

The Finish Line



Bourton Roadrunners

April 2011

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LONDON MARATHON 2011

This year's race saw some fast times and exciting finishes, as Emmanuel Mutai smashed the course record, finishing in 2:04:40, half a minute quicker than Sammy Wanjiru's 2009 record, making him the fourth fastest marathon man in history. In the ladies' race Kenyan Mary Keitany produced a devastating performance to win in a time only world record holder Paula Radcliffe has ever beaten on the London course. She strode home alone in 2:19:19 to become equal fourth fastest woman in history alongside Irina Mikitenko. In the wheelchair races, David Weir celebrated his record fifth London win in a fantastic sprint finish. He finished in 1:30:05, just two seconds ahead of the world record holder Heinz Frei, while American Amanda McGrory broke the course record to take her second women's Virgin London Wheelchair Marathon title in a sprint finish ahead of Shelly Woods, who broke her own national record. Now for the serious race - Tim Heming led our Bourton runners home and narrowly missed breaking the 3hr

So close Tim...so close!

barrier in 3:00:13, closely followed by Ewen Smith and Steve Edwards who finished together in 3:03:32. Chris Bence came home in 3:23:19, Mike Hobbs completed the course despite (he says) only 4 weeks' training in 3.53.42, while Hamlet - a.k.a John Gibson - and his friend Horatio (who I really think should have club colours by now) finished in 4:16:30.

Jo Lewis



IT'S MEMBERSHIP TIME!

Our annual membership fees were due on April 1st. Many of you will I am sure have paid Lynn already, but if you've not, please visit the BRR website (www.bourtonroadrunners.com), where you can download a form to fill in. Just go to the Membership page, and click on the little bridge icon at the bottom. If you prefer a more old fashioned approach ask Lynn for a form.

Annual fees are unchanged from last year: Individual £18; Joint/Family £25; Concession (OAP/Student in full-time education) £9

All fees need to be in quickly as Lynn has to supply a list of fully paid up members to Midlands Athletics by May, so get those cheques written out.....

April

Tue 19th Normal runs - no Changing at School

Thu 21st BLUEBELL RUN ~~Chedworth~~
Stow Fire Station 7.30

Sun 24th Easter 10K 7AC

Tue 26th Industrial Estate Speedwork Session 7.30
- normal facilities

Thu 28th Normal runs - normal facilities

May

Tue 3rd Visit to Cirencester - Grass Track Session

Wed 4th Stroud Beer Race

Thu 5th Intermediate 7.30 - Normal Facilities
7AC 5K

Tue 10th Industrial Estate Speedwork Session 7.30
Normal facilities

Thu 12th Normal runs - normal facilities

Tue 17th Normal runs - normal facilities

Thu 19th Normal runs - normal facilities

Tue 24th Industrial Estate Speedwork Session 7.30
Normal facilities

Thu 26th Normal runs - normal facilities

Tue 31st Normal runs - normal facilities

Next Committee Meeting May 9th

Chair's Message

At last the hour has gone back, and we can do some of the lovely cross-country routes, and see who we've been running with all winter!

This month has seen the end of the cross-country season, with good individual results for juniors and seniors, but slightly disappointing turn-outs; perhaps we can focus on it a bit more next winter, and see if we can start at the Farm Park in september with more full teams.

“marathon training is well underfoot”

Marathon preparations have been well underfoot, with a lot of tired and happy runners at the Glos 20. Llanelli was April 10th, with Tony Goodwill, Rob Humphris, Steve Edwards and myself running. (see top right, post race - sorry Gill, but you did send me the picture! - Jo) Next Steve, Ewen, Tim Heming, John Gibson, Mike Hobbs and Chris Bence headed off to London, then Nigel and Susan, and yes, Steve again, are doing Stratford, while Dennis has opted for the Hilly Tenby marathon. Susan is only in it for the money now, having twice won cash prizes at the Ilmington series (see her report!).

Lucy led our club home on Sunday, winning the Moreton Fire College 10k in 38.12, with 14 other club members racing, plus Norm's results team and lots of supporters. And it's good to have Ben Coles and Andy McCoombes back running for us at Chedworth, although a shame the events clashed.

I didn't make it to Beaky's 50th birthday BBQ, but it was very kind of Jason to invite us all. Dennis Abbotts memorial brass band concert was very enjoyable and well attended, he would have loved it, and especially his daughter's cornet solos.

It would be great to see lots of people at the Club trip to Jersey at the beginning of October, and at the Chedworth bluebell run which Andy Chapple is kindly organising on 21st April. No 6/10 or County races this month; Berkeley 10k and Westonbirt 10k in May - enter soon, David Edelsten says Westonbirt is filling up fast! Industrial Estate speedwork on 12th and 26th April, other sessions in between. Everybody is welcome at all the sessions; they're free (once you've paid your very modest membership, which is due again now), very hard work, and surprisingly enjoyable!

Good luck to everyone in all your races, and even if you're just running for pleasure??

