



Bourton Roadrunners

Newsletter

Mar/Apr/May 2009

Chairperson's Report

The clocks have gone forward, the days are getting longer, the layers of clothing are reducing and the hi viz jacket is getting less use so it must be spring and about time too! Despite some pretty atrocious weather including more snow than we have seen for years the last few months have seen a very successful time for Bourton Roadrunners with a host of successes on the road and in cross country events. Particular highlights have been the participation of 5 members of the club in the inter-counties cross country championships in Nottingham, a PB for Alistair in the Bath Half Marathon, 2 more Marathons clocked up by Steve and a great 35 mile ultra run by Tony G.

The last Sunday in February saw the staging of the High Bridge Jewellers Bourton 10k and huge thanks go to all who helped stage the race but particularly Ros Jess for all her considerable support and to Pauline Teague for taking on the responsibility of Race Director and delivering a terrific race. Much was said and written about the issue of the course measurement immediately after the race and Pauline and I took the decision to resolve the matter once and for all and invite the Midlands Counties Athletics course measurement team to re examine the course. Their findings which I will arrange to be posted on the website show that the course was short by 110m. Just how and in which year the error occurred is not worth worrying about as you cannot change history only learn from it. What is certain is that if as I hope the race is staged next year it will be on an accurately re-measured course which means everyone can concentrate on again delivering one of the best 10k road races of the year.

Finally good luck to all those competing for the club in the forthcoming marathons in London, Blackpool and Scotland. Sadly I will not be joining you and will be lucky to make the dreaded Chedworth 10m. Actually on second thoughts it snowed there last year so maybe Spring is not quite here just yet!

Skittles Evening

The Skittles Evening on the 28th March was not very well supported unfortunately, but thank you to the 12 members who did take part, and who had a very enjoyable evening.

The food at the Coach and Horses was very good, as was the venue.

I am hoping to arrange a Curry evening, or perhaps a Chinese for a change in the next month or two. Watch this space!

Gill Wilkie.

P.S. My new email address is
gillincotswolds@sky.com
Tel.01451 850672

Club Trip 2009

We have looked at a number of possibilities for this year but have run into problems with cost. With the pound at a low level they have increased significantly. We are currently looking at Brussels either flying from Birmingham or by Eurostar. The race is on Oct 4th therefore dates would be 2nd/7th Oct. There is a Marathon/Half Marathon and Ladies and Mens 4k races available. A day trip to Bruges would be possible by train for those interested. We will issue details as soon as possible.

Richard and Dennis

Subscriptions are due now. Look out for the forms in the post or contact Jan Short
(jan@farfrontiers.org)

My current running watch came free with a running magazine subscription back in the nineties and I have never felt the need to replace it. The battery still works, and it successfully negotiated the millennium without taking me back to the year 1900, so I feel it has earned my loyalty. It is basic, but does the job I need, and despite one race when I managed to set the stop watch to go backwards, I am pretty much on top of its functionality.

But the latest GPS watches are so very tempting. Gone are the days when a pre-run stretching routine would include the pointing skyward of a dark grey plastic box, straining for the signal, before strapping it to your arm and struggling against its weight as it tried to drag you into the verge. Did the instructions booklet include a wrist assessment form? Latest models are now smaller than my own humble watch and yet they pack so many useful features. Some of which I didn't even know I had a need for.

Many runners now train against their very own Virtual Partner. If I had one I suspect that it would be at home and showered by the time I arrived back. If only it could make a nice cup of tea. I wonder which is worse – losing regularly to the Virtual Partner, or not knowing how to reset it to a slower pace.

So how long will it be before we have Virtual races? OK, you will need to do the training as normal (or not, for those who don't) to store the data record of your abilities. Enter a race and you are sent a download of the distance, terrain, gradient profile, and weather conditions. Load it up, and at the specified time on the race day, all runners stay at home and race virtually. There could even be an optional start delay button representing Norm having trouble with his laces. Your race performance, based on your training data, is then sent to the race HQ and the results collated.

