

# The Finish Line



Bourton Roadrunners

April 2010 Marathon Special

## Connemara Special

London marathon and other news in brief: Pages 3-4



# ...499,500!

Steve Edwards ran two marathons on two consecutive days in Connemara on April 10th and 11th. No mean feat in itself, but the second of those runs - the official 2010 Connemarathon - was Steve's 500th, and earned him the title of fastest 500 marathons to ever be run by one athlete, with an average time of 3.18.18.



## 26 under 3:00

After Steve ran his first ever marathon, around Coventry in 1981, he vowed he'd never do another (haven't we all - it's just that some of us actually stuck to our guns!), but just 3 years later he was back, in Coventry again, and took almost 22 minutes off his previous time. 488 more marathons and 28 and a half years later Steve has achieved his goal of 500 marathons two years ahead of his original deadline of his 50th birthday in 2012, and he's never failed to finish a race he started. But it's not his first world record. At 28 he was the

## 214 under 3:15

youngest man to have completed 100 marathons. 2 years later he became the youngest to have run 200. He also holds the world record for the fastest 10 marathons in 10 days set in 2008 at the Brathay Challenge in Cumbria.

Well Steve, congratulations from all of us. We're proud of you and proud that you're part of our club.

## 437 under 3:30



Top right: Steve at the finish in Connemara.

Left: Steve with wife Teresa after winning the 2008 Brathay Challenge

# Average for 500 3:18.18!

## Dennis takes 2nd in Ultra

Beaten only by a man 17 years his junior (who also broke Dennis's course record by 7 minutes), and in a time of 4:17:44, Dennis Walmsley took 2nd prize and first V40 in the 39.3 mile (a marathon and a half) Connemara Ultra. Dennis was an impressive 3 minutes ahead of the 3rd finisher.

### Connemara Full Report

On Friday 9th April, 13 Bourton Roadrunners set off on a trip to the Emerald Isle and witnessed a small piece of history ... sitting down to dinner at the first restaurant they arrived at! Just what the doctor ordered after a 3 hour coach journey, although we did have to wait for the Walmsleys who chose the more sensible option of hiring a car, but had no map, so Dennis did a few laps of Galway town centre en route to the hotel!

Tummies full, we made our way to registration to pick up race numbers and specially designed limited edition t-shirts for the big occasion. Then it was time for a drink in the bar, or five in some cases! Saturday was to be a leisurely day for most of the party, except for poor old Steve. After missing out on marathons earlier in the year, he realised he would have to run the director's invitational marathon - a tradition since the event started for anyone wishing to do a back to back or even just get acquainted with the course the day before!

In fairly warm but windy conditions a small field of hardened marathon runners set off with Steve taking the lead and settling into his familiar 7.30min mile pace. However, within minutes, he had company from his good friend Geordie George from the 2008 10in10.

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## Connemara report - continued from page 1

With the field well strung out, Steve & George stayed together until halfway and the first real climb which locals call 'The Devil's Sister'. Here, Steve started to forge ahead and a gap opened. At this point Den and Tony arrived on the scene and handed both Steve and George a welcome drink. With words of encouragement from Den for George to keep up, he replied 'he's a machine, man' to which Den's reply was 'but machines can break down'. However, Steve's engine had only recently been serviced at the Honeypot a few days before and despite running into a headwind for the last 13 miles, he crossed the line to finish 1st in 3:19:04.

Another carbo loading trip followed on Sat night (and a few more drinks for Neil!) Then the big day arrived, the Ultra where Den was expecting to do well after working his little socks off in heavy training since Christmas. Steve, Ian and John were doing the marathon, while Brittany, Lynn, Pauline, Susan and Teresa were doing the half. Crucially making up the Bourton team, Neil and Tony had arranged hire bikes, and together with Lucy and Lilly Anna in the hire car, they would provide invaluable support on the course for us all.

The three events are designed to follow the same 39.3 mile loop with starts marked 13.1 miles out for the marathon and at 26.2 miles for the half. All races finish on the same finish line and with the staggered start, so we knew we wouldn't be waiting too long for everyone to arrive home. Den was up early to get his bus with the other Ultra runners for a 9am start. Steve, John, Ian, Neil and Tony caught the marathon bus and were fortunate to see the front runners of the Ultra en route. Den was looking very comfortable running in a small group just off the pace of the lead runner and we all banged on the bus window to cheer him on.

