

TOTLEY NEWS

Running, Friendship, Support, Team Work

Make It A Totley Christmas

There's loads of opportunities to get out and celebrate Christmas with Totley AC. There'll be the normal scheduled club runs but in addition there's a busy schedule of festive fun available for December.

The festive season is also an opportunity for giving. The Christmas Lights run is a time when we encourage donations to St Luke's Hospice and the club match funds any donations on the justgiving page we'll set up. Proceeds from the Two Turtle Doves Fell race are donated to Edale Mountain Rescue and

1st December - Totley Circuits Christmas Curry

6th December - Graves Parkrun Takeover

7th December - Percy Pud 10km

10th December - Totley Book Group at the Greystones

13th December - Parkrun Challenge

16th December - Christmas Lights Run

17th December - Trackmas Christmas Curry

18th December - Improvers then mulled wine at the Megsons

21st December - South Yorkshire Cross Country at Graves Park

24th December - Christmas Packhorse Run

26th December - Two Turtle Doves Fell Race (Volunteer Opportunities)

27th December - Dronfield Way Relays



St Luke's Fundraising Page https://www.justgiving.com/page/totley-ac-christmas?utm_medium=FA&utm_source=EM

Thirty Fell Runners Went to Wales

UKA British Fell and Hill Relays 18th October 2025

Sarah Brooks

Rather than giving an overview of the race, I wanted to highlight the process from behind the scenes because maybe for once it was more eventful than the race itself.

This year's race was held in a very small place called Dinas Mawddwy in the middle of some very big mountains in Southern Snowdonia. It's near Dolgellau for those of you who know Wales a bit better than I do.

It's a team event where 6 people tackle 4 legs each of a different distance, this year somewhere between 4.2km and 11.1km. Legs 1 and 4 are solo legs, legs 2 and 3 are pairs legs. All legs are flagged with the exception of leg 3 which is a navigation leg. The elevations ranged from 513m (legs 1 and 4) through to 758m (legs 2 and 3).

For this event, rather than just entering a race like most of us would do, there is a ballot process meaning that we enter our teams and we need to wait and see which ones are accepted. This year we entered 5 teams but only had 4 accepted. From my perspective this was a frustrating outcome because if we have Totley AC members wanting to take part in a race, I really want to support them to do that. Luckily for us there was an opportunity to appeal and we were successful so we ending up entering 5 teams. This is a great achievement with only a few of the greatest clubs managing to find more than enough people to fill 5 teams: Helm Hill (9 teams), Dark Peak (8 teams), Keswick (7 teams), Mercia (7 teams), Ambleside (6 teams), and Calder Valley (6 teams).

I wanted to outline a few of the challenges *we experienced* so I've outlined the four main considerations I used when planning them.

1. **Availability.** The process within Totley for organising races has always been to make an announcement in the first instance asking who'd like to take part. This process usually yields limited expressions of interest. What then ensues is a large recruitment exercise to all the people in the club who've ever done a fell race at some point in the last 12 months. This year, I contacted 80 people. Availability is usually shaped by family and friend arrangements, work shifts or different race commitments. Of those 80, we ended up with 30 who expressed sufficient interest to be named on the team submission and 5 who were happy to go on the reserve list. At this point I could then start to look at the types of teams we can enter which is largely based on age.
2. **Age.** There are a number of age categories we can enter: under 40 (MSEN/FSEN), 40-49 (MV40/FV40), 50-59 (MV50/FV50), over 60 (OPEN). The difficulty with arranging teams by age is, as we all know, running ability doesn't correlate with age. It's possible to place people in an age category below their age but not above. What this means in practice is that the below 40s are restricted to their age category but the older ones can be more flexible. When I've put people into age categories, I then start to consider ability.
3. **Ability.** There are four areas of skill and expertise which are important for the fell relays. Firstly, technical ability. Usually, the routes involve steep rocky ascents and descents. By way of example, this year there was a warning on legs 1 and 4 that people needed a good head for heights. The second area is speed because the team need to have reached a certain checkpoint by a particular time to avoid being eliminated. The third one is speed over distance. Legs 1 and 4 are much shorter than legs 2 and 3. Therefore, ideally we want the people who are the fastest they can be over a particular distance. And the final one is navigational ability. For leg 3, there is a requirement to be able to read a map whilst running fast over technical terrain. As a club that with a huge green footprint at fell runs we might think that we have a club full of competent orienteers. Seemingly not so. Imposter syndrome kicks in on this occasion and many people become very unsure of their

navigational ability. Anyway, having placed everyone according to their ability, I then moved on to the question of confidence.

4. Confidence. The British Fell and Hill Relays is the most prestigious event in the fell running calendar where all of the celebrities of the fell running world descend on a tiny little place in the middle of nowhere. Imagine Sports Personality of the Year but with padded jackets and plenty of mud. As a result some members experience doubts about being good enough.

Trying to find the optimum composition of a team is really tricky. Leg 1 requires an individual who is fairly speedy and confident to run on their own. Leg 2 requires two people of roughly similar ability who are also fairly speedy. Leg 3 requires two people of roughly similar ability who are relatively speedy and also confident to navigate. Leg 4 requires an individual who is confident to run on their own. Speed is less important for leg 4 because there's a mass start so if we're going to be eliminated because we were too slow, it doesn't affect the leg 4 run.

Inherent in the design of this race is a rather large amount of time between entering the teams and the actual race date. There was 2 months between us entering the initial teams and the race date meaning inevitably, people became ill or injured or weren't able to run for other reasons. Since entering the original teams back in August, we made 9 changes. Whilst it's relatively drama-free trying to find a replacement two months beforehand, five of those dropped out in the week before the race, with two of them dropping out on the Thursday before the race on the Saturday. I was still texting people at 10pm on Thursday night trying to find replacements. To say I was stressed was an understatement. Not because finding replacements is stressful. Because knowing that others would not be able to run if I didn't was stressful.

Final teams needed to be confirmed by 9am on the day before the race. I pressed SAVE on the submission system with a sign of relief feeling like I'd done the longest obstacle race and finally just reached the end.

Last year I also organised the Totley teams for the FRA relays and I wrote a report called "What a Shenanigans!" It described a sequence of problems which put the word eventful into the event. This year, however there were no shenanigans on the day. Everything was excellently organised by Meirionnydd Running Club and I've no doubt will serve as a blueprint for how to do this in the future.

