

The Finish Line



Bourton Roadrunners

November 2009

Oh Babies! In first place - Isabella Hope Edwards...



First baby for Club Chairman Rob and his wife Sarah, Isabella Hope Edwards was born at 12.10am on Wednesday 28th October.

Not wearing club colours yet though I see...

.. and hot on her heels, Bertie

Walmsley! On November 8th, Albert Harry Walmsley arrived. Weighing in at 7lb 4oz, both he and his mum Lucy are doing well and are being ably assisted by big sister Lily-Anna and proud dad Dennis. Hope to have pictures for the next newsletter.

Success 2 days in a row as Bourton Juniors shine at County Schools Cross Country and at Plock Court

Representing the Cotswold School at St. Edwards in Cheltenham, Corrigan Cox and Beth Pudifoot both had clear wins in their respective races. Beth Wynn achieved a 3rd place and Millie Mather a 5th. Lottie Hartley was delighted with 7th in her race, as was Rachel Heming with her 17th position. The boys also produced some excellent runs, with Conor Shoemark storming a best ever 11th position while in the Seniors Lewis Gray came in 7th and James Outhwaite 12th. The first 16 in each race qualify for the next race, which is the County Championships.

At Plock Court the next day many of the juniors ran again. Lewis finished 5th man overall and first under 17, and Lottie Hartley had a 1st place with Rachel Heming doing incredibly well for someone so new to running achieving a 2nd place. Next in were Hannah Cairns, Isobel Hartley and Laura Heming. Our adults did well too: Chris Hartley was first Vet 40, followed by Richard Bufton and Tim Heming. Norm Lane won the Vet 65 category.

Race reports inside:

- Stroud Half Marathon
- Moreton in Marsh 10-and-a-bit K,
- South West Half Marathon Championships,
- Tewkesbury Guy Fawkes 5
- Farm Park Cross Country

Chairman's Message: Page 2

Can you be seen at night? Page 3

Christmas Dinner Menu: Page 4

Brain Efforts: Page 2

Committee Meeting Round Up: Page 5

Current Club Rules: Page 6

**NEW
LOOK
NEWSLETTER**

New Committee Line Up

At the AGM on October 19th the following club officials were voted in:

Chairman - Rob Edwards; Vice Chairman - Tony Goodwill; Secretary - Gill Carrick, assisted by Lyn Hudson in the new role of Membership Secretary; Treasurer - John Gibson, and committee members Norm Lane, Ali Lane, Dennis Walmsley, Steve Edwards, Ewen Smith, Bert Jess, Pauline Teague.

In the non committee roles Lynn Hudson continues as our County Representative, Norm Lane as Youth Development Officer, Richard Bufton as Overseas Trip Organiser, Julia Rutherford as Child Protection Officer, while Ali Lane is going for a new club record of most club responsibilities as our Press Officer, Club Competitions Organiser and Entertainments Officer. Pauline Teague and Ewen Smith are ladies' and men's team co-ordinators respectively, and Richard Rasdall Honorary Auditor.

Chairman's Message

As BRR Chairman 09/10 (those members at the AGM please note the 09/10!) I would like to thank Simon for his role as Chairman for the past two years as well as to say thank you to those members who have passed on their positions. All committee members' efforts both in the past and the future are appreciated as are the efforts of all club members who strive to make the club a better club for all.



I accepted Norm's nomination for Chairman (an appointment by default!?) based on reflection of a conversation I had with a club member on the afternoon of the AGM. As most of you will be aware the last 12 months in particular have been an injury headache for me. But like most situations in life, when you talk to someone brimming with passion and goodwill for an activity that you have an interest in, you cannot fail to realise what you have gained by being a member of a strong club.

"be aware of the environment in which you run"

Through BRR I have had the opportunity to run in some of the most stunning parts of Gloucestershire which despite being a Cheltonian by birth I did not know existed. I have run as a club member all over the country as well as parts of Europe which were it not for the club trips I would not have visited. Friendship within BRR introduced me to my wife Sarah – who needs cosmic ordering! My moment of reflection made me realise what I have had as well as what I have got from being a member of BRR hence my acceptance of Norm's nomination, which will allow me to give

something back to a club that has given me more than I can list here.

