



Bourton Roadrunners

Newsletter

March/April 2008

CHAIRPERSONS REPORT

What a day! What a race! I am writing this the day after the High Bridge Jewellers 10km (25 Feb) and it was truly an event that everyone who is a member of Bourton Roadrunners can feel truly proud of. A huge thank you to everyone involved in making it such a success but in particular the Chedworth crew for all their hard work in organising it.

The race itself was a great spectacle with the brilliant Dan Robinson, a high class and exciting women's race, lots of BRR personal bests and the best duel for last place I have seen in a long time. Two new course records highlighted the high class field that our race attracts. We even had a TV crew accompanied by the legendary (well I recognised him) Tony Francis. Hopefully my interview will be edited out and the final cut will give deserved coverage to our major sponsor on the day (thanks for your continued support Rob).

Just one final thought on the 10km – as things stand there will be no race next year as no one has come forward to organise it. What a huge shame that would be and if you think I am trying to prick a few consciences dead right I am.

Races are coming thick and fast now with the Gloucester 20, Chedworth multi terrain and even London not far away. Many of you are clocking up huge Weekly mileages and from my position at the back on club nights I can see how And finally on a personal note a massive thank you to all of those who have helped and encouraged me as I return to running after 7 months off with injury. The club tradition of going back to pick up the slowest runner is a fantastic one and from personal experience it is real morale boost – lets never let it die!

Simon

A BIG THANK-YOU FROM THE 'CHEDWORTH CREW' TO ALL THOSE WHO HELPED WITH THE BOURTON 10K

In previous years I have written individually to many people to thank them for their efforts but have discovered that this is a recipe for disaster because I always managed to miss somebody who did something really important. (and also I've been really busy this year so am being just a tiny bit lazy!!)

Therefore, I hope you will all accept this as a thank you to everyone who helped, especially to those long suffering family and friends who turned out and did a first class job (including my mum who manned the drinks station on her own when I had to abandon her for more pressing duties!)

Despite one or two problems which caused some club members more than a few headaches, those who took part were all very complimentary about the race and there has been praise both on the day and in comments in Runners World for the marshals, the weather (which of course we ordered) and especially for the cakes.

The organisation of the race really is a team effort and while we may have our names on the entry form it would not be possible to hold the event without the whole club working together.

So once again, thanks to you all from us all.

Ros (and Bert and Alistair)



Memories

When Julian and Josephine started running at the running club over 20 years ago, I used to sit in the car and wait while they did the short run.

Eventually I was persuaded to do the short run too. Steve H nearly always ran at the back, encouraging the slower runners. Quite often that was me and I remember him convincing me that I could run to Little Rissy and back without walking.

Julian and Josephine then went away to school and University, so we stopped going to the running club.

Although J & J continued their running elsewhere, unfortunately my running career fizzled out. Then 10 years ago, after I had suffered a bereavement, I bumped into Steve H shopping in Cheltenham. We chatted and he asked after J & J and I asked about the running club. To cut a long story short, with more time on my hands I found myself back doing the short runs at the club. Then, with Steve's encouragement, I moved up to the long runs.

In conversation one day I asked Steve what happened

at the Christmas dinner. He said why didn't I come along and see. So I did and now I have only missed one in the last 10 years.

I also asked him what were the Club trips like and he again said why didn't I go on one and see, so in 1999 I went to Florence and ran in my first half marathon abroad and thoroughly enjoyed the whole trip. I have been on several club trips since then and ran my first marathon on the club trip in Moscow.



I wonder if he ever realized how much influence he had on people's running careers. Josephine still remembers running with him on wet club nights and jumping in as many puddles as she could to get him soaked. When she was about 10 years old that is, not recently!

Finally, as some of you will remember, at Steve's housewarming party I got very drunk on John Gibson's homemade wine and Neil Teague's drinking games.

Unfortunately for Steve I crashed out on his bed and he had to sleep on the sofa, but we were both the butt of quite a few jokes for months afterwards!