With regards to the Totley performance this year, we did amazing. We battled Norovirus, Covid, really bad colds, sprained ankles and broken toes to get there. We didn't just turn up, we gave it our everything and for that, I am so proud to have been there alongside everyone.

FSEN - Josephine Hicks, Jessica Coyle/Eve Seymour,
Jo Brown/Gazelle Sol, Sarah Franklin

MSEN - Joel Paisley, Charlie Baker/Matt Burden,
Oliver Marshall/Will Doyle, Niall Akers

FV40 - Nicola Frow, Liz Dally/Sarah Brooks, Roz
Massey/Ruth Canton, Claire Macht

MV40 - Simon Rutherford, Aidan Linskill/Nathan
Dangerfield, Alex Wall/Timothy Gibson, Ian
Bates

MV50 - Richard Bulmer, Chris Day/Colin Osborne,
Richard Nicholson/Colin Lynch, Tom Ricketts



Eaten By A Welsh Dragon

Richard Bulmer

Well that was a running disaster but a triumph of keeping a stiff upper lip, hobbling along, cracking camaraderie and loving the magnificence of the hefty Welsh mountains. When the call came out for Totley runners to represent the club at the prestigious FRA relays I replied with happy to help out if we're short. I love a fell races but I know my limitations. I'm slow and lumbering uphill and I'm like a frightened and stumbling zombie on the downhill. I like to think my strength is enjoying the cracking scenery, eating pizza and tasting fine local ales.

The uphill on leg one saw me on fours clambering up a heather coated mountain side. I believe somewhere in the far distance the front runners were actually running, unbelievable! I was halfway up to the top when I heard the announcers welcoming the front runners after they'd already summited and had raced to the finish line. I reached the top about 10 places from the back. This is where my humble efforts became even more humble, I could have been a character from Charles Dickens novel, I was bedraggled, pitiful and oh so slow.

At fell races when I'm marshalling or when I'm on an out and back course, I watch incredulously as the front runners hurtle downwards without a care and at a speed that defies logic. My good self heads downwards with a fear of falling, spraining ankles, slipping and possibly being eaten by a Welsh dragon. Well all of those things happened to me on the downhill. Yes, I was eaten by a Welsh dragon but even that dragon decided my pitiful body wasn't worth chewing so just spat me out on the mountainside. I'm blaming the Welsh Dragon story for my last place - honest!

I hobbled into the finish funnel in last place to hand on my baton to poor Chris Day and Colin Osborne who must have wondered if they were ever going to get out for a run. The marshall at the end commented I was the smiliest finisher, that was definitely true after all who wouldn't be happy to have survived being eaten by a dragon.

I loved the weekend. It was great fun being part of it. My sore ankle quickly recovered. The pizza, beer and tales afterwards were fabulous. I'm always happy to be a reserve and will definitely try and come along next year as a spectator and supporter. Massive thanks to Sarah for all the hard work organising and somehow persuading last minute replacements for injuries all with a big smile on her face.

Last Minute Hero

Gazelle Sol

A race that happened only three days after my birthday and strangely, it made this year feel special.

My birthday itself was honestly boring, nothing much to do... but maybe that's because something bigger was waiting for me right after.

We got called last minute for the British Fell Relays Championships in Wales because two of our team runners couldn't make it. Everything happened so fast and somehow, we made it there. It felt like the mountains themselves invited us.

My section was a navigation leg, which means no phone, no GPS, no digital help just a paper map, compass, and trust.

So I couldn't record anything during the race; I finished tired, muddy, but smiling. And looking back at those mountains and appreciating them for letting me in and I gave my final respect to them.

I ran with Jo, my amazing running partner, who was calm, patient, and brilliant at navigation. I was so happy that I ran with her.

Some parts were so steep I had to climb with my hands, and other parts were along the contour paths those thin, slanted trails right on the edge of the mountain, where you run sideways with your legs burning and your brain asking, “Why am I even doing this?”

The endless climbs & the wind, crossing rivers it was all raw and beautiful and I never had such an experience before!

And somehow, through all the pain, I kept smiling. Even the marshals said, “You’re still smiling!”

Maybe it was exhaustion. Maybe it was joy. Maybe both. But I kept that smile (don’t get me wrong there were bits when I was climbing with hands and legs that I nearly cried too) but it is the nature that we should respect sometimes these mountains might not want you there and you have to accept it, but sometimes they let you in with open arms.



The Navigation Leg

Will Doyle

As twitchy as I'd been in the warm up pen, as soon as we were tagged and underway any nerves melted away. Our nav leg set off to the North away from rest of the routes (a bit of a surprise from the organisers) up a gentle slope to where we were handed our maps.

We had a quick once over of the map on the first ascent and to my relief it looked reasonably straightforward. Ollie and I fell into a steady rhythm traversing the hill to the first checkpoint following an off camber sheep trod and ducking in and out of stream gullies.

After checkpoint one we embarked on the first of quite a few climbs, this one was hard going through late season bracken. Checkpoint 2 to 3 was great fun, letting the brakes off for some fun downhill with a choice of path free lines.

Things got pretty tough after checkpoint 4 as we fought through marshy tussocks for what felt like a very long time. As the ground firmed up, any hope of respite was quickly dashed by the increase in gradient for the longest climb of the course.

I had studied the map of the other legs beforehand and had a slight pang of disappointment when it turned out our course was headed away from the precipitous mountains surrounding the event field. However, any remnants of that disappeared as we reached checkpoint 6 and were rewarded with incredible views of the surrounding summits as far as the eye could see.

The descent off checkpoint 7 was easily the highlight for me. An undulating winding single track down the side of a mountain, in front of a tourist board advert backdrop and gravity doing the lions share of the work!

We could feel the home stretch approaching and after an awkwardly slopy flagged section the downhill from checkpoint 8 was proper let the brakes off territory. The kind of terrain where it's as much work to slow yourself down as it is to embrace the 'brakes off, brain's off' fell runner mentality of plummeting. Brilliant fun.

