



Bourton Roadrunners

Newsletter

January/February 2008

Schedule of Events County Series, 6-from-10 etc

Jan 6	Gloucester 10m	Glos AC	County & 6/10
Jan 20	Mayhill Massacre 8M MT		
Jan 20	Schools Inter-County Champs X/C - Cardiff		
Jan 27	Gloucester Marathon /50k		
Feb 3	Linda Franks Run 4M	Almost Athletes	
Feb 10	Dursley Dozen 12M MT		
Feb 24	Bourton 10k (Full)	BRR	
Mar 2	Gloucester 20M	Glos AC	County & 6/10
Apr 6	Chedworth 10M MT	Ciren AC	6/10
Apr	Highworth 5	Highworth	6/10
May	Beer Race 7.2M	Stroud AC	County
May	Globe 5k	Severn AC	County
June	Mallards Pike 5M	Chepstow	Reserve 6/10
June	Westonbirt 10k	Ciren AC	6/10
June	Fairford 10k	Local	Reserve 6/10
June	Cloud Cuckoo 5ish	Chelt AC	6/10
June	Bourton Hilly Half	BRR	County
July	Frampton 10k	Stroud AC	Reserve 6/10
July	Aerospace	Chelt AC	6/10 (poss not on)
July	Frampton 10k	Stroud AC	County
July	Bourton 1M	Norm & Ali	County
Aug	Bugatti 10k	Chelt AC	County
Sept	Beacon 10k	Angels RC	County
Sept	Cirencester 10k	Ciren AC	County & 6/10
Oct	Stroud half	Stroud AC	County & 6/10
Nov	Tewkesbury 5M	Tewkes AC	& 6/10

CHAIRPERSONS REPORT

Well I trust that every one of you enjoyed the festive season and that you managed to get at least a couple of runs in amidst the onslaught of turkey, Christmas pud and mince pies. The two seasonal Bourton Road Runner events – the annual dinner and the tinsel run – certainly seemed to be thoroughly enjoyed by all and it was great to see so many of you at one or both events. A big thank you to Julia, Kate and everyone else who worked so hard to make these occasions such a success.

The end of the year also marks the time when the trophies are handed out and what a year of outstanding success we achieved in the County series. Our own 6 from 10 is always competitively contested and although many of the winners were familiar faces it was great to see new trophy winners such as Jim Lunney and Chris Bence get the just rewards for all their efforts. Equally many congratulations to Nigel Frith who managed to win the keenly contested improvers trophy in a canter.

The New Year brings with it a new 6 from 10 to aim for, new ambitions and no doubt New Year resolutions (mine as usual will involve weight loss). For some there are the opportunities to race in exotic climes – for example Mike Smith is off to the Mumbai Marathon at the end of January to represent Great Britain and Northern Ireland. For others it is about preparation for London and those long training runs on winter days. For me (and a few others on the comeback trail) simply remembering how to run again after 7 months off injured! So I look forward to seeing many of you on Tuesday and Thursday evenings and you do not know how good it feels to be able to say that. Bring on the “Drainpipe” – well maybe not for a few weeks!

See you soon – run well and stay healthy.

Simon R



Mike winning the
Glos 10 on Sunday

GLOUCESTERSHIRE AAA COUNTY ROAD RUNNING AWARDS 2007

This week has seen Bourton members receive so many awards, they'll be building more shelves to accommodate them! Firstly at the prestigious County Awards Ceremony at the Council Chambers in Gloucester, presented by the Mayor of Gloucester, 13 of the individual awards and all the team awards were taken home by Bourton runners.

Firstly, leading from the very top and for an unprecedented 17th time, Dennis Walmsley clearly won the Senior Men and Vet/40 categories. Alistair Lockey, just behind mirrored the achievement with 2nd Senior Man and 2nd V/40. Tony Goodwill had an excellent year culminating in 1st V/50, as did John Raper, winning gold this year in the V/55 and giving him a full set of medals after his previous years' silver and bronze. In a very competitive age group Norm Lane was delighted to receive 2nd place, while Dennis Abbotts walked away with 1st V/65.

The ladies also achieved considerable success, with Ali Lane finishing 2nd in the Senior Ladies and 1st LV/45. Kate Hall retained the LV/35 trophy for the third year running, Shirley Creed finished 3rd LV/40 and Lynn Hudson finished 3rd LV50.