Many years ago I imported a book from the US 'The Zen of Running' which was printed in the 1970's. The final conclusion to the book was in my opinion as profound as it was simple and was put into perspective very recently by one of our younger club members.

I was travelling up Little Rissington hill when I noticed a club member kneeling at the side of the road beside an animal that had been hit by a car. The club member had been running up the hill, noticed the animal and went across to it. I stopped the car got out and spoke to him as he comforted the animal, which although severely injured was still alive. The club member was calm and very collected and moved the animal gently to the grass bank to make it as comfortable as possible, soothing the animal throughout until a house owner came out and took over. I offered the club member a lift home which he declined as he wanted to complete his run. I don't want to embarrass him in any way but I would like to take this opportunity to say that he acted with such dignity, consideration, poise and awareness that his actions were a true credit to him – Jim Outhwaite: I take my hat off to you.

The final conclusion to the book? Jim demonstrated it – if you want to run fast run fast, if you want to run slow run slow: but be aware of the environment in which you run and show consideration for those that share that environment.

Rob Edwards

One club: your club which is our club

Clean Sweep at Moreton in Marsh

In the Moreton in Marsh Football Club 'slightly long' 10K, Bourton Runners came away with First Man AND First Lady prizes. Alistair Lockey took the men's prize and Gill Carrick, in her first race win, was first lady home.

Did you know?

David Bedford is now International Race Director for the London Marathon, but did you know that he was a very last minute entry to the very first running of the event, on Sunday, March 29, 1981?

Apparently at 2 am on the morning of the race, he was still out on the town enjoying a long night of drink and an Indian meal when he decided he would like to take part.

Unlike today, when entries have to be signed, sealed and delivered months in advance, Bedford rang race organiser Chris Brasher in those early hours and he just said yes!

Quoted as saying "I cannot remember much about the race," Bedford made it home, minus the contents of his stomach which he confesses to leaving by the side of the road on Westminster Bridge.

BRAIN EFFORTS

Question 1: Who won the ladies' race in the first London marathon in 1981?

Question 2: For which distance and sex is this time the World Record - 4 minutes 12.56 seconds?

Question 3: If you stay in lane and run one full lap of a standard 8 lane 400m running track, how much further would you run in the outside lane than in the inside lane? (to the nearest 5 metres)

Question 4: In which Olympics did Bob Beaman set the long jump record of 29 feet 2 and a half inches that stood for 23 years?

Question 5: Including water jumps, how many obstacles are there in a 3000 metre Mens' steeplechase race?

Answers on Page 6

Good Runs at Stroud Half

A strong turn out of Bourton Roadrunners braved the wind and rain to take part in the Stroud Half Marathon on October 25th. The race was won by Neil Renault of Medway & Maidstone, with a chip time of 1.06.06, and first lady was Genet Measco in 1.16.35.

First of the Bourton contingent to finish was Dennis Walmsley, giving a great performance to finish 15th overall and 2nd MV45 in 1.16.00, with Mike Smith pleased to get 3rd MV40 in 1.18.57.

'Mr Consistent' Ewen Smith needed to finish 3rd Bourton runner to stay in touch for the Club Road Race Series and this he did, confidently crossing the line in exactly the same time as his time in the previous week's County Half on Dartmoor, with a time of 1.24.39. Steph Lane was next, as 7th lady, in a time of 1.26.22.

Justin Launchbury again clocked a personal best with a strong run for 1.34.30, while Shirley Creed and Simon Rutherford both also achieved PBs, with 1.47.33 and 1.47.48 respectively.

