

The Finish Line



Bourton Roadrunners

March 2010

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**10K
Special**

Bourton Goldsmith's 10k

Fortunately the predicted torrential rain and strong winds weren't quite as bad as forecast on February 28th, and our annual 10k was a success once again with a massive field of 450 on the day. The newly measured course now has a course record set at 30.33 by runaway winner Tom Payn from Winchester. Tom finished almost 2 and half minutes ahead of CLC runners John Parker in 2nd and Will Ferguson in 3rd. Only just off the first 3 were Julian Wilkie and Darren Jordan of Cheltenham & Co. Harriers in 4th and 5th.

In the Senior Ladies race it was a similar story, with Gemma Turtle of Gloucester AC finishing 9th in the race overall and first lady in 33.46, more than three minutes ahead of 2nd place, Jude Craft of Headington. Third place was Kate Jacobs of Swindon Harriers, followed by Laura Kent of CLC taking first Vet 35 place.

Cheltenham Harriers won the Men's team with 39 points, while CLC Striders took the Ladies team prize.

For Bourton Roadrunners' performances see alongside and page 2.

Our Junior Boys Storm to PBs again!

What a weekend the last one in February was for our junior boys. Conor Shoemark travelled to Truro on Saturday to compete for Gloucestershire in the South West X/C Schools Championship, and finished 7th Glos scorer in the Inter Boys race. Conor then returned to run in the Bourton 10K on Sunday. The pressure was on to perform in front of his home crowd and his performance exceeded even his own expectations, finishing 42nd overall in a massive personal best time of 37.02 and 2nd Under 18, only beaten by his fellow team mate, Lewis Gray, who did a phenomenal 36.05 - by far the fastest 10K time achieved by him to date.



BRR runners do well in home 10K

Dennis Walmsley, who had a superb run just off the following pack was in 12th place overall and took first MV40 prize in 34.08, while Steph Lane battled on throughout the race with a painful ankle, but managed to hang in to finish 4th senior lady in 37.47. After sorting out the team of marshalls and making sure all points were manned, John Raper quickly stripped off his tracksuit and lined up at the start - running a great time of 43.37. Rob Humphris was just under a minute behind John in 44.34, David Hanson showed considerable improvement to run 45.52 and Bernadette Niemand was pleased to get under the hour with her time of 58.53.



Thomas Payn - race winner by over 2 minutes in 30.33



Gemma Turtle - first lady home in 33.46



Lewis Gray battles James Miller of Cheltenham to finish in 36.05



Connor Shoemark flies along for an impressive 37.02



Rob Humphris on the home stretch to a time of 44.34



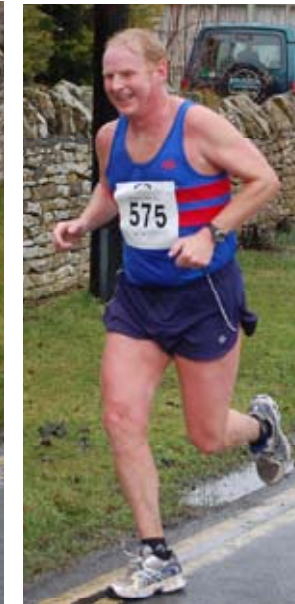
Steph battles on despite injury, here lapping Marc Juffkins of Abingdon on her way to 37.47



Dennis gets the better of Cheltenham Harrier Roger Mullins to finish in 34.08



John Raper seems happy with his 43.37



David Hanson smiles his way to 45.52

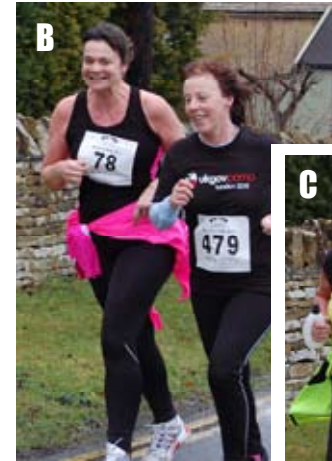


Bernadette Niemand smashes the hour in 58.53

Thank you...
*To everyone who helped
 with the 10K on
 February 28th
 from Ian Shoemark*



A few people who seemed to enjoy the race...



A. Stuart Wilson running for the Alzheimer's Society

B. Sarah Ledingham (left) UA and Sheenagh Reynolds of Eynsham

C.

