

# The Finish Line

Bourton Roadrunners

June 2010

## A haul of Bourton winners in the Humph's Hilly Half!

First Men's Team, First Ladies Team, First Man, Third Lady, First Vet L35....we'd better be careful or other runners will stop turning up to our Hilly Half! This year's event was held in almost perfect conditions, dry but with a light breeze and patchy cloud. A smaller than usual field of only 129 set off at 6pm from Victoria Street, following Neil Teague in the lead car, to tackle the Steeps...for starters. Conor Shoemark followed along later as back sweeper on his bicycle.

This year's winner was our very own Mike Smith, who was delighted to defeat several times previous winner Gary Payne of George Elliot Striders. Mike ran a tactical race, tracking Gary for the majority of the race, catching and passing him on the climb out of Barrington, then opening up almost a two and a half minute lead by the finish to record 1.16.18. Vet 50 Gary finished in 1.18.44. 3rd was a late entry, all the way from San Francisco and attending Princeton University -19 year old Colby Pines in his first Half Marathon, with an excellent debut of 1.23.06, followed by Johann Breytenbach from Stratford AC in 1.23.38 and Roger Gill, unattached in 1.24.51.

In the Veterans categories Dave Rantell of Cheltenham & County Harriers finished first MV40 with a time of 1.25.34, chased by Ewen Smith of Bourton in 1.26.39. Martin Townsend of Woodstock Harriers was 3rd MV40, and Andy Maybury of Black Pear Joggers 4th MV40.

The other Veteran category winners were: MV45 Brian Miller, Leamington C & AC, MV50 Paul Barnes, Cheltenham Harriers, MV55 Richard Hookham, Malvern Joggers, MV60 David Parsons, Oxford City AC, MV65 Colin Talbot, Midland Masters AC, MV70 Peter Chittenden, Top Zone Runners.

Michelle Parsons of Evesham Vale RC led the Ladies Race by a huge margin of 4 minutes for 1.29.02, with second place Kim Drinkwater of Gloucester AC finishing strongly in 1.33.12 and our Brittany Teague taking 3rd in 1.39.06.

Lucy Walmsley, back with a vengeance, took first LV35 prize in 1.33.55, followed by Karen Galpin of Almost Athletes, 2nd LV35 in 1.40.19 and Denise Evans, unattached, 3rd LV35 in 1.45.09.

The first place winners of the other categories were: LV40 Claire McBride, unattached, LV45 Jane Leckebusch, Gloucester AC, and LV50 Deborah Southgate, Angels RC.

Bourton Roadrunners took both the men and ladies' team prizes. The men's team was made up of Mike Smith, Ewen Smith and Darren Long (13th man home in a P.B. of 1:28:06), winning with a huge margin of 50 points and Lucy Walmsley, Brittany Teague and Jan Short (1:52:19) took the ladies prize by just 2 points from Gloucester AC.

Also running for Bourton were: Rob Humphris, 1:41:03, David Hansen, 1:47:52, and Gill Carrick, 2:05:51.

*Gary Payne leads Mike Smith and Colby Pines out of the village at the start of the Humph's Hilly Half. More race pictures on Page 4*



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### 8th JULY - TRAINING NIGHT AT STOW ON THE WOLD

On Thursday the 8th July the club training runs will take place in Stow - meeting at Stow fire station at 7pm and leaving for a short run of approx 2.5 miles, returning back to the station for 7.30. The long run will be approx 7 miles.

When you arrive at the fire station park at the rear. There will be changing, toilets and limited showering facilities.

Hope many as possible will attend to make this a successful evening.

**On Tuesday 6th July we will be joined at Bourton by Cirencester AC for a hill effort session with Beaky starting at 7:00pm**

## Have you paid your subs?

### Urgent Message to Non-Renewers

If you haven't paid your subs for 2010-11, you will be removed from the club e-mail list and should cease to race under the club name. The deadline for UKA membership is the end of June so you will NOT be a paid up member for this year if you haven't paid by this date.

**Non members will not receive newsletters after June.**

Please let Membership Secretary Lynn Hudson know if you wish to remain a member OR if you don't want to renew so she can stop chasing you. Call her on 01242 820920 or email [runningviola@btinternet.com](mailto:runningviola@btinternet.com)

## Chairman's Message

I write this message following the terrific Hilly Half Marathon which showed that not only BRR can put on one of the mostly friendly races in the racing calendar but can also provide top class running results in both the men's and ladies' fields. Congratulations go to Tony Goodwill and all the volunteers for a first class event as well as to Jan Short and Darren Long without whom BRR would not have cleaned up the team events - with a special mention to Mike who is getting back to his best and winning races.