Another feature that cannot be far away is a talking watch, delivering Sat-nav style directional instructions. If linked to heartbeat monitoring this could also deliver useful training advice during the run, so you will be told if you are not working hard enough. Clever users could transmit via the watch of the runner in front, that his heartbeat is too high and he must slow down immediately. Races could be preset with instructions. The first hill of many would be accompanied by 'Its all downhill after this one' and every finishing sprint would be triggered by the encouraging 'She's right behind you'.

Let's just hope that the Virtual Partner isn't given a voice too. Its one thing being beaten by it, but do you

really have to hear about it then for the rest of the day?

Yours virtually. Ranon.



Who is the runner on the right at the front in a white T-shirt? Turn to the last page of the newsletter to find out!

Where are they now?

No 59; Ian Shoemark

The 1989 New Year was a busy and successful time for Ian Shoemark and Wishion as the pair won twice in six days, including Sandown's Tolworth Hurdle.

The former jockey said: "It was only a few days after he had won the New Years Day Hurdle at Windsor, beating Vagador and Celtic Shot. Even though he won the Tolworth comfortably, he felt tired and was rested afterwards."

Shoemark considers Wishion and Jimmy Lorenzo the two best horses he partnered. He added: "Jimmy Lorenzo was very good and was sold to America, where I think he won the Breeders' Cup Chase."

The 42-year-old, who is married to Niamh, retired in 1994 and owns fish-and-chip shop Greedts in Stow with his father Bill. Sun Racing columnist John Francome once had an interest in the business, but the pair bought him out.

Customers need not fear should a chip pan catch alight as Ian has been a part-time fireman for 11 years.

He added: "Both jobs fit in well and I can attend to incidents if I need to."

Message from the Ambulance Service

We all carry our mobile phones with names and numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone, but wouldn't know who to call. The concept of ICE is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to

do is store the number of a contact person or persons who should be contacted during emergency under the name “ICE” (In Case of Emergency). The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients, but he didn’t know which number to call.

He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose.

In an emergency situation, Emergency Services personnel and Hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as “ICE”. For more than one contact, simply enter ICE1, ICE2 and ICE3 etc.

RACE RESULTS

Cardiff Inter-County Schools X/C – 17th Jan

In the Cardiff X Challenge, the Inter Counties Schools event at Blackweir in Cardiff on Sunday, Steph Lane had an excellent run to win the silver medal, leading the Gloucestershire Schools team home of Ellie Brodie, Brittany Teague and Rachel Underhill, backed up by Alice Thomas, Rachel Gardner and Zoe Grafton. Beth Pudifoot and Beth Wynn had superb runs, both outsprinting their opponents in the finishing straight to finish 13th and 31st overall and 1st and 6th Gloucestershire scorers in the winning team.

In the Under 15 Corrigan Cox came in 30th position, while Lewis Gray finished 72nd Under 17 Boy.

l-r: Steph Lane, Ellie Brodie, Alice Thomas, Rachel Underhill and Brittany Teague



Four Villages Half Marathon – 18 Jan

Competing in their annual Four Villages Half Marathon trip were John Gibson 1.43.23, Roger Woodley 1.54.40 and Eddie Rozier 1.57.54



Highworth Half – 18th Jan

The team were victorious in the Highworth Invitation Half Marathon, finishing 10 points ahead of their next rivals. First man home for the club was Alistair Lockey in 4th place overall with a time of 1.17.14, followed by Dennis Walmsley 5th in 1.18.52. Ewen Smith achieved an excellent time of 1.25.36 in 25th, Tony Goodwill, 34th in 1.28.09, Steve Edwards 36th in 1.28.37, Chris Hartley and Lucy Walmsley finishing together in 1.29.52 and 39th position, Tom Jess 48th in 1.32.15, Pete Scarrott 1.33.48 and Hilary Ponti in 1.40.50.

Linda Franks 4.2m – 25th Jan(6/10)

At the same time other Bourton Roadrunners were competing in Cheltenham in the Linda Franks 4.2m race, which is the 2nd of the Gloucestershire Road Race Series. Dennis Walmsley was first in for the club in 5th place overall and 1st V45 in a time of 23.38. Not far behind was Steph Lane, 1st Lady, in 10th place overall in 24.54, closely chased by Andy Chapple, 2nd V45, in 25.22. Lewis Gray was also up there in 16th with a time of 26.27, under pressure from Lucy Walmsley, 2nd Lady, 1st V35 and 18th overall in 26.39, who herself was holding off Beth Pudifoot, the eventual 4th place lady in 26.50.



On down the road came Ali Lane, 1st V50 in 28.36, followed by Brian Hulcup, 3rd V55 29.10, and John Raper 29.18. Julia Rutherford, 3rd V45, was next in 31.55 with Ellie Pudifoot closing behind in 32.03. Simon Rutherford and Shirley Creed produced good runs in 32.19 and 32.39. Next in were Lynn Hudson, 3rd V50, 33.08, Liz Hulcup, 2nd V55, 33.38, Bert Jess 33.42, an injured Norm Lane, 2nd V65, 33.49 and Gill Carrick 34.43.



In the 2.2 mile fun run Lilly-Anna Walmsley in her pushchair, assisted by Pete Scarrott, finished 5th overall and 1st pushchair, in 17.05!

Gloucester marathon and Ultra-marathon – 27th Jan

Steve Edwards was back to his marathon challenge with a bang, as he completed his 462nd at Gloucester in the County Marathon Championship on Sunday, finishing 7th overall and 4th Vet 40 in 3.07.42, running concurrently with the Gloucester 50K in which Tony Goodwill finished 17th over and first Vet 50 in a time of 4.08.52. The Course was certainly not easy, with many hills and twists making it not conducive to fast times. Therefore their achievements were that much more commendable.



Draycote Water marathon and Ultra – 1 Mar

Our top distance running men, Steve Edwards and Tony Goodwill targeted the Draycote Water for their latest challenge, with Steve notching up his 464th marathon and Tony going for the 35 miles ultra distance race.

The course laps the contours of the lake, which is notoriously windy and this year was no exception, with strong headwinds along one side. Despite this, Steve recorded a superb time, 6 minutes faster than last year of 3.06.16, moving into 3rd male place at 24 miles and taking one minute and 37 secs out of the 4th placed runner.

Tony's dedicated training paid off, as he finished in 21st place overall, with a 2nd Vet 50 position for 4.43.57.

Duchy marathon-Redruth,Cornwall – 8th Mar

Weather conditions on Sunday 8th March seemed to be horrendous throughout the country, as Steve Edwards experienced on his latest 'Duchy Marathon' in Cornwall.

Steve battled headwinds and torrential rain for 4 miles per lap along the coast, preventing him from achieving another sub 3.10 marathon, but very creditably still crossing the line in 3.11.03 in 12th place out of 208 finishers and 3rd Vet 45.



Gloucester 20 – Mar 8th

Meanwhile quite a few other Bourton Roadrunners were experiencing similar conditions in the Gloucester 20 mile race, which is the third race in the Gloucestershire Road Race Series. The brave ones who managed to finish were Dennis Walmsley in 2.09.34, Pete Scarrott 2.30.06, Rob Humphris 2.40.49, Nigel Frith 2.42.44, Julia Rutherford 2.48.14, Lynn Hudson 2.52.27, Rachel Griffin 2.58.06, John Gibson 2.58.06, Calum Forsyth 2.58.07, Shirley Creed 2.59.15, Gill Carrick 3.02.59, Norm Lane 3.03, Justin Launchbury 3.09.29 and Chris Bence 3.22.14. A brilliant effort by them all.