Back onto actual paths, we went back under the road for a final lap around the farm to hand over to Niall. A heroic last ditch effort went a bit awry and Ollie, well, ended up in the last ditch. It made for a fantastic sprint down the last straight with Ollie looking like a bog monster - apparently running blind too because of the mud in his eyes! A fine effort.

It was my first FRA relays and certainly not my last. The atmosphere was great, it was inspiring seeing all the front runners flying through and was ace seeing how the other Totley teams were getting on. Roll on Todmorden...

A Big Hills Cold Cure

Ruth Canton

Despite the back end of a cold, my legs and lungs felt OK. My Inov8 Mudtalon Speeds had stopped rubbing blisters just in time so Roz and I set off with matching Mudtalons - you do want maximum tread for these courses.

It was such a relief to get round leg 3, proving to myself that I *can* crush the self doubt and find checkpoints off-piste, swiftly enough. No panicky fluff ups this time - phew!

The FRA Relays are *technically* 4 races and we have to do our best, representing the club in a national competition. But, it's also a trip away to some big hills with other fell runners. The fresh air of leg 3 blew the cold away so I could enjoy what I really came for - a chance to see people I don't get to on our weekly sessions.

Once the race bit was out the way, I was keen to join in the socialising. Sadly, the weather was too bad for a mountain walk on Sunday but I did sign up for some BG support. Are there any reccie weekends Matt? If Dicky Bummer's coming, I should be able to keep up!

Hope I wasn't a cold superspreader!



From Car Seat to Mountain Top

Ian Bates

That was tough but wow what a sense of personal achievement.

View from a car seat: I'm driving toward Dolgellau and my palms begin to sweat as I look up to the hills around me. "Well how did I get here?". On reflection it was a mix of rising to a personal challenge, pride in representing Totley AC, a bit of FOMO (Fear Of Missing Out) and a lot of persuasion.

I am needed to run Leg 4 (previous legs have done enough to stay within the time limit). Looks like a mass start (which is great to hide in as the first ascent is painfully visible from the start line) and Oh Blast Totley Leg 3 have just come in and the tannoy announces "I hope Ian Bates is ready" no, not really, not for the pain of crawling on my hands and knees with all eyes burning into my back and being overtaken multiple times on the first ascent. A fellow combatant on the second ascent expresses our mutual behumblement by simply grunting "call this fell running, eh?". The descent is just as brutal with gravity still the enemy however there is a brief respite to take in the awesome (Awesome! This is why we do it) view of the valley below before a dip in a bog then a "sprint" (hah!) to the finish and done.

View from the restaurant

Pizza has never tasted so good. Same again next year? Maybe ...

We arrive at Mawddach Pizzeria and I managed to drag my aching legs up the stairs to our table. Joy and merriment with everyone around sharing their stories and expression of how well the event was organised and how well supported all the Totley runners were by each other with special thanks going to the Totley organiser who was over the moon in with relief that everyone made it to the event to start mostly on time and finish under the time cutoff without injury (always a risk on this terrain so remember be careful).

What about next year? Hmm. If this story hasn't inspired anyone else to take up this challenge then ... maybe ... as a "reserve reserve reserve" this time.

Leg 4 Fun

Claire Macht

Since coming back from Wales, we have been trying to find a fell race that equals the 500m elevation of legs one and 4 in a similarly short distance of 3.8km. We have so far failed to find anything coming close to this combination. This makes me feel justified at having climbed more of leg 4 with my hands than I did run it. The steepness of the ascent was more than made up for by the steepness of the descent, which allowed for other novel methods to get to the finish quickly, such as the log roll and the bum slide. This, the challenge of such steep ascents and the fun and chaos of such precipitous descents, is what makes fell running such a thrilling competition. Full and warm appreciation to Meirionnydd Running Club for plotting a route (and negotiating the private land permissions) that combined all the elements of a properly challenging fell relays.



Get More from Your Runs:

3 Simple Activation Exercises to Power Up Your Warm Up

James Blaxhall

Hi! James here, Senior Sports Therapist at Katie Bell Physiotherapy & Wellness.

Most runners know they *should* warm up, but how often do you actually do it properly? When you're heading out for a run, especially on darker evenings or chilly mornings, it's tempting to get straight into it and let the first mile "loosen you up."

But what if those first few minutes could *set you up* for a stronger, more efficient, and injury-free run instead?



Here's my quick tip of the month: The first 10% of your run should always be treated as a warm up. This helps encourage blood flow to your working muscles, allows your joints to move through their range of motion, and helps your heart and breathing rate increase steadily. But if you want to get even more out of your warm up, a few quick *activation exercises* BEFORE you head out can make a huge difference.

In the short video linked below, I've shared **3 simple banded exercises** that take no more than a few minutes to do, but can really enhance your running performance:

1. **Banded Squats** – great for firing up your glutes and quads.
2. **Crab Walks (Lateral Steps)** – to wake up your hip stabilisers and improve knee control.
3. **Banded Hip Flexor March** – to switch on your hip flexors and build better running posture.

👉 Watch the video here: <https://youtu.be/sUCIy3WU6uM>

All you need is a resistance band, and you can do them anywhere. You'll start your run feeling stronger, more stable, and ready to move efficiently.

If you're interested in building on this kind of training, I run **RunSTRONG classes** at Katie Bell Physiotherapy & Wellness, a weekly strength and conditioning class designed specifically for runners. It's every Wednesday evening at Katie Bell Physio & Wellness, and focuses on helping runners move better, stay injury-free, and improve performance.

To give Totley AC members a chance to see what it's all about, we are offering a **free RunSTRONG taster session** -spaces are limited, so get in touch with the clinic if you'd like to book a place: Call 0114 327 2080 or email hello@katiebellphyio.com (and please let us know you've come from the Totley AC newsletter so we can get your free class sorted for you).

See you next time!

Chester Marathon

Katie Dale

I completed my first ever marathon earlier this month, an international marathon nonetheless (if crossing the Welsh border counts as international!). Thankfully it was the day after Storm Amy had blown in, and the weather was perfect.

I chose Chester marathon for its zero-faff factor. I grew up just a few miles from Chester, and the route goes right to my village. This meant I could stay with my parents, eat my traditional spaghetti Bolognese the night before and get a lift to the start. Most importantly I could request a roast chicken and glass of wine to be ready when I finished!

