

# The Finish Line



Bourton Roadrunners

April 2010

## JUNIOR STARS!

Bourton Roadrunners should be very proud of our juniors - to have 8 of our Under 20 runners selected to run for Gloucestershire in the IAAF Inter-Counties and World Qualifier Cross Country races at Birmingham is an achievement in itself, but to have all 8 finish in the top 6 Gloucestershire scoring runners is fantastic.

Finn Shoemark, in his County debut, was first to run in the Under 13 Boys, finishing 6th Glos and 294th in a time of 14.53. Next came the Senior Ladies race with Steph Lane rather further down the field than usual due to a painful foot injury, but still in 2nd Glos and 86th position in 31.37. Beth Pudifoot had a fabulous race, leading the Gloucestershire Under 17 ladies home in 93rd position and 21.20, with Beth Wynn very strong just behind in 4th Glos, 151st for 22.11. Brittany Teague also had an exceptional run for first Gloucestershire Under 20 lady in 73rd place and 25.22.

Lewis Gray and Conor Shoemark both ran superbly in the Under 17 boys for 4th and 6th Glos, 186th and 213th overall in 21.33 and 21.56, but the highlight of their day was changing right next to one of the UK's top athletes and run away winner in the Men's race, Mo Farah.

Corrie Cox was last to run for the Club in the Under 15 girls with an excellent 2nd Glos and 75th overall in 16.50.

## National Schools Final

There was more junior success for Bourton Roadrunners on March 20th, with 5 juniors getting through to represent Gloucestershire in the National Schools Finals in Manchester. Corrie Cox excelled, as 1st Gloucestershire Junior Girl to finish in 59th position with a time of 10.48. Beth Pudifoot also did well in the Intermediate Girls as 2nd in for Gloucestershire in 14.49, while in the same race Beth Wynn finished 5th Glos for 16.06. Conor Shoemark - this time in the Intermediate Boys - was placed 6th Glos in 21.49 and Lewis Gray was 8th Glos Senior Boy in 28.27.



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It's Spring!

## Clear Win for Dennis



Dennis Walmsley and Steve Edwards competed in the Cotswold Marathon on March 21st, with Dennis achieving a clear win in 2.46.44 and Steve Edwards close to his sub 3.20 target with 3.21.45 in 10th place out of 85 finishers.



Above: Dennis chats to Grant Jeans, winner of the Ultra race, on his way to a clear win in the marathon, and right: the excitement of cheering her Dad on is very tiring for Lily Anna.

**March Committee Meeting in Brief**

- Request from Bourton Rovers for financial help with changing room rebuild turned down.
- Leisure Centre turned out not to be a viable alternative club night venue for BRR.
- This year's 10K took £6000 including donations. Should make pre-donation surplus of around 4K.
- Winston's Wish have now received money from last year's 10K.
- Club tent with Richard Bufton for safekeeping. Used for first time at Cheltenham cross country.
- All members should fill in membership forms to keep our database up to date.
- Kingham run organisers to borrow signs for race on July 3rd.
- Positive response from Cirencester and CLC to idea of joint training runs.
- New 'Runner of the Month' award to start.
- Tony Goodwill to organise 2010 Half, and Ian Shoemark has agreed to do 10K again next year.
- Norm may get a loudspeaker for future race starts.

**Whatever's Happened to Our Dennis?**

Our formerly sylph like and super speedy Dennis Walmsley has been spotted looking less than slim on the web recently. Who can have done this to our Den? It is feared a plot by an ultra distance race organiser is behind Dennis's terrible transformation, but why? Is it a plan to slow him down and allow other athletes to win races? (Didn't work for the Cotswold Marathon though...more pies, more pies..) But it seems Den is not the only victim of the 'fatten up a fast runner' plan, as this website reveals, other competitors also seem to have been force fed fatty foods to the point of obesity, leading experts to believe that distance races for the overweight is a trend that is set to continue. But who is the mastermind behind this dastardly scheme? Recent video footage of the crime scene shows this man, thought to be an ex member of Bourton Roadrunners, who may be involved. His identity is as yet unclear, but if you know his whereabouts please help us to prevent this happening to others. Visit [www.desperatelybadwebdesign.org](http://www.desperatelybadwebdesign.org) and help stop this appalling crime