Inter-Counties Cross Country – 14th Mar

The prestigious Inter Counties Cross Country fixture at Wollaton Park in Nottingham brings together the country's top athletes for the televised culmination of a winter's hard training. In such a high class field Bourton Roadrunners were delighted to have 5 of their athletes qualify to compete, some of whom have gone through the years taking part and others novices. Corrigan Cox was one for whom it was her first experience and she did superbly to finish 2nd in the Gloucestershire team in 90th place out of 301 finishers in the Under 13 Girls race. Beth Pudifoot also had an excellent run in the Under 15s to finish 76th and 2nd scorer, while Brittany Teague had a great race to finish 112th and 1st Glos scorer in the Under 17s. James Outhwaite did well, as he is new to running and was rather daunted by the huge event, but finished well in 281st position.

In the Under 20 ladies Steph Lane produced her finest Inter Counties run to date, completing the first lap with the leading group and with a final position of 19th overall and first Gloucestershire scorer. This is the highest position ever achieved by a member of Bourton Roadrunners in the Inter Counties XC.

Glos 5k road relays – 14th Mar

Saturday 14th March saw the running of the Gloucestershire Road Relays at the White Horse, Sandhurst, where Bourton's Vet 40 team finished a strong 5th in a very competitive age category. Ed Rozier gave a solid 1st lap, passing to Bert Jess, then Dennis Walmsley (with the fastest Vet 45 time of the day), completed by Chris Hartley for a good final leg.

The Senior Ladies led off with Chrissie Griffiths, followed by Jo Pritchard and under 15 Beth Pudifoot with a storming final leg, giving her a personal best time of 19.50 and 3rd fastest lady of the day and taking the team to silver position.

The Vet ladies won gold yet again, with Liz Hulcup running faster than for many months, handing over to Joanne Davies, who kept the ladies in the lead for Ali Lane's last leg.

The men's Vet 50 team were a man short, so Vet 65 Norm Lane ran the first leg, handing over to Brian Hulcup and leaving Tony Goodwill to battle home for a well deserved bronze.

The men's Super Vets, Graham Farrer, Chris Bence and Norm Lane (running his second leg of the day) won very good silver team medals.

English Schools National Final at Stanford Park – 21st Mar

Steph Lane ran her last representative school's race on Saturday in the English Schools National Final at Stanford Park by Loughborough. She went out with a bang, giving her finest cross-country performance, finishing ahead of girls who have represented the country at International

level. On the hilly course, she paced the race just right, moving through to her eventual 9th position, just half a minute behind the winner of the Senior Girls' race.



In the same race Brittany Teague, with still another year of schools racing left, finished in 105th position out of almost 400 competitors and third scorer for the Gloucestershire team.

Beth Pudifoot had very little time to prepare for her race, as traffic to the event caused major hold-ups, giving her just 15 minutes preparation for the Inter Girls race. She still ran superbly, finishing 56th overall and 2nd scorer for Glos. Corrigan Cox had an unfortunate start as she fell at the beginning of the Junior Girls' race. However, she managed to get herself together for an overall position of 240th.

Gloucestershire Cross-Country League – Leamington – 28th Mar

Steph Lane of Bourton Roadrunners, at just 18 years old, stormed the last of the Gloucestershire Cross Country League races at Leamington Spa for her win, 2 mins and 18 seconds ahead of the 2nd place runner, making her not only the Under 20 Champion, but also the overall winner of the Senior Ladies. After already securing the Gloucestershire Road Race Championship title in November 08, this has given her the double. With a fine display of running, she led from the start, opening up an unattainable lead and heading her Bourton team mates to an overall silver team position. Her mum, Ali, was also delighted with her own run to finish 7th overall and 1st V50, winning the series V50 gold, while Pauline Teague completed the team in 24th place to win overall silver V50.

Dennis Walmsley was also in superb form on the day and at 46 did brilliantly to finish 2nd, one minute thirty two secs ahead of 3rd. This position gave him overall 3rd in the series and 1st MV45. He led the Bourton Vets team to Silver position and Senior Men to bronze. Obviously all

the marathon training was paying off for Chris Hartley who had a position on the day of 22nd. Andy Chapple followed in 28th, and received a series silver MV45. Tony Goodwill's 42nd position earned him bronze MV50. Norm Lane kept up the family honour, winning the MV65 category, with the team completed by Richard Bufton and Bert Jess.

