

Bourton Roadrunners newsletter

September/October 2007

Schedule of Events Sept/Oct 2007

6 Sept; 7.30 Pilot (Severn AC)
4M

8 Sept; 2.30 Robinswood Hill
Fell Race (Severn AC) 5MMT

15 Sept 6pm Glos Autumn 5M
(Severn AC)

16 Sept; 10.30 Woodchester Park
(Stroud AC) 8MMT

23 Sept 10.30 Cirencester 10k
(Ciren AC) 6/10 & County

21 Oct; 10am Stroud ½ marathon
(Stroud AC) 6/10 & County

4 Nov; 11am; Tewkesbury 5m
(Tewkes) 6/10 & County

27 Dec; 11.30 Pilot Boxing Day
(Severn AC) 4m

CHAIRPERSONS LETTER

Well, what a wash out of a summer! I have never known races to be flooded off before, and I am sure you are all heartily sick of the rain. For me, it has made being stuck on a sofa for 10 weeks much more bearable!!

Thank you all so much for the cards and good wishes we have received since the birth of Lilly-Anna, we were overwhelmed by the excitement of everyone and have loved sharing it with you all. It has once again served to show me what a great club we are, not just because of our undisputed running prowess, but for the community that we are. This was highlighted for me at Boddington 50K when we had the largest support crew on the course and only one runner! (Well done TonyG!)



It has been because of this that I have been proud to be Chairman for the last 3 years, and have thoroughly enjoyed my time. However I feel it is time for the club to have a change, and my change in circumstances means I will not be able to be as involved as I would like, so have decided to resign at this years AGM. The reason for mentioning this now is to give you all time to con someone else into doing the job!



Whilst we are talking about jobs to do - The Chedworth crew have kindly offered to organise the 10K again this year, but only on the understanding that it is their last year, and therefore they will only do it if next years race director is decided upon and agrees to help out this year, as a means of handing over the reins. This seems like an excellent idea, and will allow whoever takes over to have an easy ride of organising the race the following year. I would therefore like to encourage everyone to think about what they think they could do to help the club. You don't have to be chairman or race director, but you could join the committee, which will only cost you 6 evenings a year, or volunteer for one of the other offices that will be voted on at the AGM. It doesn't matter how long (or short) a time you have been a member, or how fast or slow you are!! All offers of help are gratefully received. Please don't just expect those who always do things to continue, the club needs input and help from everyone to function well.

Lecture over!! I wish you all happy autumn racing, and am looking forward to cheering everyone on at Cirencester 10K.

Happy Running, Lucy

Club Trip 2007 to Ljubljana, Slovenia; 26th-31st October

We are able to enter online on the website shown below.

You will see a registration box in which you can enter the race of your choice. We have been assured that we can pay on arrival and the cost will be that on the day of registration. Note on the website that there is a date when the entry cost increases.

If you look at the list of those already entered you should find a very old Bourton runner listed for the Half. If you wish me to enter you then please let me know, otherwise, it is up to you to enter. I do not think you can enter on the day.

www.ljubljanskimaraton.si/index.asp?s=48&p=18d=en

Any problems please let me know.
Thanks,
Dennis

BOURTON ROADRUNNERS IS GOING TO THE DOGS!!!



SATURDAY 13th OCTOBER
Oxford Greyhound Stadium
ADMISSION/RACECARD
PANORAMIC RESTAURANT
3-COURSE DINNER
12 RACES

LOADS OF FUN FOR ALL!!
ALL FOR £26pp

**Sign up at the Club, or phone 01451
831046 (Julia & Simon) to book**

YOUTH DEVELOPMENT

After 2 years I am now standing down partly through family comittment and also running comittment (new age group!!) but also I feel that the Astro Turf athletics, while quite successfull in it's own right, is a little detached from the club and has not had the desired effect of attracting more younger runners. We did split the group so we had an older efforts group but this meant more helpers and to be honest this could be done down at the club like it used to. I had hoped the club would follow the junior move up to the leisure center but this was not supported which is a shame as I personally feel the facilities are good and it may have encouraged the school and council to provide more facilities like a new hall with changing rooms or even a track!!

The 16th October will be the last Astro session unless anyone states that they would like to take it on. I think the way forward may be to do after school running club but this means about 3.30pm which I cannot do due to work but maybe someone else can or maybe you have another idea. I hope someone will takes this role on and I will support them where I can.

May I also thank all the individuals who have supported and help me without whom the Astro sessions would not have given so many kids the chance to enjoy something different.

Finally I hope you will come and support the fun run ay Great Rissington sports ground at 3pm on Sat 15 September. Enter on the day.

