

The Finish Line



Bourton Roadrunners

May 2010

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Hot...Hot...Hot (and hills, hills and more hills)!!

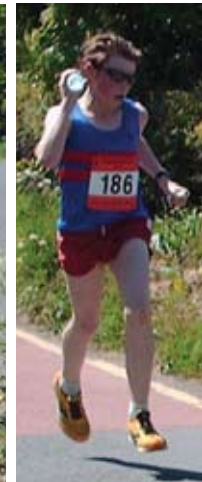
This year's Hilly 100 Mile Relay took place on the hottest day of the year so far, so those who had previously thought they were unlucky to get early starts (5am for Shirl!) were actually fortunate to get their run over before the heat became blistering. Despite the weather and Ewen frantically scrabbling around for full teams at the last minute, there were great results for both the Men's and Ladies' Teams. The men were immediately up the front with Lewis Gray starting off and were always within the top 3, as Ewen Smith, Dennis Walmsley, Pete Scarrott, Mike Smith (who I hear ran 13 instead of 10, the loony), Conor Shoemark, Ian Shoemark, Darren Long, Steve Edwards and John Gibson carrying them through to an eventual 2nd Team place with a total time of 11 hrs. 14 mins and 48 seconds.

The Ladies performed equally well, starting with Shirley Creed. Shirl handed over to Niamh Shoemark, Susan Hunt, Pauline Teague, Beth Pudifoot, Liz Hulcup, Lucy Walmsley, Lynn Spedding, Jan Short and then brought home to 3rd Ladies team position in 14 hours and 2 mins by Brittany Teague.

A special thanks to Bert Jess who supported the men's team all day and carried water round on his motor bike for the entire route.

Pictured left to right: Brittany, Susan, Mike, Conor, Jan and Lynn.

**SALE AT UP & RUNNING CHELTENHAM -
Starts Sat 29th May
Mix and Match 3 items of clothing for £20.**



Club Entertainment

**Sunday 13th June - Treasure Hunt through
the surrounding Cotswolds.**

Meet at the Cotswold School

Car Park 3.30 p.m.

**Teams are £4 per car. The finish will be
at a pub, where you can have a meal and
there will be the prize-giving.**

An indication of support would be very helpful to plan ahead.

Please e-mail ali.lance@ukonline.co.uk or call 01451 810482

BRATHAY 10 in 10 CHALLENGE 2010

Report by Steve Edwards

Now in its 4th year, the Brathay challenge involves running 10 marathons on 10 consecutive days around the same Windermere Marathon course, a complete circuit of Lake Windermere, England's largest lake. As a one off, this marathon could at best be described as testing, but over 262 miles, brutal! It was always going to be difficult going back to tackle a 4th consecutive 10 in 10, my fitness wasn't anywhere near the level it was this time last year having been out of action in January and most of February due to injury. I had only managed to get in 10 clear weeks of training leading up to the event, a total of 600 miles compared to 1200 miles last time. However, it wasn't just the physical side of things that were going to be tough, mentally I was struggling to motivate myself as with the lack of miles knew I had little chance of bettering my Fastest Vet record time from last year. It was no surprise therefore that after the first 3 days where I managed to run consecutive sub 3:30s, my times started to drift a little over that for the following 5 days. On days 9 and 10, I did manage to get things back on track a little as by this time some of the Bourton support team had arrived to give me a much needed boost. In the end, I crossed the finish line on day 10 to record a cumulative time of 35hrs 6min 18sec for 3rd place overall. This was in fact my second best performance at this event and gave me an average marathon time each day of 3hrs 30min 37sec. Considering my lack of training miles beforehand, I was pretty happy with that, although a sub 35hrs would have been sweeter, oh for those extra 6min 18sec!

Final times: Day 1 - 3:24 / Day 2 - 3:24 / Day 3 - 3:27 / Day 4 - 3:33 / Day 5 - 3:30 / Day 6 - 3:34 / Day 7 - 3:37 / Day 8 - 3:33 / Day 9 - 3:29 / Day 10 - 3:30 / Daily Average - 3:30:37

*the highlight of day 10 was witnessing
Teresa become a marathon runner*

At the awards ceremony, I declared myself retired from the 10in10 event, (at least until next year anyway!) and came away happy that three of my four performances were in the top 6 of the all time list and more importantly my Fastest Vet Record of 33hrs 16min from last year is still intact. I have to say though that the real highlight of day 10 this time was witnessing Teresa become a marathon runner. She started running a few years ago and could only run a few yards without getting out of breath and would never stop telling me that she would never be a runner. I've

watched her progress since that time going from 4 mile fun runs to running a sub 2hr half marathon last year. Then on Sunday, she turned 20 weeks of hard training and a well rehearsed race plan into a great debut marathon. With a sub 4:30 target in mind and proudly wearing the lucky number 500, Teresa maintained a 10min miling race strategy most of the way round to cross the line in an excellent debut marathon time of 4hrs 26min, which on this course is a fantastic effort. She was greeted by a very proud and tearful husband, members of Bourton Roadrunners and many members of the 100 Marathon Club

who had all come to witness this special day. Commenting afterwards,

Teresa said 'never again, I only ever wanted to run one marathon, so this is my first and last!'. But how many times do we hear that?