May was a great month for the Club with many strong running performances through out the membership. Beth Pudifoot in particular has had a fantastic month and Steph Lane was selected to run for England at a half marathon in Scotland following her sterling performance in Northern Ireland. Steph's long term injury was assessed by Bud Baldaro the national distance coach prior to her running for England. Bud arranged a visit to the British Medical Team - Steph wanted to and was going to run but the Medical Team advised that it was not in her best injury interest to run this race - with the opportunity to run when fully injury free not too far away: next time Steph - and there will be a next time!

## 'May was a great month for the Club'

The winner of our Runner the Month competition for May is...wait for it...drum roll...Bert Jess. Nominated for his selfless support during the Hilly 100 relay race not only for this year but also for previous years, Bert follows the race on his motorcycle (it's too big to be called a scooter!) following the runners on each leg, stopping at the top of every incline to make sure they're OK, offering both water and encouragement. His act is truly selfless and deserves to be recognised for the dedication he shows doing it each year. A BRR 'high five' to Bert.

After discussion the committee would like to broaden out the voting for the BRR of the Month competition therefore from this month onward every BRR member is able to nominate who they feel should be the winning recipient and why that person should win. The rules are very simple: Nominations to me by the 7th day of the month please - ideally by e-mail so that a written record is created - email: [rob@macaulaywards.co.uk](mailto:rob@macaulaywards.co.uk).

In the event of a tie the Chairman has a casting vote.

Nominations must be for a current BRR member and based on what you as a member see as an appropriate achievement - which may or may be not be running related but IS above all else related to BRR. Any questions please shout.

To finish with I would like to remind everyone that we are hosting a return invite to Cirencester AC on Tuesday 6th July for a hill effort session with Beaky starting at 7:00pm (not the usual 7:30pm) from the school followed by a 'meet and greet' - details of which will follow before the 6th July. At the Cirencester event they had 40 plus members in attendance hence it would be good for BRR to support the evening as fully as possible.

Here's to your success in June.

Rob Edwards

## Westonbirt 10K - Beth 3rd lady, Mike 4th man

We weren't expecting too many Bourton runners to turn up for the Monday evening Westonbirt 10K, despite it being the third race in the Club Series, as many had very sore legs from their tremendous efforts the day before in the Cotswold Hilly 100 relay. But quite a few were determined to take part and give it their best shot, unbelievably turning in very strong performances.

Mike Smith, who had actually raced almost 14 miles the day before, finished a superb 4th overall and first Vet 40 in a time of 35.31, followed by Conor Shoemark - another back to back racer - with an excellent 10th spot in 37.46. Then came Ewen Smith 13th in 38.43 and Ian Shoemark 25th in 40.08, both of whom were in the previous day's team.

Beth Pudifoot also had an amazing run for the second day running, - giving her all to finish 3rd Senior Lady in 41.18. Sarah Harper was just under a minute behind, recorded 42.16 and 3rd Vet 35, chased by Lucy Walmsley - who is back with a bang - recording 42.44. Lucy had raced on Sunday, as had Niamh Shoemark (47.50) and Susan Hunt (51.19). Liz Hulcup - another with tired legs - recorded 51.30 for 2nd Vet 55, as she ran in with Rachel Griffin (51.29).

Other results were: Andy McCoombes in 3rd Vet 50 place with 42.54, Nigel Frith 43.34, John Raper 43.52, Rob Humphris 44.10, Shirley Creed 52.15, Jan Short 53.09, (both Shirley and Jan had done the Hilly Hundred) Chris Bence 53.44, Norm Lane 53.55, Lynn Hudson 57.08, Bert Jess 59.45 and Bernadette Niemand 1.01.58.



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

## London 10K - Pauline 3rd Vet 50!

Pauline and Brittany Teague, Ed, Clare and Jemma Rozier and John Gibson took part in the London 10,000m on May Bank Holiday Monday, racing in a top class field which included Mo Farah (race winner in 27:44) and Dan Robinson. Our runners' results were impressive, especially Pauline Teague, who was 3rd FV50, and John Gibson as 5th MV 55. Their times were as follows: Brittany 42:34 (345th home and 16th in the 18-39 age group), John 43:13, Pauline 47:30, Ed 48:10, Jemma 1:00:40 (so close Jemma!), and Clare 1:02:31.