**CHEDWORTH ROMAN TRAIL**

March 21st saw a good turn out at the Chedworth Roman Trail X/C race with almost 400 runners in all. Bourton Roadrunners fielded 10 competitors, not bad considering this is a race you either love or hate. As it was the second of our 6 from 10 series valuable points were at stake for those who braved the mud, and fortunately Saturday's rain cleared for the race, although it left conditions extremely slippery. The first 3 Bourton men were just one point off the winning team, with Mike Smith coming 9th overall and 2nd MV40 in 1.05.18, Ewen Smith - in amazing form - was 10th in 1.05.59 and Lewis Gray, tired from the National Schools Final the day before, managed 26th in 1.11. Sarah Harper was first Bourton lady, and was pleased with 1.16.17 in 65th place. Other finishers were Mike Pudifoot 1.17.48, Andy McCoombes 1.19.17, Nigel Frith 1.22.51, Jan Short 1.32.56, Susan Hunt 1.37.15 and Gill Carrick 1.38.41. They all scored valuable points towards the 6 from 10 series, with Ewen Smith still leading the competition.



**Steve gets back on the road**

After a very worrying layoff due to injury from slipping over during training on the icy roads before Christmas, Steve Edwards is back on track for his 500 sub 3 hr 20 marathons by his 50th birthday, which is now looming closer and closer with the final target the Connemara Marathon in April. He completed the Duchy Marathon in Cornwall as a bit of a tester and was pleased with his time of 3.28.41. Whilst not under 3.20, it gave him the confidence to complete the remaining four marathons he needs. He went on to achieve 3.21.45 a bit closer to home in the Cotswold marathon, then went further afield to compete in Bratislava, finishing in 47th place of almost 1000 runners, and managing a commendable 3.13.15. With only a week to go to Connemara, Steve then put in a sprint finish to complete the Utrecht marathon in 3:14:49 and 107th position. (His final mile 5:59!).

Left: Steve looking easy in the Cotswold Marathon



# Plock Court X Country



## In the Gloucestershire 4K X/C Championships Bourton Roadrunners finished the season with another huge haul of medals.

Once again the juniors produced the goods, with Lewis Gray achieving his highest Senior race result yet in 4th position overall and gold Junior Man. Conor Shoemark, still in his first year of racing, was 5th overall and silver Junior Man. James Outhwaite made the top 10 for the first time and together with Finn Shoemark, they won the County Junior Men's team gold.

Tony Goodwill, back to full fitness, was V50 Champion, with Andy McCoombes winning the silver medal, and, backed up by Norm Lane, they took the Vet 50 Team Gold

Darren Long, Chris Hartley and Richard Bufton just missed the Senior prizes and Neil Cairns successfully completed his first championship race.

Corrigan Cox had a brilliant run for 2nd Lady overall and won the County Senior Lady title. Brittany Teague took a well deserved bronze.

The Vet 45 Ladies team of Jan Short, Lynn Spedding and Pauline Teague took the individual medals and County Team Gold

In the Junior 1 Mile race for under 14 yrs, the Club's juniors shone, all winning prizes, with Lottie Hartley 5th, Rachel Heming 6th, Hannah Cairns 7th, Daniel Bufton 8th, Laura Heming 11th and Isobel Hartley finishing strongly in 12th.

## News in Brief

Just two Bourton Roadrunners travelled to Reading for the Half Marathon. **Darren Long** finished in 1.25.16 and **Thea Powell Jones** in 2.31.29.

**Teresa Edwards** completed the Bratislava Half Marathon in 2.04.38. She is set to tackle her first full Marathon in May.

**Ewen Smith** competed in a very hot 10K in South Africa, finishing 57th out of 1100 in 39 minutes. He then went on to compete in the 56k Two Oceans race - report on page 5.

**Lewis Gray** and **Conor Shoemark** achieve remarkable 10k pbs at White Horse 10k - report page 5

## Chairman's Message



The lighter nights are bringing continued success to BRR members with the 'older' club members matching the younger members' success both on the road and at Cross Country – congratulations to everyone. I would also like to offer my hearty congratulations to Ewen as the first BRR Runner of the Month competition winner.

### “a firm invitation from Cirencester AC”

As part of the follow up to the Contact Sheet Questionnaire replies the committee have been liaising with local running clubs to arrange club night swap meets. The idea behind the swap meets is to provide greater variety in club night training routes, and enhance running knowledge through the experience of running with other clubs - a chance to mix running abilities plus the opportunity to meet and greet fellow runners on both running and social levels. We have had replies back from Cirencester AC, CLC, Cheltenham Harriers and Tewkesbury AC all of whom are keen to 'swap' for everyone's benefit. Cirencester AC have come back with a firm invitation (See page 5 for further details), and discussions with the other clubs are expected to follow.