Other Bourton finishers included Brian Hulcup, in 1.40.46,

and Rob Humphris, who following a superb race at Cardiff Half the previous weekend did well to clock 1.41.39. He was chased by Norm Lane in 1.42.43. Liz Hulcup finished in 1.48.31, Lynn Hudson in 1.52.24 and Calum Forsyth, Susan Hunt, Rachel Griffin and John Gibson ran together in a time of 1.56.29. The day after taking part in the gruelling Snowdon Marathon himself, Steve Edwards cheered his wife Teresa in to a PB and her first sub 2 hour half marathon, as she finished in 1.59.27

Ewen Smith (left) and Justin Launchbury (right) compete at Stroud



Dennis congratulates Eddie the Eagle on winning the biggest grin of the day competition (Den was 2nd)



John Gibson, Rachel Griffin and Susan Hunt all looking very happy!



Farm Park Cross Country



Thank you to everyone who offered their help at the recent Gloucestershire league fixture at the Cotswold Farm Park, especially Richard, Tony S, Ewen, Chris H. and Bert who spent all day setting up and clearing.

Once again we had superb weather and good comments about the course even if it was a little tough to get into a rhythm around the Humpy Dumpy field and Barton Bushes, and we had an SSSI and a few log jumps thrown in for fun!!

A shame it wasn't supported by more Bourton Road Runners especially as it was on our doorstep. If you didn't take part you missed out on a race that had a record number of entries.

The race of the day had to be the ladies. The first lap saw a break away group of six which was wittled down to three as our very own Steph Lane led round the field to win in an exciting sprint finish.

Dennis



So this one's me, and that one's in front, and I have to get this shoe in front of that shoe...



Mmm... first one shoe then the other shoe, he could have something there...

Christmas Dinner

A Message from Ali Lane, Entertainments Officer

Our annual Christmas Dinner is being held on Saturday, 12th December at The Old Manse Hotel, Bourton-on-the-Water at 7.00 for 7.30 p.m. For any new members' information, this is also the presentation evening of trophies for the Club Competitions, which will take place immediately after the dinner. I will try to keep the presentation part as brief as possible to allow more time to enjoy the band, which I hope you will stay on for.

This year there's a choice of either 2 or 3 courses from the menu alongside

(2 Courses £14.95, 3 Courses £16.95).

Should you wish to attend, if you could look through and make your choices, then pass to me or Norm with a cheque for the full amount - before the 5th December please, or post to me at:

Hill Barn, Clapton Road, Bourton-on-the-Water,
Glos. GL54 2LF Tel. 01451 810472

(bookings not accepted without full payment)

Also, in time for the Dinner, if anyone has any suggestions for the 6 from 10 Race Series next year, please let me know. If you don't have 10 suggestions, any number (less than 10!) will do.

Look forward to hearing from you.

All the best,

Ali Lane

Starters:

CHICKEN LIVER PARFAIT with mulled plum chutney, organic baguette and butter
 FIG AND GOAT'S CHEESE FILO PARCELS with balsamic onion confit & salad garnish (v)
 KING PRAWN COCKTAIL with multigrain bread & Somerset butter
 SEASONAL SOUP OF THE DAY with croutons, chunky bread & butter

Main Courses:

HAND CARVED FREE-RANGE NORFOLK TURKEY BREAST with all the trimmings
 WILD ALASKAN SALMON FILLET with a caper & dill beurre blanc
 BRAISED BRITISH BEEF in a red wine, porcini & Portobello mushroom sauce
 ROASTED MUSHROOM, CASHEW NUT & BUTTER BEAN WELLINGTON (v)
 PAN-SEARED BARBARY DUCK BREAST with sage & honey jus

Desserts:

CHRISTMAS PUDDING with brandy sauce
 MASCARPONE & MADAGASCAN VANILLA CHEESECAKE with a spiced mandarin & red berry sauce
 CHOCOLATE & ORANGE TORTE with double cream
 PROFITEROLES with chocolate sauce & double cream

Coffee

Can you be seen at night?

As we all know it's a club rule that reflective jackets are worn on winter night runs, but are you really visible even with one on?

They may not be trendy, but this photograph shows just how well the builder's jacket style reflectives stand up against the more attractive bib style ones available from Ron Hill and the like. Fashion or function - it's your choice....