Dennis Walmsley

Can you remind everyone they must wear safety vest at club now and the AGM is on Monday October 15th at the football club at 8pm

GLOUCESTERSHIRE CROSS COUNTRY LEAGUE 2007/8

Meadowside Cottage
Little Rissington
Nr Cheltenham
GL54 2ND
E-mail Rdlanodcam@aol.com

Fixtures for next season are as follows and I would like to express my thanks to the host clubs that have agreed to organise the events. Travel details and race timetable will be provided shortly before the relevant fixture.

13th October 2007 Gloucester Black Bridge
17th November 2007 Leamington
15th December 2007 Cheltenham
2nd February 2008 Gloucester (Severn AC venue to be advised)

LEAGUE RULES

The rules are unchanged from last year but are printed below to avoid confusion.

RESULTS 2007/8

I am sure everyone welcomes the availability of results on the day but this requires the information to be input onto the computers and there is a need for assistance in this connection .Please could Club members and friends consider making themselves available to help. All that is needed is someone with knowledge of a computer keyboard. It is not necessary for the person to be available for every fixture or even the whole of one meeting, the important thing is for the computer input to be continuous if the results are to be available on race day. Please let me know if you have someone who can help.

This season the results will be sent out by e-mail and will only be forwarded by post to those clubs that are unable to receive results via computer. Results will also be available from the Gloucestershire AAA web site www.glosaaa.org.uk

COMMUNICATIONS

After the fixture at Gloucester Black Bridge I shall not be available to answer questions concerning the League and these should be directed to Mick Morris 20 Chelmsford Avenue Warden Hill Cheltenham GL51 3DN e-mail mickrun.morris@blueyonder.co.uk

ADVANCED ENTRIES

I would like to encourage runners to enter in advance as this will assist the preparation of provisional results on the day and also provides a reduced entry fee. All 4 fixtures can be entered in advance at a fee of £7 for seniors and £3 for under 20 and younger. It will be possible to enter on the day but the fees will be £2.50 for seniors and £1.50 for under 20 and younger. The closing date for advanced entries is 30th September and can either be sent on an individual or club basis .Cheques should be payable to Gloucestershire the first race or require an acknowledgement a 9x6 stamped and addressed envelope must be enclosed. No envelope means you have to collect your number at the first race. It is regretted that entries received after the closing date will not be accepted and athletes will have to enter on the day. As 30th September is a Sunday posting on Saturday 29th is too late

Robin Macdonald
League Secretary

NEWSLETTER ON-LINE!!

You may have noticed the new (basic) style of newsletter, now available to see or print at the touch of a button on the Bourton Roadrunners site! If you have received a printed copy of this edition, it means we don't have your e-mail address. If it is possible to let Sarah Clemo have a convenient e-mail address, it would save paper etc., postage and time, and I would be very grateful!! Sarah's e-mail address is;

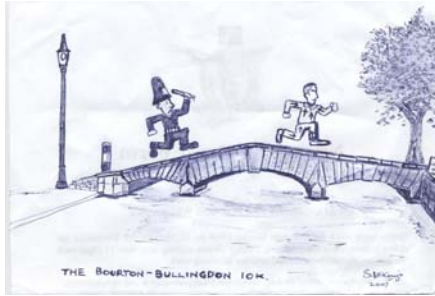
user@lunn7.freemove.co.uk

Hopefully it will improve next time as I become more familiar with the programme, or, if anybody would like to take it over after the AGM, I would be happy to hand it over!!

Gill (simpson.carrick@ukonline.co.uk)



Our Rob Edwards married Sarah Rutherford (Simon's sister) last Saturday in Little Rissington , where they soon plan to live. Congratulations to them both. (Bit worried about the ear muffs, 'though!!)



AN INSIDERS INSPIRATION TO THE INCARCERATED OF THE WORLD & EVERYWHERE

Dear All,

It's Tuesday. It must be efforts. The morning light is heralded by the approaching jangle of keys. A quick gulp of yesterday's bread and a cup of water and I'm ready for the door to creak open.

"Morning Guv," as I head for the gate leading to the yard outside. A suspicious nod, another clank of keys and I'm the first one out on the worn, bland tarmac. Surrounded on three sides by a three-storey modern rise of blockwork I focus on the flowerbeds and row of poplar trees to my left as my ultra-training gets underway. Straight on for twelve paces, left twelve paces, left twelve paces left twelve paces and that's the first lap completed. Ha! It's a doddle, only another 36 of those and that's the first mile sorted. Like a stroll in the park, this... Into a bit of a rhythm, focused, dedicated, a picture of concentration I lose count after four.