This is a fantastic opportunity and one which I feel sure the BRR membership will embrace as the benefits for everyone are clear to see.

Best wishes and enjoy the lighter evenings to their maximum!

Rob Edwards

## One club: your club which is our club

### Runner of the Month Competition



After discussion at the recent Committee meeting it was decided to introduce a BRR Runner of the Month competition. The winner of the competition will be decided by a majority committee vote with each committee member putting forward their Club Member of choice and the reason why that member has been selected. The competition is designed to embrace every BRR Club member hence the decision to nominate and select a member is based on the 'reason why' – this should give every Club member the opportunity to win.

The March BRR Runner of the Month winner is **Ewen Smith**. Ewen's running achievements have been openly recognised however the hard work, support and personal conviction he has given without condition to the younger Club members has perhaps not received the same level of recognition (or so he thought). Ewen is a worthy winner and wins a £20.00 sports voucher. Presentation photo to be taken when he returns from South Africa!

## Club Members Up Close - Rob Edwards

The second in the series of glimpses into the life of fellow club members. This time Chairman Rob Edwards takes the hot seat.



- Rob is 46 years old, an Independent Financial Advisor, married to Sarah, and their daughter Isabella was born last year.
- He has been a member of Bourton Roadrunners for 7 years.
- Rob's first race was the Stroud Half Marathon, which he started from the back with the fancy dress entrants: a cunning strategy!
- He wishes he'd never taken part in the Bath Half Marathon which when he did it had poor parking, too many entrants and poor stewarding.
- In spite of completing the Marathon des Sables, Rob says his proudest running achievement is winning the cross country handicap at Plock Court with Norm yelling at him to 'keep calm, cos you could win this'.
- Rob has three more running ambitions to add to his Marathon des Sables success: The Himalayan 100, The Yukon Arctic Ultra, and the Jungle Marathon in the Andes. (nothing too hard then Rob) although with his recent injury problems he thinks it will be more a case of the taking part than having a time related goal.
- His proudest non running achievement is having the good fortune to meet (through Julia) his soul mate Sarah.
- Other ambitions include riding a motorcycle along the Silk Road, and he would love to visit Tibet to meet the Dalai Lama.
- Before injury, Rob's favourite training run was via Brockhampton and Sevenhampton from his old home of Shipton Oliffe
- Rob's favourite book is Zen and the Art of Motorcycle Maintenance, and film, Cinema Paradiso.
- Rob's other interests include anything motorcycle related, Jive/Swing dancing, music and reading. His favourite food is 'anything and everything made by Sarah, honest!'
- Favourite printable joke:

St. Peter and Satan were having an argument one day about Football. Satan proposed a game to be played on a neutral ground between a select team from the heavenly host and his own hand-picked boys.

"Very well," said St Peter. "But you realize, I hope, that as the gate keeper of Heaven we've got all the good players and the best managers."

"I know" Satan answered, unperturbed. "and that's all right, because we've got all the referees."



## The Ranonymous Runner

I missed the last newsletter because I was hibernating. Not true, of course, but it would have been nice to escape the long hard winter. 'In The Bleak Midwinter' must have been written during similar conditions. I checked this out and, sure enough, in the year 1872 when the words were penned, the met office had indeed forecast a mild dry winter.

Most training routines were disrupted by the cold and snow, and led to one or two clever alternatives. One runner found two laps inside Tesco created a weather-free mile, avoiding suspicion by pushing a trolley really quickly. He would have got away with it, except on a shorter run when passing through the '5 miles or less' till he veered into a security guard as a wheel jammed. Next time, they were waiting for him, and as the tannoy announced 'Code 9 Aisle 6 - sorry Aisle 8, now it's Aisle 10' a stinger-style trap was set which ended with him tangled in a 'Till Closed' tape that had been stretched across his path.

Others beat the weather by using treadmills, though this was not a success for me. I missed the smells, sights and sounds of the outdoors. I tried recreating the former by keeping the gerbils close by, but I fell off the machine when one got onto his wheel and we started racing. I tried to recreate the sights and sounds by viewing repeats of Countryfile, but again I fell off - this time when I lost concentration watching Julia Bradbury. A sort of compromise was reached when I fitted the treadmill onto a camping trailer behind the family Picasso. This worked OK until we hit ice and jack-knifed during a particularly hard hills session.

