

# The Finish Line



Bourton Roadrunners

July 2010

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From  
to



Ed Rozier, Roger Woodley and Natalie Rozier have completed their John O'Groats to Lands End cycle ride. After 10 days in the saddle, and 874 miles of tarmac (or less if you believe Ed's Garmin) under their wheels, a lot of bacon butties inside, and they're back home. Well done Guys! Here is some of Ed's Blog from the trip.

#### **Day 1 - Monday 28th June:** John O'Groats to Helmsdale

After putting the bikes together after the journey up, & having pictures taken under the sign, we started our epic journey at 1pm, heading back down south in bright sunshine. However, as Bern & Owen had warned, the prevailing wind is from the south and today was no exception with a head-wind all the way back as we wound our way along the coastal road. Taking longer than expected we arrived in Helmsdale at 7pm, a quick shower, then off down to the pub for tea.

#### **Day 2 - Tuesday 29th June:** Helmsdale to Aviemore

After a good night's sleep we left the youth hostel at 7:45am. With a slight uphill start the ride and the road were a lot kinder than yesterday, and we arrived in Bora, the next main village along the coast, in good time.

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**Please turn out on August 25th for the County Track Championships, so we can get full teams in the relays and win loads of medals!!**

## Summit Medical Mile

Both the Men and Ladies Course Records were beaten at this year's Summit Medical Mile, with just 3 seconds between the top 3 finishers, all from Stroud AC. Junior man, Tom Curr, had an amazingly fast run, finishing in 4 minutes and 19 seconds, hotly chased in by Robert Galt in 4.21, then Tom Purnell in 4.22. First Lady, Rose-Anne Galligan of Gloucester AC was in 7th place overall, with a time of 4.37, just 8 seconds off the £500 course bonus.

First Bourton Roadrunner home was Mike Smith, delighted to achieve first V/40 placing in 4.52 and Sarah Harper finished first LV35 in 5.45, Jane Wassell of Cirencester first LV40 in 5.31. Jan Short was first LV50, and Liz Hulcup first LV55, crossing the line together in 6.50

Lewis Gray - running in just one shoe after he lost the other being trodden on at the start - still managed a credible 5.01, Conor Shoemark recorded 5.04, Ewen Smith 5.08, Tim Heming 5.18, James Outhwaite 5.23, David Hanson 6.26, Finn Shoemark 6.36, Brian Hulcup 6.40, Charlotte Hartley 6.47, Shirley Creed 6.55, Susan Hunt 6.56, Felicity Darwent 7.06, Robin Macdonald 7.08, Lynn Hudson 7.29, Alex Darwent 7.53, Daniel Bufton 8.15, Richard Bufton 8.16, Isobel Hartley 8.42, Chris Hartley 8.44, Ben Darwent 9.21, Alice Hanson 10.14, Fiona Hanson 10.16 and Lilly-Anna Walmsley recorded 13.32.

## Chairman's Message

I would like to start this month's message with my hearty congratulations to Roger, Ed and Natalie Rozier for their terrific achievement cycling from John O'Groats to Lands End – well done. July has been a hectic month with the racing calendar in particular very busy. BRR have been well represented in all the local races which is a credit to the membership with the number of members competing increasing many members return from injury – well done to all that competed.



A special thank you and well done slap on the back goes to Beaky for putting together a superb hill efforts session for the return invite to Cirencester AC. The comments made during the 'meet and greet' afterwards were without exception extremely positive with many Cirencester members requesting a return invite. The evenings success was down to the hard work that Beaky put in – well done. Don't forget the Mob Match with Cirencester AC which is on Sunday 25th July – Cirencester's revenge!?!)

## 'A special slap on the back to Beaky, and a thank you to Ian'

A special thank you also to Ian Shoemark and family for a fantastic Stow training evening that was thoroughly enjoyed by everyone. The hospitality provided by Ian and his team was exceptional – Mike did not need to be asked twice if he wanted a beer after the run! Those members that attended are certainly looking forward to further Stow training nights.