The marathon route is a lovely one, starting at the racecourse and running past Chester Cathedral and under the East Gate clock before heading out across the river into the countryside. All the villages were full of supporters cheering us on, holding funny signs and I genuinely smiled all the way round. "All toenails go to heaven" and "Only a parkrun left" at mile 23 were my favourites. It's a pretty flat route by Sheffield standards but there are enough little hills to keep it interesting – nothing as bad as running up Hangingwater steps to get home though!

I spotted a couple of other Totley vests en route and we exchanged the customary "Go on Totley" cheers. I was lucky enough to have my family supporting so they were strategically placed at miles 10, 19 and 23.5 to try and give me a boost when I inevitably hit the wall. It worked and I was so happy to see them I stopped for a hug!



Would I do another? Never say never, but currently I'm very happy to get back to running with friends and having the occasional weekend lie in!

Chester Marathon

Lucy Downes

Never Again!

The day of the Chester Marathon dawned bright and full of optimism, and thankfully Storm Amy had blown through. Chester was the flattest marathon course I could find because when you are running 26.2 miles you just don't need any hills right? Things were going surprisingly well until, in true slapstick fashion, I took a tumble worthy of an action movie. I landed awkwardly and was convinced I'd broken my wrist. Before I could even contemplate my dramatic exit, a kind gentleman runner stopped, helped me up, and cheerfully declared, "You don't need your wrist to run a marathon — jump up and let's go!" So, off I went, slightly bruised but newly motivated.

My fabulous support team — husband Sean and friends Nicola and Garry — popped up like superheroes armed with cheers and a look of concern when they saw my grimacing face. At one point, I spotted fellow Totley AC runner Katie D ahead of me looking strong on a switchback, and I felt a swell of pride (and possibly envy) that nearly brought me to tears.

By the finish line, emotion took over completely — relief, pride, exhaustion, and the hope the official photos would show me looking like a sleek determined athlete in peak condition. Unfortunately the photos suggest otherwise.

Huge thanks to everyone who sponsored me. Together we raised over £300 for Dementia UK in memory of my Mum. Totally worth the pain, but never again?!

Committee Vacancies

The Totley AC AGM will take place on 25th February 2026.

The committee is made up of six posts: Chair, President, Treasurer, Secretary, Social Secretary and Communications Lead. All these posts are elected each year and open to nominations.

Colin Alexander and Richard Bulmer are standing down from the Committee so we are particularly looking for nominations for **Social Secretary** and **Communications Lead**.

Please do consider taking on one of these roles. They are roles that are open to new ideas and creativity. There's a monthly commitment to attend the friendly and fun committee meetings. It's a supportive group and there's plenty of laughter.

Colin and Richard are happy to talk through what's involved.

In Memory of Jamie

Friends Take on the Three Peaks Challenge

Sam Evans

Part 1

This summer, Caitlin, Adam, Ciaran and I took on the **Three Peaks Challenge** – climbing Ben Nevis, Scafell Pike and Snowdon – aiming to complete all three within 24 hours.

The challenge was in memory of our close friend **Jamie Griffiths**, who sadly passed away earlier this year. Jamie was just 25 and was studying for a master's in *Endangered Species Recovery and Conservation* at Brackenhurst.

We decided to raise money for **Epilepsy Action**, a charity close to our hearts, and so far, have raised over **£5,000** – an incredible amount that we're really proud of.

Taking on the challenge was also a chance to meet some of Jamie's friends from his time at **Bangor University** in Wales. It was really special to share stories and memories about him and to feel connected through something positive.

Although we didn't quite manage to complete the challenge within the 24-hour target, finishing in **28 hours**, it didn't take away from what we achieved together. Personally, I'm hoping to take on the Three Peaks again – possibly solo – and aim to complete it within the time limit.

We lucked out with the weather — clear skies, great views, and no rain to slow us down. The best bit? A blazing orange sunset on Scafell Pike that looked suspiciously like Jamie's ginger hair. Cue a round of tired, slightly delirious laughter.

What happened to Jamie is deeply sad, but I truly believe that good can come from even the most difficult situations. We've seen that through the support and generosity people have shown.

If you'd like to support our fundraising efforts, please visit our **JustGiving page: "Team Jamie – Fundraising Events for Epilepsy Action."**



Part 2

Following on from our Three Peaks Challenge earlier this year, I recently swapped hiking boots for running shoes and completed the **Budapest Marathon** — finishing in a time of **2 hours, 56 minutes and 35 seconds**. I'm still not sure whether I enjoyed it or just survived it, but it was an incredible experience (and the legs have finally forgiven me).

When I got back, I felt inspired to keep the momentum going and started a **Brackenhurst Running Club** — open to anyone who wants to get out, get moving and enjoy the beautiful countryside we're lucky to have on our doorstep.

Although **Jamie Griffiths**, our close friend who sadly passed away earlier this year at the age of 25, and who inspired the Three Peaks Challenge, wasn't exactly a keen runner, he *did* join me for one run.

He didn't look particularly thrilled — I suspect he was trying to impress a girl at the time! But I like to think he'd get a good laugh out of seeing a group of us now trotting around Brack fields in his honour.

The aim is simple: get people talking, keep active, and maybe even raise a bit of money or awareness along the way. Whether you're an athlete or a "walk-jog-coffee-repeat" type, everyone's welcome.

If you fancy joining, just follow the group that looks slightly lost but very determined somewhere near the sheep fields on Brack.

To support our ongoing fundraising in Jamie's memory, please visit our **JustGiving page: "Team Jamie – Fundraising Events for Epilepsy Action."**



Parkrun Milestone

250 For Yvonne

On 15th November at a rainy Graves Parkrun Yvonne Twelvetree completed her 250th parkrun. Her fastest time is 22.23 at Rother Valley and Yvonne has volunteered an incredible 74 times.

Yvonne has a brilliant 94.45% age grading best, her name is one to avoid in the parkrun challenge.



European Masters Athletics

October saw an invasion of Totleys to the European Masters Athletics Championship in Madeira and the Green flags were swaying with style in the Madeira sunshine.

Our First Experience at the European Championships Stephanie Fauset, Charlotte Woodger, Vicky Penn

Introduction

This October, we had the privilege of participating in our first ever European Masters Athletics Championships, held in Madeira. The event brought together athletes from across Europe, and we were both excited and a little nervous to be amongst such an accomplished field. Alongside us were fellow competitors and friends who made the experience all the more memorable.