Bourton were also represented in the main marathon by Ian Shoemark who recorded 3:34:40 for 111th place, Nigel Frith who recorded 3:48:02 finishing in 207th place and Andy Peaston 4:04:30 in 359th place. All creditable performances on such a demanding course that saw 853 finishers in the end. Just to say a big thank you to all the Bourton support team, you did a fantastic job and special thanks for looking after Teresa, even though she didn't even know it - but we've now seen the photos!



Steve Edwards was voted Bourton Roadrunners' Runner of the Month for April 2010



Pete Celebrates Turning 50

With a pint, and... oh yes, knew there was something else, a marathon!

Pete Scarrot and Shirley Creed, accompanied by Lynn and Steve Hudson travelled all the way to Hannover at the end of April to celebrate



Pete's birthday and take part in the Hannover marathon. They finished in superb times of 3.23.51 for Pete and 3.55.44 for Shirl. A good time was had by all. Below is the race, but left is Pete getting down to something far more serious.



A Granddaughter for John and Helen

Pops and Poppy Raper would like to thank everyone who has sent congratulations on the birth of Ella Alice Anstee, their Granddaughter.



Ella was born on Monday evening, 17th May, weighing just under 5 lbs. Mother and baby are doing fine. Ella was expected to be in an incubator for 6 to 8 weeks, but after 3 days it looks like she could be going home in a weeks time!

Blaisdon 10K

Mike Smith and Lewis Gray competed in the Blaisdon 10K on the edge of the Forest of Dean. Mike Smith, the more experienced of the two settled in behind the pack, conserving energy for the closing stages, as Lewis forged ahead of the field. The pacing paid off, as Mike kept a controlled race to come through for 3rd in 35.09, while Lewis had to settle for 9th place and first Junior in 39.02.

County Track & Field Championships

Usually held on a warm early summer's evening, the Gloucestershire County Track and Field Championships had to contend with especially cold conditions for the time of year. However, this did not deter the intrepid juniors from Bourton, who were all well rewarded for their stoic appearances with medals galore.

Corrigan Cox ran a superb tactical race in the 1500m to finish silver Under 15 Girl in 5.14. Beth Wynn kept her head throughout the 3000m to claim gold JL in 11.54. The longer 5000m distance boys (and girl) all performed on the night, with Lewis Gray 2nd Junior Man in 17.25, Conor Shoemark 1st Under 17 Man close behind in 17.32, Ewen Smith 13th overall 18.28, Beth Pudifoot shining to take gold in 19.14 and Mike Pudifoot 16th overall in 20.26.

If you are going to any races please take some Half Marathon forms along. Please contact Tony Goodwill or download and print from our website, thanks!

Chairman's Message

I would like to start this month's message with a fond farewell to Dennis Abbotts, who will be sorely missed. Den was very much a friend to everyone he met and had that rare quality of being able to give without condition so that others could achieve what they wanted to achieve. Thank you for everything Den – you will be fondly remembered.

This month saw the first club night swap meet between Cirencester AC and BRR. The evening was well supported by BRR with Cirencester making everyone welcome right from the start of the session through to the 'meet and greet' over drinks and food arranged by Cirencester at the end. The session was an interval session based at Deer Park School in a super location using the School grass running track. The objectives of the evening were explained by the coach prior to starting the session in a light hearted but professional manner. It was interesting to see the facial expressions of the runners change during the session from initial smiles to the panting for breath followed by reflective relaxation during the warm down with many runners including Jan opting to try one or more laps bare foot! The session did bring value to all that attended based on the first class feedback received and passed on to Cirencester.

This months BRR of the month winner is.....wait for it.....Steve Edwards who gained 100% of the committee votes. Steve is a worthy winner with his achievement in terms of both his athletic and mental abilities nothing short of mind blowing - well done Steve.

Finally I would like to wish every success to Ed and Nat Rozier and Roger Woodley all three of whom are looking to cycle from Lands End to John O'Groats for charity in June – may the wind be behind you: especially on the up hill bits!

Best wishes

Rob Edwards

One club: your club which is Denver's club

A TRIBUTE TO THE LIFE OF DENNIS ABBOTTS

1 May 1939 - 4 May 2010



We'll all miss Dennis in different ways, and have our own special memories. He was such good, easy running company, chatting away with stories and his dry sense of humour. Dennis took up running later in life than many, but he got stuck in as he did with all things. The first race Dennis ever won was as a Vet. 60. I don't know how he fitted everything in. I certainly don't know how he found time or the patience to write those epic odes that somehow included everyone, and which at one time no Christmas dinner was complete without. Dennis not being around is a huge loss to so many people, not just us in the running club. I'm very glad to have known him. (Editor)

Here are some excerpts from Jonathon's moving speech at Dennis's funeral.