The BRR of the Month competition is starting to catch the minds of the membership with the June majority winner.....Mike Smith. Mike was nominated for his terrific recent race performances which were capped by winning the Bourton Hilly Half in some style – well done Mike. As before please forward your July nominations to me before 8th August.

Two dates for your diary with further information provided closer to the events:  
Thursday 5th August – a Club Photo of ALL members at the School – please wear your Bourton tops.

Wednesday 18th August – the return invite to Tewkesbury AC.  
Here's to your success in July and August.

Best wishes  
Rob Edwards

**One club: your club which is our club**

## Aerospace 5 Miles - PBs galore!

A fantastic clutch of personal bests were achieved at the Aerospace 5M Thursday evening race in Cheltenham, with Mike Smith first home for Bourton in 7th place and first MV40 in a time of 27.35.

Junior runners Lewis Gray, Conor Shoemark and Beth Pudifoot all achieved PBs in 11th, 15th and 3rd Lady respectively with times of 28.39, 29.27 and 32.47. First Vet 45, Ian MacDougall ran a season's best in 30.08, as did Ewen Smith with 30.22. Not far behind came Ian Shoemark in 32.35. Sarah Harper ran a superb race for first LV40 in 32.49. She was just 2 seconds behind Beth and came in 4th lady overall. MV55 John Raper, ran an excellent race for 34.35, as did John Gibson in the same category with 35.02. Richard Bufton and Andy McCoombes were both on form on the day with 35.49 and 36.13, just staying ahead of Niamh Shoemark who came in for 36.22.

Other results were: Jan Short 39.56, Susan Hunt 40.51, Chris Bence 42.02, Shirley Creed 42.23, Gill Carrick 43.01, Robin Macdonald 43.24, Lynn Hudson 44.05 and Robert Humphris, doing well to finish after pulling a hamstring mid race, 48.12.

## Club Training Night Forum

Over the last 12 months we have had a number of external training nights, including swap meets with neighbouring running clubs, such as the Chedworth Bluebell run, The Bud Track evening, and Cirencester and Tewkesbury Swap meets. There have been return invites, BRR members have requested that Norm put on training runs, and there was the very successful recent Stow meet. Following on from requests made in the Membership questionnaire earlier this year, now is an opportune time to review club training nights.

We'll do this through a members' only Forum in order to agree a list of ways to move our club forward.

You are therefore cordially invited to attend a Club Training Night Forum at the Old Manse in Bourton on Monday 9th August. Starting at 7:00 pm and lasting for approximately 1 hour the objective of this forum is fact finding, and the findings will be presented to the committee.

Gill Carrick will chair the Forum with no other committee members in attendance (myself included!). The evening will be guided by open questions from Gill (e.g. what, why, when and where?) to enable opinions of the attendees to be noted and reported onwards.

At the end of the Forum there will be an opportunity for points to be raised from the floor.

We believe this will only be of interest to those members who have an active interest in Club Training nights therefore the number of attendees will be limited. The closing date to secure places was Monday 26th, and invitations were circulated by e-mail. Should you not be able to attend but have an active interest in Club Training nights please e-mail me so that I can advise you of a way forward.

I look forward to hearing from you and should any questions arise do not hesitate to contact me.

Yours

Rob – Chairman BRR 09/10



Evesham 10K in pictures



From top left, clockwise: Is Nigel Frith in wrong race? More importantly will he win?; Sarah Harper storms in; Chris Bence; Darren Long; Rachel Griffin and John Gibson; Finn Shoemark winning the Fun Run; Gill Carrick; and Robin Macdonald.

**Evesham 10K - Junior & team wins!**

The sixth race in the 6 from 10, the Evesham 10K, took place on July 11th, and both Lewis Gray and Beth Pudifoot came away with the Junior places, and our ladies (Sarah, Beth, and Niamh) took the team prize.