Yours

Gill Carrick



Age Related Competition 2011

A message from Jan

Just a brief reminder to everyone that if you do a race which is not included in the 6 from 10 (or the Glos County race series) and you want the results to count for the Age Related Competition you need to please let me know as soon as possible. If you don't do this I won't know you've run the race and your results may not be counted. You can see me most Tuesdays/Thursdays, phone me 08448009029 or email on jan@farfrontiers.co.uk

Club Records

Please could you let Liz Hulcup know your PBs as she is now holder of the Club Records. Thank you.

Please ask Gill Carrick for some Humph's Hilly Half Marathon Forms you're going to other clubs or races, and take them with you.

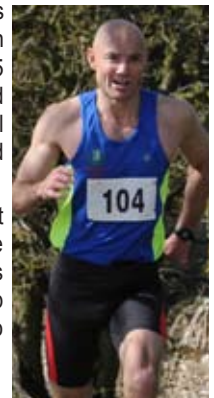
Cotswold Marathon

This was the 2nd year of the Cotswold Marathon and this time the organisers decided for safety reasons to run the tough 3 lap course in the opposite direction. This actually made the course a lot tougher because of the start line being moved to the opposite side of the lap. After the 1st lap, I must admit I didn't feel the best as seemed to be having to work hard every mile just to maintain my normal pace, however seeing some friendly Bourton RR support around the course certainly did help.

By the end of the 2nd lap, I had somehow managed to move from 11th to 8th place and after some wise words of encouragement from Den just after the 20 mile point, I was lucky enough to chase down another 4 runners to finish in a surprising 4th place with a time of 3:14:21. Interestingly, only 5 runners actually broke 3:15 and with just 16 breaking 3:30 it was clear just how tough this course proved to be. Another surprise bonus was being credited with 1st Vet, so all in all another very good day in glorious sunshine and another marathon notched off the target.

Just to say thank you to all those from the club that came out to support, it really did help and especially to Den who made sure I pushed myself to the limit over those last few miles (my legs were very sore the day after, cheers Den!). For those that may have wondered why I was wearing 100 club colours during the race, it was out of respect for a fellow 100 club friend who passed away unexpectedly earlier in the week.

Regards Steve Edwards



County Road Race Relays

At the recent county road race relay champs Bourton performed particularly well picking up plenty of medals. Pick of the day were our junior girls, Beth Wynn and Beth Pudifoot, who had to run 1 and half legs each being a team member short. They still managed to win the under 20 Gold and their time was also the quickest ladies' on the day. Beth Pudifoot picked up 1st junior girl in 20 min 6 seconds. Our junior boys consisting of Conor Shoemark, James Outhwaite, Finn Shoemark and Lewis Gray ran a controlled race to win under 20 Gold.

Our Vet Ladies Steph Holton, Ali Lane and Sarah Harper won Silver, with Ali 1st Vet 50 and Sarah 2nd Vet 40. Last but by no means least our men's Vet team of Ed Rozier, Mike Pudifoot, Ewen Smith and Gary Holton stormed home to win the vet 40 gold. Ewen was 1st vet 40. *Ewen Smith*

April Race Reports *by Ewen Smith*

Winter Threshold: At the final race of the series Susan Hunt ran a fine PB and finished 1st vet 45. Previous supporter now turned athlete Emma McCoombes was delighted with a vast improvement over her last race.

Chedworth: Two runners took part in the Chedworth 10 mile with Ben Coles running a creditable 15th place in a time of 1hr 7min 23sec and coming back from injury a happy Andy McCoombe finishing in 1hr 25 min 05sec.

Taunton: All the way down in Taunton Marathon Man Steve Edwards was at it again and did not fail to impress. Starting at a steady pace to reach half way in 1hr 36 min he proceeded to run a negative split for 23rd place in 3hr 09min 25sec. This was Steve's 522nd marathon and his 125th sub 3hr 10min. Also in Taunton Rodger Woodley and Ed Rozier took part in the half marathon finishing in 1hr 53min 37sec and 1hr 53min 55sec respectively.

Moreton Fire College: Meanwhile, the bulk of the club turned out for what proved to be a very successful Moreton Fire College 10km and 5km.

The Shoemark family made a cleansweep with Eva winning junior girl in the 5km in 3rd overall. Brother Finn was first junior boy and winner of 5km race with an impressive run.

In the 10km race Connor Shoemark was first Bourton runner home with a really solid race in 6th position and first junior in 35 min 47 sec. Next was Ewen Smith in 8th place in a pleasing PB of 36 min 14 sec and 2nd vet 40. Other Bourton men to finish were Darren Long 13th in 37 min 58 sec, Tony Goodwill 25th in 40 min 01 sec, Rob Humphries 42 min 43 sec in 34th, Daryl Kiey-Thomas very pleased with 47 min 29 sec and Gary Holton with a very impressive 56 min 56 sec - well under the hour.