The girls enjoyed a frivolous trip on their bus to the start of the half and then topped up their sun tans before the their start at 12pm. At 10:15am the marathon runners lined up on the right hand side of the road, the left side kept clear for the elite ultra runners to come through the 13.1 mile point. We waited anxiously for the first ultra runner to arrive and he was flying, then came the 2nd placed runner closely followed by Den who went through in 1:21, 2 minutes behind the race leader. The marathon then started with Ian taking off at sub 3:20 pace, Steve and John were steadier and stayed together for about 8 miles before Steve decided to press on to try to catch Ian.

As the half marathon runners started to line up, the Bourton ladies stayed down on the road to cheer Den through as he passed the 26.2 mile point in 2:43 - in 2nd place but now 4 minutes behind the leader. Nobody noticed poor old Lucy taking a wrong turn and trying to drive through the half marathon runners lined up on their start line. Fortunately there were no casualties... and she quickly realised.... made a quick turn and got back on route so Den got his drinks.

The half marathon then started, with 'The Devil's Sister' upon them immediately, many end up walking within minutes, but it was no problem for those who regularly run the 'steeps' and 'drainpipe' and all the Bourton ladies flew up with ease - Brittany leading the way.

Meanwhile the men in the marathon were now getting close to halfway with John continuing to set a good pace and Steve with Ian in his sights.



A pit stop for the loo didn't help Ian but he soon shot up 'The Devils Sister' and out of Steve's sight again. As for Den, he was now finding the going tough as his quads started to tighten and the gap to the leader was growing. In the marathon Ian was starting to move quickly through the half marathon field with Steve chasing. Poor old Teresa then needed a pit stop at the 6 mile point but was glad to be able to wave Steve on as she waited at the portaloos. At 19 miles Steve then caught Ian - who was still running okay but starting to feel tired.

The excitement was building for Steve as he passed Susan next, who shouted out that he was running his 500th marathon so everyone in front looked round and moved over slightly - congratulating Steve as he ran through the middle, a nice moment. Den was now getting close to the finish but was well behind the race leader, and he eventually finished 2nd in 4:17:44 - 1st Vet - a fantastic effort as his final 13.1 miles took 1hr 34min.

By now, Neil and Tony had got to the 20 mile point to take photos and cheer us all on, just what we all needed at that point of the race. At 22 miles, more cheerleading from Pauline as Steve passed by, earned him even more plaudits from the surrounding runners and then as he passed Lynn, the 'Hell

Of The West' awaited. This was the last of the climbs - from 22 miles it gradually rises for a further 2 miles until it reaches its peak. After, it's a fairly fast road to the finish that seems to go on forever. No problem for Brittany though who was clearly enjoying the course and running well. However, back down the field, Ian was now finding it tough on the last climb as not only Teresa passed him but then John, who also then passed Teresa.

Second Bourton runner to cross the finish line was Brittany - very pleased with her debut half marathon performance of 1:46:37 (187th), a well judged race that clearly shows she can run faster half marathons in the future. Seven minutes later, Steve came through to cross the line in 3:22:45 (21st), an emotional moment but he managed to pose for photos before shedding a few tears. Lynn then crossed the line in 1:58:38 (551st), with Pauline battling hard not far behind for 2:00:40 (653rd). Susan came through next with an excellent run in 2:03:15 (761st), a great way to celebrate her 45th birthday. Then came John who was chuffed with a hugely respectable 3:35:59 (56th)! Teresa then followed recording 2:06:04 (949th) after waiting 6 minutes for the portaloos! Then came a very tired Ian in 3:38:58 (66th) who really had to battle hard in the final miles.

All safely home, we collected our bags and enjoyed more Connemara hospitality with some post race food before the bus back to the hotel. All the Bourton ladies did brilliantly in the half to finish in the top half of their field of 2053 runners, while the men all finished in the top 20% of the 480 marathon finishers.

