

TOTLEY NEWS

Running, Friendship, Support, Team Work

Sheffield Relays Triumph!

The Sheffield Relay event that was held on Sunday, 21st September was a festival of Totley Triumph. 60 Totley runners took part in this annual event that covers 5 legs around the Sheffield Way. The runners pair up and run a leg of 8-10 miles each pair.

There were 6 teams, two men's (Foxes and Badgers) and four women's (Spinach, Mushrooms, Parsnips and Sprouts). The team names suggesting some sort of medieval feast. A tasty starter of pan fried Badger and mushrooms followed by a hearty main course of Roast Fox with Spinach, Sprouts and Parsnips.

These delicious teams served up Sheffield Way Relay glory. Totley Spinach raced to first place in the women's race and the Foxes were not to be hunted down and won the men's race.



2025 Totley Championships

everyone to participate and compete

Remaining Dates

Monsal Parkrun

Saturday 8th November @ 9am. It's what it says on the tin.

Baslow Bolt

Sunday 29th November @ 10am. 13k of mainly trail. A good fell race for road runners!

Percy Pud 10k

Sunday 7th December @ 9.30am. A Sheffield institution of a race.



Thank you to our partners: Katie Bell Physiotherapy & Wellness, The Cricket Inn, Scrivens Quality Green Grocers and MyRaceKit, Peak Ales

Show your Totley AC membership card for 10% discount on food & drink at The Cricket Inn *and* 10% discount at MyRaceKit on Sharrowvale Rd.

Club Champs Update

There's been a big shakeup in the overall rankings. Tom Hughes has been outpaced by Mick Crookes who's surged into the lead. Mark Yallop has stormed into second place, whilst Mark Goodison has slowly but surely crept up into third place after leading the MV65 category since race 1. For the ladies, Jess Gardner has finally been caught by Liz Parsons who now has a cool 4-point lead. Jen Warley occupies the third place position but Nadia Raza and Ruth Garbutt are hot on her heels. With a possible 150 points left to play for over the next three races, absolutely anything could happen. There's little change in the category leaders but with Matt Burden and Hannah McMellon having only 2 races to their name, there's plenty of opportunity to get a mention at the awards night in January. The 8th race is Monsal Park Run on 8th November. See you there!

CLUB CHAMPS		
MEN OVERALL		WOMEN OVERALL
1. MICK CROOKES 266 POINTS		1. LIZ PARSONS 296 POINTS
2. MARK YALLOP 254 POINTS		2. JESSICA GARDNER 292 POINTS
3. MARK GOODISON 250 POINTS		3. JEN WARLEY 286 POINTS
CATEGORY LEADERS		
Category	Female	Male
SEN	Hannah McMellon	Mark Yallop
V40	Jennifer Warley	Matthew Burden
V45	Jessica Gardner	Ian Bates
V50	Liz Parsons	Richard Nicholson
V55	Ruth Garbutt	Paul Grayson
V60	Harriet Elmer	Mick Crookes
V65	Pat Goodall	Mark Goodison
V70	Yvonne Twissittes	Ashley Whitehouse

Berlin Marathon (marathon 81)

Kev Megson

I had been looking forward to this one for a long time, it being one of the major marathons and doing it to raise money for the fabulous Weston Park Hospital Charity.

It didn't disappoint. Over 54,000 runners from 140 countries, very well organised, many and friendly water stations and lots of support.

Unfortunately, a combination of factors, including the heat and humidity led to me not having my best run, but I got round largely due to the magnificent support. I have never heard my name shouted so often, really encouraging.

The water stations were every 4K or so, most had electrolyte drinks too and 3 had tea! I had to try the tea and it was warm. I've no idea how they managed that. Many of them had a hosepipe showering us with water (I walked under those).

The route ends about 500M the other side of the Brandenburg Gate, which is brilliant to run through, by which time I was soaked having poured water over my head at every water station.

Berlin is a good one to do, although I would have appreciated an occasional hill. Next month I've got the Goyt Valley Challenge and the North York Moors Marathon (there will be a few hills ahead).



Cross Country Winter Ahead

Sign for the Cross Country season, it's the best fun you can have in the mud!