The Ladies faired even better with speedy Lucy Walmsley race winner in 38 min 12 seconds. Ever improving and one to watch Beth Wynn with another PB of 42 min 46 sec and 1st junior. A great race for Shirley Creed in 47min59sec and 1st vet 45. Esther Phipps did really well to break 50 min in 49min37sec. Gill Carrick, in her final Marathon preparations, managed a fine 52 min 50 sec and well done to Rosie Sessarego for her 1hr 10min 54sec.

Highworth: At the Highworth 5 mile a few getting back to fitness and recovering athletes performed above expectation. Dennis Walmsley ran a fast 27 min 52 sec to finish 4th overall and 2nd vet 40. Getting back to fitness Mike Smith finished 9th in 29 min 4 sec followed by Ewen Smith, who, in a sprint, narrowly missed beating Mike and finished in 29 min 05 sec and 10th position. After a long time out with injury it was great to see Steph Lane back on the road with a solid run in 36 min. After a sluggish start Ali Lane had a particularly strong 2nd half of the race to haul back clubmate Liz Hulcup in another sprint finish for a time of 38 min 29 sec. Liz Hulcup ran a great race in 38 min 30 sec and claimed the 1st super vet trophy.

News in Brief

Ewen races two days in a row

The morning after taking Vet 40 silver in the Gloucester Cross Country Champs, Ewen Smith was out again taking part in the Carterton 10km where he finished in 37min 19sec for 8th place, and 2nd Vet 40.

Blenheim Palace 5 mile charity run

Gary Holton and Jo Lewis took part in the OX5 run for Oxford Radcliffe Children's Hospitals, with Gary finishing in 48.06 and your editor in 54.11. I have to say I am quite concerned about my memory as in spite of having run the Cancer Research 10K on virtually the same course last Autumn, the hills took me by surprise again! *Jo Lewis*



Malta Marathon

Steve Edwards ran a brilliant 3 hr 4 min 22 seconds to finish his 520th marathon in 27th place at the Malta Marathon. *Ewen Smith*

Reading Half

Darren Long ran his 3rd race in 3 weeks and was happy with his time of 1hr 28 min 44, finishing 557th in a field of 10 000 - not bad as he had run the Gloucester 20 mile the week previous. *Ewen Smith*

National Schools XC Finals

Beth Wynn ran the race of her life with her best ever nationals position in 110th and 3rd county runner. Lewis Gray was disappointed with his 7th county position as he is capable of far better as a runner of his class. *Ewen Smith*

North Cotswold Schools XC

Bourton Juniors took part in the Schools North Cotswold District Cross Country Trials with Eva Shoemark (2nd) & Felicity Darwent (5th) making it through to the Gloucestershire Finals, Isobel Hartley ran well for 60th. In the finals a week later, Eva ran very well for 19th. *Chris Hartley*

Shakespeare 10K

At the fast and flat course in great racing conditions at the Shakespeare 10km, Jan Short and Susan Hunt made the most of the opportunity to both run a superb race and clocking lifetime bests.

Jan took home the 1st vet 45 trophy (not bad for over 50) and Susan the 2nd vet 45. Well done ladies, a great day's racing. *Ewen Smith*

Duchy Marathon

Steve Edwards completed yet another sub 3hr 15 marathon in 3hr 10 min 48sec to finish 16th at the Duchy Marathon in Cornwall to take his total marathon count to an amazing 521. *Ewen Smith*

Hardmoor 55 Ultra

On March 19th Iain Harper took part in this multi terrain Ultra race, completing the gruelling 55 miles in an excellent time of 12hrs:39:00. To put this into some perspective he beat the last runner by nearly 4 hours! This has now qualified him for the West Highland Way Race in Scotland in June (95 miles). Iain is also attempting to complete 3 Ultras in 3 months for charity, and I hear he is looking for companions for the third one in August to run the length of the Ridgeway, so watch out! *Jo Lewis*

Gloucester 4km Cross Country Champs

Bourton Juniors excelled once again. Lottie Hartley won a gold and Isobel Hartley a silver medal.

For the boys Dylan Williams took a Gold medal, Daniel Bufton a silver and in his first race Jack Lainton a bronze medal.

In the seniors race Beth Wynn stormed in to claim not only the under 17 title, but also the ladies senior title. Ali Lane also had a strong run to finish with the vet 50 silver medal.

The men also took medals with Ewen Smith vet 40 silver. Norm Lane had vet 65 Bronze.

Our mens vets team of Richard Bufton, Chris Hartley, Norm Lane and Ewen Smith also claimed a team medal.

Ewen Smith

Threshold Winter 10k Series

On Sunday 26th March, I completed the 4th and final race in the Threshold Winter 10K series, in Ilmington, Warwickshire. The rural route is described by the organisers as "one of the most challenging but beautiful 10Ks in the country" and features a 500ft hill climb. The races were held roughly a month apart.

I entered the series to see if I could improve my times for the same course over a 3 month period. Importantly, since it was held less than 4 miles from home, so I could be done and dusted in time for lunch!

It was not a PB course. The average race winning times were around 38min (male) and 44min (female). It was by no means a monotonous route. