



Bourton Roadrunners

Newsletter

June/July 2009

Chairperson's Report

There is a ridiculous saying in sport that first is everything and second is nowhere. I have always thought this to be nonsense - a feeling only heightened after the considerable efforts of Bourton Roadrunners over the past few weeks.

To run a Marathon is something most of us regard as a huge challenge therefore the thought of running 10 in 10 consecutive days is beyond our comprehension. To complete the Brathay 10 Marathons in 10 Days Challenge with an average time under 3 hours 20 minutes, knock more than 2 hours off your previous world record and only be beaten by a guy less than half your age is nothing other than a magnificent achievement. Many congratulations and well done Steve Edwards I am sure you have the total respect and admiration of everyone who puts on a pair of running shoes.

Congratulations also go to both our men and ladies team's in the recent Hilly 100 relay for their very impressive second place finishes. As someone who witnessed nearly every mile of the 100 following the ladies team I have to say that I think this is a fantastic event that brings the whole club together with so many out on the course lending their support. Many thanks to all who put so much time into organising the teams this year. I definitely think there is a case for entering a couple more teams next year.

Well we are right in the middle of a very busy period with races, particularly 6 from 10 races, coming thick and fast. It was great to see such a large turn out at both Cloud Cuckoo and Westonbirt. To have 34 members of a club our size competing in one race is superb and just shows the strength and depth of Bourton Roadrunners. Hopefully we will see the same numbers at Mallards Pike and Aeroscope. With our own Humph's Hilly Half and Hill Barn relays coming up soon there is plenty to look forward to over the next few weeks.

Finally on a personal note huge thanks to all who made my "special" Birthday truly one to remember.

Best wishes

Simon Rutherford



THE HUMPH'S HILLY HALF **27 June 2009 Start 6pm**

Help Required!

A reminder that we have our half marathon coming up on 27 June, and we need volunteers. There are a range of jobs - marshalling, taking entrants on the day, water stations and lots of other roles. If you intend to run you must volunteer a marshal in your place. John Gibson is in charge of marshals. Please help on the day and feel free to volunteer your family and friends.

Remember, this is your club! Please let Jan know if you can help in any way.

Jan

E: jan@farfrontiers.co.uk
T: 0844 800 9029 (day)

Please excuse the blanket email but if you are interested in buying a small 5 berth motorhome asking price £6500 please contact me now for details before I advertise it nationally.

Also we have a Subaru Legacy for sale, offers, anything considered even money!

Keep an eye out for To Buy or Not To Buy on the BBC in 6 - 8 wks time as they have just filmed the Walmsley's house.... I don't want to spoil the ending but.. they don't buy!

WHERE ARE YOU COMPETING?

Let everyone know where you are running through the newsletter and you may be able to exchange lifts, or people can come and support you if they want or make up teams. You could also use this section to ask for team members or encourage group trips.

I'll start the ball rolling and let you know I'm running the World Masters marathon in Lahti, Finland on 8th Aug..... can anyone give me a lift!!! Oh yeh! and the White Horse 5k on Thurs 18th June.

**Dennis Walmsley
Vice Chairman**

**West View
Broadlands
Bourton on the Water
Glos. GL54 2DL
Tel: 01451 820972
Mbl: 07966449397**

BEER NECESSITIES

(Important notice taken from an old edition of Runners World and submitted by Shirley Creed!)

A post-run lager can rehydrate you more effectively than water, say researchers at the University of Grenada, Spain. Students ran in 40 degrees heat until they were close to exhaustion (not very long in my case!-Gill), and were then given two half-pints of lager, or water, to drink. The rehydration effect of the strong stuff was slightly better than H2O. Researchers believe the Carbon Dioxide in the beer quenches thirst faster than water, while the carbohydrate replaces calories lost during exercise. (..but what did their heads feel like the next morning! – Gill)

HILL BARN RELAYS & FUN RUN

**FOLLOWED BY THE 3RD ANNUAL
BATTLE OF THE BANDS**

Sunday 12th July



First Race at 2 p.m.