Details:

Sunday 12th October at Clifton Park, Rotherham
 Sunday, 26th October at Longley Park, Sheffield
 Sunday, 16th November at Penistone Showground
 Sunday, 21st December at Graves Park, Sheffield

Races start at 12pm for women and 12.30pm for men (early starts for the last race).

Entry details in club announcements.

Meet Ruth.....

Name? Ruth Garbutt

Occupation? Deputy head secondary teacher but now full time carer

Where were you born? St Asaph, N Wales

When did you start running and why? For as long as I can remember, I'd attempt to jog about once a year and put it down as a mistake. About three years ago, my work was taking me through Millhouses park every Thursday morning and I kept bumping into the beginner group. It got embarrassing as it happened so often so I got cajoled into joining the group. Never looked back! I had no idea that running with people was possible and/or fun. I'd always wanted it to be fun but I'd never managed to get past the hurty bit (or the very slow shuffle).

Favourite Run? Coastal path in Lanzarote at sunrise.

Beach or mountain? That's too hard, I come from North Wales where the mountains meet the beaches. If pushed...mmm...can't decide...erm...mountain...I think! Maybe beach 🤔

Favourite Race? Sheffield half as I'm blown away by the continual support from the lovely Sheffield folk. And the downhill rocks!!

Marathon or parkrun?
Parkrun with my boy.

Any future running plans? A few more half marathons so I don't feel like passing out for the last mile or so! Also, more hill training so that I can increase my uphill pace from that of a snail.

How long have you been a Totley member and what made you join? 3 years and was cajoled into the beginners group by Kylie Mc (see question 4). Forever grateful to have found the club; such a lovely community.

What's your favourite song? Wowzers, how hard a question is that? I'll go with Everybody Hurts REM





Do you play any other sports? Used to play tennis and want to start up again. Skiing, I absolutely adore skiing but, again, it's been sidelined for a while now.

Greatest sporting achievement? 2nd in a downhill ski slalom race. I was a) competing against much better skiers than me b) not great at corners but brave at going straight and fast c) a bit too determined. I therefore set off too fast, went zooming almost straight down the course, clipping each gate by the skin of my teeth, completely out of control. I thought I'd just keep going rather than pull up as both options were risky at this speed. Turns out that this is a dangerous but, on this occasion, successful tactic!

Favourite post run food? Salty chip butty with tomato sauce AND mayo.

Best part of being part of Totley AC? Friendships every time. It's such a warm and welcoming club. Who knew that running clubs were inclusive? Totley most certainly is!

Thank You! Totley AC's Fabulous Sponsors

We have five generous local businesses that support the club with prizes for awards and our races.

We love you, thank you!

- ✦ **Katie Bell Physio**
- ✦ **myRaceKit North**
- ✦ **The Cricket Inn**
- ✦ **Scrivens Quality Greengrocer**
- ✦ **Peak Ale**



THE CRICKET INN
PENNY LANE

myRaceKit
NORTH



The Exterminator 2025

Susie Wall

The Exterminator is traditionally the fifth and last race of the annual Totley AC series of five races and the route is quite complicated with several route choices. The race is run over varied terrain including road, track and footpath through woodland, fields and open moorland, villages and hamlets. This is a challenging race with some great views (and some great climbs) and stunning scenery...
— Totley AC website

The 7th September saw the 18th running of the Totley Exterminator, a 17 mile fell race with over 4000 feet of climb. Jamie Rutherford was Race Organiser, with his brother Simon in charge on the day. A cool and sunny morning saw 99 hardy folk and three chasers (see below for sweeper report!) set out from the club pavilion, with their FRA kit and fell shoes, and a sense of excitement / anticipation / dread for the 5 mega climbs ahead. Instead of just giving you one perspective, we decided for this race report to give you a full holistic view of what makes this race so special. Who knows... maybe you'll be tempted to rock up and give it a (heather) bash next year !

The View from the Back: Roz, Susie and Rachel AKA the Super Sweepers



We often hear about the exploits of our champions: Kate H, Bart or Steve knocking out another 'Long A' win... so this time we thought we would start at the back... with the sweepers.