Lewis was first Bourton runner home and first Junior Man in 9th place overall, with a superb time of 37.00. Conor Shoemark sat on his shoulder for the majority of the race, but Lewis was able to break away in the final stretch, opening a gap of 4 seconds. Tim Heming was only just behind in 18th place for 37.39. Ewen Smith came through strongly for 38.29, as did Ian Shoemark with 39.42, his best time for some while, passing Darren Long in the latter part of the race. Darren recorded 40.00.

Sarah Harper ran her fastest 10K for several years, finishing 5th lady and 2nd LV35 in 41.28, followed by first Junior Lady, Beth Pudifoot, in a personal best time of 41.56. Andy Peaston just beat Beth to the line with a time of 41:54.

Rob Humphris was back on form after injury with 44.36 and he was followed in by the third member of the winning ladies team, Niamh Shoemark with a personal best time of 44.54. Nigel Frith followed in 45.25 and then John Gibson accompanied Rachel Griffin to a personal best for her of 48.11. The next few battled between each other throughout, Liz Hulcup finished in 51.00 just beating Jan Short who recorded 51.08. Shirley Creed, coming back from injury, managed 51.57 and Chris Bence 52.55. Robin Macdonald put in a strong effort to pass Lynn Hudson and Gill Carrick with times of 54.32, 55.20 and 55.34 respectively.

In the Fun Run, Finn Shoemark was the clear winner, with great performances also from Eva Shoemark, Rachel and Laura Heming.



**JUNE RUNNER OF THE MONTH**

**MIKE SMITH:** For his fantiastic return to form and winning the Humph's Hilly Half in style!

*Remember: All club members are encouraged to put names forward to the committee for Runner of the Month. Please e-mail suggestions to Rob (rob@macaulaywards.co.uk) or call him on 01451 820804.*

**John O'Groats to Lands End continued from page 1**

Along the A9 coastal road the traffic was quite light and very friendly, and as the miles rolled on Steve Woodley would pop-up every ten miles and encourage us to eat more chocolate and keep us topped up with fluids. A good ride for the first 50 miles then over the Cromarty Firth Bridge, before the first real climb of the day of just over 2 miles long. On towards Inverness and the main climb of the day, which at 65 miles into the journey, tested the legs and the heart. 3 miles of uphill with the Scottish traffic sand-blasting us at each opportunity. The miles rolled on, over the last summit at 1328 feet before the well earned downhill ride back into Aviemore, the day's ride took just under 7 hours. A quick shower then off to the chip shop to refuel.

**Day 3 - Wednesday 30th June: Aviemore to Perth**

We left Aviemore hostel at 8:30am, heading on down the A9 with a bright sunny start and a cool breeze in our faces, the last of the snow on top of the mountain fading away. The first few miles rolled along well - with a chocolate and drink break at 15 miles. Among more traffic, we worked our way down towards Pitlochry with some great downhill sections to help the tiring legs. The midday sun showed its face with some stunning views over the mountains. We arrived in Perth in good time, booked in to the rooms, washed the dust and grime off and even washed our clothes in the bath, (so should smell sweeter tomorrow). Then off to Wetherspoons for a great meal, and a quick pint to help with the re-hydration. Early night. There's a long day ahead.