Enter on the Day – Relay Teams £4

Extensive Trophy List and medals for all finishers

Fun Run £1 – Trophy for 1st Male and Female

Please stay on for the Battle of the Bands with BBQ and bar till 9 p.m.

For further info. Contact Ali on 01451 810472 or ali.lane@ukonline.co.uk

Venue: Hill Barn, Clapton Road, Bourton-on-the-Water

This year there will be a fancy dress competition in the Fun Run for adults and children, and throughout the day there will be spot prizes for the most unusual Hats and the most colourful T-shirts.

Everyone is welcome to come, and all proceeds go to charity, so you will be helping a good cause too.

For more information, see Norm, Ali or myself.

Gill Wilkie 01451 850672

gillincotswolds@sky.com

It's that time again, when membership is due for the current year (1.04.09 – 31.03.10). There is an application form on the Bourton Roadrunners web-site. The rates are £18 (individual), £25 (joint/family) or £9 (concession).

Please print out the form below and send a cheque to me at Manor Lodge, Station Road, Bourton on the Water, GL54 2AA. Renewals were due by 1 April 2009 so there is no time to waste. If you do not want to renew please let me know immediately.

If you have any questions, please let me know

Best regards,

Jan

Winston's Wish
the charity for bereaved children

Dear Running Club,

As I'm sure you are all aware the Great North Half Marathon and Great South 10 mile run will take place in September and October of this year. The Great North ballot has now closed and very soon the Great South ballot will also close.

Winston's Wish have guaranteed places in both the Great North and Great South runs and would

love to invite some of your runners to join our running team and help raise vital funds for Winston's Wish. If any of the runners at your club would be interested in running for Winston's Wish then please contact me via e-mail at ooldfield@winstonswish.org.uk or by calling 01242 546 167 and I would be delighted to send some more information out to them.

The registration fee for the Great North is £59 and runners are asked to raise a minimum of £300. The registration fee for the Great South run is £44 and runners are asked to raise a minimum of £150. Once registered, runners will receive a fundraising pack which has loads of different ideas on how to raise sponsorship and prior to the race they will also receive a Winston's Wish running vest!!

If you could pass this information to your runners that would be absolutely fantastic!

Thank you very much for your time

Kindest regards

Oli Oldfield
Winston's Wish
Community Fundraising and Events Assistant
01242 546167

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RACE RESULTS

Calder Vale 10 – March 25th

Lynn Hudson achieved an excellent time in the tough Calder Vale 10m of 1.20.42, racing whilst on holiday in preparation for the London marathon in 2 weeks.

Peopleton Scenic Six – April 5th



Beth Pudifoot of Bourton Roadrunners won the Peopleton Scenic Six in Worcestershire last Sunday at just 15 years old, in a superb time of 42.17 and 33rd overall. Her sister, Ellie, making a return to running, clocked a time of 47.27 in 99th position out of a total of 317 finishers.

Beth Pudifoot

Calder Vale 10 -

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Easter Egg Run - 12th April

Lots of fun was had on Easter Sunday, thanks to the Bourton-on-the-Water Co-op, who very kindly sponsored the Easter Sunday Fun Run, organized by Bourton Roadrunners, with eggs for all. Nearly 50 of all ages took part in the optional 1 or 1.5 mile run along the Bourton footpaths, with the clear winner, 15 yr old James Outhwaite, sprinting home in 9 minutes and 32

secs. Eva Shoemark, just 9 years old, finished 1st female in 8th position overall in a time of 11 minutes and 47 seconds. The top 10 finishers were: 1. James Outhwaite, 2. Dawson Lees, 3. Kieran Shoemark, 4. Justin Launchbury, 5. Oliver Lockey, 6. Jake Launchbury, 7. Finn Shoemark, 8. Eva Shoemark, 9. Elliot Lockey, 10. Daniel Bufton.

White Horse Easter 10k April 12th

Tony Goodwill, Norm Lane and Chris Bence took part in the White Horse Easter 10K at Sandhurst, Gloucester on the Saturday, notching up some good times and adding to the Easter Chocolate hoard with biscuit prizes! Tony Goodwill was first in for the club in 2nd Vet 50 place with a time of 40.52, Norm Lane had an especially good race for 43.32 and first vet 65, with Chris Bence giving a good performance for 49.31.

Teifi 10 – 12th April

Dennis Walmsley meanwhile was in Wales, competing in the Welsh 10 Mile Championships, named the Teifi 10, where he finished 11th overall in the top quality field and 2nd V45 with a time of 57.09.

Lochaber Marathon- 19th April

Steve Edwards has moved up to yet another level in amazing achievements with his time in the Lochaber Marathon in Scotland on Sunday. On reaching half-way at 1.30, the 46 year old increased his pace to record a superb finish time of 2 hrs. 57 mins. 33 secs, despite most of the undulations occurring in the second half. This put him second Vet 45 and 15th overall out of approx. 500 runners. He has also completed 468 out of his target 500 marathons.

In the same race Pete Scarrott was a little disappointed with his time of 3.27.26 after suffering from cramping, while Rob Humphries was delighted with his time of 3.37.41, after injury had hampered his training for the past 3 weeks. Shirley Creed and Gill Carrick were also thrilled to knock up personal best times of 3.56.57 and 4.06.50.



Highworth 5Mile – 19th April

Highworth 5M was the third of Roadrunners' club series and the perfect sunny day was a pleasure to run in, if a little hot for some. Mike Smith was Bourton's first finisher in 6th position overall in 28.19. Ewen Smith had a storming run for a PB of 30.21. Steph Lane finished 2nd lady in 30.41. Lewis Gray was next in 31.16, chased by Ian Shoemark in 31.37 and Tony Goodwill in 32.07. The ladies then packed in behind for 3rd lady Beth Pudifoot 32.16, 4th lady and first V35 Sarah Harper 32.53 and 6th Ali Lane 33.28. John Gibson followed closely in 33.45. Liz Hulcup was really on form, winning the V55 trophy in 37.37. Niamh Shoemark had a great run for 35.56. Other finishers were Brian Hulcup 37.14, Roger Woodley 37.18, Julia Rutherford 37.38, Lynn Hudson 38.02, Ed Rozier 39.05, Bert Jess 41.17 and Jan Short 43.37.

Boston Marathon – April 20th

Also on the marathon trail, Norm Lane and Chris Bence travelled to Boston for the last and 5th of Chris's personal World Masters challenge. They ran together to 30K and on the hilly course, they did well to record 4.31.22 and 4.49.11.

London Marathon – 26th April

Steve Edwards is certainly consistent, as he matched his superb Lochaber marathon sub 3 achievement last week with another fantastic run, this week in the London Marathon, where, despite the heat, he looked as cool as a

cucumber, crossing the line in 2.57.54, after increasing his pace from half way. His time put him in 90th Vet 45 place and 784th out of the 35,000 competitors. This makes 469 marathons and in 12 days' time he will be attempting another '10 marathons in 10 days' challenge.



On his 3rd marathon, Chris Hartley was next Bourton Roadrunner to finish in 3.20.14, after finding the heat debilitating in the latter stages.

Ali Lane was pleased with her time of 3.21.18, placing her 8th Vet 50 and 283rd female overall.

David Hansen did very well for his time of 3.53.05, as did Jamie Wilson in 4.25.34 and John Gibson trotted round in his usual Hamlet costume in a comfortable, if very hot, 4.39.18.