Gill Wilkie

Kingham 12km Charity Run 2008 - Saturday June 29th 11.00 - 12.30

For 32 years now this run has been organised in aid of the school. It raises about £600 for the school each year and last year had over 60 runners. Our aim this year is to get 100 runners so, if you run yourself, start practising and sign up: it's great to have targets to get you out running. If you're not up for it then do let friends and family know. It's a lot of fun and there are great prizes for the first man and the first woman home. If you go to www.kinghamrun.co.uk you can download an application form or you can contact me, Stephen Goodridge, on sgoodridge1@googlemail.com or 01608 658725. Failing all that do turn out on the day to support the runners, wave the flag and, if you can, we always need stewards which consists simply of standing in a specified place for at most 2 hours to direct the runners. Many thanks, Stephen Goodridge

Items from the BRR Minutes

- Mrs. Humphries has said she would like the half marathon to be renamed 'The Humph's Hilly Half'.
- The key holders are Tony Goodwill, Norm Lane, Lynn Hudson, John Raper and Jonathon Willson making 5 in total.
- Juniors' training

The club must take great care in making it clear that we are in no way responsible for juniors on club nights, and that parents/guardians have full responsibility at this time. Norm felt that the juniors in the club needed to be encouraged. He suggested advertising in the newsletter for a junior team coach. Norm said he would be happy to do this himself if nobody else was willing, but having done it before it would be good to see if any one else was interested.

Lilly-Anna's new running shoes!



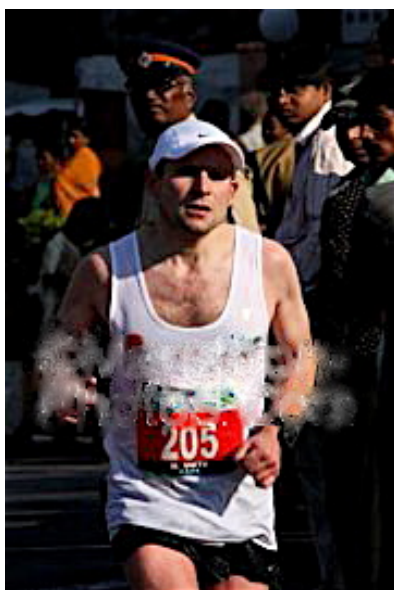
Norm also suggested advertising in the newsletter for a Team Manager.

- Subscriptions for 2008/2009 will be due again on the 1st April.

RACE RESULTS: JAN/FEB

Mike Smith-Mumbai Marathon 20th Jan

The Greatest Race on Earth (GROE) is a truly unique marathon relay series, run across four of the world's most exotic cities. Created and sponsored by Standard Chartered, GROE returns for its fourth series in 2007/08 with its US \$1.08 million prize pool still the largest in the world of athletics. Each year GROE transforms the traditionally individual sport of marathon-running into a team event. 2007/08 welcomes record numbers of national teams, with over 30 different nationalities represented in this truly international series. Some of the world's quickest marathon athletes compete in teams of four, running one marathon each - their eyes firmly set on working together to achieve a faster cumulative time than their rivals and gaining a significant slice of the prize pool. Competitors faced many challenges along the way - including the highest altitude race of Nairobi on 28 October, 2007, the island race in Singapore on 2nd December, 2007, the historic race in Mumbai on 20th January, 2008, and the harbour race in Hong Kong, the decisive final leg on 17 February, 2008.



After weeks of hype, the pressure was on Mike Smith of Bourton Roadrunners to perform in his England selection for the Mumbai, Indian marathon last Sunday and he certainly did not disappoint.

Finishing 31st overall out of a field of over 30,000 in a superb time of 2.31.56, 3rd European and Oceania, his time

was the fastest so far of the England representatives in the series of Marathons pushing the English team up to 2nd place, with only the Hong Kong marathon still to go. As expected, conditions were hot, but Mike said it became extreme in the last 10K, making his achievement so much more impressive.

Disappointingly, the team finally finished 4th overall after Sean Cotter completed the Hong Kong Marathon in 4.06.53, thereby narrowly missing out on all the prize money!

Meanwhile at home, Dennis Walmsley was sloshing through the mud in the **Midland Vet's X/C championships** finishing an excellent 4th overall and 2nd V/45.