Everyone was looking forward to a few drinks to celebrate the achievements of the day. First up, a presentation in Steve & Teresa's hotel room with bubbly and cake to toast Steve's 500th marathon and Susan's 45th birthday. Then a meal in the restaurant and more alcohol to follow. A bit later, Ian, John and the Teagues went in search of night life, although for Neil, he may have wished he'd stayed put as a rather butch lady in a local gay bar took offence and gave him a couple of right hooks to the ribs!

On Monday, we all headed home, some with our medals, Den with his trophy, Neil with his T-Shirts and poor old Lilly Anna with her chicken pox!. We all agreed that this was a fantastic weekend which won't be forgotten for a long time. Thank you all for making it special, thank you for the memories .. roll on the next trip!

*Thanks to Steve for this report. For a personal word or two from him on his fantastic achievement see Page 4*

*Steve's full list of 500 marathons is attached to the end of this newsletter*

**'How far is it to the next village?' asked the American tourist in Connemara. 'To be sure it's about seven miles,' said the farmer. 'But it'll only be five if you run!'**





Bourton Roadrunners performed well as usual in this year's London Marathon on April 25th. With conditions not as hot as predicted, our runners completed the 26.2 miles as follows: Ian MacDougall - 2.52.33, Steve Edwards (his marathon number 502...) - 3.09.44, Niamh Shoemark and Ian Shoemark ran together in 3.46.04, Rachel Griffin finished in 4.28.11 - narrowly pipped by her pacemaker John Gibson in 4.28.10, and another familiar local face - Tim Heming finished well in 3.11.14, but if Neil Teague can be believed, was beaten by a carrot. Don't take it to heart Tim!

## 2010 RESULTS

### Some things you may or may not not have known about this year's London Marathon

1. There were over 36,000 finishers in 2010.
2. 6,341 runners received medical attention during the day this year, that's more than finished the 1981 race in total!
3. The oldest man to run in 2010 was Jerzy Kolodziej, aged 86, who finished in 6:35:00, while the oldest women, Irene Clarke, aged 83 crossed the line in 8:13:23.
4. 2010 saw a record 18 Guinness World Record breakers, including the tallest giraffe in 5:55:11; the fastest baby, the actor Tony Audenshaw, in 3:13:30; and the fastest TV character {a dalek} in 4:01:40. (no mention of a carrot)

### CAN YOU IDENTIFY THESE PAST LONDON WINNERS? (Answers on page 4)



## News in Brief:

**Nigel Frith** takes part in the Shakespeare Half Marathon, finishing in 1:40:26

**Steve Edwards** took part in the Brighton Marathon the weekend before London (and after Connemara!). This was his 501st and his finish time was 3:12:14.

While all the excitement was going on in Ireland, **Ed Rozier** and **Roger Woodley** travelled to Taunton to take part in the half marathon on April 11th. Roger finished in 1:48:56, and Ed in 1:52:25. Rumour has it this intrepid duo, accompanied by Natalie Rozier to keep them in line, will cycle from John O Groats to Lands End this summer. Watch this space for further updates.

*Don't forget the Humph's Hilly Half June 19th this year - a week earlier than usual. Please put it in your diaries so you're free to marshal.*

An Englishman, an Irishman and a Scotsman attended the Olympic Games as spectators, but failed to get tickets for the main stadium.

The Englishman took a cannonball and got in by saying, 'I'm representing England in the shotput.'

The Scotsman took a long pole and got in by saying, 'I'm representing Scotland in the pole vault.'

The Irishman took half a dozen stakes and three rolls of barbed wire and said to the official, 'I'm representing Ireland in fencing.'

**A word from Steve**

*"Its very hard to sum up in words how I feel right now and you may be surprised to hear that I have very mixed emotions of both elation and deflation. A famous athlete once said, 'I go to bed in pain and wake up in pain', and there have been many times, especially in the last couple of years when I've felt exactly like that. So you could say that a part of me is questioning whether its been worth it? But then when I consider the bigger picture, all the places I've visited, the friends I've made, the experiences and memories from the many trips all over the UK, Europe and beyond, the money I've raised for various charities, then it's been more than just an athletic achievement, it's been an incredible journey which I guess no-one can buy and not that many more will ever experience, so yes I'm glad I did it but I'm also very relieved".*