**Day 4 - Thursday 1st July: Perth to Moffat**

It was an early start to the day as lots of miles to cover. In true fashion the Scottish mist turned to rain. Taking smaller, B roads today. Made our way to the A90 forth road bridge and on to Edinburgh. Finding the cycle way closed we decided to brave it over the bridge only to be greeted at the other side by a traffic control officer, to be told we shouldn't even have be cycling on the main carriage way. I said we were very sorry,- luckily he was a very nice man; he even said it would be better if we took the cycle way into town centre, or we may have an overnight stay for free if they caught us on the A90 again. Edinburgh was not the height of the day, as arrived during the lunch time rush hour and headed out on the ring road then the road to the Ski slope! Yes it was uphill, but the sun showed its face just on cue. Onwards and upwards on the A701 towards Penicuik, we stopped for a sandwich to help with the 50 miles still to go, then we turned the corner to find the full force of the south wind in our faces. Heading towards Moffat the mile signs started counting down, but with 35 miles to go light rain started, then it turned into a force 7 Gale making even the downhill section hard work. The only saving grace was that the last 4 miles were great. Soaring downhill off the top of the Devil's Beef Tub into Moffat, we arriving at 6.30pm, with 327 miles covered in our first four days.

**Day 5 - Friday 2nd July: Moffat to Kendal**

Well shall we say stopping at the Black Bull in Moffat was an experience not to be forgotten, but you will have to wait to find out more about that! Back to main event, with the previous night's downpour, still hanging in the air, we left Moffat and headed towards Lockerbie. Here we finally caught up with the Young Farmer girls and their Tractors,

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**The Ranonymous Runner**

*I do not have Sky, so I missed last month's appearance of the Bourton vests on the programme Fat Families. Not the first time the club has had links with TV – Neil has been seen refereeing the football match in the river, Alastair had his laid back London Marathon appearance on the 10 O'clock News and, of course, one of our rising junior stars recently qualified to appear in Lost. And most of us have had walk on parts during some of the harder efforts sessions.*

*Perhaps the club could feature in a return of Changing Rooms. Carole Smiley could get all excited about the move to our new training night venue. The film crew could capture those moments of drama when someone innocently strays into the changing rooms of the opposite sex or when an item of your child's school sports kit, claimed to have been stolen weeks ago, is found hanging forlornly on one of the pegs. Though it feels like you are in an episode of Grange Hill, the new venue works well. If we are still there for the darkened evenings, tripping on those hidden speed bumps will be sorely missed though.*

*I saw a real film crew the other week, following Liz Hurley around the Cotswold Show. Not sure what she was doing there – perhaps Lawrence Llewelyn Bowen was busy. But if this gets to be seen on TV, look out for me in Cirencester Park at the back bobbing up and down with my arms flailing. Strangely similar to how I will appear if I take part in the Cirencester 10k this year.*

*I am looking forward to getting my new tracksuit. I have settled for large everything – I was very confused with the size guide in the February newsletter. The top was OK, but the leggings took some working out. I was supposed to measure before stretching but I never stretch properly. I never actually got to the answer that I wanted, so settled for 29" waist. Great answer – I haven't got into anything smaller than 34" for years. I was, therefore, a little disappointed to have my order confirmed as large bottoms. I hope it will all fit me, but it is possible that it won't be safe for me to wear my tracksuit in high winds.*

*So, back to the TV theme, will I be getting Sky? Yes, as soon as they introduce the new channel 'Sky Sports -1'. Then, as soon as the winner of the Grand National crosses the line, I am straight down to the bookies.*

*Ranon.*

**Whose A\*\*! and whose elbow?**



How well do you know your fellow runners? Can you identify them from these small body parts? Answers on Page 6

**Lynn Hudson has received a message from Dennis Abbotts' daughter, saying how nice it was to see members of the club again at Westonbirt. Being given a club vest was really emotional, and she would be grateful if Lynn could pass on her gratitude to everyone.**



## News in Brief

### Cirencester Multi Terrain

**Mike Smith** had yet another win in 35.15 at the St. James Place Multi Terrain 10K in Cirencester Park, where he managed to hold off old rival Charles Wood.

### High Wycombe Half

**Ewen Smith** meanwhile doubled the distance to complete the High Wycombe Half Marathon in a personal best time of 1.24.37, where he finished 14th out of over 1000 runners and won the 2nd V40 prize.

### Kingham 10K

The tough hilly Kingham 10K took place on Saturday July 3rd and Bourton Roadrunners were represented by **Ewen Smith**, who had a great run in a time of 39.20 for 8th place, and **Lucy Walmsley**, who finished 2nd lady in under 43 minutes.