Pre-Race Atmosphere

There's a unique camaraderie that comes with donning the Great Britain vest. As we gathered for our warm-up, we mingled with both familiar faces and complete strangers. Yet, in that moment, everyone wearing the GB colours became instant teammates. It was uplifting to share the anticipation and pre-race nerves with others who understood exactly what it meant to be there.

The race was scheduled for 8pm, a time that's outside our usual racing comfort zone. We all agreed that we don't typically enjoy running at night, especially in the dark, but the atmosphere and buzz of the event did help ease some of the nerves. Humid conditions added another challenge to the evening, making the warm-up feel particularly sticky and the air heavy as we awaited the start.

The Course and Conditions

The 10km route consisted of two laps through the streets of Funchal. The course was not without its difficulties: cobbled sections tested our footing, diversions around roadworks kept us alert, and the narrow roads meant that the support from spectators was ever-present and encouraging. The energy from the crowds lining the route was both motivating and comforting as we tackled each twist and turn.

The Start Line Experience

When the race finally got underway, the start line was extremely congested. It was clear that not everyone shared the same sense of personal space that we did. Jostling for position was part and parcel of the experience, and at one point, someone even stood on the back of Charlotte's shoes—a rude awakening to the intensity and eagerness of the competition. Once the gun went off, as in any race, the pace was fast but despite the chaos, we soon found our rhythm.

The Race Unfolds

Steph set off ahead of Charlotte and Vicky, making her way through the pack with determination. Charlotte and Vicky ran together for most of the race, supporting each other and navigating the obstacles along the way. The cobbles demanded careful foot placement, and the diversions meant we had to stay alert for sudden changes in direction. We had thankfully walked the route with some of our teammates earlier in the day so were familiar with the course.

The Final Stretch

As if the course hadn't thrown enough at us already, the finish had a sting in its tail. Instead of stopping at the finish line, we were sent past it, down the road for another 200 metres, before finally turning back and heading for home. Those last 400 metres felt endless and the relief as we finally crossed the line was simply unparalleled. Steph finished a couple of minutes ahead, while Vicky and Charlotte finished within seconds of each other.

After the Finish

It took some time to recover from the effort, but the camaraderie quickly returned. Once we'd caught our breath, we rejoined our other teammates and the enthusiastic GB cheering squad at the bar from which they'd been shouting encouragement. That first pint tasted absolutely amazing, a reward well earned after such a demanding race.

Celebration and Results

Yet, the true highlight of the evening lay ahead when the results were announced. Steph had been one of the top three GB W₄₀ competitors, securing a team Gold. Charlotte and Vicky, racing as part of the GB team in the W₃₅ category, were thrilled to take home a team Silver—just behind a strong Polish squad. In that moment, our celebrations were jubilant; it felt as though we'd conquered the Olympics itself, and for us, it truly did mean the world.

The Medal Ceremony

The excitement didn't end at the finish line—our celebrations continued into the following day with the official medal ceremony. Standing on the podium, in front of athletes from all over Europe, felt surreal. National anthems rang out as medals were presented, and there was a real sense of pride and camaraderie. We certainly didn't manage to be cool or composed on the podium—every laugh, cheer, and moment was savoured!

It was especially joyful to see so many friends succeed as well. Sheffield's Dot Kesterton collected both individual and team medals, as did Louise Rowley, and there was a real haul of Team GB medals across a range of age categories. Hearing our own national anthem was, of course, the highlight, but Italy's anthem was a close second—it's such an uplifting tune that it had the crowd clapping along.

What's Next?

This experience has been far more than just a race—it became the perfect focal point for a memorable holiday with friends. We're already excited for what's to come and look forward to many more opportunities to race on the international stage.



Madeira 5000m & 10km Races

Kev Walker

My trip to Madeira for the European Masters Championships was my first time representing Great Britain and my first ever track race. Those in the club who know me will attest to my dreadful pre-race nerves. On this occasion, my anxiety was off the scale, making me truly awful to live with. I can only apologise to my wife, who had come along under the false pretence of a relaxing holiday.

First up was the 5000m. The M50 category had the most runners of all categories, with 34 registered. Only 28 started the race, as some dropped out after competing in other events earlier in the week. Due to the numbers, the race was split into two heats based on predicted times. I was horrified to be placed in the fastest heat, which made me even more anxious. I knew the standard was high, as I had spent the previous week shamelessly stalking the other competitors on Power of 10. With one of my fellow GB runners being a former outright winner of the Manchester Marathon, I knew I was in tough company — well, for a lap or two at least.

Once the gun went, I managed to stay with the front pack for the first two miles, but in the final mile the heat and humidity really took their toll. I could not push on as I had hoped, but I was happy to hang in and finish 10th out of 28 overall. It was a hard race in challenging conditions, but an amazing experience to compete at that level and I'm proud to have stayed in the mix for as long as I did.

Two days later came the 10km road race. After the build-up to the 5000m, I wanted to be more relaxed for this one and try and enjoy the occasion. It was brilliant to be lining up alongside some familiar faces from Totley AC, Charlotte, Steph, Vicky and Anne, whose company did wonders for my nerves. In fact, I was so relaxed I missed my chance to grab a good starting position, which did nothing for my opening kilometre split.

The heat and humidity were again a big factor, and the course was not easy, with hills, cobbles, plenty of twists and, just to make things more interesting, it was run at 8pm and therefore in the dark. Determined not to repeat my 5000m fade, I set off at a steady pace and aimed to push harder on the final lap. My time ended up around two minutes slower than my season's best, which was initially disappointing, until everyone else said exactly the same about their times. The conditions made it a day for survival rather than personal bests, with many people looking decidedly ropery towards the end. Although the GB M50s did win a silver team medal, the team is made up of the fastest three GB M50 runners on the day, and unfortunately I was not quick enough to make the scoring trio.

The best part of the day came right after the race as we were celebrating together. The results began to filter through, and one by one, Charlotte, Steph, Vicky and Anne all realised they had won 10km team medals to add to the silver team medal Anne had won the previous week in the cross country.

Watching four Totley runners make a European podium was genuinely special, the perfect mix of disbelief, delight and mild dehydration. A truly inspiring moment, and one I feel very lucky to have been part of.