Blaisdon 10k Road Race – 4th May

Blaisdon was Dennis Walmsley's first win since the Angelsey marathon last October, easily pulling away from Dave Lander after tracking him for the first half into the wind, in 34.37. Mike, whom was chasing, overhauled the Forest of Dean youngster to finish 3rd in 35.29 behind

Dave Lander after outsprinting Gloucester AC's first runner home. Lewis ran well till 5m where he got stitch and suffered in the last mile to come home in 41.45.

Tewkesbury Half-Marathon – 10th May

Alistair Lockey was out to put the record straight this year, after last year's disaster of collapsing near the finish when holding a 3 minute lead. He showed this year how capable he is with a convincing win in 1.13.41, almost 2 minutes ahead of 2nd place.



Ewen Smith's new training regime is reaping dividends, as he smashed his personal best time to record 1.24.58.

Berkeley 10K – 11th May

After his win the previous Monday at Blaisdon 10K, Dennis Walmsley was in form at the Berkeley 10K with an even faster time of 33.22, finishing 5th and 1st V45. Mike Smith, improving on fitness all the time, was one minute and 10 secs behind in 7th and 2nd V40 with a time of 34.32.

Steph Lane was back on the winning trail, finishing first lady in 37.43, 4 minutes ahead of the 2nd place lady.

Lewis Gray had a superb run in 31st place overall for 38.55. John Raper finished next in 42.12, followed by Julia Rutherford 47.04 and Liz Hulcup 48.05. Shirley Creed, coming off her

marathon training, achieved a PB of 48.29, with Lynn Hudson 48.50 and Gill Carrick 51.08.

White Horse 5k – 21st May

At the White Horse 5K in Sandhurst on Thursday, only Dennis Walmsley gave a good performance where, in a top class field, he took first V45 with a time of 16.18, while Ali Lane's legs were obviously hoping for a night off, recording 22.26.

BUPA London 10k – 31st May

Monday's BUPA London 10k kept the Bourton results flowing, as Ian MacDougall finished 4th M45 in just 33rd place with a time of 35.45.

Recording a good time of 43.50 and 3rd in his V55 age group was John Gibson Eddie Rozier led his family home in 48.53, with wife Claire 1.06.14 and daughter Jemma 1.06.14.

Egyptian Marathon – 28th May



Four members of Bourton Roadrunners lined up for the Egyptian Marathon but sadly had to pull out after making a quick buck by selling their running shoes to some unsuspecting tourists.

Brathay 10-in-10 Challenge – 8th-17th May

Firstly Steve Edwards had the culmination of his 10 Marathons in 10 days in the Brathay 10 in 10 Challenge, completing the same course on 10 consecutive days. Steve held the world record

for this event, which he set in 2008 with a time of 35 hrs. 20 minutes and was hoping to be able to beat his own record. This he did, knocking over a staggering 2 hours off that record with a time of 33 hrs.16.34. He achieved this by running an average of 7 mins. 37 per mile and 3 hrs.19 mins. 39 secs per marathon. A time many could only dream of for one marathon! However, unfortunately a new contender for 2009 came into the reckoning, Adam Holland, who was less than half Steve's age of 46, and took the title, but Steve still has the Vet Category World Best record and has good reason to be proud of his amazing achievement.



Cotswold Hilly 100 – 17th May

Twenty other members of Bourton Roadrunners, were kept busy contesting the Cotswold Hilly 100 Mile Relay from Stratford-upon-Avon, looping around the Cotswolds and back to Stratford, which, as its name suggests, is incredibly hilly! The two teams 10 men, 10 women, each doing an approximate 10 miles (some longer, some shorter), kicked off at 7 a.m. and 5 a.m. respectively, with Pete Scarrott and

Ladies Team Captain, Julia Rutherford setting the pace for the day in times of 68.37 and 78.07. After last year's effort for the ladies, when they won in their inaugural attempt and set a new course record, the pressure was on and Spa Striders, who had won the shield every year except 2008, had definitely put out their best team to regain their honour.