D.

E.

G.

H.

Above left: A smiling Ian Shoemark after another successfully organised 10k, Below Ian: Liz Hulcup accompanies the back marker in and - Right: the usual suspects - Norm, with Tony and Pete after they had collected up all the signs and cones.

Chairman's Message

February 28th saw another successful 10K enjoyed so by many, which was only made possible by all the willing club members who give up their time on a miserably cold damp Sunday morning to marshal, help and organise.



"Thank you Ian!"

So thank you to you all, and in particular to Ian Shoemark, who took on the daunting role of race organiser.

Rob Edwards

One club: your club which is our club

The Quiz Evening

Was a great success, the winners were Norm, Rob Edwards, Steph, Ewen, Sarah Harper and Mike Smith so well done them.

Thanks to Ali for a fun evening and really nice Ploughman's, and to Nat for the really really hard music intros and for patiently playing some of them again and again. Everyone seemed to enjoy themselves, even your editor (despite being in the team to come last).

C. Jacki Day & Kate Potter of Cirencester's "Running Somewhere Else"

D. Mark Davies (UA)

E. Last lady home but still smiling - regular participant Hannah Makins of Witney Roadrunners.

F. Andrew Palmer of Penarth & Dinas Runners who finished in 38.09

G. Unknown - but they look cheerful!

H. Jane Wassell of Cirencester doesn't look so happy to be chased by Martin Ford of Cheltenham - first V65 in 38.07, but Jane did take 2nd LV35 in a time of 38.13

“My money’s burning a hole in my pocket” corner



Has anyone tried the new craze in running shoes from the USA yet? Vibram Fivefingers are supposed to be like running barefoot and be great for your feet. Apparently (according to Vibram) a typical human foot is an anatomical marvel with 26 bones, 33 joints and more than 100 muscles, tendons and ligaments. Vibram Fivefingers shoes allow you to walk, trek or run ‘barefoot’ whilst protecting your feet from stones and dirt. As Vibram Fivefingers stimulate your feet and lower legs they are supposed to not only make you stronger and healthier, but assist in improving your agility and balance. Unfortunately they won’t make your bank balance very healthy, costing between £84 and £165 (from purefootwear.co.uk), and sadly they also make you look like an extra from Planet of the Apes. However if anyone has actually tried these (or any other product that other members may like to hear about) and has a truly informed opinion, please let me know!

LEWIS CRACKS THE HOUR ON HIS FIRST 10 MILER

Lewis Gray made his first attempt at the 10 mile distance in the Reading Bramley 2010. At 16, he is only just old enough to run the distance but he set a new Junior Club Record for Bourton Roadrunners with his time of 59.33. This gave him 17th place overall out of 439 finishers, Ewen Smith meanwhile doubled up the distance, achieving a great personal best time of 2.16.06 for the 20 mile undulating course, in a truly commendable 95th place out of a massive field of 746.

BELOW: Ewen Smith and Lewis Gray at Reading



COUNTY ROAD RELAYS

On March 6th our teams turned out for the 4 x 3.25 miles County Road Relays at Sandhurst, Gloucester, where the under 17 boys ran superbly against top class teams to win bronze U/20 team prize. The team comprised Lewis Gray (17.42), James Outhwaite (20.03), Finn Shoemark (24.31) and Conor Shoemark (17.57). The Vet 40 men’s team were pipped for the bronze, but still competed strongly with Neil Teague in 20.03, Andy McCoombes 20.29, Tony Goodwill 20.30 and Ewen Smith just ahead of our boys team in 18.11.

The Vet Ladies team won a great battle against the Angels RC to retain their Vet County Championship title. Pauline Teague with new toe joints clocked 25.22, Lynn Spedding, back after a long absence, pushed to 24.53 and anchor girl, Jan Short, in possibly her best ever controlled race, stormed home victorious in 24.19.

Gloucester

20 **ANOTHER PB FOR EWEN**

Ewen Smith achieved another personal best for 20 miles, just 2 weeks after setting his last one and only the day after running in the County Road Relays. This time it was in the Gloucester 20 - the first of our 6 from 10 races. Ewen knocked an amazing 8 minutes off his previous time to record 2hrs 12 mins 22 secs. Ian Shoemark was next in with a good time of 2.27.12, followed by Tony Goodwill, who had also raced the previous day, with 2.30.04, as did Andy McCoombes in 2.40.48. Andy Peaston 2.42.06 and Nigel Frith 2.52.17 completed the Bourton men.