Club Running Etiquette

With a view to recognizing all runners and their running abilities it would be great for the club, and of long term benefit for all club members, to return to the running etiquette the club was founded upon - namely:

- Starting together at the appointed club run times – currently 7:00 pm and 7:30 pm
- Treating the first mile as a warm up run for all runners so that runners stay together for that first mile
- Running back for the last runner hence running in together as a club
- Being aware of traffic during club runs and efforts and not running spread across the road

Thank you

Rob Edwards – Chairman 09/10

One club: your club which is our club

Ladies day at Tewkesbury!

The torrential rain eased just in time for the Tewkesbury 5. Although the race was won overall by Christopher Wilson of Worcester AC in 25.35, and by Gemma Turtle of Gloucester in 27.36, Bourton did well in the prizes with the ladies taking 3 first places. Liz Hulcup was first V55 lady in 38.13, Sarah Harper first V35 lady in 33.54, and Beth Pudifoot beat them both to come in first Junior lady in 32.53. For our men, only Dennis was a prize winner, taking first V40 in a time of 27.25, although as usual Mike Smith (29.21) and Ewen Smith (29.56) put in admirable runs.

Other BRR times were as follows: Lewis Gray 30.25, Ian Shoemark 31.04, closely followed by son Conor Shoemark in 32.25, Ben Coles 32.48, Justin Launchbury 33.36, Brian Hulcup 35.24, Beth Wynn 36.53, Norm Lane, 37.03, Niamh Shoemark 37.27, Simon Rutherford 37.50, Shirley Creed 38.02, Julia Rutherford 38.42, Susan Hunt 40.24, Lynn Hudson 40.53, Chris Bence 41.39, Gill Carrick 42.49, Gary Holton 48.51.

A great turn out especially considering the weather forecast!



Pictured collecting their prizes from Olympic Gold medal rower Zac Purchase, from left to right are: Dennis Walmsley, Sarah Harper, Liz Hulcup and Beth Pudifoot. Nice of Tewkesbury to decorate their gym in our club colour!

Bourton runners do well for Gloucestershire on Dartmoor

Steph Lane and Ewen Smith represented Gloucestershire in the South West Half Marathon Championship on 18th October on Dartmoor. Starting and finishing at Newton Abbott Race Course the course was hilly but both produced excellent runs. After settling in as 4th lady for the majority of the race, Steph found a huge sprint finish in the last 200m, passing the two in front to give her an excellent second place in 1.23.20, just half a minute off the leading Devon lady. Ewen Smith amazed even himself, clocking a personal half marathon best time of 1.24.39, making him first Vet 40 and 25th overall, this superb result just one week after his marathon PB in Leicester.

Another sub 3.30 marathon for Steve

Just 6 days after his last marathon, Steve battled strong winds and rain in the Snowdon marathon, beating his previous best time over this course by nearly 4 minutes. He finished in 3.18.46.

Editor's Note: Many of you are already aware of Steve's 500 marathon challenge, but for those who aren't, the full details can be found on his page on the Just Giving website, at www.justgiving.com/run500

View from the Back

It's dark now, even for the short runs, but there's something comforting about the anonymity of running in the half light or even compete darkness. Other runners (or indeed innocent tourist bystanders shocked to a standstill at the sight of a horde of reflective jackets surging through the village) can no longer see that my face is puce, or even quite how much I'm sweating.

Unfortunately the darkness can't disguise the heavy breathing, or worse, my inability to answer a question without gasping for breath. Still I can always hope for high winds, or heavy rain loud enough to drown out sounds and defeat attempts at conversation. Or maybe I should just train harder..... oops, sorry what was I thinking there, for a moment I imagined I took this sport seriously!

Editor

2010 CLUB TRIP

This will be the Connemara Ultra, Full & Half Marathon, on April 11th. (Steve Edwards' 500th marathon!)

Flights: from Luton on April 9th returning 12th.

Hotel: Marriott Courtyard in Galway City.

Cost: approx £395 incl. transfers to and from Luton and Galway city.