The following, in addition to the aforementioned, were part of the qualifying teams in the Men's Open, Men's Vet Team, Ladies Open and Lady Vet's Team: Brittany Teague, Steph Lane, Pauline Teague, Julia Rutherford and Liz Hulcup. Mike Smith, Ian MacDougall, Ewen Smith and Andy Chappell.

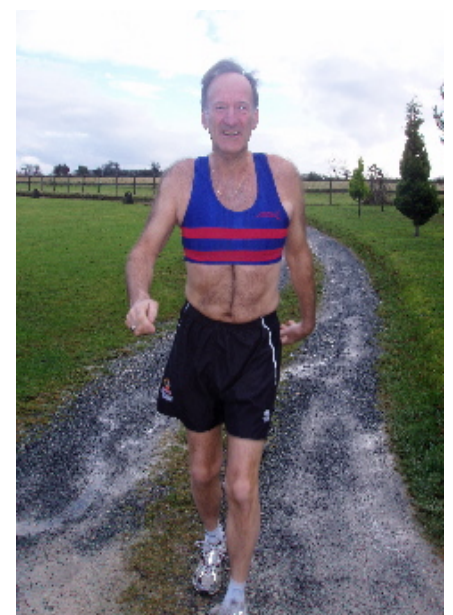


Christmas Dinner

I'm sure we would all like to thank Julia for organizing such a great do at the Naunton Golf Course for our Club Dinner. I especially enjoyed singing with the band at the end of the evening and hope you will all be behind me in my bid to win X-Factor 2008



After comments and the special award by our Chairman to Chris Bence for not wearing his club vest for races, Chris has taken this to heart and would like to point out that he was so proud of his achievement in Berlin marathon that his sweaty BRR top has been framed unwashed and hung in his office for posterity. He has tried to order a replacement, but unfortunately the only long sleeve club tops available are in ladies sizes. However, rather than cause any further concern, he has bravely opted to wear the only top available to him and here is a picture of him in his last race



BOURTON ROADRUNNERS' ANNUAL DINNER – NAUNTON GOLF CLUB 8th DEC

Just 2 days later at the Bourton Roadrunners' Annual Dinner, yet more awards were handed out, again with Dennis Walmsley taking the premier trophy for the Club Road Race Series of 1st Senior Male and 1st MV/40, Alistair Lockey 2nd SM and 2nd MV/40, Tony Goodwill 1st MV/45, 1st MV/50, 3rd SM and 3rd MV/40, Steve Humphries 2nd MV/45, Jimmy Lunney 3rd MV/45, Norm Lane joint 1st MV/55, 1st MV/60 and 2nd MV/50, John Raper joint 1st MV/55 and 3rd MV/50, Chris Bence 3rd MV/55, Dennis Abbotts 1st MV/65 and 2nd MV/60, Tom Jess 1st Under 18, Luke Gray 2nd Under 18, Ali Lane 1st SL, 1st LV/35, 1st LV/40 and 1st LV/45, Julia Rutherford 2nd LV/35, 2nd LV/40, 2nd LV/45 and 3rd SL, Kate Hall 3rd LV/35, Jan Short 3rd LV/40, Liz Hulcup 1st LV/50 and 3rd LV/45, Lynn Hudson 2nd LV/50, Gill Wilkie 3rd LV/50, Steph Lane joint 1st Lady Under 18 and 2nd Senior Lady and Brittany Teague, joint 1st Lady Under 18.

Dennis Walmsley was also the run-away leader in the Age Graded Challenge, 54.05 points ahead of Mike Smith in 2nd place, although it was stated on the night that he was only 2 points behind, which in fact was the serial number of his trophy! Ian MacDougall, the inaugural winner of the trophy had to settle for 3rd this year. A very worth winner, Nigel Frith, was the most improved runner of the year based on the 3 best performances of 2007 against 2006.

Simon Rutherford presented Gill Carrick with the Chairmans' Cup for work on the newsletter, Roz Jess with a bouquet of flowers for being BRRs' No.1 supporter, and Liz Hulcup the Award for the most spectacular injury two years running (or not!).

The young band, Statement in Sound, provided excellent entertainment for the evening.



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ENTERTAINMENTS

Kate has planned a cinema trip and meal at Frankie & Benny's in Cheltenham on Saturday February 9th.

Details to be confirmed when films and times are available.

On Saturday 8th March there will be a skittles evening, with bar food available, at the Farmers Arms, in Guiting Power.