It was probably as I turned towards the flowerbeds, trying not to notice the twenty-foot fence with the double roll of razor wire on top. Or the sparrow that hopped effortlessly through the mesh and away. Weaving in and out of a few shifty-eyed drug dealers didn't help much. Oh well, no-one said it was easy, I'll give it another go tomorrow.

Steve McKenzie VV7191

(Steve has now been moved to Aylesbury Open Prison.)

RACE RESULTS July/August 2007

Summit Medical One Mile Challenge (County) – 25th July

The Summit Medical challenge was on again this year to beat 4 minutes on the road, but flooding meant it would have been a sub 4 minute swim! The flooding meant the race had to be postponed to Wednesday evening, which fortunately turned out to be dry!

A record number of entries ensued a good quality field at the top end of the race, which was also the Gloucestershire County One Mile Championship and part of the Gloucestershire Road Race Series. First man home this year was Jeremy Bradley of Cheltenham and County Harriers in a time of 4 mins and 29 secs. Second home and also from Cheltenham was John Norris in a time of 4.33 with Simon Fortnum of Cirencester, 4.41, splitting up the brothers and pushing Mark Norris into 4th place in 4.42.

First lady home was Jane Wassell of Cirencester, in a superb time and well up among the top men, of 5.25. Jo Fifield of Stroud was 2nd in 5.37, with Brittany Teague of Bourton, only 15 years old, in 3rd place in an excellent 5.48.

Dennis Walmsley finished first Vet 40 in 5th place overall in 4.43. Second and 3rd V/40s in the County Series were Alistair Lockey of Bourton in 4.48 and Lee Christmas of Stroud in 4.53. First Male 50 from Cirencester AC was Dave Wright in 5.10, with 2nd and 3rd County prizes going to Andy Bradley, again from Cirencester in 5.48 and Brian Hulcup from Bourton in 5.49.



First Male 60, also from Cirencester, in a time of 5.41 was Tony Shelbourn, closely chased by Dave Spackman of Gloucester in 5.46 and 3rd Norm Lane of Bourton in 6.14. Mike Ward of Tewkesbury finished first Male Vet 70 in an excellent time of 7.07.

First Junior and 6th position overall in the race was Andrew Kaighin of Cheltenham with a very fast time of 4.46, just managing to pip by one second International Marcus Garcia of Moratalaz, Spain, also 16 yrs. Sam Humphris of Bourton, winning his first County medal finished first Under 20 in 5.58 and Kieren Shumark, also of Bourton and just 11 yrs old, finished first Under 13 in 6.21.



First Lady Vet 35 was Kate Hall of Bourton in 6.15, followed by Debbie Lee of Angels in 6.22.

Ali Lane of Bourton was first LV45 in 6.07, with 2nd and 3rd going to Karen Galpin of Almost Athletes in 6.31 and Shirley Creed of Bourton in 6.52. Liz Hulcup of Bourton was first LV50 in 6.44, with Jean Bryan of Almost Athletes 6.53 and Lynn Hudson of Bourton 6.56 in 2nd and 3rd place.

First Junior Lady and 3rd lady overall in the race was Brittany Teague of Bourton in 5.47 and Steph Lane, also of Bourton, 2nd in 5.59. First Under 15 was Alice Thomas of Cirencester in 6.18 and first Under 13 Beth Wynn of Bourton in 7.13. Thanks go to Summit Medical for their very generous support and sponsorship again.

Hill Barn Relays – 29th July

In this 4th time of holding the event, a great day was had in exceptional sunshine. The cross country male/female race has become very popular and this year was started with the Ladies leg first. Steph and Ali Lane set off together on the first lap, but Steph eased away on the 2nd lap to open up a 100m gap on changeover. Alice Thomas of Cirencester also surged through at the end of the 2nd lap, taking her team, at that point into 2nd place. On the 2nd leg, however, Mike Smith came through to take the lead. Alistair Lockey stormed through to 2nd, winning the first vet team with his partner Debbie Lee of Angels and Alice Thomas and her partner, Chris Miles, with a lightning finish, were 3rd and first Junior Team.

Steph Lane, together with Luke Gray finished first juniors under 20. Oldest combined age (only just!) team were Dave Spackman and Deborah

Southgate and Brian and Liz Hulcup were first husband and wife team.
 Dennis Walmsley had the fastest leg of the day for the men and Steph Lane, the fastest female leg of the day.
 Kieren Shumark of Bourton RR won the Fun Run and Beth Pearce from Scotland finished first female.

Goodwill gets to run the Boddington 50k at last (and the Pilot 5K!)

The 50K Road Race scheduled to take place on the 21st July was held last Sunday, 19th August, after floods forced the event to be postponed from its original date.