Roz was the true vet (not an age reference!) in the crew, having lent her sweeping expertise to nearly every outing of the Totley Fell Race Series over the past few years. Me and Rach decided to tag along- the newbies to the sport of going as slowly as possible while trying not to lose people on the moors.

This last part proved tricky. Navigation is a key part of the charm of the Exterminator - and without naming any names (of course!) nav was probably the primary challenge for some. We lost people at various points in the race: runners taking interesting lines off Stanage, turning into full-on diversions up Padley to the ice cream van later on (maybe they wanted a Cornetto, who knows?!).

The pinnacle probably came when a runner who had very definitely been ahead of us up Mitchell's Field (nobody in this club, I hasten to add), then turned up behind us just after the pump house at Grindleford, shouting at us for 'stealing the checkpoint'... well, we were asked to sweep the route...

All in all we had an excellent day out, fuelled by laughs, strawberry laces and various experimental gels. We had a bit of fun appreciating the kit choices on offer, including one runner who decided full FRA kit was fine, but he was going to carry it in a school PE Kit string bag for the full distance, thank you very much. Just imagine the chafing...

Anyway, I will now hand over to some of our swifter runners in the pack... over to Kylie, Diane, Jill and Pippa!

The View from the Pack! Exterminator 2025 by Kylie and the Gang

The clue is in the title !! It's a toughy, a long, up (mostly it seemed) and down, 17 miles. How many people before the race were saying 'why did I enter this? I've not done enough training, not run this distance in ages, I'm not up to it' and similar. Myself included and the friends I was running with. 'It's just a day out' was our mantra. For Di it was her 13th Exterminator day out, only my 4th and the umpteenth for Jill and Pippa, so for myself anyway, I felt I was with experienced race goers and people who knew the route well, including some nice little alternative route choices to the ones that many others took.

Refuelling choices had been the topic of much discussion and between us we had some interesting options including cheese and pickle sandwiches, sausages, hot cross buns, energy gels/drinks and salt tablets. (No we didn't stop for a picnic!) It was a sweaty start but we soon settled into our rhythm. The route is interesting and varied with a few killer hills thrown in. Mitchell's Field is my nemesis!! Although Ed and Clare, the marshalls there, were very supportive with cheers and jelly babies. Basically it's about running where you can and walking up the hills. We liked to keep an eye on who was behind us, finding some satisfaction in not being last and actually managing to overtake a few en route - a lot to do with good local knowledge of best route to take.

There are several advantages of running with others a) good banter, b) shared nav expertise c) encouragement when you're flagging d) food variety. All of which make the experience very enjoyable, well bearable! The final hurdle down Moss Road is a killer but there is a steely determination not to be overtaken at the last hour. And the run round the field is just sadistic as the crowds watch your last efforts on very tired legs. We all finished completely knackered but also elated



and secretly proud of ourselves! Di claimed 'never doing that again' well maybe until next September??

The View from the Church: Marshals Tom and Kev

Kev Megson and myself manned the Hathersage Church checkpoint again. Always a good spot under the trees, with the first runners coming through soon after 11.40hrs. With less than 100 runners they were spread out even at the front, and the water was well received. Pacing was everything because of the heat. Good to see club runners from far flung clubs participating. Once the sweepers were through we had time to get back to the pavilion to watch the later finishers.

A Note on Volunteering for the Totley Race Series

Not running? Prefer the road? Have a bit of extra time to give (before, during or after a race)? Volunteering to support one of the Totley Race Series is a great way to have a super day out, be part of the action, and help the club and your fellow runners. Race Organisers are always on the look out for volunteers: marshals, sweepers, start and finish line support... offering your support early helps their blood pressure, general stress levels and shows just what a brilliant club we are!