For further info please ask Richard Bufton

Welcome

to new members, the Bolton Family; James, Karin and their children Adam, Thomas, Dido and Frederic.

Best wishes

I'm sure the whole club will join me in sending best wishes for a speedy recovery to Dennis Abbotts after his operation:

Keep in touch Dennis, we miss you!

November Committee Meeting in Brief

- New membership secretary to get tougher on late payers and exclude them from Club Competitions for the year.
- Club key holders: Norm, Lynn Hudson, Ed, Gill, and possibly Dennis. List will be put on door.
- Cheques signatories to stay at 3. AGM decision reversed.
- Richard Bufton takes on Equipment Officer role.
- Ian Shoemark has offered to organise the 10K.
- Nat Lane's band to play at Christmas do.
- Posters to go out to attract new members
- County Men's Shield still missing.*
- Next meeting December 14th. If you have any business you would like the committee to discuss please pass to Gill Carrick.

*STOP PRESS: County Shield found in time for the presentations!

CLUB RULES (last amended October 2005)

1. TITLE

The Club shall be called Bourton Roadrunners Club and shall be conducted in accordance with and under the Rules of UK Athletics (UKA).

2. CLUB COLOURS

Royal blue vest with two red horizontal hoops, with royal blue shorts, red trim.

3 SUBSCRIPTIONS

Annual subscriptions shall be reviewed yearly for the various categories:

a) Individual Adult.
16 and over.

Full voting membership, which includes Football Club membership and MCAA (or equivalent governing body) fees.

Additional joining fee first year only, (not applicable if moving up from another membership category).

b) Concessionary.

Aged 16 and over and in full time education, or Senior Citizen.

Full voting membership, which includes Football Club membership and MCAA (or equivalent governing body) fees.

Half joining fee first year only, (not applicable if moving up from another membership category).

c) Junior.

Under 16. Non voting.

Small membership fee. Club will pay MCAA (or equivalent governing body) fees as they become due (i.e. at 11yrs). No initial joining fee.

d) Family.

Up to 2 adults and all juniors living at the same address.

Full voting membership for both adults, and family Football Club membership for first named adult. MCAA (or equivalent governing body) fees for all eligible (i.e. 11 yrs and over).

Additional joining fee first year only.

e) Friends of BRR

Small membership fee.

No Football Club membership. No affiliation to MCAA (or any other athletic governing body) Non voting. No membership or entitlement to use of the facilities of the Football Club. If invited to a social event at the Football Club will need signing in as non members. Will receive newsletters and invitations to club social events. This is a non-running membership.

No initial joining fee.

In addition to these categories, Life membership may be bestowed by the committee on any member they see fit to honour. This membership is entirely free to the individual, the Club bearing all outgoing costs required as a result of that membership.

When a new member joins, initial subscriptions consist of a joining fee payable in the first year only, plus membership fees as follows:

- i) less than 4 months to 1st April – 1/3 annual subscription.
- ii) less than 8 months to 1st April – 2/3rds annual subscription.
- iii) less than 12 months to 1st April – full annual subscription.

The Committee shall have the power to expel any member whose subscription is six months in arrears, after due notice of one month, in writing, shall have been sent to such member by registered letter or recorded delivery.

The name and address of any member so expelled from the Club

will be sent to the Hon. Secretary of the Midland Counties Athletic Association and will be entered in a book (to be called "The Black Book") by this officer, this book being so kept for that purpose. Every person whose name has been so entered in the "Black Book" will be suspended from competing at any meeting held under UKA Rules until the liability causing his/her expulsion shall have been discharged.

4. MANAGEMENT

The Club shall be managed, controlled and conducted by a committee consisting of the following officers: Chairman, Vice Chairman, Secretary, Treasurer and no fewer than 5 other elected members.

Other roles such as Press Officer, Entertainment Officer, Youth Development Officer, Child Protection Officer, Overseas Trip Co-ordinator, Teams Co-ordinator, Club Equipment Officer, Club Competitions Organiser and County Representative, are not automatically elected to the committee, although those same people can, subject to nomination and a separate vote, also stand on the committee.