Dennis was member of Bourton Roadrunners for 25 years, and although not quite the oldest paid-up member, we knew him as "Dad"; he was the 'Father of the Club' and like a good father, he was thoughtful, cared deeply for and noticed those around him. He took a keen interest in the well-being and achievements of us all, regardless of ability, willing to help and offer advice in our training and following our results with enthusiasm.

In asking fellow club members for their memories of Dennis, two comments came forward repeatedly – the first that he was a stalwart – always there on club nights, year in, year out, summer and winter, come rain or shine – welcoming new members, always taking the

trouble to talk to people. The second was that many saw him as their role model, for his life beyond the running club, with his activities; bowls, motorcycles and the long association with the Shipston Band, was a very full one. We lost count of the times we were late leaving the changing rooms after club nights, regaled by stories of his trips to Denver, his avid pursuit of the fortunes of Aston Villa with Steve Humphries, the recounting of Steve Wheeler's adventures-of-old, the Club's overseas trips and the triumph of many races recalled.

Dennis was twice awarded the Chairman's Cup for the member who was judged to have given the most to the Club. It is poignant now to reflect that the second occasion (pictured right) should have been as recently as the last Christmas dinner, but it is a fitting tribute to all he had done for the Club.

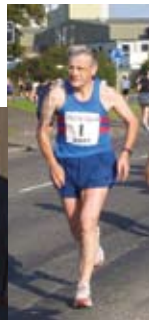
Dennis had a wry sense of humour. Whilst excited and gracious in his acceptance at the first award some years earlier, he brought himself down to earth by quoting Bern Cartidge's saying "See, anyone can win a trophy if they hang around long enough" – this tickled Dennis's sense of humour.

*John Gibson fondly remembers hanging back for Dennis going up steep hills as he dug-in, only to have to chase after him on the way down. In response to John's complaint of "Thanks for waiting for me Dennis," he would say "I didn't ask you to wait for me, you daft b****". Always honest, practical and open, Dennis was renowned for calling a spade a shovel, yet Dennis Walmsley remembers his boyish excitement in the face of triumph – at the Malta Challenge 3-day event, when the Club won a team prize; he was so overjoyed he bought two rounds of drinks in succession!*

The legendary annual Club Trips, arranged jointly by Dennis and Richard Bufton, have been a huge success for the Club, taking many of us to places we might otherwise never have visited. These trips took a huge amount of planning and organising and Richard reflects on Dennis's one-hundred per cent reliability in sorting out the many problems which always arose. He was unflappable.

Dennis was a husband, a father who was so proud of his daughters, a grandfather and friend to many. He was taken from us far too early and he will be sadly missed. His loss will leave a huge hole in the Club, but we will smile when we think fondly of him and be thankful to have had the privilege of knowing him and his friendship.

Jonathon Willson



Dennis at the centre of a happy group in Vilnius

A wheely big challenge...

An appeal from Ed and Natalie Rozier, and Roger Woodley

Hi Everyone,

Just a quick update on our epic bicycle journey starting on Monday 28th of June 2010 in John O'Groats and winding our way down the country over 10 days finishing in Lands End on Wednesday 7th of July. We will be completing a staggering 900 muscle pounding miles along the way.

We have chosen to raise money for two charities close to our hearts, Cancer Research & the British Heart Foundation. There are sponsorship links below which allow you to donate directly via the JustGiving website (Please note these are separate charity sites therefore you need to pick which to support, and please remember to fill in the gift aid if you're a tax payer, which costs you nothing but adds a further 28 pence to every pound you give). If you prefer to give cash, contact Eddie or Natalie and we will add your donation on to a sponsor form to be split 50/50 between the two charities. We are aiming to raise a minimum of £1000 per charity and every little helps no matter how big or small, it will all help us to hopefully beat our target.

Updates on our day to day progress throughout the trip will be posted on the BRR website
A huge thank you in advance to all our sponsors

Eddie, Nat and Roger



www.justgiving.com/Edward-Rozier-CR-UK
(Cancer Research)
www.justgiving.com/Edward-Rozier-B-H-F
(Heart Foundation)

funday sunday 6th june

5 fitness classes at Bourton Leisure Centre with Natalie Rozier - proceeds go to her bike ride charities above

10am - 10.45 cardio pump

11 - 11.45 step

12- 12.45 circuits

1- 1.45 spinning

2-2.45 ab and stretch

£5 per class or all day for £15

only one space left for spinning

first come first serve so book in now!

you can book by coming into the gym or call

01451 824024 and ask for Natalie

TEMPORARY CLUB NIGHT VENUE

Bourton Rovers' changing facilities are now unavailable until the start of the Football season in the Autumn, due to building work throughout the summer. The club will therefore meet at The Cotswold School on Station Road, Bourton-on-the-Water, where men and ladies changing and shower facilities are available halfway along the car park side of the school. A 'doorman' will be in attendance for the first couple of sessions to ensure no-one accidentally joins in with the rehearsals of A Midsummer's Night's Dream!! Door opens 6.45 p.m. on Tuesday and 7 p.m. on Thursday.