and a relaxed wander around.

I've run plenty of marathons over the years, and the organisation here really impressed me. There were plenty of toilets and urinals, with no horrendous queues, making the pre-race experience much less stressful than at some events.

The start pens were numbered up to around eight. Bushy was further back, while Caroline and I were in pens two and three. I happened to be standing right beside a sign indicating 100 metres to go. I wish!

The atmosphere was electric, with drones overhead, music pumping out and spectators watching from the riverbanks and tour boats. Alongside the marathon, there were other distances, including a half marathon, 14K, 30K and relay events, all contributing to the incredible buzz.

If you've ever wondered what it's like to run an overseas mass-participation event, this is exactly the sort of experience I'd recommend.

26.2 miles of spectacular scenery

Before we knew it, we were off!

The course is spectacular, taking runners along the Danube and through the city to showcase many of Budapest's most famous sights. One highlight for me was running through the tunnel before crossing the iconic Chain Bridge. With thousands of runners around you, the atmosphere is amazing.

The route includes a lap and a half, so there's plenty to see along the way, with fantastic crowd support helping to keep you going.



Of course, it is still a marathon. No matter how cool the scenery or how enthusiastic the spectators, the final miles have a habit of reminding you exactly how far you've run!

Thankfully, the weather held out, and I crossed the finish line with my best marathon time in seven years. After all the hard work and training, it was an absolute bonus.

Caroline also had a brilliant race, comfortably breaking the four-hour barrier. Bushy enjoyed himself too, although he did have one complaint: his medal had a tiny scratch on it. You'd probably need a microscope to spot it.

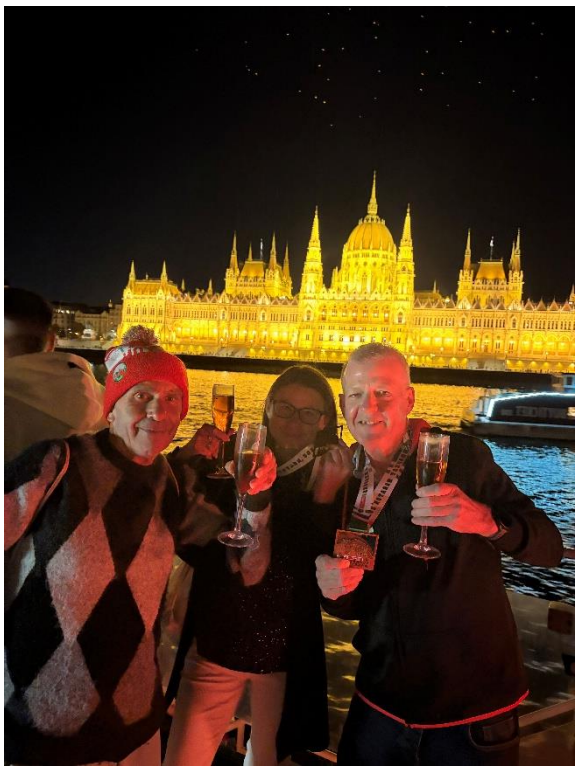
More than 7,000 runners took part in the marathon, making it a substantial international event. The regular drinks stations and facilities along the course were excellent, and the organisation was among the best I've encountered at any marathon.



The goodie bag and post-race freebies were impressive too, and there was a small race village where runners could relax and soak up the atmosphere. The only downside was the enormous queue for the beer tent. After 26.2 miles, a cold beer was certainly appealing, but apparently several thousand other runners had reached the same conclusion!

Still, it was a great place to sit down and watch other runners finishing on the giant video screen. There was plenty to celebrate.

The reward: another Danube cruise!



Our racing was done, but the day's entertainment wasn't over. Remember that second all-inclusive boat trip? Sunday evening was the main event.

We headed to the pier for our well-earned night cruise, only to be greeted by another enormous queue. For a moment, we worried that the drinks would be rationed once we got aboard.

Fortunately, our concerns were unfounded. A wine waiter was even wandering around topping up our Prosecco, so we didn't have to keep making trips to the bar. Excellent service!