From the second leg onwards, the team of Susan Hunt 88.17, Niamh Shoemark 75.10, Pauline Teague 86.57, Steph Lane 69.52, Liz Hulcup 87.07, Rachel Griffin 78.26, Hilary Ponti 72.28, Ali Lane 71.03 and Brittany Teague 75.50, making a total time of 13 hrs.03.25 varied between 3rd and 5th, eventually moving into 2nd place behind Spa Striders who set a new course record to win.

The men continued their second leg with Team Captain Alistair Lockey 58.58, Andy Peaston 67.15, Dennis Walmsley 60.09, Mike Smith 63.39, Ewen Smith 66.34, Ian Shoemark 63.56, Dawson Lees 61.15, Lewis Gray 62.26 and Ian MacDougall 60.06 for a best in the last 20 years team result of 2nd in 10.33.15, just over 5 minutes behind the winners Kenilworth, but 12 minutes ahead of 3rd placed Bromsgrove & Redditch.

Cloud Cuckoo 5ish – 3rd June

June is one of the busiest months of the calendar for Bourton Roadrunners with 3 of their club series races occurring within 2 weeks.



Consequently the Cloud Cuckoo 5.5 swarmed with Bourton Roadrunners, making up a 5th of the total number of finishers. It was also Simon Rutherford's 50th birthday and amazingly he chose to run the race that day!

The Series, currently led by Ewen Smith, open the gap still further, as he finished first Bourton man in 19th place overall with a time of 38.35. The tough cross-country course, where even the downhills are daunting, obviously suited Junior Man, Lewis Gray, finishing close behind in 22nd place with a time of 38.55. Steph Lane did not enjoy the terrain, but finished 2nd lady in 39.02. Ian Shoemark had a strong run for 39.51. The other two members of the winning ladies team then packed in with Junior Lady, Beth Pudifoot 40.32 and Sarah Harper, 1st lady 35 in 42.02. Brian Hulcup is returning to good form with a superb time of 43.49

Other finishers were: Ali Lane 44.38, John Gibson 45.23, Roger Woodley 46.02, Norm Lane 46.09, Niamh Shoemark 46.51, Eddie Rozier 47.42, Rachel Griffin 49.11, Roisin Wood 49.11, Susan Hunt 50.04, Lynn Hudson 50.07, Chris Bence 50.25, Shirley Creed 50.43, Liz Hulcup 51.00, Simon Rutherford 51.42, Gill Carrick 53.40, Lynn Spedding 57.16.

Westonbirt 10k – 8th June

Just 5 days later the picturesque Westonbirt 10K took place. Again off-road, but this time only undulating and meandering through beautiful rhododendrons, especially in the second half of

the race. This race attracted even more Bourton Roadrunners with a total of 34.

Dennis Walmsley, Mike Smith and Ian MacDougall packed up the front to take the team prize in 3rd, 4th and 5th places with much improved times from the previous year of 33.43, 35.07 and 36.05, also taking 1st, 2nd and 3rd MV40 placings. Having only done marathons this year to date, Steve Edwards found the 10K quite a sprint for 38.00. Dawson Lees was well up with them in 10th place and 38.04, as was Ewen Smith 38.36 and Lewis Gray 38.56. Chris Hartley and Ian Shoemark had a close finish with times of 39.41 and 40.00.

Beth Pudifoot ran her first 10K for an excellent time, leading the ladies team home in 40.38, closely chased by Andy Peaston. Justin Launchbury and Brian Hulcup had quite a battle for the finish, with Justin just the victor in 42.47 and Brian one second behind. John Gibson followed in with 43.48 and John Raper 44.00. Brittany Teague and Ali Lane made up the first ladies team with times of 44.15 and 44.26.