Overall, representing GB in a Masters event has been a memorable experience. If you ever get the chance to compete internationally, do it. It's an experience you will never forget.



Gold!

Anne Hegarty

This was only my second ever Masters event having taken part in my first last year representing Ireland in Gothenburg where the World Masters Championships was held. Having enjoyed the experience there and so excited to have another opportunity to run for Ireland I decided to sign up for the European Masters in Madeira in October. Madeira is a beautiful island so I was looking forward to spending time there but this time I registered for 3 races taking place over 1 week something I had not attempted before and in hot, humid conditions with plenty of hills so I knew it would be a challenge.

My first race the 8km cross country was held on Sunday 12th October at Chao das Feiteiras approximately 1170m above sea level so some amazing views there but the high altitude combined with humidity made it difficult to breathe when running. Setting off at 1pm was not the best time to race for me, too much waiting around and difficult to time what and when to eat that morning and by the time we started the sun had disappeared and it became very foggy so visibility was poor. On the plus side I had lots of time to chat to team Ireland and get to know everyone. The race involved running 8 laps of a 1km route with a couple of short sharp hills, so was tough mentally and physically running that 8 times. All my fellow Irish competitors also struggled in the high altitude but we survived and I was amazed but very excited to win a team silver medal in the F60 age category in this race.

With 3 days to rest before the 10k road race I took the opportunity to walk and do some short recovery runs in Funchal visiting the marina, gardens, historic streets and spend time with Irish friends and friends from Sheffield who were there participating in the event. Madeira is a beautiful place, locals very friendly and easy to find good food and everything I would normally eat when racing. The 10km road race started at 8pm and it was particularly humid that evening, a mass start so very crowded setting off. 2 loops around the town up and down some cobbled- stoned narrow streets, some not very well lit despite street lights. Another tough race but the support on route particularly from the Irish supporters was tremendous with people cheering and shouting my name around every corner so that definitely kept me going. At the end we had to run past the finish area to loop around and come back on ourselves to come through the finish line which was mentally tough so very happy to finish that race in a good time and 9th in my age category.

The next morning I really suffered from the humidity, felt ill needing a lot of electrolyte drinks but by evening had recovered enough to go out for tea with Sheffield friends Vicky, Steph, Charlotte, Dot and Fran and Margo and Bryan at Margo's holiday let with fabulous views over the island and an opportunity to cool off in a swimming pool.

The half marathon started at 8am Sunday 19th in humid conditions and consisted of loops and hills so another tough race. I was so relieved to finally cross the finish line knowing that my last race was over. I walked straight into the sea to cool off. I am very grateful to my lovely Totley supporters Vicky, Steph and Charlotte who were out on the route cheering and shouting at multiple points, what an amazing support team. I had found out the night before the race that I was in the Irish women's 45 team so that certainly gave me motivation to run as hard as I could coming 5th in F60 age category but to my utter astonishment we won the team gold in F45 category so an incredible end to a tough week of racing but the pinnacle of the whole experience was receiving the gold medal for Ireland and standing on the podium hearing the Irish national anthem playing. A very emotional and proud moment for me and my family and something I had never envisioned having the opportunity to experience. My mum was so uplifted hearing about my endeavours and successes during the European Masters and that made everything even more worthwhile. Thanks to everyone who supported me before, during and since the event. The feeling of putting on the Irish vest and representing my

country Ireland with wonderful teammates and doing it for my family cannot be expressed in words but has been incredible. I have made many Irish friends some I met last time but many more I was meeting for the first time this week who all know me now, congratulating me on my hard efforts and I have had invites to join club runs whenever I go over to visit my mum in Ireland if I can fit it in.

Some of the comments I received from team Ireland included: 'you have worked hard', 'wear your medals with pride', 'your family and especially your mum (who I mentioned to most of them) will be so proud and happy', 'you're up for anything' and 'you're always smiling' The camaraderie, support, shared love of running experienced at the event with runners from all over Europe has been amazing and being able to share the experience with my friends from Sheffield has been really special and I am filled with pride and inspired by all their achievements also at this event including medal winners Dot Kesterton, Louise Rowley and Fiona Jeffries all of whom run for Steel City Striders. I am especially proud of Totley teammates who experienced their first Masters event in Madeira and thank them for their support and camaraderie over there. Kevin Walker ran the 5000m track event and the 10k road race doing amazingly in his age category, Vicky Penn and Charlotte Woodger won W35 team silver in the 10k road race and Stephanie Fauset won W40 team gold in the 10k. What an amazing achievement for everyone and these 3 ladies were my best support team at the half marathon cheering me multiple times on route and at the end and supporting me at the awards ceremony afterwards, I am very grateful to them.

I have come away feeling I left everything out there in every race and could not have worked any harder, which in itself is very satisfying. Coming home with a team gold and silver medal for doing something I love is the icing on the cake and makes all the commitment to and consistency of training including running, cycling, strength and conditioning, gym classes over the past year so worthwhile.



View From The Chair

It's definitely getting a bit back-endish

Marcus Adams

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 my self 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 runs 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!

Totley AC

26th December 2025



Online Entries Open

What: 5 miles of festive fells

When: 11am, 26th December 2025

Where: Totley Sports Pavillion

Cost: £8

Enter: <https://totleyac.org.uk/two-turtle-doves/>

Entries on the day unless sold out.

Volunteering Opportunities

We'd love to hear from volunteers who are up for some Boxing Day fresh air. It's a great way to blow away some Christmas cobwebs and make a contribution to the running community.

And a chance for a glass of mulled wine in the Cricket Inn afterwards.

Contact: Alex Wall

Totley AC Book Group



The Adventuring Spirit Book Group

Wednesday, 10th
December
8.15pm - 9.30pm

The Greystones,
S11 7BS

richardrbulmer@aol.com



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

Provisional Dates

Wednesday, 11th February

Wednesday, 15th April

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

The book for December is *The Pants of Perspective, Runner*, by Anna McNuff (it's also available as an audiobook).

The venue is The Greystones Pub.

RSVP if you're up for giving this a go.

Captain's Reports

October

Bryony Hartley

What a month October was! Our fabulous Totley runners, once again, competed in a whole array of events, both in the UK and abroad.