I'd thought the daytime cruise would be hard to beat, but the evening trip was even better. Plenty of other passengers were wearing their marathon medals, creating a top atmosphere. A DJ was pumping out tunes, people were dancing, and the views along the Danube were absolutely stunning.

The Chain Bridge and the Parliament building looked magnificent illuminated against the night sky, providing endless photo opportunities. Bushy was in his element taking pictures of beer bottles with the Parliament Building as a backdrop :-).

For all three of us, this cruise was one of the highlights of the entire trip. It was a cracking way to celebrate our races and round off the weekend.

Time to go home



One of the best things about running abroad is that you can explore a new city, try different food, and enjoy the company of fellow runners. The race becomes part of the holiday rather than the whole reason for it.

We had a couple more days in Budapest before flying home on Tuesday, but there was still plenty we hadn't managed to fit in, including the famous thermal baths and spas. It looks as though we'll have to return next year – what a shame! 😊

Why not come & join us?

Budapest 5K

Caroline Monaghan:	00:22:51 (1st F45 Age Cat)
Paul Monaghan:	00:24:00 (1st M60 Age Cat)
Martin Bush:	00:41:25

Budapest Marathon

Caroline Monaghan:	03:48:49
Paul Monaghan:	04:21:02
Martin Bush:	05:07:19

Reading Roadrunners Committee Meeting

Tuesday 13 October, 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, Pip

Minutes of the previous meeting

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

Matters arising from the minutes of the previous meeting

None.

Review of actions

Colin gave an update about the storage situation. We may have the opportunity to get a container located next to the RAC containers in the corner of the track. Some groundworks would need to be carried out, and Colin is awaiting a quote for this.
TVXC at Prospect Park. Colin is still awaiting a response from the council to our application. Tony said that it can take 4 weeks or more based on his experience with organising the Ashenbury event.

Awards night is rising up the priority list. Ian or David to send out a 'Save the Date' message, and come back to next committee meeting with a plan for organising the evening including promoting it among members.

A small sub-committee has been set up to prepare for a meeting with the Life members during November where those candidates meeting the criteria to be considered for life membership will be discussed and any recommendation brought back to this committee in December.

Chair's report

- I want to send a thank you to Claire Seymour who has stepped down as Ladies Captain, and to extend a warm welcome to Anna Balogh who has taken over this role. Claire is also stepping down from her role as Vets track and field co-ordinator with Chris James and Adele Graham sharing this role in the future. Our heartfelt thanks go to Claire for the work that she has put in in covering both these roles.
- Liaison with the event director of Bramley 10 to agree the race budget. The race is expected to be open for entries today (13th October). Support organisation of our TVXC fixture to take place at Prospect Park, pending confirmation from RBC (now approved)
- Leading the organisation of the cross-country taster event, including a presentation about RR XC races. 27 members attended around half had not done a cross-country race with RR before.
- Appointed a new Ladies team captain, Anna Balogh.
- Attended an England Athletic regional club's forum

Treasurer's Report

Profit and Loss
Reading Roadrunners
For the month ended 30 September 2026

Account	Sept 2026	Year to date
Turnover		
Event income	27	51,472
Kit sales	0	75
Membership	1,061	25,575
Social income	0	2,003
Total Turnover	**1,088**	**79,125**
Cost of Sales		
Affiliation Fees	322	9,008
Events	611	36,825
Social	0	4,583
Track Hire	(135)	7,675
Total Cost of Sales	**798**	**58,091**
Gross Profit	**290**	**21,033**
Administrative Costs		
Accountancy	0	521
AGM	0	330
Charitable Donations	0	11,714
Coaching	235	750
Equipment	0	200
Insurance	0	232
IT Software and Consumables	0	2,256
Training Courses	0	691
Travel - National	0	30
Trophies and Awards	0	1,755
Total Administrative Costs	**235**	**18,478**
Operating Profit	**55**	**2,555**
Other Income		
Charity donations received	263	493
Interest Income	241	1,797
Total Other Income	**504**	**2,290**
Profit on Ordinary Activities Before Taxation	**559**	**4,845**

Key Outgoings/Receipts

- Income this month mostly relates to membership- 25 new member fees were received. There was also a small amount of income received in relation to early XC sign-ups.