Other finishers were: Norm Lane 44.38, Niamh Shoemark 45.09, Roger Woodley 46.47, Julia Rutherford 47.41, Liz Hulcup 48.06, Simon Rutherford 48.34, Chris Bence 48.37, Eddie Rozier 49.05, Rachel Griffin 49.28, Roisin Wood 49.29, Shirley Creed 49.43, Susan Hunt 49.55, Lynn Hudson 50.11, Gill Carrick 52.30, Jan Short 53.50, Bert Jess 55.17 and Lynn Spedding 55.24

Age Related Ranking

	<u>No. of Races Completed</u>	<u>3 Best Points Total</u>	<u>Races Included</u>
Dennis Walmsley	3	2620.69	
Steph Lane	3	2422.57	Teifi 10
Ali Lane	3	2411.35	Lochaber Marathon
Liz Hulcup	3	2292.06	Highworth 5M
Ewen Smith	3	2239.8	Gloucester 50K
Brian Hulcup	3	2226.7	BUPA (London) 10K
Tony Goodwill	3	2226.39	Gloucester Marathon
Lynn Hudson	3	2224.46	Four Villages 1/2 Mar
Norm Lane	3	2192.59	Gloucester 20
Julia Rutherford	3	2166.73	Reading Half Marathon
John Gibson	3	2159.74	Draycote 5M
Ian Shoemark	3	2148.54	Shakespeare Half Mar
Peter Scarrott	3	2033.27	Wright Hassall 10K
Shirley Creed	3	1997.73	White Horse Easter 10K
Robert Humphris	3	1978.42	Gloucester 10M
Gill Carrick	3	1974.28	Bath Half Marathon
Roger Woodley	3	1934.91	London Marathon
Susan Hunt	3	1881.04	Boston Marathon
Jan Short	3	1879.64	Berkeley 10K
Simon Rutherford	3	1847.61	White Horse 5K May
Eddie Rozier	3	1813.18	Tewkesbury Half Mar
Rachel Griffin	3	1759.02	Westonbirt 10K
Chris Bence	3	1746.58	
Bert Jess	3	1713.81	
Mike Smith	2	1632.08	
Beth Pudifoot	2	1567.32	
Steve Edwards	2	1540.74	
Lewis Gray	2	1480.89	
Chris Hartley	2	1410.44	
Niamh Shoemark	2	1403.32	
Nigel Frith	2	1233.31	
Justin Launchbury	2	1207.12	
David Hanson	2	1170.87	
Calum Forsyth	2	1077.06	
Alistair Lockey	1	876.94	
Ian MacDougall	1	838.23	
John Raper	1	777.25	
Sarah Harper	1	767.87	
Dawson Lees	1	740.81	
Lucy Walmsley	1	735.41	
Andy Peaston	1	724.93	
Thomas Jess	1	678.58	
Andrew			
MacCoombes	1	663.63	
Roisin Wood	1	613.67	
Claire Rozier	1	485.38	
Jamie Wilson	1	470.38	
Jemma Rozier	1	457.98	

COUNTY STANDINGS

after 4 races (inc.Berkeley 10k)

LADIES OPEN

1	Steph Lane	BRR	30
2=	Lorraine Ryan	Glos	15
2=	Lucy Walmsley	BRR	15
4	Gemma Collier	Glos	13
5	Michelle Stark	Glos	12

LADIES VET 35

1	Michelle Stark	Glos	36
2	Debbie Lee	Tewks	22
3	Lucy Walmsley	BRR	20
4=	Rachel Labdon	Angel	16
4=	Gill Tavner	Stroud	16

LADIES VET 40

1	Trudy Crompton	Ciren	19
2=	Glenda Stanley	AA	17
2=	Anne-M Willicott	AA	17
4	Debbie Masding	AA	14
5=	Katrina Hawkins	Chelt	10
5=	Alison Hulme	AA	10

