



# Bourton Roadrunners

## Newsletter

Jul/Aug 2008

### CHAIRPERSONS REPORT

It didn't feel like a good idea at the time but hauling myself out of bed at 5.30am on Sunday 25 May proved to be a great one. The Cotswold 100 mile team relay is a truly great race with the drama and changing fortunes unfolding over 12 hours against the backdrop of some beautiful scenery. A wonderful victory by the women's team in a new course record was of course the highlight of the day but credit also must go to the men's team who finished a highly respectable third. I lost count of how many BRR supporters were out on the course throughout the day but no one matched us for the quantity and volume of our support.

Speaking of great races I thought The Humph's Hilly Half last Saturday was a superb race and one which Steve would have been very proud to be associated with. Many thanks and congratulations to Tony Goodwill and his team. The only issue coming out of the race is time limits and whether we should impose some sort of cut off – 2hours 54 minutes is a long time for a half marathon! – but that is a debate for another day.

It did not seem like a good decision at the time but running the Stockholm Marathon proved to be a great experience. I strictly followed the Chris Bence Marathon training regime of only doing one 13 mile run beforehand and it worked – well it worked as well as it can in 81 degrees heat! Stockholm is a real runner's marathon with everything focussed around the runners. Any race where you get cake during the race and free beer at the end is my sort of race!

Well it obviously wasn't a good decision after all! I am back on the injured list yet again after trying to pick up a 25kg bag of chicken food (long story) so you may not see me at the club for a few weeks. In my absence make sure you enjoy those lovely club summer evening runs – that is if we ever get a summer!

Happy running

Simon R

**The inmates of Bourton on day release at the Aerospace 5**





The last 'event' of the 2008 10k took place recently when a cheque for £1,400 was handed over to the MS Society. As all the money which they raise is used locally to help people suffering from MS and their families and carers, we felt that it would be an ideal charity for us to help. The work they do is varied from providing physiotherapy to giving money for ramps to enable wheelchair access, and everyone who helps the charity is a volunteer, so I hope you all agree that it was a very worthwhile cause.

Frighteningly it will soon be time to start all over again and as you know Bert and Alistair have decided that after three years as race directors they deserve a rest. I have said that I am prepared to carry on doing my bit which involves writing countless letters to various people arranging licences, closing roads and ordering numbers etc, but if there is someone out there who would like to take on the whole thing then please don't let me stop them!

Basically the race directors need to be ready for action by September so that decisions relating to dates, charity, prizes etc can be taken in good time to allow entry forms to be prepared and permits obtained.

Anyone who is interested can contact Alistair, Bert or myself to find out what's involved.

Ros

### LIST OF PEOPLE TO PAY SUBS FOR APRIL 1ST 2008-31ST MARCH 2009

Please could you officially let Sarah know in writing if you do not wish to renew your membership, as she has to let Glos AAA know that you are not a BRR competitor, and no longer covered by their insurance. She cannot just cross you off without you letting her know.

Sarah Clemo, 19, Bleriot Road, Upper Rissington, GL54 2NN

BEN	COLES
MELANIE	DARWENT
SALLY	GADEN
DEAN	GOLDING
ANDY	GREEN
ALAN	LETTICE

BRIONY	LLOYD	
ADRIAN	LOKER	
ANDREW	POWELL	
RACHEL	STANLEY	EVANS
CARLEYSTEWART		
BEN	STOCKFORD	
ROBERT	WEBLEY	
JAMIE	WILSON	
GRAHAM	HICKS	
SHONA	CROMBIE	HICKS

## The Wilkies' New York Marathon Fundraising BBQ



**Saturday 16th August**

**From 2.30pm**



**Tickets £5 in support of *Get Kids Going!* (Includes BBQ + a drink + raffle ticket)**



**Where: 1 Harford Hill, Naunton, GL54 3AG**

**Please bring your own alcohol  
Under 12s free  
Call Gill on 01451 850672 for more info**

### COMMITTEE NOTICES

Hello. I am writing to inform you all I intend to stand down as secretary at the October A.G.M. I have been secretary for 3 years and feel the club would benefit from having a secretary who runs at the club more. This person has 3 months to decide that this is their dream job. See you all soon.