Totley were very well represented at the European Masters in Madeira – Kevin Walker, Anne Hegarty, Charlotte Woodger, Vicky Penn and Steph all bringing home the medals after some amazing performances.

The Cross Country season started, and we had a good turnout for the first two fixtures at Clifton Park and Longley Park.

We saw some amazing marathon times too, well done to Sam Evans (Budapest), Angus Eady (Antwerp) and James Biggin, Tom Hindmarch and Gareth Tilbury (York), Chris Livesley and Emma Nicholson (Eyre), Richard Nicholson, Kevin Megson (Whitby), Simon, Lucy & Katie (Chester)

There were half marathons Steve Pope and Patrick Duce (Lincoln Half), Helen Foot (Manchester Half) Rachel Biggin and Lou Goodhill, (Drone Valley Trail Half) and Claire Howard (Carsington Water)

There were 10ks – Liz Dally, Helen Raynes and Sharon O'Leary did Rotherham 10k, Helen and Stuart Raynes did Everton 10k. Steel City Trail 10k – Bradway Tony Whitehouse, Chris Wilcox, Will Doole. And for those who prefer miles to kilometres there was the 20 mile Amber Valley Petit Raid – Paul Turner, 15 miles – Colin Alexander, David Haire, Susie Wall, Will Doole, Clive Waddington, Nadia Raza, 10 miles – Sam Longhurst (Yorkshire) and 8 miles – Alex Cozens, Pippa Sinclair, Tom Hughes.

And some amazing long distance running in the Round Rotherham 50 miles – Roz Massey, Mark Buskwood, 50 miles Punk Panther Dales Dazzler – 3rd place Tom Beaumont and 100 miles in North Wessex Downs, Steve Pope!

We had Parkrun Takeover, organised by the fabulous Scott Blanks and Parkrun Challenge at Castle organised by the brilliant Chris Heggs. Chris has organised the challenge for the past 3 years and is ready to pass the baton onto Colin Alexander, who is already planning 2026.

There were also two away weekends – The FRA Relays in Wales and the Totley Away Weekend in Whitby – again more fun and fabulous running. Well done everyone!



November

Chris Livesley

As November rolled in, so did the winter chill — but that didn't stop Totley AC from lighting up the results pages!

Northern Masters Ken Mayor 5K – Leeds

Totley's masters showed pure class again with **Yvonne Twelvetree** and **Anne Hegarty** both taking **gold medals in** their age categories (FV75 and FV60 respectively).

Yvonne also celebrated her **250th parkrun milestone** - switching venues at the last minute to Graves Park to make sure the milestone went ahead in style!

Alton Towers 10K

Joanne Lee brought some roller-coaster energy to the Alton Towers 10K, representing Totley on the twists and turns of the theme-park course with a strong finish and a big smile.

South Yorkshire Athletics Cross Country #3

Mud, rain and smiles galore as a brilliant Totley team turned out for the third fixture of the SY XC League. Strong running from **Priya Popat**, **Anne Hegarty**, **Gillian Brown**, **Helen Young**, **Rebecca Westland**, **Marc Jacobi**, **Kevin Carter**, **Ian Bates**, and **Chico Taylor** kept the green vests flying through the mud – superb team spirit and effort from everyone.

Hathersage Night Race

There's nothing quite like racing through the Peak District by torchlight! In this fun and atmospheric night-time trail event, **Andy Charlton**, **Richard Snowden**, and **Nicola Frow** all delivered stellar performances — each taking age-category **podium places** under the stars. Mud, headlights, and big grins all round!

The Beast & Beastier of Bamford

The Bamford duo of fell races saw fantastic results for all the Totley hill lovers in attendance! Podium places included:

- **Beast of Bamford:** *John Gorman* powered through in **1:46:25**, taking **1st M70**.
- **Beastier of Bamford:** *Matthew Burden* smashed the climbs and descents to finish in **2:16:12**, taking 2nd **overall** and **1st M40** — outstanding!

Leg It Round Lathkil

Loads of Totlies turned up for a classic trail race through Lathkil Dale's rolling hills with *Anthony Whitehouse* finishing as **1st M70**.

Heaton Harriers Memorial 10K

Another strong road showing from *Anne Hegarty*, clocking **45:30** to earn **2nd F60**.

Clowne Half Marathon

A great Totley turnout for this late-autumn classic - and yes, the **famous hoodies** were back - Purple ones this year! Among the Totley vests, Kate Gibson, Liz Parsons and Laura Goy all grabbed **age-category podiums as well as coming 1st, 2nd and 4th respectively**, topping off a brilliant day of running and club camaraderie.

Sheffield Indoor Track Event – EIS, 7th November

Several Totley runners brought the speed indoors for a fast-paced Friday evening of track action. From sprints to middle-distance efforts, it was a great display of winter sharpness.

The OMM (Original Mountain Marathon)

Rebecca Boston and Susan Hird tackled one of the toughest navigation and endurance tests out there — The OMM. Battling wind, rain, and wild moorland, they completed their course in **09:44:20**. A huge achievement in a race that's as much about teamwork and resilience as it is about running.

Festive running vibes

With Christmas lights twinkling across Sheffield, those dark morning and evening runs suddenly feel a little brighter (and more magical). The countdown is on for the **Percy Pud**, where we'll no doubt see a sea of green vests lining up to grab those Christmas puddings and kick off Christmas in true Totley style!