A difficult distance to mentally and physically prepare for was made doubly hard in having to raise morale a second time. However, Tony Goodwill of Bourton Roadrunners did just that and sheer grit carried him round when his back gave him considerable problems in the latter stages. The weather was also unfavourable with persistent rain throughout, causing chaffing and blistering problems. Tony had set himself a sub 4 hour limit and this was well achieved, finishing 2nd Vet 50 in a time of 3 hours and 57 minutes.

This was all undertaken after he had also competed in a Severn 5K race from the Pilot Inn the previous Thursday (16th Aug), again which had to be relocated because of floods. Whilst 'taking it easy' he recorded a time of 18.33 and finished 2nd Vet 50.

Other results of the evening were Dennis Walmsley in 7th position, 16.40, and first V/40 County finisher. Alistair Lockey was 11th overall, 16.43, and first V/40 outside the top 10 finishers, with Ian MacDougall hot on his heels in 12th place with 16.45. Andy Chapple had a very good race finishing 20th in 18.17.



Rob Edwards recorded 18.27, Martin Jewell 19.14, Tom Jess 19.16 and first Junior Man, Steve Humphries 19.46, Andy Green 20.01, Norm Lane 20.12, Steph Lane 20.21 and first Junior Lady, Ali Lane 20.24, first Lady Vet 45, John Raper 20.43, Catrina Peterson in her first race 21.16, Kate Hall 22.02, first Lady Vet 35, Ed Rozier 22.35, Chris Bence 23.05, Lynn Hudson 23.19, Bert Jess 23.54, Caroline Ball 24.09, Dennis Abbotts 24.36 and Gill Carrick 26.11.
 Bourton Men won the first team.

Gloucester County Track Championships - 22nd August

Alistair Lockey hung in well for the majority of

the 25 lap course of the 10K, just dropping away at the finish to Simon Fortnam, but still finishing first V/40 in a time of 35.27. Andy Chapple also had a superb run in 5th place in 38.51. Rob Edwards finished 8th in 41.34 and Steve Humphries 11th in 42.32.



Norm Lane had his usual friendly Vet 60 battle with Dave Spackman of Gloucester, with Dave the victor just 8 seconds ahead in 43.02. Ali and Steph Lane were just behind in 43.32 and 43.42, 1st and 2nd females in the race.

Chris Bence edged away from Lynn Hudson from half way, finishing in 49.10 and 50.42 respectively.

In the 4 x 100m Bourton juniors, Tom Jess and Luke Gray, joined force with Severn to finish 2nd in a combined time of 55.30. The same 2 again joined Severn in the 4 x 400 with a lightning team finishing 3rd in a combined time of 4 mins 32 secs., beating Bourton Vet 40 team of Steve Humphries, Rob Edwards, Andy Chapple and Alistair Lockey, who were first V/40 team. Norm Lane managed to edge his Vet 50 team ahead of his Vet 60 team, running first leg in the 50s and last leg in the 60s. He was joined by Chris Bence, Dave Spackman and John James in the V/50 team and Dave Spackman, Mick Morris and Phil Howells in the Vet 60s.

Tom Jess also took part in the One Mile Open, finishing an excellent 5th in 5.31.

Wolverhampton Half Marathon – 2nd Sept

In the increasingly popular Wolverhampton City Half Marathon Ali and Norm Lane and Chris Bence all had good runs, with Chris knocking a staggering 6 minutes off his last year's time, running with Norm Lane and recording 1.52.04 and Ali Lane finished 7th lady overall and first Vet 45 in 1.35.31.

Mapmyrun

This is a site where you can measure your own routes, or look up routes posted by other runners, eg John Raper, who mentioned it!
Beacon 10k (County) – 2nd Sept



With only 3 races left after the Beacon 10K in the Gloucestershire County Road Race Series, points were at a premium for Bourton Roadrunners, many of whom are in contention for series awards. Dennis Walmsley headed the Bourton pack in 2nd place and first Vet/40 with a time of 33.47. Tony Goodwill, still with the Boddington 50K in his legs, did extremely well for 39.57, but the run of the day came from 16 year old Tom Jess with a huge personal best time of 41.02.



John Raper, regaining fitness, finished in 42.45, while Steve Humphries, losing fitness, achieved a personal worst in 44.05!

Kate Hall had a fine performance, winning the Lady Vet 40 category in 46.33 and Roger Woodley made a rare appearance in the 10K distance in 47.50.

Liz Hulcup, amazingly at 54, achieved a personal best with a superb time of 48.52, just keeping Ed Rozier at bay in 48.59 and Shirley Creed 49.02. Lynn Hudson followed shortly in 49.38.

Bert Jess and Dennis Abbotts coasted round in 52.43 and 53.34 respectively.