The View from the Pack Continued... by Richard Nicholson

The fifth and final race of the series they said – a run around Totley Moor, Blacka Moor and over to Burbage... my first attempt at the Exterminator - it can't be too bad and so it proves... or so I thought... quickly ticking off familiar features and making my way over towards Stanage and down to Hathersage... even the ascent of Mitchell's Field isn't too bad thanks to the encouragement of the cheery marshals (Ed and Clare) and their generosity with the jelly babies, then the fast descent below Millstone, passing the birch trees and on down towards Padley Gorge... great training for Nine Edges the following week I think... but then crossing the road and climbing up through Longshaw the sky darkens... a rumble of thunder and I'm suddenly transported into a dark novel extolling pathetic fallacy... my legs stop working... at least it's sociable as cheery runners pass by, oblivious to my torment... and there will be no permanent record of my misery I thought... but then Ruth appears - camera in hand - to record my suffering for eternity... even the descent of Moss Road proves painful... and then, as the club hut comes into sight, I'm taunted by the shout of 'one lap of the field' as if I'm now condemned to perform an endless Labour of Hercules... past(!) the Cricketers... to be finally greeted by a row of daleks... EXTERMINATE! they decree.... I wake up in a cold sweat... the flashback real, the pain palpable... but there's always redemption next year...



Did you Know?

According to our very own Mark Buskwood, the first running of the Exterminator was in 2007. However, this wasn't the first iteration of the race... Between 2003 and 2007, we had the (equally entertainingly named) 'Tormentor', and before that, the 'Terminator', which started in 1990. How many of you remember that first race I wonder?

View From The Chair

Marcus Adams

It's definitely getting a bit back-endish.

As I'm writing this article, I'm aware that I leave for my 'summer' holidays next weekend. When I return, autumn will be well underway, and the nights will be darker and the weather more inclement. At this time of year, even the most dedicated of us can find our motivation slipping. The temptation of a comfy sofa in the warm and dry often feels more inviting than the prospect of lacing up our trainers and heading out to pound the streets on a dark, cold, and probably rainy evening (If you think it's bad for you, imagine our poor run leaders who simply have no choice but to turn up, whatever the weather!). However, staying consistent through the winter months can make us stronger, both physically and mentally, by the time spring arrives.

One simple way to keep your motivation alive is to set clear, realistic goals such as aiming for a certain number of weekly runs, or gradually increasing your mileage, can give you something solid to work towards. Tracking your progress on Strava (other apps are available) provides an extra boost, reminding you of how far you've come.

Preparation can also make the difference between lacing up or skipping a session. Laying out kit the night before, investing in reflective gear, and embracing waterproof clothing helps eliminate excuses. When you know you'll be comfortable, warm and safe, it's much easier to step outside the door. I always used to remind myself that my skin is waterproof and running gear can be washed and dried easily (no ironing either).

Finding variety can also spark extra enthusiasm, so try mixing solo runs with the Totley AC group runs or Improvers sessions, or join our Sunday runs to explore a new routes, or routes that just feel different because of the different conditions, maybe even try one of the group headtorch run on the moors. I'm also painfully aware that many female runners do not feel safe to run alone, especially on dark evenings, which is a truly awful statement to have to make, and a huge subject in itself, so our running groups also provides a safe, friendly environment in which to run.

Finally, remember why you started running in the first place. For most of us it's for more than just exercise - it's time to clear your mind, reduce stress levels, and boost your mood. Holding on to that bigger picture can help you power through the darker months.

Remember, consistency is built one run at a time. Stay prepared, stay safe, and remind yourself that every step in the cold and dark is an investment in a stronger, better version of yourself come spring.

Happy running!



Nine Edges Fell Race

Richard Nicholson

Is a popular 20 mile / 32km traverse of the familiar gritstone edges from Derwent Dam to the Robin Hood PH near Birchen Edge. The event is organised as a fund-raiser for Edale MRT <https://edalemrt.co.uk/nine-edges/> and you can choose to run, walk or even climb(!) between seven well-stocked and friendly checkpoints.

Fourteen intrepid Totlies were registered with most (sample below!) lining up for the mass start for the 178 runners at 10:00am on 13th September 2025:

After the initial climb onto Derwent Edge the route is undulating and well-defined. The duration of the run is such that there is plenty of conversation to be had with other runners as you make your way along the edges – making for a friendly and supportive atmosphere. The weather was also kind (except for one sharp shower towards the finish).

Totley AC managed 4th overall (Sam Evans, 2hr 48min) and first female / sixth overall (Kate Gibson, 2 hr 49 min). However there were plenty of Totley smiles at the finish (nothing to do with the reward of a free pint upon successful completion of the route).