### MAY RUNNER OF THE MONTH

**BERT JESS:** For all the superb support he and his trusty motor cycle give to our runners in the Hilly 100 Relay

*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@macaulayedwards.co.uk) or call him on 01451 820804.*

**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!!**

### Committee Meeting in Brief

- School Move a success. Maybe make it a permanent move? The committee will investigate.
- Club equip is temporarily in Richard's garage but he'd like it out by Sept.
- Drop off in numbers for Tuesday effort sessions? How can it be improved?
- Beaky organising a return Club Run meet with Cirencester.
- Cirencester Mob match 25th July.
- No tracksuits yet - Bert working away.
- Ideas requested for a Dennis Abbotts trophy, possibly linked to club trips.
- Severn 10M and 5M now have permits (and 10M is in County Series).
- Lynn investigating embroidered club logo.
- Steve Edwards asked about a club trip to Jersey - any interest?

## Cleeve Cloud Cuckoo

Bourton Ladies were in fine form at the Cleeve Cloud Cuckoo 5(ish!) Mile Race. Sarah Harper, who took the lead at the top of the final hill and was just outsprinted in the final quarter of a mile downhill to finish 2nd in 39.10, followed by Beth Pudifoot 3rd in 40.07 and Niamh Shoemark, 2nd LV35 7th. Our ladies dominated the front of the race.

Mike Smith was first home for the club with 5th place in 33.16, but had to look over his shoulder for the fast closing Lewis Gray 7th in 34.05. Conor Shoemark was also not far behind in 8th place with 34.56. Ewen Smith, in not one of his best runs as he's normally up with the group, finished 23rd in 37.07. Ian Shoemark finished strongly in 28th place for 37.48.

Other finishers for the club, who all did superbly to complete the extremely tough course were: Nigel Frith 42.40, Andy McCoombes 43.12, Robert Humphris 44.10, Rachel Griffin 45.33, John Gibson 45.33, Jan Short 47.14, Susan Hunt 48.17, Christopher Bence 50.43, Liz Hulcup 51.58, Gill Carrick 52.43 and Robin Macdonald 53.29.



# Mystery Tour of Campden for Lewis

Lewis Gray took on a healthy group of runners in the Dovers Games' 'Cotswold Olimpicks' 5M X/C race. Lewis went into an early lead, but missed a right turn and went on to Campden High Street before being re-routed back up the hill on track. Without panicking he worked through the field again and hit the front with a mile to go, only to turn left at a forked junction instead of right, which added almost half a mile to his race. Not realising this, Lewis stormed on and with just the road section to the finish, he had to attempt the same process of overtaking the leading bunch again. Unfortunately the task was beyond him, but he finished a brilliant 2nd, being applauded by his fellow runners and the huge crowd at the hill. Lewis made them all smile with his post race statement of "I quite enjoyed that".

## Mallard Pike 5M

The 5th race in our 6 from 10 series was the Mallard Pike 5M in the Forest of Dean. A good number of club runners travelled the long distance for valued points and the chance to run in such beautiful surroundings. Mike Smith was first in for the Club in 4th place and 1st V40 in 27.51, although Lewis Gray was not far behind in 7th place and 28.44. Conor Shoemark's race to 11th place and 29.32 was so vastly improved from last year as to be like a different runner. Ewen Smith came in 14th (30.57) and Ian Shoemark looked strong in 18th place (32.15). Sarah Harper finished 2nd Lady for the second week running with a great time of 33.12, followed by Andy McCoombes 33.57 and 3rd lady Brittany Teague in 34.38. Rob Humphris gave a good performance for 36.20, followed by Niamh Shoemark in 37.16 to take the first Lady Vet place. Other finishers were: Jan Short 39.55, Susan Hunt 40.39, Liz Hulcup 40.55, Chris Bence 41.20, Lynn Hudson 42.46, and Robin Macdonald 43.00 - just beating Gill Carrick (43.02) in a sprint finish.



### The Ranonymous Runner

Despite the distraction of the World Cup, Bourton RR still managed to organise a successful Humph's Hilly Half this year. The event was much more fun than the dull England match the previous evening. I noticed one pub on the race route advertised half price beer whenever England play. In the Algeria game I assume the landlord had to charge full price. England's position then seemed as precarious as Norm balancing on the starter's stepladder. Has anybody ever included that structure in the pre-race risk assessment I wonder?

Congratulations to the organisers for a successful race, with a special mention to whoever decided that the reigning Cotswolds Olimpicks 6.2 Mile Champion Lewis Gray should not be the lead cyclist. This avoided the potential return of the Bourton 15 after a seven year absence. I understand that for future races Lewis will be monitored with the same technology that records the distance footballers run around the pitch, though hopefully it won't mean he will take to clutching his face and falling to the ground whenever Conor overtakes him.