**Sarah Clemo**

I intend to stand down as Treasurer at the October A.G.M. I have been treasurer for 3 years also but not consecutively and had only taken it on with short notice as I had done it previous to Steve and felt obliged to continue it for him and the club. I have done many other posts including Chairman 2yrs, Entertainments 3yrs (or 4 if you include the year I didn't do anything!), Youth Development 2yrs, Race Director 10k and 15m and entries secretary plus a host of other jobs as a regular committee member. I still have ambitions to do other posts like Vice Chairman or Men's Team co-ordinator I am well aware of



the other members who have have done similar and some much more than me, but there are plenty of others who are well capable of giving a bit of their time. The club needs volunteers to enable it to function.

If anyone is willing to have a go at Treasurer, I will gladly show them what is involved.

### Dennis Walmsley

Looking back over my recent race entries, it's sad to admit that I appear to be selecting more and more races with finishers T-shirts. A look at my wardrobe of increasing beige and browns confirms this, and I suspect I am trying to add some colour whilst avoiding the shopping bit. This backfired on me a bit recently, when I purchased some running shoes that came with a free T-shirt. It was so skin-tight to be tighter than my own skin, and was of a pinky beige sandy brown purple colour that not only matched most of my day to day clothes but one or two of my older white T shirts too. I suppose it will be handy if I ever find myself in Newquay or Glastonbury.

All T-shirts wear out at different rates depending on the quality, but most follow a similar life cycle. Immediately post race, its worn until it's too unsociable to do so and is absolutely compulsory at the next club night. If it doesn't survive the first wash, then its straight to the children as nightwear or school art shirts, but those that do can be considered for best. These can be worn at any occasion toward the lower end of the 'smart casual' range, but avoid anything church based and definitely not dress down Friday at work. Then the garments age gracefully training, decorating, then finally gardening. Just like us really.

Older shirts crumpled at the back of the drawer can become classics. The 80's 'I Ran The World' shirt must be kept pristine, if nothing else to be used at fancy dress parties dressed as Little Britain's Lou. Any 70's shirts are now rare indeed, especially those from some of the early triathlon events. My one attempt to secure one failed when the gearstick fell off my chopper. I did once find a race T-shirt in a Midlands 1970s shop, where the assistant asked me if I would also like a kipper tie. 'No thanks', I replied, 'I've only just had a coffee'.

One shirt that I know I will keep is from Humphs Hilly Half. A fitting ( no pun intended for once ) tribute to 'one of life's good guys'.

Jolly jogging from Ranon

## HUMPH'S TROPHY

At the last Committee Meeting, Norm provided a list of guidelines which should be followed when nominating a paid up club member for Mrs. Humphries' Trophy. These are as follows

- 1) Any act of sportsmanship (running related) which is worthy of the award
- 2) Honours won by an individual (England call up for example)
- 3) Seasons Records
- 4) Spectacular race performance

After much discussion, it was decided that Sarah will design a nomination form which she will send out to all members with the minutes of the A.G.M in October. All nominations should be returned by the date of the A.G.M to Ali Lane who will collate the results. In the event of a tie the committee will have the final vote on who will receive the trophy.

Mrs. Humphries and her daughter will be notified who has been nominated for the trophy and will be asked to present it at the Tinsel Run if they wish



**Happy Birthday to Lilly-Anna, 1 year old on July 4<sup>th</sup>!**

## RACE RESULTS – MARCH/APRIL 2008

### Stroud Beer Race – May 7<sup>th</sup> (C)

Bourton Roadrunners have been incredibly prolific on the race circuit, but headlines must go to Steph Lane who won the ladies race in her first senior race this week at the Stroud 7.2M Beer Race last Wednesday, finishing over 2 minutes ahead of her closest opponent, Jane Wassell of Cirencester, on the extremely tough and hot undulating course and in 46.18 for 14th position, which deservedly gained her a place in the first overall team, together with male race winner, Alistair Lockey who also had a storming race to come through with a final burst for 40.33, ahead of Matthew Withey of Stroud and Bourton's Dennis Walmsley, who won first Vet 40 and was part of the winning team.

Ali Lane found the going hard, as did many others, but managed to finish in 54.16 and first LV45. Other finishers were Brian Hulcup 54.39, Norm Lane 55.14, Lynn Hudson 1.00.16, Gill Carrick 1.01.50 and Liz Hulcup 1.06.43.

### Silverstone 10k – 8<sup>th</sup> May

Meanwhile, at Silverstone, the cars were off the track as the runners took their places on the grid and daughter and mother Brittany and Pauline Teague took on the opposition. Brittany ran well to finish in 40.57, with

Pauline a good 48.52.