The event was well-organised and definitely one to be recommended if you are looking to step-up to longer distance events. On a personal note, even though this race was three miles longer than the 'Exterminator' I found it easier and ran it quicker! Bryony ran so quick she even beat her welcome party to the finish line!

The 2026 event will be the twentieth and will be held on the 12th September 2026, with entries going live via SiEntries on 14th April 2026.



Totley parkrun Challenge

Excuse me Graves Park

Chris Heggs

And we're back... 6 down and 3 to go in the 2025 Challenge, as we returned to the ever-popular Graves. Surprisingly, the usual grey skies and brutal wind into your face that drains any momentum as you head up the hill, was absent, instead the 36 emerald attired athletes were treated to a pleasant Saturday morning.

As I greeted my paired runner, the wonderful Helen Young, it was a race to get our excuses in first for why we were about to underperform.

Helen went with a twist on a classic, but rather than opting for "the dog ate my homework" justification, it was "the dog will probably need the loo at some point on the way round" (which it did indeed).

I countered by revealing to the world my pasty white chest, which had 3 monitor pads and the required wiring well and truly taped down and attached to what looked like a Walkman from the 80s, as part of a hospital mandated monitoring. It was not a small illegal motor reminiscent of those used in the Tour De France a few years ago as was suggested at some point).

Not long after the run began, a very cheery Ian Bates could clearly be heard getting his defences in for his upcoming one pointer, broadcasting to his partner, and half of the other runners, that he would have to run several minutes faster than her if he were to have a chance, and that just wasn't going to happen.

It got me thinking about runners and our tendency to stand on the start line of a run, and share our niggles, the details of our interrupted training due to life getting in the way, how much alcohol we consumed the night before (I'm looking at you Scott Blanks, Matt Ridge and Kieran Hickey) or just that we are not feeling it today, whatever that means. In my experience, this usually results in the initiator flying off at a rate of knots and proudly claiming a P.B. shortly afterwards.

All explanations aside, there were the usual impressive performances and close pairings, with Eleanor and Emily being separated by a meagre 0.27%. The next challenge is due to happen on 11th October at the beautiful Castle course. You can expect me to moan about going up that hill three times, I'm sure. I hope to see you there.



Captain’s Report

Nadia Raza

There are so many fantastic results this month for you to see. Tom Beaumont won the Punk Panther’s Yorkshire Reservoir Dogs 50 mile ultra, and there were strong Totley performances at Nine Edges fell race (20 miles) and the Tissington Trail half marathon. My report will focus on The Exterminator and The Sheffield Way Relays.

Exterminator

The weather for Exterminator this year was much kinder than in 2024, and the turnout was double that of last year. Jamie and Simon Rutherford put in so much work behind the scenes to ensure that the race ran smoothly and the rubber ducks made another guest appearance at Blackamoor, courtesy of the Yallop family. Richard Snowden, Matt Burden and Mark Jacobi won the men’s team prize for Totley and Nicola Frow was third FV50.

Sheffield Way Relays

The Sheffield Way Relays are my favourite relay of the year. Why do I love this race so much? I think it’s because it’s not just a test of physical endurance but it’s also a race where team strategy plays an important role. At least one runner in each pair must know the route, which means doing a few reccies in advance. Even getting to the start of your leg can be a logistical challenge, and in the past I have seen some runners completing their leg on race day, but not being able to hand on the baton. I also think that racing as one of a pair has taught me a lot about myself: when to try and push harder, when to slow down, and how to work together when it feels really hard. Each leg is very different, and Caz Kay and Matt Burden did a great job in pairing up runners and allocating them to legs. The men’s Foxes team and the women’s Spinach team were both victorious.