- Costs outside the EA affiliation fee for new sign-ups this month relate to the Aldershot Road Relays entries Hampshire XC league affiliation fee, and the LIRF course and associated expenses for a new coach.

Other Business

- Main priority ahead of November meeting is reviewing the running costs of the club and proposal of the new membership fee for next year to discuss.
- Corporation tax assessment remains and updates to the mandate are in progress
- Cash balance at the end of Sep26- £123K

Membership Secretary's Report

It has been busy since the last committee meeting with 31 new applications approved. Membership currently stands at 519 with two further applications part way through the process. Of 156 people attending an induction session since 27th Feb, 85 (54%) have subsequently joined.

General Secretary's Report

- This month I have booked the track for Q4 of 2026 and Pip has confirmed that the invoice has been paid.
- We have started the process of considering new Life Members. The Chair, Treasurer and I have reviewed the potential candidates based on length of membership.
- I have done one DBS check in the past month.
- I'm expecting to hear from London Marathon soon about how many places we will be allocated, then I can do the ballot.
- With Tony and Pip, we agreed a reduction in Friday track fees paid to us by other clubs.

Media Report

- Shared external social media account access with Bramley team. Agreed that Bramley marketing posts now take priority on club social accounts, any other club activity will be planned around this.
- Aligned with Tony on a race report write-up schedule for rest of the year. Feedback and logistics with to be discussed with Tony and Captains this week.
- Starting to gather media content ahead of the 40th anniversary. Toni McQueen and Roger Pritchard have already provided some, I plan to ask more broadly between now and end of year.

Social Secretary's Report

Role is vacant.

Coaching Report

- Most Coach groups have autumn into winter sessions planned.
- Induction sessions are all on MyClubHouse for 2026.

- Sunday River Runs have been agreed & dates planned. Full details are on MyClubhouse & our Facebook events
- The 5pm session continues to be popular with around 25-35 attending. The 6:30pm session has been getting between 70-104 over the last 5 weeks.
- Our biggest concern is the continued lack of track rules adherence and etiquette from the Reading University Club on a Friday. Despite regular reminders and liaison with their Captains & Coaches via WhatsApp & in person the Friday Coaches and regular Friday attendees have given weekly feedback. They also do not vacate the track on time and Finch Coasters have put in a complaint.

Clubhouse

- Last Wednesday a few people came into the clubhouse mostly to buy tea, it's gone a bit colder now.
- I haven't had an invoice from Reading AC in a while with regards to clubhouse hire.

Reflections on Reports

Tony commented that the new induction and joining process is going very well, with 54% of people who attend an induction going on to sign up as members. Overall member numbers aren't up to the levels of 600-650 that we had a couple of years ago when the track started to become too busy on a Wednesday night. The earlier session on a Wednesday is probably also helping to ease numbers at the 6.30 Session. We briefly discussed the importance of volunteering and whether new members volunteered at any of our races. Kerri confirmed that the importance of volunteering was covered as part of the induction and Gary has incorporated this into the membership process and that in the future it will be possible to generate reports.

The Bramley 10 communications have started, so please look out for those posts on the socials and like & share them.

Agenda Items

Committee/Club Goals

Following on from the England Athletic Regional Club Forum, Tony invited the committee to think about what goals the club should have, quoting the example of Chichester Running club that have a focus on making a positive impact in their community by supporting SEN adults. These goals could be anything over and about the normal day-to-day running of the club.

The following were mentioned; positive impact on community through a potential new role of Mental health champion (Gary to consider); organisation of a programme of activities to commemorate the clubs 40th anniversary (All), Review of the club's structure (Mike/Tony/Pip).

Communications

Again, following on from discussions at the England Athletic Regional Club Forum both Tony and Kerri shared that other clubs appear to be having less reliance on Facebook as a 'one size fits all' tool, and instead are

also using more targeted communications for special interest groups. It is widely agreed that 450+ people in one WhatsApp group would not work, but having more focussed one for topics like 'Ultras', 'Masters', 'Vets', 'Lift Share' would allow people to join the groups that they wanted to. There is at least one committee member or coach in every group. This is a model that is used successfully by Dartford Harriers who recently won the 'South East Club of the Year' award.