Date	Event	Name	Chip Time	Overall Position (if top ten)	Cat Position (if podium)
04/10/2025	Round Rotherham 50 mile	Mark Buskwood	11:01:52		M60 3rd
		Roz Massey	11:31:15		
05/10/2025	Lincoln Half Marathon	Stephen Pope	01:20:52		M50 1st
		Patrick Duce	01:58:13		
05/10/2025	Rotherham 10k	Liz Dally	00:49:49		F55 2nd
		Helen Raynes	00:50:43		
		Sharon O'Leary	01:02:41		
5/10/2025	Chester Marathon	Katie Dale	04:09:04		
		Lucy Downes	04:38:52		
11/10/2025	Drone Valley Trail Half	Rachel Biggin	02:03:38		
		Louise Goodhill	02:25:50		
11/10/2025	Everton 10k	Helen Raynes	00:47:41		
		Stuart Raynes	00:58:49		
12/10/2025	Manchester Half Marathon	Helen Foot	02:00:04		
12/10/2025	Budapest Marathon	Sam Evans	02:56:45		

12/10/2025	South Yorkshire Athletics Cross Country 1	Laura Allen	00:20:09		
		Jenny Featherstone	00:21:00		
		Priya Popat	00:22:40		
		Rebecca Westland	00:26:27		
		Gillian Brown	00:26:52		
		Marc Jacobi	00:32:48		
		Robert Owen	00:34:33		
		Kevin Carter	00:35:12		
		Ian Bates	00:38:29		
		Chico Taylor	00:39:23		
		Anthony Whitehouse	00:20:46		M70 2nd
13- 18/10/25	European Masters Athletics Stadia Championships				
	5k	Kevin Walker	00:16:47		
	10k Road	Kevin Walker	00:36:26		
	8k XC	Anne Hegarty	00:44:54		Team Silver F60
	10k Road	Anne Hegarty	00:46:46		
	Half Marathon Road	Anne Hegarty	01:48:37		Team Gold F45
	10k Road	Charlotte Woodger	00:44:16		Team Silver F35
	10k Road	Vicky Penn	00:43:56		Team Silver F35
	10k road	Stephanie Fauset	00:41:56		Team Gold F40
18/10/2025	Autumn 100	Stephen Pope	20:37:52		
18/10/2025	Punk Panther Dales Dazzler	Thomas Beaumont	09:06:35	3rd	
18/10/2025	Amberaid Petit Raid	Paul Turner	03:22:21	2nd	
18/10/2025	Carsington Water Half Marathon	Claire Howard	01:37:38		F50 1st
19/10/2025	Antwerp Marathon	Angus Eady	02:47:13		

19/10/2025	York 10 mile	Sam Longhurst	01:07:46		
		Eleanor Hall	01:54:59		
19/10/2025	York Marathon	Tom Hindmarch	03:02:12		
		Gareth Tilbury	04:53:33		
19/10/2025	Steel City Trail 10k	Anthony Whitehouse	00:41:00	2nd	M70 1st
		Will Doole	00:55:47		
		Bob Haworth	01:03:20		
25/10/2025	Marathon Eryri	Chris Livesley	03:16:27		
		Emma Nicholson	04:50:30		
26/10/2025	Endurancelife North York Moors 8 mile	Alex Cozens	00:58:12	1st	
		Pippa Sinclair	01:32:09		
		Tom Hughes	01:32:11		
26/10/2025	Endurancelife North York Moors 15 mile	Colin Alexander	02:25:52		
		David Haire	02:34:59		
		Susie Wall	02:46:39		
		Will Doole	02:49:21		
		Clive Waddington	03:03:58		
		Nadia Raza	03:22:11		
26/10/2025	Endurancelife North York Moors Marathon	Richard Nicholson	05:35:18		
		Kevin Megson	06:44:07		

31/10/2025	South Yorkshire Athletics Cross Country 2	Jenny Featherstone	00:29:28		
		Priya Popat	00:31:34		
		Jessica Coyle	00:32:15		
		Anne Hegarty	00:34:10		
		Gillian Brown	00:37:37		
		Helen Young	00:37:58		
		Joseph Hibbert	00:46:38		
		Marc Jacobi	00:48:23		
		Kevin Carter	00:49:52		
		Paul Grayson	00:49:59		
		Ian Bates	00:57:13		
		Chico Taylor	00:57:29		
		Anthony Whitehouse	00:29:44		
Date	Event	Name	Chip Time	Overall Position (if top ten)	Cat Position (if podium)
09/11/2025	Leg it round Lathkil	Paul Turner	00:59:29		
		Anthony Whitehouse	01:01:01		M70 1st
		Scott Blanks	01:10:08		
		Kylie McAteer	01:12:28		
		Ailsa Gray	01:13:16		
		John Gorman	01:15:25		
		Bob Haworth	01:16:00		
		Helen Young	01:16:33		
		Helen Elleker	01:26:15		
		Maxine Ison	01:29:17		
09/11/2025	Heaton Harriers Memorial 10k	Anne Hegarty	00:45:30		F60 2nd
15/11/2025	Alton Towers 10k	Joanne Lee	01:11:51		
15/11/2025	Beast of Bamford	Edward Byard	01:39:39		
		John Gorman	01:46:25		M70 1st
		Bob Haworth	01:53:44		
		Emily Sidaway	01:54:10		
		Lucia Doddy	01:54:07		
		Jacob Ozdemir	01:59:02		

15/11/2025	Beastier of Bamford	Matthew Burden	02:16:12	2nd	M40 1st
		Paul Turner	02:34:15		M50 1st
		Will Doyle	02:34:50		
		Kate Gibson	02:41:10	4th	FSEN 4th
		Susie Wall	02:49:35	5th	FSEN 5th
		Phil Applegate	02:57:52		
		Bryony Black	03:33:23		
16/11/2025	South Yorkshire Athletics Cross Country 3	Laura Allen	00:27:46		
		Priya Popat	00:31:01		
		Anne Hegarty	00:32:25		
		Gillian Brown	00:36:17		
		Helen Young	00:36:57		
		Rebecca Westland	00:39:15		
		Marc Jacobi	00:45:01		
		Kevin Carter	00:47:07		
		Ian Bates	00:52:29		
		Chico Taylor	00:53:30		
16/11/2025	Derby 10 mile	Nadia Raza	01:32:16		
19/11/2025	Hathersage night race	Andy Charlton	00:37:15	4th	M40 1st
		Richard Snowden	00:42:13		M50 3rd
		Paul Turner	00:47:28		
		Nicola Frow	00:51:33	7th	F50 2nd
		Lindsay Evans	01:07:27		

23/11/2025	Norwich Half Marathon	Jessie Gardner	01:56:24		
23/11/2025	Clowne Half marathon	Kate Gibson	01:24:31	1st	F35 1st
		Liz Parsons	01:30:47	2nd	F50 1st
		Laura Goy	01:31:51	4th	F40 1st
		Helen Raynes	01:59:25		
		Mark James	02:30:04		
25/11/25	The OMM	Rebecca Boston/Susan Hird	09:44:20		

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**