### Pilot 10M

**Mike Smith** won the Pilot 10M Race in Gloucester for the third year running. He tracked Andrew Hussey of Gloucester for 9.5 miles, then confidently put in a kick to open up a 50 yard gap by the time he crossed the line.

**Jan Short** and **Lynn Spedding** also competed in the same race, taking silver and bronze Lady Vet 50 County Awards with Jan under 1.29 and Lynn 1.32.

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which we had heard about all the way from John O'Groats. With the knowledge that the English border was approaching fast we pulled into Greta Green and took some pictures but we missed Springfield - doh!!! Stopping on the border for a quick picture opportunity, we cycled on towards Carlisle for a quick stop.. **John O'Groats to Lands End continued from page 3**

... before the A6 towards Penrith. The sun came out and the wind blew harder so the effort went up two notches as we climbed onwards and upwards to Shap summit (1400ft) - a great experience but to say the wind was blowing hard was an understatement! We met a man on a scooter who explained that the vortex effect of the wind helped on the downhill section towards Kendal, so then it was a quick blast into Kendal town, arriving at 5.45pm after 92 miles in the saddle. A quick shower then off to Wetherspoons (again) for a well earned mixed grill and a pint. Who says you can't live life to full.

### Day 6 - Saturday 3rd July: Kendal to Weaverham

I know it may come as a surprise but Kendal youth hostel had been hit by an earthquake, which had caused every floor, window and doorway to be at very strange angles - and we'd only had one pint at the pub! This made us walk like we'd had quite a few more! Even more strange was that in the top bunk each movement of the cyclist in the bunk below shook the bed enough to register on the Richter scale. More alarming still was the state some of the older generation of cyclists staying in the hostel. One went off in an ambulance on Friday night after sliding down a banister, forgetting about the next flight of steps, and hitting everyone of them before coming to rest at the bottom. He had a broken ankle and wrist which were in plaster by the morning. Not to be outdone one of his younger female cycling companions decided the breakfast room was too hot and passed out, hitting a solid wooden chair and cutting her face. Another ambulance was duly called and arrived very quickly; it must be one of their regular calls out. After the morning's events we saddled up and headed south and made good time. The Lancashire roads were even better, good road signs and smooth tarmac, the northeast coast towns passed quickly. In Preston we went up market and stopped at Sainsbury's for lunch. Then we headed down the A49 towards Weaverham to our next overnight stop, completing the 85 miles in just over 7 hours of bright sunshine and a LIGHT breeze for a change, which has left us with some very strange colour banding, we will have to be very careful if we use the self scan till at Tesco! We have completed over 500 miles in 6 days, so after a well earned shower, we went off to the pub for a meal and of course a pint of cider.

### Day 7 - Sunday 4th July: Weaverham to Leominster

After a great night's sleep, we enjoyed a slap-up breakfast and headed off on the bikes towards Whitchurch. The wind had picked up once again, hitting us full in the face (surprise-surprise). Whitchurch came and went then towards Shrewsbury we found a trusty McDonalds...having had no junk food all week we felt wedeserved it...Big-Macs all round. Feeling suitably replenished, we headed back out on the undulating A49 towards Church Stretton. The next section towards Craven Arms and Ludlow had more protection from the wind

and we were able to pick up the pace. A sudden shower of rain dampened the tarmac coming into the final pit-stop and I mis-judged my speed - my front wheel slid for ten feet before I realised this was going to hurt. My sun-cream barrier lasted for two feet before the tarmac started to remove the skin on my legs. After coming to a complete stop I checked that my Garmin was still in one piece then swore like a trooper - at which two ladies enjoying a cup of tea on a nearby bench asked if "I was ok", to which I replied "yes thank you" and picked myself up to check my injuries - more to my pride than anything physical. I asked Steve did he catch that on camera - (£200 on you've been framed!) but his camera was still on the passenger seat in his cab. Roger and Nat duly arrived with more style and grace than me and we had one last refreshment before setting off for our final destination of Leominster Youth Hostel, where Clare and Jemma were meeting us for our evening meal. After showering, we headed off to find yet another Wetherspoons in nearby Hereford. After asking a few locals and circling the town a few of times we passed a group of very merry policemen/ladies before reaching the Litter Tree pub for another great meal and refreshing Bulmers, happy that another 86 miles had been completed.