For the avoidance of doubt, this would be in addition to the weekly email (which would include all the essential information) and Facebook channels, but is more about using the right communication tool for the right purpose.

It was agreed Tom would get in touch with Dartford Harriers and find out how they do it.
We could bring all the existing WhatsApp group used by the committee and team captains under one umbrella with a simple process for members to opt into those groups they are interested in and make them easier to manage centrally.

Reading University Track Share

There have been a number of issues arising from this track share which are outlined in a document that Kerri sent around. Whilst there is no formal contract for this arrangement the original intent was for us to help the Reading Knights out by allowing them to join our middle-distance training. After reviewing the comments and having a discussion, the committee voted to end the track sharing arrangement. Tony and Mike will decide when and how the arrangements will come to an end and will contact the Club, Reading AC and Palmer Park. The timing should reflect what is reasonable considering the university clubs needs to train. The communication to the club would include the feedback provided by Kerri. All committee agreed for this process to be handled by Tony and Milke who would keep them updated.

AOB

None

Next Meeting: 19:00 Tuesday, 10th November – 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

August 30th

Sydney Marathon

Pos	*Name*	*Chip*
7227	Peter Rennie	3:37:41
27329	Hilary Rennie	5:05:43
29029	Christina Reay	5:17:47
32495	Phil Reay	5:48:05

September 26th

SEAA Road Relays, Aldershot

Cat.Pos	*Team*	*Time*
41	Roadrunners Sr.Women	1:43:22
9	Roadrunners VF50	33:12
40	Roadrunners Sr. Men A	2:03:47
72	Roadrunners Sr. Men B	2:34:50
6	Roadrunners VM50	1:33:23
6	Roadrunners VM60	1:46:27

Roadrunners Senior Women

Leg	*Name*	*Time*	*Leg Pos*
1	Holly Sedgwick	24:24	42
2	Helen Pool	25:06	39
3	Pip White	26:32	38
4	Sarah Dooley	27:18	41

Roadrunners VF50

Leg	*Name*	*Time*	*Leg Pos*
1	Toni McQueen	33:12	9

Roadrunners Senior Men A

Leg	*Name*	*Time*	*Leg Pos*
1	Callum Evans	20:00	50
2	Chris Moseley	22:09	72
3	Chris Burt	21:13	50
4	Matthew Sarjent	20:34	42
5	Ali Olrog	20:06	29
6	James Lyne	19:42	22

Roadrunners Senior Men B

Leg	*Name*	*Time*	*Leg Pos*
1	Tony Page	25:07	84
2	Marco Mckerlie	22:39	73
3	Jon Green	31:42	76
4	Tom Knight	22:16	60
5	Jon Lloyd	25:54	71

6	Tom Wright	27:09	69

Roadrunners VM50

Leg	*Name*	*Time*	*Leg Pos*
1	Fergal Donnelly	23:51	12
2	Alex Harris	23:02	5
3	David Parton	23:38	8
4	Ollie Parsons	22:51	6

Roadrunners VM60

Leg	*Name*	*Time*	*Leg Pos*
1	Pete Jewell	25:37	7
2	Alan Nesbit	25:37	5
3	Bill Watson	26:49	6
4	Mark Allen	28:24	6

September 27th

The One on the Trail 10k
(Club Championships)

Pos	*Name*	*Chip*
1	Harry Smith	43:18
2	Daniel Musker	43:55
6	Holly Curtayne	47:56
8	Alan Freer	48:43
12	Rosemary Lane (1st VF60)	50:20
13	David Fiddes	50:21
15	Steve Dellow	51:35
16	Bryan Curtayne	51:58
28	Sam Whalley	59:48
32	Gary Clarke	1:03:00
46	Cecilia Csemiczky	1:18:41
49	Julie Wing	1:43:02
50	Linda Wright	1:49:40

Berlin Marathon

Pos	*Name*	*Chip*
9607	Graeme Predgen	3:27:07
21611	Lorna McLeod	3:59:56
26579	Eoin McLeod	4:15:49
31128	Angela Burley	4:30:20
49869	Gill Manton	6:46:59
49913	Tony Eastaway	6:50:56