Later in the year a quiz night, rounders match & BBQ and canoeing trips are planned. For further details contact Kate Hall on 01608 661668.

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STEVE MCKENZIE'S LETTER FROM HMP SPRINGHILL

Dear All,

I don't know what it is about this place but there seems to be a very high turnover.. Just as you're starting to get used to your latest room-mate it's all change. Then it's a lottery, waiting to see what sort of a character is going to arrive.

They are all the same. It was odds-on he'd be just like the previous two ; Jimmy 'the gemmy' and 'Spanners' O'Toole.

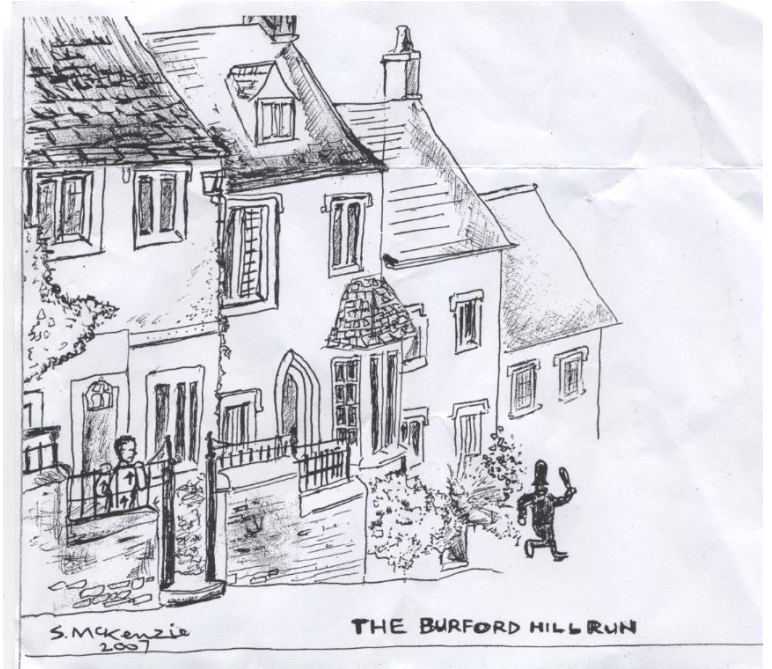
With my back to the door one morning a cultured voice boomed, "Good morning, young man!", always a favourable start,"I'm James, Lord Blandford"(from Blenheim Palace).

"Yeah, right" I replied, nonchalantly,"And I'm Steve McKenzie, famous Bourton Road Runner."

As I turned, both our mouths fell open as we simultaneously gasped,"Bloody hell, IT IS!"

How the mighty have fallen.

Steve Mac



Steve H

I would really like to include an article in the newsletter dedicated to Steve, and would appreciate any anecdotes, photos, stories or thoughts that you may have. He is greatly missed by everybody who knew him at the Club over the last 25 years, and it feels appropriate that we should remember him in various ways, including naming the Hilly Half after him, and an Award to be presented annually in his name. Please could you give any contributions to an article to Norm or me (Gill Carrick). Thank-you.



Tinsel Run

Richard Hartop (as Santa), with Gill, Martha & Pete Carrick (as elves), won the Tinsel Run Fancy Dress, showing either that everyone has a fierce competitive streak if you know where to look, or that it was a sympathy vote!

Ed Rozier kindly sacrificed his entry to the London Marathon Club ticket Draw, leaving Julia Rutherford and Gill Carrick to have the two numbers available. Many thanks to him (at the moment – we'll let him know if it proves to be a wise decision later!)



RACE RESULTS - NOV/DEC

Schools Inter-County X/C – Friday 16th Nov

Bourton's juniors all excelled in their respective races in the first stage of the Schools X/C at St. Edwards in Cheltenham on Friday 16th November. Keiren Shoemark had an excellent 2nd in the Under 11 Boys. Beth Pudifoot also finished 2nd with a brilliant run, supported superbly by Beth Wynn. Brittany Teague had a clear win in the Inter Girls, while Steph Lane finished 2nd in the Seniors. Tom Jess achieved his best position to date in the Schools of 4th in the Senior Boys.

Leamington X/C – Saturday 17th Nov

A depleted adult field turned out for the 2nd Gloucestershire X/C league race at Leamington Spa on Saturday 17th November, as some of the top runners were competing the next day in the Wimborne 10M Race.

Tony Goodwill was first home for the club in 62nd place and 45.59, followed by Norm Lane 121st 52.27, Brian Hulcup 128th 53.15 and Bert Jess 161st 1.02.38.