Several junior members, who had qualified through the earlier rounds, travelled to **Cardiff for the Inter Counties**

X/C Schools Championships with superb results. Brittany Teague finished 6th in the Inter Girls race, Steph Lane finished 9th in the U/20 ladies race and Beth Pudifoot was 6th Gloucestershire scorer in the Under 15s. They all won gold medals for the first team in their respective races.

Tom Jess and Keiran Shoemark, representing Gloucestershire at the highest level for the first time, gave stirring performances.

Gloucestershire X/C League

Finn Shoemark made his debut to cross country running this weekend in the fourth of the Gloucestershire X/C league at Plock Court, with an excellent 17th place in the U/11 Boys. His brother Kieren, who has showed promise this season in the U/13s ran strongly, as he is still very young in the age group band.

Brittany Teague again performed well to finish 2nd U/17 and also receive silver in the overall series.

Ali Lane finished 26th in the ladies race which gave her silver Vet/45 in the series. It was great to see Lucy Walmsley in her first race back after her long layoff with a broken ankle and her position of 34th shows it will not be long before she is back at the top again. Pauline Teague has a good result with 39th, closely chased by Sarah Clemo in 41st place, giving the veteran ladies bronze position overall in the Glos Series.

Dennis Walmsley was delighted with 5th place overall and 2nd V/40 in both the race and the overall series, whilst Norm Lane was equally pleased with his 88th senior man placing and bronze position in the series. They were well backed up by Bert Jess in 120th spot.

Four Villages Half Marathon – Helsby, Cheshire – 20th Jan

John Gibson and Roger Woodley were back to their Half Marathon fixes with good runs in the Four Villages Half Marathon on Sunday 20th January, where they recorded 1.44.46 and 1.48.58 respectively.



Bourton Goldsmiths 10k – 24th Feb

Perfect conditions provided the opportunity for very fast times in the ever popular Bourton 10K on Sunday 24th February and the high quality field added to the excitement.

Race favourite, Dan Robinson of Stroud, stormed away from the start and despite numerous other top entrants, no-one could match his blistering speed, as he set a new course record to finish in a time of 29.21.

Steve Kimber of Windsor, Slough, Eaton and Hounslow was next in with a very creditable time of 31.04, followed by local star, Chris Illman of Cirencester in 31.11. Just over the border from Oxford, came Dan Merckel in 31.28 in 4th and 5th place again went locally to the upcoming talent of Steve Millward from Gloucester in 31.29. Dennis Walmsley, who had an amazing finish, passing Mike Smith a few yards before the tape, was 13th and 2nd V45 in 32.42, Mike Smith, 15th overall and 2nd V40 in 32.48, Alistair Lockey 18th and 3rd V40 in 32.56 and Ian Macdougall 28th in 34.20 and 3rd MV45.

The ladies race was also top quality. Michelle Ross-Cope of City of Stoke had a fantastic run to win in 32.24 and even by producing personal bests of 33.15 and 33.26 respectively, Wendy Nicholls of Cirencester and Emily Pidgeon of Gloucester (former 3 times winner), were unable to keep with her. Cheltenham's Jo Brewer was also among the top women with a fine run for 4th place in 35.11.



The new junior category winners, both from home club Bourton and both knocking over 3 minutes off



their previous best 10K times, were Tom Jess in 37.37 and Steph Lane, 38.10, Brittany Teague also had a superb PB run in 39.46, as did Luke Gray in 41.39.

Rob Humphris also had a pb in 42.43, followed by Ali Lane 44.19, David Hansen 44.48 and Chris Bence 48.44. Fantastic team success came to Bourton Roadrunners last weekend, showing the versatility of the club runners for short and long races, with the **Country Road Relay Championships** on Saturday at Sandhurst, Gloucester and the 2nd of the County Championship Series, the Gloucester 20 Mile Race on Sunday.

Dennis Walmsley was brave enough to take on both, with a superb 5.25k leg for his team on Saturday, giving him 16.54 and assisting his team to the overall 2nd County Vet Team award, shared by Rob Edwards 19.20, Mike Pudifoot 21.02 and Ed Rozier 24.05.