September 2025 Race Results						
Date	Event	Name	Chip Time	Overall Position (if top ten)	Cat Position (if podium)	Date of birth (Club champs races only)
05/09/25	Great Longstone Chase	Edward Byard	00:40:09			
		Lucy Kucharik	00:44:58			
		Clare Howarth	00:46:07			
		Robert Owen	00:35:57		1st M60	
06/09/25	Pennine Ridge Fell Runner	Rachel Steen	03:09:00	2nd female		

07/09/25	Great North Run	Laura Goy	01:29:36			
		Kathryn Pickford	01:40:54			
		Charlotte Woodger	01:43:49			
		Sophie Middleton	01:50:42			
		Christopher Wilcox	01:54:24			
		Emma Nicholson	01:54:32			
		Helen Raynes	01:56:26			
		Jason Parsons	01:59:17			
		Kim Russon	02:00:53			
		Jennifer Warley	02:02:49			
12/09/25	York 5k	Kevin Walker	00:16:26			
		Colin Osbourne	00:18:58			
14/09/25	Dronfield Big Dipper	Colin Alexander	01:51:49			
		Timothy Gibson	01:51:58			
		Gazelle Gibson	02:24:19			
		Pat Goodall	02:40:04		1st F70	

07/09/25	Exterminator	Richard Snowden	02:43:57		2nd M50	
		Matthew Burden	02:47:22		3rd M40	
		Mark Jacobi	02:51:01		3rd M50	
		Paul Turner	03:02:45			
		Will Doyle	03:06:21			
		Chris Day	03:12:03			
		Phil Applegate	03:13:21			
		Niall Akers	03:23:26			
		Mark Yallop	03:30:23			
		Stephen Stewart	03:32:13			
		Peter Dooley	03:37:47			
		Nicola Frow	03:42:34		3rd F50	
		Colin Alexander	03:44:29			
		Helen Young	03:49:37			
		Louise Abedin	03:51:31			
		David Ayrton	03:52:33			
		Richard Nicholson	04:00:53			
		Kylie McAteer	04:08:15			
		Jill Davies	04:09:00			
		Diane Clews	04:09:03			
		Des Ryan	04:10:59			
		Pippa Weir	04:20:31			
07/09/25	Wilne 10k	Anne Hegarty	00:47:33		3rd F60	
07/09/25	Tiree Ultra	Richard Bulmer	06:31:28			

13/09/2025	Hardwick Hall Backyard Ultra	Will Doole	53 miles 13:12:53			
20/09/2025	Tissington Half Marathon (Saturday)	Jam Tidy	01:54:19		3rd F60	
		Bryony Black	02:00:02			
		Wilf Fleming	02:02:04		2nd M65	
		Helen Young	02:02:01			
		Ruth Garbutt	02:02:02			
		Gillian Donohoe	02:06:21			
		Sharon O'Leary	02:08:02			
		Ruth Harrison	02:18:36			
		Beth Rawson	02:20:57			
		Sally Rhodes	02:23:57		1st F70	
		Joanne Lee	02:33:31			
		Eleanor Hall	02:35:03			
		Jude Alabaster	02:39:38			
		Maria Holmes	02:50:18			
		Stuart Raynes	02:50:19			
		Katarzyna Fleming	02:53:47			
21/09/2025	Tissington Half Marathon (Sunday)	Jake Lane	01:14:22	1st		
		Helen Fidler	02:02:31			
21/09/2025	Berlin Marathon	Kevin Megson	04:48:38			

27/09/2025	Ladybower reservoir trails 54k Ultra	Niall Akers	06:46:24			
27/09/2025	Ladybower reservoir trails 22k	Vicky Brotherton	01:50:12	1st female		
		Mel Gawthorpe	02:09:20		1st F40	
		Helen Raynes	02:27:44			
27/09/2025	Punk Panther's Yorkshire Reservoir Dogs Ultra	Tom Beaumont	08:11:40	1st		
28/09/2025	Robin Hood half marathon	David Boulton	01:21:25	3rd M50		
		Chris Heggs	01:50:23			
		Mark Goodison	01:50:44			
		Nadia Raza	02:06:17			
		Edward M goodison	02:35:02			
		Martin Elms	02:43:02			
		Kev Megson	02:43:02			