During the prolonged snowfall I considered taking up skiing. I asked a ski instructor about cross country skiing - he said it was very important to begin with a small country first. I started OK, but it was all downhill after that. I also tried sledging but this failed when I could not find any Aussie cricketers to insult.

It is with some relief that runners can now venture safely back outside. Safe, that is, if you manage to avoid the potholes. I came across one that was so big that I had to ring the council. They promised me they would look into it. I saw an advert for a job repairing potholes, but I didn't apply - it wasn't a permanent job, it was just filling in. It turns out that the job was given to a former pest controller anyway - apparently he had experience in dealing with road dents.

So spring is slowly on its way. As you run around the countryside again you will see that the daffodils are very late this year. You may think that this is a legacy of the long winter, but this is not the case - it is because we now have to use low-energy bulbs.

Enjoy the spring!

Ranon



**An Invitation from David Edelston, Cirencester AC**

*“We would like to invite Bourton RR to our Tuesday evening training session on 11 May. We change at the Leisure Centre – no need to pay as you can count as Cirencester AC for the night! Go past reception and into the ‘dry’ changing room. I will be there to meet you. Then jog up to Deer Park School field (about half a mile but a bit uphill) and gather on the field at about 6.30. You can drive up to the school if feeling lazy. We then do an interval session for about 45 minutes and jog back to the Leisure Centre, change and retire to the nearby Marlborough Arms for a drink and chat.”*

**£1207 donation to Kate’s Home Nursing from 10K race**

A group including race director Ian Shoemark handed over a cheque to Kate's Home Nursing on Thursday April 1st. This amount was made up from £603.50 in generous donations from runners taking part in this year’s Bourton 10K and this figure was matched £1 for £1 from the race income, making a total of £1207. Kate’s Home Nursing is an invaluable local charity which provides patients and their families with qualified nursing support in their own homes throughout the last stage of illness. Ian, together with other club members, met the two representatives of Kate's Home Nursing; Phylis Kelly and Val Davies, to present them with the cheque. Both Phylis and Val were initially involved with the charity through personal experience, and were consequently inspired to become fund raisers.

*l-r: Finn Shoemark, Conor Shoemark, Nigel Frith, Phylis Kelly (KHN), John Gibson, Ian Shoemark, Val Davies (KHN), Rob Edwards, John Raper.*



**Ewen’s Two Oceans Success!**

The long awaited Two Oceans 56K race in South Africa eventually arrived for Ewen Smith and after all the pressure he would have been forgiven for cracking under the strain. To return to home soil after years of absence, run in front of family, friends and former running team mates and perform well was paramount. With a target time of 4.45 - 5 hrs, Ewen exceeded all his dreams to record 4 hrs. 30.58, for the first time beating all his old running colleagues, and maintaining a fantastic pace throughout for the massive personal best time. Hopefully he can now enjoy a well deserved rest and take it easy for the rest of his holiday.



**Bud Baldaro Session - 3rd March**

*Everyone who attended the track session with Bud Baldaro - one of Britain's top coaches resident at Birmingham University - voted the evening a resounding success. However, the most rewarding comment of the evening was from Bud himself, who found our under 20 section "inspirational" and felt there was potential in them to be among the top athletes in the country. He also was totally impressed with the style and enthusiasm of the over 20s and is so enamoured with our club that he has volunteered to bring some of his own athletes to train with us in Bourton in May/June.*

**Severn AC White Horse 10k, Sandhurst**

In the Easter 10K at Severn's White Horse 10K at Sandhurst. First in for Bourton in a good 3rd place was Dennis Walmsley in 34:02. Lewis Gray and Conor Shoemark both achieved superb PBs for 11th and 17th positions with respective times of 35:54 and 36:16. Jan Short won the LV/50 prize for her time of 48:02, Liz Hulcup notched up 49:07, Susan Hunt 50:23 and Gill Carrick 51:53.

*Have you paid your 2010 subs?  
If not, they're now overdue.  
Individual £18 Joint/Family £25  
Concession OAP/Student) £9  
Send cheque (to Bourton Roadrunners) to  
Lynn Hudson, Harvee, 23 Huntsmans Meet,  
Andoversford, GL54 4JR.*

In next month’s issue: Connemara Marathon Report