LADIES VET 45

1	Julia Rutherford	BRR	33
2	Mel Williams	Dursl	31
3	Karen Gilpin	AA	28
4	Shirley Creed	BRR	26
5	Louise Little	Stroud	20

LADIES VET 50

1	Lynn Hudson	BRR	36
2	Deb Southgate	Angel	27
3	Jean Bryan	AA	22
4	Ali Lane	BRR	20
5	Helen Brown	Angel	18

LADIES VET 55

1	Liz Hulcup	BRR	29
2	Dawn Hyde	Angel	16
3=	Jennifer Price	Stroud	10
3=	Carol Cowley	AA	9

LADIES VET 60

1	Yvonne Binks	Ciren	30
2	Eileen Dodwell	Angel	9

MENS OPEN

1	Steve Milward	Glos	20
2	Dennis Walmsley	BRR	19
3	Paul Hocking	Stroud	18
4	Lee Smith	Glos	17
5	Dom Malsom	Glos	16

MEN VET 40

1	Jon Mansfield	Tewks	31
2	David Gresswell	Glos	27
3	Dave Randell	Chelt	16

4	Neil Parry	Dursl	15
5	Jeremy Mower	Glos	13

MEN VET 45

1	Dennis Walmsley	BRR	30
2	Kevin Jackson	Dursl	22
3=	Paul Barnes	Chelt	21
3=	Nigel Tillott	Tewks	21
5	Roger Williams-C	Stroud	14

MEN VET 50

1	Mario McNamara	Stroud	38
2	Ray Williams	Dursl	20
3=	Dave Elliott	AA	14
3=	Rob Humphris	BRR	14
5	Adrian Higgs	Chelt	13

MEN VET 55

1	Mungo Park	Tewks	37
2	Kenneth Sears	AA	35
3	Bogdan Joachym	Glos	15
4=	Brian Hulcup	BRR	14
4=	John Raper	BRR	14

MEN VET 60

1	Graeme Hawkins	Durs	30
2	Dave Spackman	Glos	28
3	Roger Morris	AA	9
4	Trevor Lewis	Dursl	8

MEN VET 65

1	Ken Buckle	Chelt	29
2	Norm Lane	BRR	27
3	Martin Ford	Chelt	20
4	Art Williams	AA	15
5	Richard Waldron	Ciren	8

MEN VET 70

1	Mike Ward	Tewks	20
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TEAMS

MENS' OPEN

1	Bourton RR	4173
2	Tewkesbury AC	4233
3	Almost Athletes	4384

MENS' VET

1	Bourton RR	4143
2	Tewkesbury AC	4156
3	Almost Athletes	4259

WOMENS' OPEN

1	Bourton RR	4071
2	Glos AC	5045
3	Almost Athletes	5153

WOMENS' VET

1	Bourton RR	4065
2	Almost Athletes	5093
3	Angels	5137

Forthcoming Events

17 Jun(6/10)	Mallards Pike 5m	Forest of Dean
18 Jun	White Horse 5k(2/4)	7AC
27 Jun(C)	Humph's Hilly ½	BRR
2 Jul(6/10)	Aerospace	Chelt
3 Jul	Pilot 5k(3/5)	7AC
8 Jul	Cotswold 10k series	
	Temple Guiting	Beyond limit
11 Jul(C)	Pilot Inn 10m	7AC
13 Jul	Frampton 10k	Stroud
16 Jul	White Horse 5k(3/4)	7AC
18 Jul(C&6/10)	Bourton 1m	Lane's
18 Jul	Devil's Chimney Chase	AA
19 Jul	Robinswood Hill Fell	7AC
25 Jul	Gloucester ½ Marathon	Glos AC
30 Jul	Glos Festival 7m	7AC
5 Aug(C)	Bugatti Beer Race	Chelt Harr
6 Aug	Pilot 5k (4/5)	7AC
8 Aug	Cranham Jnr Race(U16)	Glos AC
	Cranham Boundary	Glos AC
12 Aug	Cotswold 10k series	
	Temple Guiting	Beyond Limit
16 Aug	Standish Woodland Ch	Stroud AC