## Blenheim 1m Fun Run

Tom Pudifoot was delighted to win the Under 8 trophy at the Blenheim 1 mile Fun Run.

## County Track & Field Championships – 9/11<sup>th</sup> May

Meanwhile others fancied themselves as Track and Field stars for a change and Norm Lane took up some new sports with surprising results - probably not to be repeated!! On the Friday meet, he took part in the Hammer throw, finishing 1st O/60 and on Sunday took to the Shot and Javelin, taking 3rd Senior in both, although we won't mention any distances! Sticking to his regular sport, he also took part in the 5000m, winning gold V/60 in 21.17. In the same race Tony Goodwill held off experienced Gloucester runner, Arthur Daley, to take 1st V50 in 19.15.

The 3000m on the Friday was the main attraction of Bourton Roadrunners, with Lewis Gray, 1st under 15 in 6th place and a time of 11.11, Beth Pudifoot 8th 11.47, Beth Wynn 11th in 12.05, Lee Knowles 2nd Under 15 and 12th overall in 12.18 and Lynn Hudson 13th in 14.33 and first LV/50. The two Beths were running in older age groups and therefore were not awarded medals. On the Sunday Beth Wynn ran again in the 1500m with an excellent personal best of 5.42.7, earning her a bronze medal and Luke Gray running the 400m faded in the last 100m for 38.5 seconds.



## Tewkesbury 1/2marathon – May 11<sup>th</sup>

From the Runners World website it seems the Tewkesbury Half Marathon and 5 Mile Fun Run was not the best organized! Water was sparse, as were the marshalls and general organizers.

Alistair Lockey became a casualty of the race, as he collapsed at 11.5 miles, as he was leading by 2 minutes and was unable to finish. Anticipated times were low, due to the heat and general lack of water so they all did well to complete the course. Results were Andy Peaston 1.36.03, Nigel Frith 1.40.58, Rob Humphris 1.49.25, Roger Woodley 1.52.16, Simon Rutherford 1.56.24, Gill Carrick 2.00.13, Jo Pritchard 2.01.15 and Ed Rozier 2.01.52.

Tom Jess took part in the 5M Fun Run, finishing second overall in a very fast time of 30.15.

## White Horse 5k – May 15<sup>th</sup> (C)

The popular White Horse 5K attracted a high number of Bourton Roadrunners, all hoping for points in the Gloucestershire AAA Road Race Series. Dennis Walmsley was first in for the club in an excellent time of 16.05 and first V/45, with Alistair Lockey not far behind in 16.17 and first V/40. Andy Chapple smashed the 18 minute barrier for the first time with a personal best of 17.33.

Tom Jess and Steph Lane also achieved PBs, with 18.19 and 18.21 respectively, and Steph finishing 2nd Lady in the race. Tony Goodwill, in 18.40, just managed to stay ahead of Lewis Gray, racing that distance for the first time with a fantastic time of 18.48. Brittany Teague, in her second race of the week after Berkeley 10K on the Monday, finished strongly in 19.45 and 5th Lady overall.

Brian Hulcup is returning to fitness, with a fast finish giving him 20.20, 4 seconds ahead of Ali Lane who was 6th Lady and the 3rd scoring member of the winning ladies team.

Other results were: John Raper 20.38, Rob Humphris 20.51, Norm Lane 20.54, Eddie Rozier 21.33, Pauline Teague 23.05, Shirley Creed 23.17, Lynn Hudson 23.33, Gill Carrick 23.37, Bert Jess 24.14, Liz Hulcup 24.15, Dennis Abbotts 24.27 and Caroline Ball 25.56, who received first V/40.

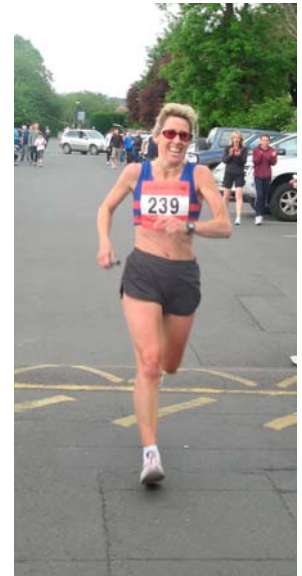
## Cotswold Hilly 100 – May 18th

After watching the men take part in the Cotswold Hilly 100 Mile Relays for years, the Bourton Ladies decided to see what they were made of this year, for the first time.