### Day 8 - Monday 5th July: Leominster to Webbington

After a good night sleep in the youth hostel, (but no cooked breakfast), we had invested in crunchy nut cornflakes and milk from the local Spar, which we consumed with eagerness, before loading up by 7:30am and we soon got in to a flow. Five miles on, and the first temptation of the day - a road sign said Gloucester just 35 miles to the left! Well luckily past the turn was a little chef and the smell of bacon was enough to distract us from the thought of home. Soon we arrived at the first climb of the day. Maybe we should have had crunchy nuts every morning because we powered up the climb, and on the run down the outer side broke the 30 mph speed limit before reaching Hereford, coming in past the race course, and the football ground, round the ring road and over the river Wye. We could see the Black mountains on our right, then branched off towards Monmouth - a great road, until at 27 miles a major climb arrived. On into Monmouth then heading for Chepstow we followed the river Wye down towards the sea. The trees kept the sun off, then Mmm... a tea shop at Tintern Abbey! The next climb went well, as we stopped at the top my phone sprang into life with a message from my niece Christy saying she hoped to see us on the Severn Bridge. We dropped down past Chepstow race course, following the rules this time we crossed the bridge on the cycle way, stopping in the middle to try to take pictures but lorries vibrated the walkway as they passed by. We were greeted at the service station by Christy and her four daughters, then ordered a Burger King & a Diet Coke - we have to look after our figures! After the quick stop we head toward Avonmouth before joining the A4 into Bristol under the Clifton Bridge, then on past the airport and towards Webbington, our next overnight stop, with some great downhill sections where we hit over 40mph. Finding our hotel down a small side road we put the bikes to bed, had a quick shower, (with only hand washing our clothes, we have found some new smells, which is less alarming than you'd imagine), then down to the restaurant for a well earned meal and of course a pint of cider, completing the 86 mile section in just over 7 hours.

### Day 9 - Tuesday 6th July:

**Webbington to Oakhampton**  
The Great Western hotel at Webbington lived up to its name



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with a great room, food plus a good sleep, well apart from Natalie's snoring! Down for breakfast at 7 am then away - out of the hotel, downhill and over the M5 on small country roads, with the birds singing and bright morning sunshine, the miles were flowing by with ease and the Somerset levels were very kind to the legs. We stocked up on essentials chocolate, cakes, sandwich and drinks at Tesco in Taunton before setting off towards Wellington, dropping down to junction 27 over the M5, then uphill on the A361 North Devon link road, which was the best tarmac, we have been on during the whole journey. To Tiverton, and on towards Bickleigh all in top gear but soon we arrived at a warning sign for a 15% climb 53 miles into the day's ride. Our lunchtime bacon sandwiches were only part way down, and we realised this was what it would be like for the next 15 miles. Crediton was the next, then Oakhampton with one last hill just for good measure. Checking into our B&B for the night we apologised for smelling like skunks, arranged for bacon butties to be left in the fridge for us instead of breakfast as we wanted to get away at 6.30am, secured the bikes, washed, changed and headed down the White Hart to re-fuel and of course a well earned pint. 79½ miles complete today, and an early start needed on our last day with a 103 mile run down to Lands End.