Loch Ness Marathon

Pos	*Name*	*Chip*
54	Simon Rumsby	2:57:04
256	Glen Parker	3:23:14

Windsor Half Marathon

Pos	*Name*	*Chip*
23	Joe Aspell-Beaumont	1:24:03
80	Gary Tuttle	1:30:50
234	Jason Bell	1:38:32
378	Sarah Dooley (1st VF50)	1:43:15
588	Andrea Greenfield	1:48:32
1289	Gareth Griffiths	2:02:09
1683	David Leake	2:10:01
2041	Rhys Penny	2:17:32
2403	James Webb	2:29:09

Robin Hood Half Marathon

Pos	*Name*	*Chip*
50	Callum Evans	1:19:30

Swindon Half Marathon

Pos	*Name*	*Chip*
69	Brian May	1:30:42

London 10k

Pos	*Name*	*Chip*
180	Chloe Lloyd	43:20
3991	Gary Brampton	50:02
4471	Stephen Lane	51:29
5967	Ashley Pinder	56:09
6900	Andy Atkinson	59:05

Waingels 10k

Pos	*Name*	*Chip*
7	Chris Moseley	40:19
57	Liz Sarjent	64:02
71	Sally Caldwell	69:56

River Ness 10k

Pos	*Name*	*Chip*
328	Sara Cha	47:19

Highclere Castle 10k

Pos	*Name*	*Chip*
148	Andrea Roberson	63:57

October 4th

Isle of Wight Marathon

Pos	*Name*	*Chip*
218	Martin Bush	5:35:46
228	Pete Morris	5:48:17

Cardiff Half Marathon

Pos	*Name*	*Chip*
3846	Glen Parker	1:43:44
9181	Liz Ganpatsingh	1:57:18
9700	Catherine Leather	1:59:45
16632	Iona Papadaki	2:17:32 PB

Basingstoke Half Marathon

Pos	*Name*	*Chip*
30	Alex Rapson-Ballinger	1:31:51

Sonning Common 10k

Pos	*Name*	*Chip*
35	Benjamin Hughes	40:16
38	Kate Williams (1st VF40)	40:28
60	Patrick Hayes	43:07
74	David McCoy	44:48
76	James Cust	44:54
78	Lisa Steele	45:04
94	Rosemary Lane (1st VF60)	46:59
97	Holly Curtayne	47:03
101	Martin Mures (1st VM60)	47:28
111	Nigel Hoult	48:29
134	Bryan Curtayne	50:48
154	Chris Harding	52:54
270	Jim Kiddie	66:39
298	Tom Harrison	94:53

Siren Craft Brew 10k

Pos	*Name*	*Chip*
22	Gavin Rennie (1st VM60)	44:26
29	William Shillibier	45:22
38	Dean Allaway	46:48
137	Toni McQueen (1st VF70)	54:45
308	Angelique Haswell	65:34
322	Rita Dykes	67:10

Greenham Common 10k

Pos	*Name*	*Chip*
2	Fergal Donnelly	43:39
42	Heidi Cunningham	84:02

Weston-Super-Mare 10k

Pos	*Name*	*Chip*
563	Linda Wright	97:41

October 10th

Hampshire Cross Country League
Fixture 1, Bournemouth
Women's race

Pos	*Name*	*Gun*
43	Helen Pool	29:32
91	Alissa Thiel	36:13
104	Sam Whalley	39:32

Roadrunners Senior Women: Pool 43, Thiel 91, Whalley 104 - **15th place of 29 teams**

Men's race

Pos	*Name*	*Gun*
135	Tony Page	35:06

Bournemouth Half Marathon

Pos	*Name*	*Chip*
16	Callum Evans	1:18:06
702	Giles Crist	1:44:26
1744	Chris Harding	1:57:54
2500	Sam Briggs	2:07:30

Belgrade 5k

Pos	*Name*	*Chip*
48	Caroline Monaghan (1st VF45)	22:51
203	Paul Monaghan (1st VM60)	24:00
1321	Martin Bush	41:25