The juniors were also very successful, with the Under 13 Boys team consisting of Kieran and Finn Shoemark and Ben Darwent, winning gold team.

Despite excellent runs by James Outhwaite 5th and Peter Bramley 8th they lost out on silver team without a 3rd member.

The under 11 girls' team achieved 4th in a highly competitive field, led in by Eva Shoemark in 5th, Charlotte Hartley 12th, Hannah Cairns 24th and Emily Dryburgh 26th.

Beth Pudifoot ran superbly for 2nd place in the race and silver in the series Under 15 Girls, with Beth Wynn a strong 8th.

Brittany Teague secured 1st in the Under 17s race and won series gold.

Reading half-marathon – 29th Mar

Alistair Lockey set a new personal best time for the Half Marathon in Reading this Sunday, finishing in 29th position with an excellent time of 1.12.03. **Reading half-marathon – 29th Mar**

Connemara marathon – 28/29th Mar

This was Steve Edwards first weekend of back to back runs in a fortnight, after running the extremely hilly Connemara Marathon, not once but twice, as it was the Director's Invitation Marathon the day before the open event. His times over the same course in 2 days were Saturday 3.17.30 and Sunday 3.11.36 in 24th position overall and 4th V40.

Crawley marathon – April 4th

Many superb performances were achieved this weekend, but Steve Edwards' latest marathons have to receive the highest accolade. Now on his 467th marathon, well ahead of target, he is churning them out, not only at a ferocious rate, but in excellent times. This weekend he completed two back to back marathons; the first a track marathon in Crawley with what must seem an unending 106 laps of the track. At half way in 1.36 Steve was in 3rd place, about 1/2 mile behind the leader. However, he managed to pull this back with a negative split in the second half of 1.29, even managing a final sprint to pass the leader and win the race in 3.04.43.

Taunton marathon – April 5th

It would be expected that this fantastic effort would diminish his efforts in the Taunton Marathon the next day. This was not the case, as he pulled out another increase of pace in the second half of 5 minutes, achieving another amazing time of 3.05.30 in 22nd place overall and 3rd V45, in his 468th marathon.

These doubled up marathon efforts are in preparation for his attempt at 10 marathons in 10 days in May.

Chedworth Roman Trail – April 5th (6/10)

The Chedworth Roman Trail 10 Mile Multi Terrain course conditions were in complete contrast to last year's race.

Run in snow in 2008, the ground this year was dry and hard accompanied with a mild temperature, although of course no lessening of the hills and river crossing! Alistair Lockey finished first for the Bourton men in third place overall and first MV40 with a fast time of 58.49. Mike Smith showed he is returning to fitness, finishing 6th overall in 1.02.12 and 2nd MV40. Ewen Smith had a very strong run in 28th place and 1.07.16, followed by Andy Chapple 32nd in 1.08.03.

Steph Lane, 2nd lady, knocked 7 minutes off her time of last year to lead the winning ladies team home in 1.05.52.

Returning to racing, Sarah Harper, showed she still has the speed for 1.14.57 and 1st LV40 and completing the team was Ali Lane 1.18.49.

Norm Lane and Chris Bence, having almost completed their marathon training for Boston on 20th April, proved their fitness by knocking 6 and 7 minutes respectively off their last year's times for 1.20.16 and a personal best of 1.26.45. Good runs were also achieved by Simon Rutherford 1.36.14, Bert Jess 1.39.22 and Jan Short 1.40.18.

Blackpool marathon – April 5th

Rachel Griffin and Calum Forsyth travelled up north for their second marathon, choosing the Blackpool course, where they knocked 22 minutes off Rachel's last year's time in London for 4.11.52.