28/09/25	Sheffield 10k	Tom Hindmarch	00:38:02			
		Alex Carlow	00:39:32			
		Anthony Whitehouse	00:41:47		1st V70	
		Paul Grayson	00:42:00			
		Liz Parsons	00:42:57		1st F50	
		Alastair Tatum	00:43:19			
		Martin Robbins	00:45:36			
		Jonathan Tickhill	00:46:21			
		Rachel Miller	00:47:36			
		Priya Popat	00:47:57			
		Alyson Rayner	00:48:02			
		Sarah Kotnis	00:48:21			
		Joe Armytage	00:47:55			
		Liz Dally	00:49:42			
		Tom Eastwood	00:52:13			
		Lisa Cooper	00:53:16			
		Pippa Sinclair	00:54:13			
		Yvonne Twelvtree	00:55:38			
		Adele Coupland	00:56:38			
		Becky Gosling	00:58:11			
		Ruth Garbutt	00:58:12			
		Richard Hallatt	00:58:16			
		Sophie Middleton	01:04:15			
		Pat Goodall	01:04:15		1st F70	
		Joanna Bates	01:10:39			
		Eleanor Hall	01:11:44			
		Chris Wallbridge	01:13:05			
28/09/25	Chatsworth 10k	Rebecca Westland	00:59:43			

Name	Leg 1 Team	Leg 1 Time	Leg 2 Team	Leg 2 Time	Leg 3 Team	Leg 3 Time	Leg 4 Team	Leg 4 Time	Leg 5 Team	Leg 5 Time	Result
Totley Foxes	Alex Cozens	01:13:35	Aidan Linskill	01:17:49	Kevin Walker	01:11:18	Sam Evans	01:06:08	Matt Burden	01:04:09	05:52:5
	Will Doyle		Sam Longhurst		Sam Mellor		Mark Anderson		Chris Livesley		
Totley Spinach	Vicky Penn	01:21:51	Laura Goy	01:31:29	Ellie Smith	01:27:32	Clair Taylor	01:23:12	Caz Kay	01:18:53	07:02:4
	Jen Applegate		Charlotte Woodger		Sarah Franklin		Annette Haines		Stephanie Fauset		
Totley Badgers	Chris Day	01:38:13	Peter Dooley	01:27:17	Niall Akers	01:30:50	Chris Heggis	01:30:25	Richard Watts	01:18:19	06:48:1
	Ian Bates		Sean D'Souza Walsh		Mark Yallop		Martin Robbins		Ram Tripathi		
Totley Sprouts	Hannah McMellon	01:36:06	Jo Brown	01:40:28	Kate Stabbs	01:38:34	Sarah Kotnis	01:52:32	Sarah Hull	01:21:55	07:21:4
	Jenny Featherstone		Jill Freeman		Claire Macht		Anna Home		Mel Gawthorpe		
Totley Parsnips	Fiona Bilton	01:47:33	Ailsa Gray	01:52:13	Liz Dally	01:44:36	Amy Conlan	01:37:22	Helen Raynes	01:29:41	07:29:3
	Pippa Weir		Lou Goodhill		Sarah Brooks		Tanja Hayselden		Adele Coupland		
Totley Mushrooms	Roz Massey	01:48:45	Bryony Black	01:52:02	Sian Mead	01:48:21	Susie Wall	01:31:35	Kim Russon	01:48:35	08:19:2
	Debs Lodge		Nadia Raza		Kylie McAteer		Rachel Doole		Harriet Eisner		

BOOK GROUP

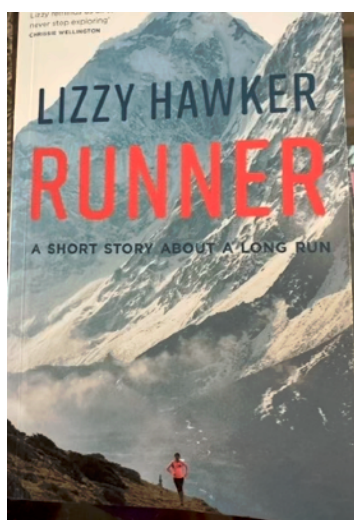


The Adventuring Spirit Book Group

15th October
8.15pm - 9.30pm

The Greystones,
S11 7BS

richardrbulmer@aol.com
RSVP if you're interested



There's loads of great books on running, the outdoors and adventure. We'll meet every couple of months on a Wednesday.

The idea is for an informal get together to discuss a book, have a bit of fun and get more inspired.

The book for October is Lizzie Hawker, Runner: A Short Story About A Long Run recommended by Susie Wall.