**From Facebook sometime in the middle of the night "ssh i know i should be asleep, but i feel like a child on christmas eve! just can't wait to start the last day down to lands end @ meet Clare & Jemma"**

**Day 10 - Wednesday 7th July: Oakhampton to Lands End**

The final day! Like old knights we mounted our trusted chargers for the final onslaught towards our goal. With our high-viz yellow lenses fitted (this always makes the day look brighter) and new batteries in my rear light for extra safety, this road was heading only one way...Lands End here we come! The first few miles climbed slowly towards Launceston, the pace picked up as the climbs were steady so the high gears made for a fast assault on Launceston. Most of the other knights of the road (lorries) gave us a wide berth which was so kind. Pulling in for the second re-fuel stop of the day, I phoned Clare to see where they were the reply was still at home. Maybe this was due to fact I had forgotten to tell her we would be starting at 6.30am! So the race was now on - how far could we get before they caught us? Now for all you mathematical students, if we were travelling @ 15mph and the speed limit on the motorway is 70mph..... (I am not sure that Clare was aware of this fact) - anyway we set off like scalded cats to take on the Beast of Bodmin as mist turned into light rain, but at the speed we were going there were vapour streams flowing from our bikes like jet fighters. At the next pit stop I called Jemma to see where they were - Weston-Super-Mare - so doing a mental check I reckoned our lead should get us to our planned lunch stop, but as we climbed to the top of the Moor a smell of bacon suddenly made my mount turn into the lay-by and stop right outside a butty van! But neither Natalie or Roger wanted anything... so I backed down from ordering a bacon butty. Chatting to the burger sellers, they asked where we had come from and we explained - they said we were at the highest point now so it was downhill for the next 20 miles. This was just what we needed to hear; a fast downhill section to keep the chasing duo behind for a few more miles. Jemma and Clare had had passed Okehampton (our starting point) and were closing in fast. Still keeping to the speed limit of course (Clare's limit anyway)! When we pulled in to eat our bacon sandwiches and phoned Jemma again, they were closing down on us, so we told them we had stopped for them to catch us up. Within a few minutes the KA appeared over the horizon, and they pulled over and said how nice we all smelled, must be the Lynx effect! 58 miles completed and 40

ahead with Penzance showing on the road signs, the sun decided to show its face. With the temperature rising more water was needed so Steve was asked to stop every 5 miles. Reaching each lay-by was a bonus as the cool water tasted like nectar, then came dilemma, the dreaded road works sign saying cyclists please find alternative route... I said to Natalie I'd not seen this sign so if we got stopped by anyone, just say I was following my Dad (this worked in Scotland so we would risk it again!) Well to say the traffic was happy to see us on one single carriage way was the understatement of the day! Three miles on and only one patrol car later, (who wasn't bothered) we cleared the road works and pushed on towards Penzance. On a fast downhill section, some kind man in a Volvo thought it was funny to blast his horn just 3ft away from me, when I was topping 30mph. In shock and anger at his lack of common sense I did what any red blooded English man would do, sticking up more than one finger and less than three fingers, to which he replied in the same manor... well at least I climbed the next hill with more vigour! Penzance was looming closer and closer, the first person who saw the sea would get a free pint and I was going to be that man! I know being 6'3" has some advantages, so standing up in the pedals on a downhill section Hayle Bay was spotted on the right hand side. Downhill into Penzance, then with just over ten miles to go the roads narrowed. A small shower (just to prove mother nature was still in control), and the few small climbs felt more like mountains.

*We made one last water stop to re-group and make sure we all finished together, called Jemma to let her know the ETA, and Steve made a dash for the line with the truck...and the camera!! Cresting the hill with half a mile to go, we rolled down to find Clare, Jemma and Steve all with cameras poised, and we crossed the finish line just before 4pm.*



Body Parts Quiz Answers: A Sarah Harper's Bottom B. Conor Shoemark's Flying Orange Shoes, C Dennis Wainman's Elbow, D Mike Smith's Shades, E, Lewis Gray's Chin, F Steve Edwards' Ear, G Shirley Creed's Knees, and H Ewen's Smith's Elbow.