The course which starts in Stratford, meanders all around the Cotswolds and back to Stratford along undulating lanes and roads, began with Ladies Team Captain, Lynn Hudson, and Tony Goodwill for the men, who had the unenviable task of getting up at the crack of dawn to start their leg at 5 a.m. in Stratford. They started the teams off in contention for a medal situation.

The ladies team of Julia Rutherford, Gill Carrick, Sarah Harper, Sarah Clemo, Steph Lane, Niamh Shoemark, Shirley Creed, Brittany Teague and Ali Lane all put in superb

performances, with Steph and Brittany the stars of the day who ensured the team could not fail by giving Ali such a huge lead by the last leg, she was able to coast in to glory without any pressure. The end result was a fantastic win 18 minutes ahead of the next team and a new course record of 13 hrs. 3 minutes and 35 seconds.







The Bourton Men's team of Tony, Dennis Walmley, Chris Hartley, Alistair Lockey, Mike Smith, Tom Newbould, Ian Shoemark, Rob Edwards, Andy Chapple and Tom Jess, again all with fine runs, were delighted to finish 3rd on the podium, one place higher than last year in a time of 10 hrs. 50 mins, 67 secs.



Team supporters were fantastic throughout the day, urging the runners on all the way through.

### **Brathay 10 Marathons in 10 Days Challenge**

Congratulations to Steve Edwards for his marathon **world record**.

Running one marathon is hard enough and the Lake Windermere marathon is one of the UK's toughest. Our Steve Edwards has just completed his attempt to set a new world record for running the fastest aggregate time for 10 marathons in 10 days on an accurately measured UK Athletics certified marathon course.

The Brathay 10-in-10 uses the challenging Lake Windermere marathon, which follows a complete circuit

of the lake (England's largest lake), boasting many hills! Therefore, running it 10 times in succession equates to a total of 262 exhausting miles in all.

With a target time of 37 hours 39 minutes & 34 seconds, Steve worked extremely hard every day to clock an aggregate time of 35 hours 20 minutes & 44 seconds - a daily average of 3 hours 32 minutes & 4 seconds - truly amazing.

Steve wants to say a big thank you to all those who have **sponsored** him so far including his family, relatives, friends, work colleagues, running clubs and also the corporate donations has received.

### **Fairford 10k – 1 June**

Steph Lane continued her successful streak as she finished ahead of all the Bourton Roadrunners in the Fairford 10K, with a fast time of 38.09, giving her 3rd lady spot and only 17th overall in the race.



The three Stow-on-the-Wold men were next; Chris Hartley, just under half a minute behind in 20th place with a time of 38.34, Ian Shoemark 39.28 in 26th and Andy Peaston 41.14.

Brittany Teague was also well to the front of the ladies field in 5th lady place with a good time of 42.01. Brian Hulcup and Rob Humphris finished in good form for 44.14 and 44.51, as did Niamh Shoemark, continually improving, in 46.21 and Norm Lane 46.21. Following was Liz Hulcup in 52.38.

Beth Pudifoot had a superb run in the 3k race, finishing First Girl 12-17 yrs.

### **Stockholm Marathon – 31<sup>st</sup> May**

Very hot conditions made the distance a challenge for the 3 overseas racers; John Gibson, Julia and Simon Rutherford. They had targeted this race for a fast time, but the weather scuppered their PB attempts and John and Julia had to settle for 4.22.13, while Simon was actually close to his PB with a fine effort for 4.36.32.



## Oxford 5k Race for Life – June 8th



Steph Lane made it a double win this weekend, firstly finishing first in the Oxford 5K Race for Life in a time of 18.31. She was there with her boyfriend, Luke Gray's family, who ran en mass to raise money for Cancer Research.

## Cleeve Cuckoo 5m – June 4<sup>th</sup> – (6/10)



Alistair Lockey had a superb run in the gruelling multi-terrain Cloud Cuckoo last Wednesday, beating all to the post for a excellent win in a time of 34.09 on the



incredibly tough course. Mike Smith had to settle for 7th place in 36.24. Andy Chapple, also in fine form, finished in 37.43 and Tony Goodwill and Tom

Jess both cracked the 40 minute barrier with 38.56 and 39.51.

Brittany Teague had an excellent run, finishing 3rd Lady in 43.29.