The Hilly Half runners were, as always, well supported on the route, but with one notable absence. Not a single vuvuzela was heard. How a timely blast would boost a flagging runner – just after they sauntered by would be best. I have a solution for next year though. Seeing that Australia had intended to bid as hosts of the 2018 World Cup, I invested in a warehouse of didgeridoos. The deal was completed just before I found out the country had dropped out of the bid. All offers considered.

I understand that there were issues with unavailable toilets before the race, so a small change is needed for next year. A 20p coin. And I propose that we have a celebrity marshal to help those poor locked-out runners – namely Robert Green. He will let them in. Sadly, though, this will be the last Hilly Half. In line with the Budget announcement of 25% cuts, next year's race will be Humph's Hilly Three Eighths.

As the World Cup progresses, with Germany and England meeting at Bloemfontein and France and Italy meeting at the airport, we now have Wimbledon to watch too. If I say 68-70 you will all know what I mean. No, it is not a new age category that Norm can get medals in, nor is it a pensioners' Ibiza holiday club. It is the final set result of the longest tennis match ever – 11 hours 5 minutes. An epic physical effort. Just imagine running for that length of time. Though of course you would be allowed to have two nights sleep during it and sit down for a few minutes on at least ninety separate occasions, and you can eat and drink and have comfort breaks. Oh, not so bad then..... New balls please!

Ranon

## Tewkesbury AC Swap Meet

A big thank you to Tewkesbury AC who hosted a swap meet on June 23rd, with well over 50 runners in attendance and BRR well represented. The evening was glorious in terms of both the weather and the route with Tewkesbury AC making every single BRR welcome.

The evening was another chance not only to run a different route at a different time on a different night with different people but also to see how another well respected County Running Club operates. Without exception every BRR who attended gained something positive from the evening with a number of ideas gleaned that can be incorporated and in some cases re-introduced to BRR training nights.

The evening also provided the opportunity to see how another running club operates using a sporting club as their venue in a similar vein to BRR although in Tewkesbury's case they run from a Rugby Club rather than a Football Club. Again a number of pointers have been picked up as Tewkesbury were very open about how they operate: even allowing for the fact that the Rugby Club definitely wanted the Running Club to use their venue, the Tewkesbury AC's membership fees to the Rugby Club are eye wateringly low (as were the bar prices!) hence Tewkesbury AC must have within their Club a superb negotiator – we must employ them!

The return invite to Tewkesbury AC will be made during the next few weeks – they really did make everyone from BRR welcome and had the best interests of everyone who attended as the core value of their evening.

Rob Edwards



The Humph's Hilly Half in pictures: Clockwise from top right Winner Mike Smith, Jan Short, David Hansen, Darren Long Ewen Smith, Rob Humphris, Brittany Teague and Lucy Walmsley, Gill Carrick, and the rest of the Walmsleys supporting!

**Tony Goodwill would like to say thank you everyone who helped on the day.**

## Bourton Vests hit Reality TV

A group of Bourton Road Runners appeared on TV screens on June 9th 2010, when they were unwittingly captured by Sky cameras filming "Fat Families Second Helpings".

This follow-up series to "Fat Families" is a reality show in which self-appointed "chub-buster" Steve Miller (whose no-nonsense approach is reflected in the title of his recent book "Get Off Your Arse and Lose Weight") uses shock tactics and straight-talking to turn "fatties into fitties".

In Episode 1, Steve's target family were the Blackhollys from Swindon. Having been shocked by Steve into shedding a whopping 12 stone in 6 months, the "cuddly couple's" final challenge was to complete the Highworth 5 Mile run. Cameras picked out a lithe-looking bunch of Bourton Road Runners in their familiar pre-race huddle. More excitement was to follow, with Conor Shoemark and Mike Smith also shown lining up at the front and racing off at the gun. The brave Blackhollys battled through the run, finishing last in 1:10:57.

**Susan Hunt** (Fat Families fan who happily happened to look up from the ironing in time to spot some familiar faces)

**Don't forget:** Starting June 28th, Roger, Ed and Natalie will be cycling like crazy from John O'Groats to Land's End... Full report next month!!

## Steve regains his old form

After a short break from Marathon running, Steve Edwards tested out his abilities in the Boddington Marathon on Sunday, clocking (on his watch) 2.57.11, his best time since 1996. However due to a communication problem with the organisers, he, together with virtually half the field, missed the start by over 2 minutes, resulting in an official time of 2.59.31, 5th place overall and first Vet 40.. Steve's view - 'It was nice to get another sub 3 whichever way you looked at it'.