All such Officers and Committee Members to be elected at the AGM to be held in October each year.

The President (and Vice President if elected) are honorary positions and as such are not automatically elected to the Committee. They may – if fully paid up club members – also stand as committee members (subject to the same nomination and voting process as other elected members).

5. ANNUAL GENERAL MEETING

A General Meeting shall be held every year in the month of October to receive the Chairman and Hon. Treasurer's reports and Financial Statement, elect officers and committee and deal with any matter on the Agenda. The Hon. Secretary must give every member fourteen days' notice of the date of meeting and notice of any business which is desired to place on the agenda must be given in writing to the Secretary at least seven days prior to the meeting.

6. QUORUM

At a Committee Meeting, 5 members including at least one officer will constitute a quorum. At an Annual General Meeting 20% of the membership.

7. NEW MEMBERS

New members to be elected at any Committee Meeting, subject to the signing of a club entry form and payment of the appropriate subscriptions, which will be returned if the candidate is not elected. No one shall be eligible for membership of the club unless an amateur, as defined by UKA.

8. RESIGNATION

A member intending to withdraw from the Club shall give notice in writing to the Hon. Secretary and his/her membership terminates on the date of the notice unless he/she is financially indebted to the Club, in which case the Committee may withhold acceptance of the resignation until he/she has discharged the liability. A member not having tendered his/her resignation prior to March 31 shall be liable for the ensuing year's contribution.

9. BANKING ACCOUNTS

The Club shall have a Bank Account and cheques signed by all 3 of the following, or 2 of the following: Chairman, Secretary and Treasurer, and by 1 other from those 3 committee members eligible.

10. HON. SECRETARY*

The Hon. Secretary shall convene, attend and conduct the business of the Club.

11. HON. TREASURER

The Hon. Treasurer shall keep the Club's Accounts and submit an Annual Financial Statement to the Annual General Meeting.

12. CHAIRMAN

The Chairman shall conduct the business of the Club and chair Club meetings. The Chairman has no ordinary vote, but has a casting vote in the event of a tie. The Chairman will submit an annual report to the Annual General Meeting.

13. ACCOUNTS AUDITED

The accounts for submission to the AGM shall be duly audited prior thereto by a fit person(s) appointed at the AGM. This person shall not be a member of the committee.

14. MEETINGS

a) Committee meetings shall be held monthly or as appropriate.

b) Special (Extraordinary) General Meetings.

A Special General Meeting must be called by the Hon. Secretary within fourteen days of the receipt by him/her of a request in writing by 5 members of the Club, stating the special business to be brought before such a meeting. The Hon. Secretary shall give at least ten days' notice to every member of the date, time and place of any such special meeting and the business to be dealt with. No other business shall be dealt with at any such meeting.

15. ALTERATIONS TO RULES

No alteration or addition may be made to the Rules except by an Annual General Meeting or special meeting called for the purpose.

Notice of any amendment must be given as provided in Rules 5 and 14(b) and with only two-thirds majority of the club members present at such a meeting for any such alteration to Rules to take place.

16. CLUB RULES

All members will be supplied with a copy of the current Club Rules and revisions as applicable, and will be presumed to have read same.

17. CONDUCT OF MEMBERS

All members competing at Meetings shall wear the Club colours and should conduct themselves in a manner that will bring honour, respect and credit to their Club.

Reflective tops must be worn on winter Club nights.

*Note at the 2009 AGM the role of Membership Secretary was created. This is a separate role from Honorary Secretary which does not carry automatic membership of the committee.

These Club Rules will soon be available on our website www.bourtonroadrunners.co.uk, where you can also download this newsletter, and past ones.

If you have any ideas, letters, articles, poems, stories or pictures for the next newsletter please e-mail them to:
jo.lewis@ukonline.co.uk

Brain Efforts Answers:

water jump on each of 7 laps.
5. 60 - 55m 4. Mexico 1968 5. 55. Four normal and one
1. Joyce Smith 2. Women's Mile (Svetlana Masterkova)