The Ladies race had Ali Lane in 24th place 35.52, Liz Hulcup, who did brilliantly considering she had a bad fall during the race incurring a fractured wrist, in 49th place 39.20 and Pauline Teague 52nd and 39.53.

Brittany Teague had an excellent 3rd in the Under 17s, especially after racing the day before at St. Edwards, as did Tom Jess in the U/17 Boys, finishing 9th on this occasion.

Keiren Shoemark had a good solid 14th spot in 14.40 in the Under 13 Boys, while the only junior team from the club, the under 11 Boys, Elliot Lockey, 19th, Ben Darwent 22nd and Alex Darwent 30th worked together superbly.

Wimborne Inter-Counties 10M Race –Sun 18th Nov

10 members of the County travelled to Wimborne, proud to represent Gloucestershire in the Inter-Counties South West 10 Mile Championship Race, selected by Norm Lane, County Road Race Manager and their loyalty was well rewarded with every team member coming home with a medal.

In terrible conditions with pouring rain and on a very hilly course, the ladies excelled, led home with a very strong and committed run by Helen Fines in 2nd place and a fantastic time of 1hr, 1 min and 9 secs., even more remarkable after her 3rd placing in the Gloucestershire X/C league the previous day. The 'Severn' girls packed together with Lucie Woodyatt pulling a personal best out of the bag to just pip team mate Jo Fletcher with superb times of 1.04.23 and 1.04.42 in 5th and 6th place. Nicola Denning, of Cirencester, also selected for her first County Vest, consolidated the team to take Gold in 18th place and another personal best time of 1.07.33. Norm Lane was thrilled to bring the winning cup home to Glos. for the first time.

The men also performed superbly with Bourton veteran, Dennis Walmsley, leading them home in 8th place, 1st M/40 and a time taking him to 5th place in the Vet 45 British Rankings, of 55.15. He was pushed to his limit again by club mates Alistair Lockey, who lifted the 3rd Vet 40 prize and Mike Smith, re-emerging after months of injury, who finished 14th 56.36 and 17th 57.08 respectively. Cirencester's Bill Leggate, 21st, with a big personal best of 58.23 headed Cheltenham's experienced runner, Andy McCoy, who was delighted with 31st place in 59.45 and latecomer to the team, Rob Edwards of Bourton, rounded off a very solid team performance with 1.07. The County squad secured a very safe bronze place, all taking home medals, just as a very enthusiastic Lane had predicted in his pre-race talk. Lane supported his teams round the course in the driving rain with no sign of an umbrella and was a very proud manager at the end of the day!

Eynsham 10k – 25th Nov

Near perfect conditions favoured the Eynsham 10K on Sunday, 25th November, where as usual they had maximum capacity and entries closed long before the race date. Although not part of the usual Club Series, it still attracted a good number of Bourton Roadrunners, out to get a good time near the end of the year's racing.

Dennis Walmsley ran particularly well, just losing out to Chris Illman of Cirencester after a closely fought battle throughout, finishing 4th overall and 2nd V/40 in a time of 33.21. Alistair Lockey also did well for 34.08, while Andy Chapple achieved a personal best of 37.29. Rob Edwards, returning from injury, was delighted to record 39.23.

Steph Lane was the first of the Bourton ladies to finish, knocking over a minute off her previous best 10K time to record 41.16, well ahead of mum, Ali who received 2nd Vet/45 in 43.05 and dad, Norm in 43.23.

Jimmy Lunney had a good run in 43.37 and Rob Humphris, who had been with the afore mentioned 2 runners until the latter stages, just dropped off at the end, recording 44.19. Brian Hulcup suffered a leg problem mid race, but managed to finish well in 45.28.

A constant change of positions between Robin Macdonald, Lynn Hudson, Liz Hulcup and Sarah Clemo occurred throughout the race, but they finished in the order reported, with respective times of 48.31, 48.34, 48.36 and 48.47.

A welcome rare appearance of Jo Pritchard saw her finish in 51.13 and Bert Jess 51.48.

Schools County Champs - 8th Dec

The junior members did the Club proud running in the Schools County Champs at Blackbridge in Gloucester on Saturday, with Kieren Shoemark finishing 11th in the Minor Boys, Tom Jess, with a supreme effort, 7th in the Senior Boys, Brittany Teague 2nd in the Inter Girls, Beth Pudifoot 5th in the Junior Girls and Steph Lane 2nd in the Senior

Girls.