All the other noble Bourton finishers were: Neil Teague 43.15, Rob Edwards 43.23, Norm Lane 44.36, Nigel Frith 45.01, Brian Hulcup 45.13, Rob Humphris 46.15, Calum Forsyth 47.23, Jim Lunney 48.39, Pauline Teague 48.44, Ed Rozier 48.56, Julia Rutherford 49.14, Rachel Griffin 49.14, Shirley Creed 50.41, Bert Jess 51.17, Lynn Hudson 51.36, Gill Carrick 52.11 Simon Rutherford 52.11, Liz



Hulcup 53.48 and Robin Macdonald 55.43,

## Westonbirt 10k – June 9<sup>th</sup> – (6/10)

Times were slow as the course was a little long, but that was easily forgivable by the picturesque course which wound throughout the Arboretum. The usual battle between the top Bourton men raged through the race with Dennis Walmsley just managing to pull away at the finish to open a gap of 11 seconds on Alistair Lockey, with respective times of 34.24 and 34.35 in 2nd and 3rd race positions, but 1st and 2nd V/40s. Mike Smith came in a little behind in 7th and 3rd V/40 in 36.25. Andy Chapple had a battle on his hands holding off the improving Steph Lane, who closed to his shoulder but just dropped off by 6 seconds at the line for times of 38.28 in 14th place and 38.34, 1st lady. Chris Hartley made it into the top 20 with an excellent time of 39.02. Tony Goodwill continued Bourton's winning streak with his award of 1st V/50, finishing neck and neck with Thomas Jess in 40.16. Ian Shoemark was close behind in 40.37.







Rob Edwards and Neil Teague achieved times of 42.23 and 43.18, just ahead of his daughter, Brittany Teague in 43.48. The battling trio of Nigel Frith, Brian Hulcup and Rob Humphris this time ended with Nigel the victor in a time of 43.55, Brian 43.59 and Rob 44.34. Norm and Ali Lane, 1st LV45, finished together with 45.03, with Ali making up the third member of the 1st Ladies Team.

Other times were: Tony Spedding 45.39, Niamh Shoemark 46.32, Luke Gray 46.46, Jim Lunney 47.13, Julia Rutherford 47.21, Pauline Teague 48.39,

Simon Rutherford 49.38, Liz Hulcup 51.00, Shirley Creed 51.13, Lynn Hudson 51.58, Bert Jess 53.02, Gill Carrick 53.14, Dennis Abbotts 54.42 and Lynn Spedding 55.41. It was great to see husband and wife, Tony & Lynn back on the racing scene - hopefully to continue



### White Horse 5k (2/4) – 19<sup>th</sup> June

Thursday 19th June saw the 2nd of the White Horse 5K Series. While the older runners are slowing, the young members are setting records. Mike Smith and Ian McDougall were not in as sparkling form as usual with 16.50 and 17.46, not far ahead of Steph Lane, 2nd Lady in a new personal best of 18.01 and Lewis Gray, just 15 years old hard on her heels in an amazing personal best and new age club record time of 18.14.

Tony Goodwill, Rob Edwards and Lynn Edwards turned out consistently good times in 18.49, 19.24 and 23.38.

### Humph's Hilly Half – 28<sup>th</sup> June ( C )

The Humph's Hilly Half, named after one of Bourton Roadrunners' longest serving members, Steve Humphries, who tragically died last October and who designed the course, had a record number of entries this year. The race was named as a tribute to him and finishers' shirts were



designed to show his outline. Steve's mum and sister bravely started the race off and presented the prizes at the end and were touched by the warmth of affection shown by the runners.

A pre-race favourite, Gary Payne, Vet 50, from George Elliott Striders had a tough job surrounded by Bourton's top men, Alistair Lockey, Dennis Walmsley and Mike Smith, who put up a fierce battle, but he held his nerve and led throughout to win in a time of 1.15.46. These three also took the first men's team prize with 9 points in total.



Vet/40 Alistair Lockey was next in 1.16.19, followed by Dennis Walmsley in 1.16.31, who received the 1st V/40 prize. Mike Smith finished 4th in 1.16.59, followed by Phil Cook in 1.18.35 of Les Croupier and Andy Gore 1.19.35 of Cheltenham & Co. Harriers.