October 11th

Chicago Marathon

Pos	*Name*	*Chip*
4126	Chris Webber	3:04:32
5621	Simon Rumsby	3:11:54
16325	Helen Campbell	3:48:55

Belgrade Marathon

Pos	*Name*	*Chip*
281	Caroline Monaghan	3:48:49
3515	Paul Monaghan	4:21:02
5107	Martin Bush	5:07:19

Graz Marathon

Pos	*Name*	*Chip*
1032	Pete Morris	5:19:16

Chester Marathon

Pos	*Name*	*Chip*
191	Ali Olrog	2:56:48

Chelmsford Marathon

Pos	*Name*	*Chip*
152	Brian Grieves	3:50:00

Oxford Half Marathon

Pos	*Name*	*Chip*
31	Matthew Sarjent	1:14:32 PB
1038	Daniel Worthey	1:35:14
1139	Jess Paxford	1:36:23
1297	Jeanette Kerby	1:37:34
1539	Hrushikesh Padhi	1:39:24
1759	Mary-Ann Dent	1:41:03
1952	Sara Cha	1:42:36
2156	Phil West	1:43:53
4778	Amy Williamson	1:58:03
5678	Rob Bursell	2:02:38
7308	Ashley Pinder	2:13:58

Newcastle Town Moor 10k

Pos	*Name*	*Chip*
13	Stephen Ingledew (1st VM60)	39:55

Hampton Court 10k

Pos	*Name*	*Chip*
19	Abdul Anwar	41:02
39	Iain Murray	44:18

Thames Valley Cross Country League
Race 1, Metros

Pos	*Name*	*Gun*
1	Chris Lucas	35:03
20	Alex Ballinger	38:09
32	Fergal Donnelly	39:15
34	Chris Moseley	39:32
43	Phil Hine	40:15
49	Rees Cooper	41:17
51	Harry Smith	41:21
55	Ian Giggs	41:48
71	Bill Watson	43:24
75	Jon Lloyd	43:43
77	Chloe Lloyd	43:39
82	Pip White	44:05
85	Adrian Cull	44:14
87	Matt Clover-McCann	44:18
90	Tom Wright	44:24
101	Holly Curtayne	45:08
103	Liz Johnson	45:17
119	David Fiddes	47:01
140	Zac Laschok	49:08
144	Alice Baderin	49:22
145	Lauren Shaw	49:30
158	Bryan Curtayne	50:22
175	Angela Burley	52:16
237	Jon Green	60:45
257	Sally Caldwell	65:41
263	Fiona Patterson	68:45

Roadrunners Women: Lloyd 9, White 11, Curtayne 17, Johnson 18 - **3rd place of 15 teams**

Roadrunners Men: Lucas 1, Ballinger 19, Donnelly 31, Moseley 33, Hine 41, Cooper 47 - **3rd place of 15 teams**

Roadrunners overall: 3rd place of 15 teams

October 17th

Autumn 100

Pos	*Name*	*Gun*
167	Donald Scott-Collett	26:57:18 PB

October 18th

Abingdon Marathon

Pos	*Name*	*Chip*
314	Stephen Willmot	3:15:53
781	Catherine Leather	4:10:16
801	Liz Ganpatsingh	4:14:01

Amsterdam Marathon

Pos	*Name*	*Chip*
6402	Peter Rennie	3:29:18
18792	Hilary Rennie	4:29:54 PB

Palma de Mallorca Marathon

Pos	*Name*	*Chip*
1048	Martin Bush	5:11:03
1135	Pete Morris	5:43:36

Henley Half Marathon

Pos	*Name*	*Chip*
1	Rob Corney	1:09:25
47	Glen Parker	1:32:34
214	Nigel Ely	1:49:42
359	Brian Fennelly	1:59:34

Cabbage Patch 10
(Club Championship)

Pos	*Name*	*Chip*
372	Tony Page	1:11:47
503	Alan Freer	1:16:34
511	Rosemary Lane	1:16:49