*"Pushing the boundaries has also given me the opportunity to learn a lot more about myself as a human being, not only in terms of my character and make up but in a physical sense to realise what an amazing machine the human body actually is. In fact it never ceases to amaze me just how much further you can push yourself even when you think you can't".*

*"Looking back, I guess its also fair to say I've been incredibly lucky when I think how much could have gone wrong over the last 22 years, that's not to say things didn't go wrong though and during those times, I don't mind admitting that I had doubts about my ability to succeed. None more so than when I slipped on the ice whilst out training over Christmas and was out of action with an injured hip for nearly 6 weeks. At that point I still had 7 marathons to go and with the commitment to do the 500th in Connemara the pressure really got to me. But I continued to train hard in the pool as if my life depended on it and just kept believing that I could get back in time to regain the running fitness required to complete the task".*

*"As proud as I am to have got there, I do feel that I can't take all the credit for this achievement. I think no matter who you are and what you've achieved, your success is just as much attributable to the people around you as it is to yourself. In that regard I would like to sincerely thank my club colleagues at Bourton Roadrunners and all the friends I've made through running over the years - they've all been incredibly supportive. I'd also like to thank my sponsors - Mannatech and Team Nutrition whose nutritional supplements and sports drink products have helped me so much; the physios and sports therapists who have kept me on the road over the years; and of course Teresa, the other half of Team Edwards. I've said it before but its nevertheless true, without her love and support, I would never have been able to do this".*

Steve Edwards

**Highworth 5m**

Many Bourton Roadrunners took part in the popular Highworth 5M Race. Mike Smith was the first Bourton runner to finish in 9th place in 29.36, with Conor Shoemark not far behind in 20th position in 30.38. Despite tired legs from his Ultra, Ewen Smith still managed a good time of 31.13 for 25th place and Ian Shoemark is back on form, finishing in 31.26. Pete Scarrott is looking good for his marathon in Hannover (if he can get there!) with a time of 32.33. Pete was just ahead of 2nd lady and first Vet Sarah Harper in 32.53. In 3rd lady place was Beth Pudifoot in 33.39, beating her dad, Mike, who recorded 34.55.

Beth Wynn also achieved a good time for 36.14 and 7th lady. Niamh Shoemark was looking ready for the London marathon with her time of 36.36, as is Shirley Creed - planning to run in Hannover - with 38.43. Liz Hulcup collected first Vet 55 prize with a great time of 39.01 and Jan Short ran an excellent time of 39.14. Considering his lack of training, Chris Bence recorded a credible 43.37.

**Last minute news...**

Club Night swap meets; Efforts session with Cirencester on 11th May, 'Mob-match', 5mile x/c on 25th July.

Cotswold School hall to be our temporary venue during building works - starting 18th May

Marathon Answers: Left to right: Paula Radcliffe and Khalid Khannouchi in 1992, Eamonn Martin (last British male winner) in 1993, Liz McColegan in 1996, Grete Waitz, who won in 83 and 86, and finally Antonio Pinto, winner in 92, 97 and 2000

**The inaugural Help for Heroes 10K**

took place at Moreton-in-Marsh Fire College and what a fabulous event it was. The two lap course wound through the Fire College and tremendous effort had been made to make this as exciting as possible; passing a plane wreck, motorway pile-up, and buildings on fire to name just a few.



No local race start would be complete without Norm up his trusty old ladder (I see the megaphone's not arrived yet though)

The race attracted a wide spectrum of runners, from former Bourton Roadrunner, race winner Tom Newbold, to fun runners. There were 155 entrants and numbers will surely grow, as the Fire College intend making this an annual event.

Second, third and fourth in the race were Bourton's Lewis Gray in 36.32, Conor Shoemark in 37.08 and Darren Long in 37.59. Andy Peaston, Rob Humphris and Brian Hulcup recorded 43.35, 44.03 and 47.02, while Finn Shoemark in his first ever 10K did an amazing 48.48.

Suzanne Keyte talking part in her first 10K for the club recorded 47.14 and was 3rd Senior Lady. Roisin Wood was just behind in 47.33 and Liz Hulcup finished first over 50 with 49.34.