All of them qualified to represent Gloucestershire Schools at the Inter Counties Championships at Bute Park in Cardiff on the 20th January.

Wootton 1/2 marathon – 9th Dec

Four of the older members bravely decided to participate in the Wootton half marathon in Bedford the morning after the Club Dinner! However performances were not impaired, despite the tough undulating course and winds and rain, with Mike Smith finishing 13th in 1.15.52, John Gibson 1.49.47, Eddie Rozier 1.51.10 and Roger Woodley 1.51.15.

Cross-Country Handicap 5m race – 22nd Dec

A good fun blast before Christmas came in the form of the Plock Court X/C Handicap 5M race, where competitors are "roughly" handicapped according to their recent race times, therefore the first person in might not necessarily have the fastest time.

First in for Bourton Roadrunners was Mike Smith in a very well placed 6th, coming through well despite his harsh time handicap with a personal time of 26.42. Luke Gray took first under 20 prize with a fine sprint finish for 32.48. Steph Lane finished 9th overall and 1st lady in an excellent time of 33.12. With such a fierce handicap, Tom Jess did well to be next finisher and first under 18 in 31.23, closely chased by Tony Goodwill 31.05. Ali Lane finished 3rd lady and 1st V45 in 34.51, with Lynn Hudson 39.35 and Bert Jess 42.03.

X/C Blackbridge – 15th Dec

Sarah Clemo added valuable support to the Ladies Vet Team in the 3rd Race of the Gloucestershire X/C Series, which again was held at Blackbridge in Gloucester, finishing an excellent 39th in 33.24, just one place behind team mate, Pauline Teague 33.08. Ali Lane finished 20th in 29.36, giving them 3rd team in the Lady Vets' section.

Dennis Walmsley had a strong run in the Men's race, gaining places in the 3rd lap to finish in 8th place 33.03, just 6 seconds behind Mark Fallows of Cirencester. Andy Chappell and Ben Coles also performed well in 50th 37.08 and 60th 37.53 respectively. Norm Lane battled through for 3rd Vet 60, with a placing of 110th in 42.22 and Chris Bence, 142nd, completed the Vet Team in 47.38. The Vet team finished 9th overall.

Other results were: U/11 Boys Ben and Alex Darwent, 20th and 27th, U/15 Girls Beth Wynn 17th, U/17 Girls Brittany Teague 3rd and U/17 Boys Tom Jess 13th.

Elwood 5 M MT -16th Dec

Mike Smith, in intensive training for his Mumbai Marathon in January, is returning to his form of earlier this year and racing most weekends. On Sunday he led from start to finish in the Elwood 5 Mile Multi-Terrain in the Forest of Dean, winning 36 seconds ahead of his nearest rival, Mark Harvey of Chepstow and recording a time of 29.13.

Gloucester 10M – (County & 6/10) -6th Jan



Mike Smith shows his training is coming to fruition for the Mumbai Marathon on 20th January in India, with his conclusive win in the Gloucester 10 Mile race on Sunday, where he left his fellow competitors trailing in his wake from 5 miles onwards. His confidence must surely be boosted by the strong run, with the winning time of 54.11.

Dennis Walmsley, in 3rd place with a time of 55.49 also looked good, finishing first V45 in the first of the Gloucestershire Road Race Series.

Andy Chapple had an excellent run in 1.03.28 while Tony Goodwill and Rob Edwards battled together until the closing stages, where Goodwill pulled away to a time of 1.05.27 to Edwards' 1.05.44.

Ben Coles ran well after racing the day before in the County X/C Champs with a time of 1.06.48.

Other results were Ian Shoemark 1.07.45, Neil Teague 1.09.25, Nigel Frith 1.12.57, Norm Lane, 2nd V/60 after running X/C the day before, 1.15.02, Rob Humphris 1.15.02, Ed Rozier 1.23.32 and Dennis Abbotts 1.29.08.



Dennis A beats Dennis W home at the Glos 10?

Steph Lane was first lady in for the Club, running her first 10 Mile Race with a time of 1.11.09. She was followed by Liz Hulcup, coming back to form after her broken wrist in 1.20.06. The other ladies were: Shirley Creed 1.21.09, Jan Short 1.21.58, Lynn Hudson 1.22.45, Caroline Ball 1.23.19, Pauline Teague 1.26.19 and Gill Carrick 1.27.47.