The Supervets' team of Chris Bence 23.55, Norm Lane 23.05 and Dave Spackman 24.10 were rewarded with gold.

The Junior Ladies team excelled, only narrowly missing out an all out ladies win, with Steph Lane 19.27 fastest junior lady of the day, Beth Pudifoot 20.34 and Beth Wynn 24.02 winning the 1st Under 20 team.

The lady vets finished 3rd team overall and 1st Veteran Team, comprising Lucy Walmsley 21.23, Sarah Clemo 22.55 and Ali Lane 21.23.

Tom Jess, joined with Severn, assisting them to 3rd County Senior Men's team and also achieving the fastest junior man of the day in 18.47.

Jo Pritchard joined with Severn and Stroud to take 2nd County Ladies team. The Bourton members' results not reported for their own Bourton Highbridge Jeweller's 10K show some excellent results:

Gloucester 20Mile – Mar 2nd (County & 6/10)

Mike Smith sailed away from the gun on the Sunday for the Gloucester 20M, leaving the chasing pack of four, which contained Dennis Walmsley and Alistair Lockey, 3 minutes behind by half way. He continued with his conclusive lead to the finish, winning in a time of 1.52.52.

Dennis was obviously feeling the effects of Saturday and was unable to respond as Alistair made his break with 5 miles to go, with Alistair finishing 3rd in 1.56.47, 2nd MV40 and Dennis 6th in 1.59.33, 2nd MV45, who together with Andy Chapple in 2.10.46 made up the first team.

Tony Goodwill found the going hard, finishing in 2.20.44 and Rob Edwards did well, after competing in the previous day's relays, to finish in 2.36.42.



Rob Humphris is in the finest running form of his life at 50, knocking 7 minutes off his previous PB to achieve 2.37.10 and Lynn Hudson is also in superb form in readiness for the London Marathon, finishing in 2.48.58.

Jimmy Lunney had a tough run and showed real determination to finish in 2.49.00. Shirley Creed knocked 4 minutes off her last year's time for 2.56.32, Gill Carrick knocked 7 minutes off her 2006 time, while newcomers to the distance Roisin Wood 3.07.20 and Rachel Griffin 3.07.20 are

all looking good for London.

John Gibson coasted round in 3.07.20, as did Caroline Ball 3.14.18.



BOURTON ROADRUNNERS

6 FROM 10 SERIES 2008

Men Open Category	Glos 10	Glos 20	Total
Mike Smith	10	10	20
Dennis Walmsley	9	8	17
Andy Chapple	8	7	15
Tony Goodwill	7	6	13
Rob Edwards	6	5	11
Alistair Lockey		9	9
Rob Humphris	2	4	6
Ben Coles	5		5
Ian Shoemark	4		4
Neil Teague	3		3
Jimmy Lunney		3	3
Norm Lane	2		2
John Gibson		2	2
Eddie Rozier	1		1
Dennis Abbotts	1		1

Men Vet 40

Andy Chapple	10		10
Mike Smith		10	10
Ian Shoemark	9		9
Alistair Lockey		9	9
Neil Teague	8		8

Men Vet 45

Dennis Walmsley	10	10	20
Rob Edwards	9		9
Andy Chapple		9	9
Neil Teague	8		8
Rob Humphris	7		7
Eddie Rozier	6		6

Men Vet 50

Tony Goodwill	10	10	20
Rob Humphris		9	9
Jimmy Lunney		8	8
John Gibson		7	7

Men Vet 60

Norm Lane	10		10
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Men Vet 65

Dennis Abbotts	10		10
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BOURTON ROADRUNNERS

6 FROM 10 SERIES 2008

Ladies Open Category

	Glos 10	Glos 20	Total
Shirley Creed	8	9	17
Lynn Hudson	6	10	16
Gill Carrick	3	8	11
Steph Lane	10		10
Caroline Ball	5	5	10
Liz Hulcup	9		9
Jan Short	7		7
Roisin Wood		7	7
Rachel Griffin		7	7
Pauline Teague	4		4

Ladies Vet 40

Caroline Ball	10	10	20
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Ladies Vet 45