PBS FOR THE LADIES TOO! The 20 mile ladies representing Bourton were thin on the ground, with not many other club runners up to the distance, but both Niamh Shoemark and Shirley Creed performed superbly, clocking personal bests in 2.42.22 and 2.53.06 respectively.

South West Schools X/C Championships

At Truro on February 27th Bourton youths shone for the County. Corrigan Cox and Beth Pudifoot had great runs for 10th each overall in their respective Under 15 and Under 17 races. Beth was backed up by Beth Wynn who snatched 32nd spot in an impressive sprint finish and Millie Mather hanging on for 59th in the top class field. Conor Shoemark, 1st Reserve, was called up late, took his chance and worked his way round the challenging course for 7th County runner and 40th overall.

Member’s Portrait

In early summer last year, in a desperate quest for success in the County Road Race Series and club 6-from-10, I found myself running 9 races in 10 weeks. I dragged the family along to these for much-needed moral support. Shortly afterwards, my son Christopher (aged 4), spent a day in the Primary School class he would join in September. He was asked to draw a picture of his Mum, and his artwork is evidence of just how much time I’d spent sporting the club colours. I might not have made much of an impression on my age-related ranking last summer; but I clearly made an impression on Christopher.

Susan Hunt



View from the Back

My view is now so far from the back that I can hardly see the rest of you zooming away at breakneck speed to PB after PB. Although I am beginning to wonder though if there are as many club members as I thought. It seems that the club consists mainly of Ewen, Steph and Lewis. At least until our own 10K, they they seemed to be the only ones who ever got their picture taken. Perhaps the rest of you are actually werewolves, or vampires, or whatever it is that have no reflection and therefore disappear on film. I have had to resort to robbing people's Facebook pages to make reports that include other runners, so please send me pictures if you have them - I don't want to get arrested!

As you've no doubt seen on Page 3, drawings are also acceptable, especially if, like Christopher Hunt, you get the club colours in there.

Editor

Race Reports

If you take part in any races as a Bourton Roadrunner other than 6 from 10 races, or indeed any races where Ali isn't there, please could you let her know so she can include you in her press releases. Her e-mail is ali.lane@ukonline.co.uk thank you

A Message From Lynn Hudson Membership Secretary

Dear club member,

It's that time again when club membership is due for the current year (1.04.10 – 31.03.11). As you will see from form alongside, the rates are £18 (individual), £25 (joint/family) or £9 (concession).

Please print out this form, fill it in, and send a cheque made out to 'Bourton Roadrunners', to me at **Harvee, 23 Huntsmans Meet, Andoversford, GL54 2AA**. I will also remind you by putting a notice on the board and leaving copies of the renewal forms down at the club for those without e-mail.

Alternatively, I am down at the club most Tuesdays and Thursdays at around 7.30pm so if you do either run you will see me. There is no excuse!

Renewals are due by 1 April 2010 so there is no time to waste. Please ensure that your payments reach me by the end of March, and if you do not want to renew please let me know immediately.

If you have any questions, please let me know

Best regards,

Lynn

Lynn Hudson
Membership Secretary
Bourton Road Runners
T: 01242 820920

APPLICATION FOR MEMBERSHIP 1st April 2010 to 31st March 2011

Annual fees - Individual £18 Joint/Family £25 Concession(OAP/Student) £9

INDIVIDUAL/FIRST FAMILY MEMBER

Surname _____ Forename _____

Address _____

Postcode _____

Telephone _____ Email _____

Date of Birth _____ County of Birth _____

Ethnic Origin _____

Previous or Current First Claim Club _____

If resigned, please give date _____

All members participate at their own risk and the club will in no way be held responsible for any injury or illness incurred on club nights or for any property lost or damaged in the changing rooms.

Signed _____ Date _____

SECOND FAMILY MEMBER

Spouse/partner

Surname _____ Forename _____

Date of birth _____ County of Birth _____

Ethnic Origin _____

Previous/other club _____

Date Resigned _____

Children's names _____

Children must be under 16. Please fill in a separate Green Junior Membership Form for each child. Ask Lynn for forms.