Steph Lane, the 17 year old Bourton Roadrunner, was the Ladies clear winner, well over 4 minutes ahead of the next lady in 1.27.10. and a pb by 10 minutes. 2nd place lady



was Liz Stavreski of Thames Hare and Hounds in 1.31.43 and 3rd Dawn Clark of Spa Striders in 1.35.27. As stated before, Dennis Walmsley took 1st V/40. Second was Michael Tune of Swindon Harriers in 1.22.38, with 3rd and 4th Jeremy Mower 1.26.20 and Ian Summers 1.26.47, both of Gloucester AC. Clem Clement of Penarth & Dinas Runners was 1st V/45 in 1.24.43, followed by 2nd Vet/45 Bourton's Steve Edwards (marathon man) in 20<sup>th</sup> place in 1.27.06.

Alison Bagnell of Stratford AC was 1st LV/40 in 1.35.54, with Bourton's Sarah Clemo 2nd in 1.50.05.

Alison Lane of Bourton was 1st V/50 and Brenda Avery, 1st V/55 of Chepstow Harriers, finished in 1.51.20.



The Ladies' Team was also won by Bourton Roadrunners, comprising of Steph Lane, Ali Lane and Sarah Clemo. As part of the Gloucestershire AAA Road Race Series, quite a few Bourton Roadrunners need those vital points, taking part in the Club's

own Half Marathon, 'The Humph's Hilly Half'. The course is as it says ... 'hilly' and therefore not conducive to fast times. But those taking part, still managed some pretty impressive results.

Ewen Smith had a good run for 1.35.39, followed by Pete Scarrott in 1.36.43, Ali Lane, 1st V/50 in 1.40.23, Norm Lane 1.41.58 and Rob Humphris 1.42.51.

Sarah Clemo finished 2nd LV/40 in 1.50.05, Shirley Creed 1.51.36, Lynn Hudson 1.51.56, Gill Carrick 1.57.39 and Gill Wilkie 2.34.43.

## Hill Barn Relays – 29<sup>th</sup> June

The next day was quite a different course at the Hill Barn Relays, which is a tough cross country 2 miles (well, just short of!) sprint. Teams comprised one male and one female.

The fastest man on the day, Tim Dalton, was like lightning, with a time of a minute quicker than anyone else in 7.35. Unfortunately his partner, Ali Lane, left him too much to catch up to win the race. That honour went to the team of Steph Lane (again!) whose legs were obviously not as tired as her mum's as she was fastest female and Tom Jess, who were 20 seconds clear at the finish in 18.27 total. A very strong second pair were Alistair Lockey and Brittany Teague in 18.47, followed by Sarah Harper and



Andy Chapple in 3rd 19.02 and 1st Vets team.

1st Under 20s were Alice Thomas and Lee Knowles, 1st Under 16s Beth Wynn and Lewis Gray, 1st husband and wife Dennis and Lucy Walmsley 20.09, 1st Mother and

Son Niamh and Kieren Shoemark 22.19 and oldest mixed team Mick Morris and Barbara Thomas 25.38.

The Fun Run was won by Lee Knowles, with first female Beth Wynn.

"A huge 'thanks' to everyone who supported our Fun Run, Relays and Battle of the Bands on the 29th June. especially to Neil, Niamh and Ian who worked tirelessly on the BBQ and Sarah on the Bar. We couldn't have managed without you. It was a great success, although a little chilly, but we were lucky it didn't rain and made the fantastic profit of £3725 for Gloucestershire Arthritis Trust.

Norm, Ali, Steph and Nat

## Aerospace 5m – July 3<sup>rd</sup> (6/10)

Bourton Roadrunners were out in force on Thursday at the Aerospace 5m. This was the 7th of their Road Race Series and many categories are still all to play for. The Senior Men category especially could go any way. After the Aerospace race Tom Jess still maintains his lead by one point from Alistair Lockey, with Mike Smith just one point behind him, but with 3 races to go, this could all change.

On the day, Alistair Lockey had a strong run to finish 2nd in the race in a time of 27.50. Next in was Steph Lane, 15th overall and 2nd Lady in 30.25, giving a close chase to race winner, Laura Kent of Cheltenham just 8 second ahead. Only 11 seconds behind Steph was first junior man, Tom Jess, in 30.36. Second junior man was Lewis Gray in 25th position and a time of 32.05, followed by first junior lady, Brittany Teague, in 32.45.

Rob Edwards followed the fine display of running by the junior members in 33.35. Norm Lane was especially pleased to receive the 1st V/60 prize in 34.13, breaking away from Neil Teague 34.24, Rob Humphris 35.03 and Lucy Walmsley 35.15. Ali Lane finished in 35.58 and first LV/45 Julia Rutherford and Pauline Teague battled together in 37.38 and 37.51, Shirley Creed 39.08, Eddie



Rozier 39.24, Lynn Hudson 39.26, Bert Jess 40.13, Gill Carrick 41.15, Robin Macdonald 41.38 and Caroline Ball 41.39.

**UK 3 PEAKS CHALLENGE 2008**  
**Fire and Ice Team**  
**Ian Shoemark**

This is the 4<sup>th</sup> time I have run for the Fire & Ice team in the annual UK 3 Peaks Challenge. The target this year was to complete the event in less than 16½ hours which has only been achieved by a handful of teams over the 27 year history of the Challenge. With great support and organisation from the two support staff maintaining the standard 11 hours of driving, the five runners managed to achieve the following times on the three highest mountains in the UK:

- **Ben Nevis (1,344m)      2 hrs 24 mins**
- **Scafell Pike (978m)      1 hr 56 mins**
- **Snowdon (1,085m)      1 hr 5 mins**

The Fire & Ice team ran the 3 summits in only 5 hours 25 minutes, and with the standard driving time of 11 hours, the total time was an impressively quick 16 hours 25 minutes with a finishing place of 4<sup>th</sup> out of 135 teams. The team also raised over £1,000 for The Fire Fighters Charity.

This year the weather was atrocious with constant rain covering the three countries of Scotland, England and Wales. On the way there was lots of hilarity and humour, motivating shouts and unspoken words, physical breakdown and mental anguish, blood, sweat and tears.

The event started at 5pm for the slower teams and due to previous years performances the Fire & Ice lads were the 62<sup>nd</sup> team of 66 competing teams to start at 7:45 pm from Glen Nevis. The early evening air was very cold when the lads started to run up and down Ben Nevis, the highest point in Scotland and the UK. Although they had to content with miserable weather throughout the first leg (low cloud, rain and thick snow at the summit), the team returned to the minibus by 10:09 pm and were on their six hour journey to the Lake District for the 2<sup>nd</sup> stage.

On arrival at Wasdale Head the team were permitted to start the run up Scafell Pike at 4:37 am. The Lake District weather was a bit better than NW Scotland but remained cold and grey. The team ran up the slopes towards Lingmell, gradually overtaking teams, arrived at the highest point in England and returned to the minibus by 6:33 am. They were now on the final lap of their journey to Llanberis in North Wales.

On arrival at the Pen-Y-Pass in North Wales the black rain clouds had appeared. At 11:33 am the team started running up Snowdon and the weather got increasingly worse. For the next hour the team ran into horizontal rain and were constantly buffeted by cold, biting winds. They made the final push up the Pyg track around the imposing Crib Goch ridge and up the new Snowdon summit steps to arrive at the highest point in Wales at 12:38 pm.



### **Background Information on the UK 3 Peaks Challenge**

2008 saw the completion of the 27<sup>th</sup> and 28<sup>th</sup> annual UK 3 Peaks Challenge organised by the Fire Services Sports and Athletics Association (FSSAA). This year there were 135 competing teams from all over the UK including Fire Service, Police, Military and commercial organisations, totalling (with safety marshals) some 1,300 participants over the two events.

Due to the large number of competing teams the challenge is divided into two events and took place on Sun-Mon 22<sup>nd</sup>/23<sup>rd</sup> and Thurs-Fri 26<sup>th</sup>/27<sup>th</sup> June this year. The challenge is to run or walk consecutively the highest peaks in SCOTLAND (Ben Nevis 4,406 ft), ENGLAND (Scafell Pike 3,206 ft) and WALES (Snowdon 3,560 ft), also the travelling of 501 miles between Fort William and Llanberis by minibus in under 24 hours.

- **Distance on foot 20 miles (31 kms)**
- **Height gained                      10,000 feet (3,050 m)**
- **Distance by road                      501 miles (800 kms)**
- 

### **TEAMS**

For mountain safety and the important journey between the 3 Peaks, a team accepting the 3 Peaks Challenge must consist of a minimum of 4 walkers/runners, plus 2 separate support/drivers. The maximum number a team may consist of is 7 walkers and 3 support drivers. This must be with a reliable minibus for comfort. Once a team has declared the number of walkers starting each peak, they must always stay close together within 10 metres of each other on all the mountains and keep to the designated routes, passing through a series of check points.

### **CHALLENGE AWARDS**

In addition to the personal experience and achievement, all participants receive a certificate, team photograph, and a specially commissioned medal with ribbon, in colour of accomplishment:

- **Bronze      Sub 24 hours**
- **Silver                      Sub 22 hours**
- **Gold                      Sub 20 hours**
- **Platinum                      Sub 17½ hours**

## FORTHCOMING EVENTS

12 Jul	Pilot Inn 10m
14 Jul	Frampton 10k (C)
17 Jul	White Horse 5k (3/4)
19 Jul	Bourton 1m (C)
	Devil's Chimney Chase 6m
27 Jul	Gloucester 1/2marathon
31 Jul	Glos Festival 7m
6 Aug	Bugatti Beer 10k (C)
9 Aug	Cranham Boundary Chase 5.8m, and Junior Race 1m
10 Aug	100k
17 Aug	Standish Woodland Chase 10m
21 Aug	White Horse 5k (4/4)
25 Aug	Arlingham Road Race 4.5m
Sep 7	Beacon 10k (C)
Sept28	Cirencester 10k (C&6/10)

### GLOS AAA Standings

#### Open Men

1	Dennis Walmsley	36
2	Alistair Lockey	30
3	Mike Smith	28

#### V40 Men

1	Dave Lander(7 AC)	40
2	David Billingham(Chelt)	30
3	Andy Chapple	25

#### V45 Men

1	Dennis Walmsley	50
2	Chris Young(Stroud)	29
3	Andy Brown(7 AC)	19
4	Rob Humphris	16
4	Peter Lloyd	16

#### V50Men

1	Adrian Higgs(Chelt)	32
2	Chris Young(Stroud)	29
3	Tony Goodwill	28

#### V55 Men

1	Kenneth Sears(AA)	45
2	Bogdan Jochym(Glos)	26
3	Terry Onions(Glos)	21

#### V60 Men

1	Norm Lane	31
2	Tony Shelbourn(Ciren)	30
3	Dave Spackman(Glos)	26

#### V60

1	Dennis Abbotts	19
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#### Ladies Open

1	Steph Lane	35
2	Johanna Fletcher(7 AC)	26
3	Ali Lane	21

#### Ladies V40

1	Caroline Ball	25
2	Jane Wassell(Ciren)	20
3	Louise Page(AA)	17
4	Nicola Wong(Angels)	16
5	Sue Bruce(Tewkes)	10
	Sarah Clemo	10
	Mella McMahon(Chelt)	10

#### Ladies V45

1	Gillian Carrick	31
1	Shirley Creed	31
3	Ali Lane	30

#### Ladies v50

1	Lynn Hudson	45
2	Helen Bown(Angels)	31
3	Debbie Southgate (Angels)	28

#### Ladies V55

1	Liz Hulcup	28
2	Carol Cowley(Tewkes)	20
3	Dawn Hyde(Angels)	6

### BRR 6/10 SERIES 2008

#### Open Men

1	Tom Jess	39
2	Alistair Lockey	38
3	Mike Smith	37
4	Rob Edwards	33
5	Andy Chapple	30

#### V40 Men

1	Alistair Lockey	39
2	Nigel Frith	37
3	Neil Teague	31

#### V45 Men

1	Rob Edwards	53
2	Simon Rutherford	33
3	Dennis Walmsley	30

#### V50 Men

1	Rob Humphries	57
2	Jimmy Lunney	41
3	Tony Goodwill	40

#### V55 Men

1	Brian Hulcup	40
2	Chris Bence	9

#### V60 Men

1	Norm Lane	60
2	Robin Macdonald	18

#### V65 Men

1	Dennis Abbotts	20
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#### Junior Men (187&Under)

1	Tom Jess	50
2	Lewis Gray	18
3	Luke Gray	9

#### Open Ladies

1	Steph Lane	50
2	Shirley Creed	37
3	Julia Rutherford	34
4	Brittany Teague	33
5	Ali Lane	32

#### V35 Ladies

1	Lucy Walmsley	20
2	Jo Pritchard	19

#### V40 Ladies

1	Caroline Ball	38
2	Niamh Shoemark	20
3	Sarah Clemo	19

#### V45 Ladies

1	Shirley Creed	58
2	Julia Rutherford	45
3	Gill Carrick	42

#### V50 Ladies

1	Lynn Hudson	60
2	Lynn Spedding	9

#### V55 Ladies

1	Liz Hulcup	40
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#### Junior Ladies(18 & Under)

1	Steph Lane	50
2	Brittany Teague	37

For full standings in both competitions, see Bourton Roadrunners, and John Rapers' web-sites.