Shirley Creed	10	10	20
Gill Carrick	7	9	16
Jan Short	9		9
Pauline Teague	8		8

Ladies Vet 50

Lynn Hudson	10	10	20
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Ladies Vet 55

Liz Hulcup	10		10
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FORTHCOMING EVENTS

Mar 22	Easter10k Road Race	Severn AC	
Mar 30	Cleevevold 13.5M MT	Chelt & Co	
Apr 6	Chedworth 10M MT	Ciren AC	6/10
Apr 13	London Marathon		
Apr 20	Highworth 5	Highworth	6/10
May 7	Beer Race 7.2M	Stroud AC	County
May	Globe 5k	Severn AC	County

AGE-RELATED RANKINGS – 2008

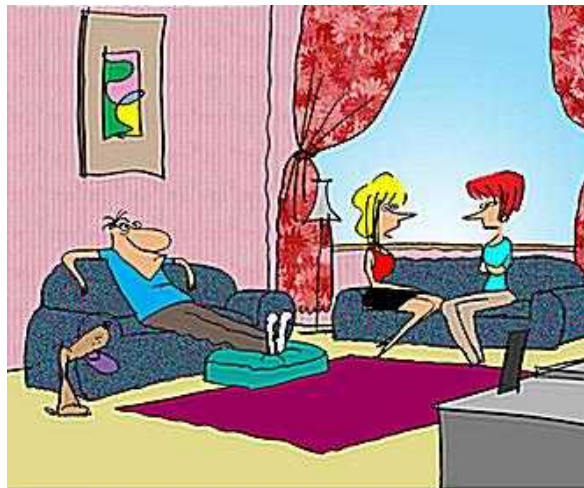
Name	No. of races	Points
Dennis Walmsley	3	2610.06
Mike Smith	3	2576.83
Rob Humphris	3	2048.81
Alistair Lockey	2	1717.36
Steph Lane	2	1530.60
Andy Chapple	2	1524.78
Tony Goodwill	2	1524.66
Lynn Hudson	2	1399.71
Rob Edwards	2	1377.35
Shirley Creed	2	1291.51
Gill Carrick	2	1274.49
John Gibson	2	1198.17
Ian MacDougall	1	873.65
Brittany Teague	1	789.19
Ali Lane	1	772.85
Norm Lane	1	760.77
Tom Jess	1	757.64
Liz Hulcup	1	756.14
Ian Shoemark	1	691.76
Neil Teague	1	685.95
Jan Short	1	684.42
Ben Coles	1	676.40

Races Included;

Gloucester 10M
 Four Villages Half Marathon
 Gloucester 20M
 Bourton 10k

ENTERTAINMENTS

Following the popular February Dinner & Cinema trip, and March skittles evening, there will be a pause during Marathon Fever season, followed by a Quiz at the Football Club early in May, so start mugging up now!!
 For details, look on the notice board, or contact Kate on 01608 661668



"Frank keeps bragging about running 26 miles. What he fails to tell people is that it took him 8 months to do it."

Two hikers on a trail came around the bend to find an enormous brown bear about 75 yards up the trail. The bear spies them and begins running toward them at a full gallop. One hiker drops his backpack, sits down, throws off his boots, and starts lacing up a pair of running shoes. The other hiker says: "What are you doing? You will never outrun that bear!". The first hiker replies: "I don't have to outrun the bear..."

COTSWOLD HILLY 100

We are entering a team in the Cotswold Hilly 100 mile relay race again this year I think Tony might organise the men's team again - he'll be on the lookout for runners over the next few weeks. The race is on Sunday 18th May.

>We have also expressed an interest in entering a ladies' team for the first time. Would anyone like to volunteer to organise this - it would involve selecting ten female runners, preparing all the route information for the team (this is supplied by the organisers), keeping time for the team's runners etc. It's a really interesting job and we will offer advice to anyone who wants it. Incidentally, it is easily possible for a lady to organise the team and run one of the relay legs, or the team organiser could be a man...

>Would someone like to let me know as soon as possible so we can enter the team with the organisers?

Lynn Spedding