Leamington Wright Hassell – April 5th

Lynn Hudson opted for a closer to home sharpener in the Wright Hassall 10K at Leamington in a time of 49.05; not bad after a 20 mile run 2 days before!

Answer to photo on page 2;

Dennis Walmsley in the junior boys' 1,500m at Westwood's Grammar School in Northleach (about 30 years' ago!)

AGE-RELATED STANDINGS;

	<u>No. of Races Completed</u>	<u>3 Best Points Total</u>
Lynn Hudson	3	2161.41
John Gibson	3	1959.4
Liz Hulcup	2	1504.15
Brian Hulcup	2	1460.34
Julia Rutherford	2	1412.72
Norm Lane	2	1390.53
Peter Scarrott	2	1370.49
Robert Humphris	2	1331.99
Shirley Creed	2	1287.66
Gill Carrick	2	1286.77
Nigel Frith	2	1233.31
Roger Woodley	2	1214.17
Rachel Griffin	2	1136.58
Calum Forsyth	2	1079.02
Eddie Rozier	2	1076.32
Alistair Lockey	1	876.94
Steph Lane	1	812.1
Dennis Walmsley	1	781.36
Ali Lane	1	769.13
Lucy Walmsley	1	735.41
Steve Edwards	1	722.8
Ewen Smith	1	719.84
Ian Shoemark	1	702.88
Tony Goodwill	1	691.27
Thomas Jess	1	678.58
Simon Rutherford	1	602.03
Jan Short	1	601.06
David Hanson	1	598.19
Bert Jess	1	571.35
Chris Bence	1	552.46
Justin Launchbury	1	522.67

Races Included

Bath Half Marathon
 Gloucester 10M
 Four Villages 1/2 Mar
 Gloucester Marathon
 Gloucester 50K
 Gloucester 20
 Draycote 5M
 Reading Half Marathon
 Blackpool Marathon
 Wright Hassall 10K

Forthcoming Events

11 Apr	Easter 10k	7AC
19 Apr (6/10)	Highworth 5M	Highworth
6 May	Stroud Beer Race	7.2 Stroud
7 May	Pilot 5k(1 of 5)	7AC
11 May(C)	Berkeley 10k	Durlsey
20 May	White Horse 5k(1/4)	7AC
25 May	Whitsun Beer Race	7AC
3 Jun(6/10)	Cleeve Cuckoo5M	Chelt
4 Jun	Pilot 5k(2 of 5)	7AC
8 Jun(6/10)	Westonbirt 10k	Ciren
18 Jun	White Horse 5k(2/4)	7AC
2 Jul(6/10)	Aerospace	Chelt
27 Jun(C)	Bourton Hilly Half	BRR
11 Jul(C)	Pilot Inn 10m	7AC
13 Jul	Frampton 10k	Stroud
18 Jul(C&6/10)	Bourton 1m	Lane's
18 Jul	Devil's Chimney Chase	AA

6-FROM-10

MEN OPEN

Ewen Smith	18
Ali Lockey	10
Norm Lane	10
Mike Smith	9
Ian Shoemark	9
Brian Hulcup	9

MV40

Ewen Smith	18
Ali Lane	10
Mike Smith	9
Ian Shoemark	9
Nigel Frith	9

MV45

Simon Rutherford	17
Bert Jess	15
Andy Chapple	10
Roger Woodley	10
David Hansen	9
Ed Rozier	6

MV50

Rob Humphris

MV55

Brian Hulcup	19
Chris Bence	10
John Gibson	9

MV60

Norm Lane	20
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Junior Men(18&under)

Tom Jess	10
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LADIES OPEN

Steph Lane	20
Ali Lane	16
Lucy Walmsley	9
Sarah Harper	9
Jan Short	9
Julia Rutherford	7

LV35

Lucy Walmsley	10
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LV40

Sarah Harper	10
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LV45

Julia Rutherford	10
Shirley Creed	9
Gill Carrick	8

LV50

Ali Lane	20
Jan Short	17
Lynn Hudson	9