528	Dean Allaway	1:17:23
641	Mark Allen	1:19:38
766	Steve Lane	1:23:29
891	David Fiddes	1:28:31
1231	Kerri French	1:37:03 PB
1244	Andy Atkinson	1:37:46
1217	Sam Whalley	1:37:47
1262	Gary Clarke	1:39:19
1542	Gemma Funnell	2:11:18

Great South 10

Pos	*Name*	*Chip*
337	Julian Sherman	1:03:45
402	Ashley Doyle	1:04:31
862	Daniel Musker	1:09:00

Ricky Road 10

Pos	*Name*	*Chip*
32	Fergal Donnelly	1:10:50

Reading Town 10k

Pos	*Name*	*Chip*
2	Alex Rapson-Ballinger	39:13

October 24th

Cockbain Track 100

Pos	*Name*	*Chip*
2	Gary Tuttle	18:25:49 PB

October 25th

Dublin Marathon

Pos	*Name*	*Chip*
106	Matthew Sarjent	2:39:28 PB
497	Lucas Dorsett	2:53:00
9475	Tony Page	4:01:14

Valencia Half Marathon

Pos	*Name*	*Chip*
11227	Will Shillibier	1:48:13
16695	Angela Burley	2:02:53

Maidenhead Half Marathon

Pos	*Name*	*Chip*
10	Callum Evans	1:15:22
16	Ali Olrog	1:18:37
27	Tom Knight	1:19:38 PB
33	Isaac Moore	1:20:16
48	Joe Aspell-Beaumont	1:21:21
57	Alex Harris (1st VM55)	1:22:49
84	Phil West	1:24:31
127	Ashley Doyle	1:28:16
182	James Wilkinson	1:32:11
244	Erica Key	1:36:36
256	Katherine Foley	1:35:19
580	Eoin Mcleod	1:43:43
599	Julie Rainbow (1st VF60)	1:47:03
676	Lorna Mcleod	1:48:12
478	Caroline Monaghan	1:48:43
716	Stuart Morrison	1:50:13
570	Paul Monaghan	1:53:02
1380	Wendy Davies	2:35:14

Andover Half Marathon

Pos	*Name*	*Chip*
17	Glen Parker	1:36:49

New Forest 10

Pos	*Name*	*Chip*
66	Fergal Donnelly	1:09:02
484	Pete Morris	1:46:56
485	Sarah Richmond-De'voy	1:46:45

Maidenhead 10k

Pos	*Name*	*Chip*
33	Carrie Hoskins (1st VF55)	42:59
40	Pip White	44:36
41	Liz Johnson (1st VF45)	44:38 PB
75	Chris Harding	50:15
316	Nathalia Corbett	68:35

Fleet 10k

Pos	*Name*	*Chip*
27	Ollie Parsons	38:20

Club Championship & Final Scores

Bob Thomas

Congratulations to everyone who stayed the course and returned at least five results from this year's Championship nominated races and, especially, to the trophy winners.
Here are the scores…

	Women		Men	
Category	*Pos*		*Pos*	
Vet 40			1	Simon Rumsby
			2	Chris Moseley
			3	Tom Knight
Vet 50	1	Helen Pool	1	Tony Page
	2=	Catherine Leather	2	Mike Worsfold
	2=	Sam Briggs	3	Adrian Cull
Vet 60	1	Rosemary Lane	1=	Gary Brampton
			1=	Mark Allen
			3	Steve Dellow
Vet 70	1	Cecilia Csemiczky	1	Andy Atkinson
	2	Julie Wing	2	Carl Woffington
	3	Linda Wright		
Vet 80			1	Eddie Thorpe

Age Grade Category	
Pos	
1	Rosemary Lane
2	Helen Pool
3	Chris Moseley

To make the competition more inclusive, this is the first year in which the Championship didn't require competitors to run at least one race at each of the HM, 10M, 10K and 5K distances, making it possible to win a category without exceeding a run of 5M.

Seventeen members ran more than the minimum quota of five races, scoring their best five results. The accolade for the member who ran the most Championship races this year goes to Sam Whalley.
The full set of results can be found here: Champs Results page.

October Medal Wall – Part 1

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



October Medal Wall – Part 2

So many medals this month, congratulations!

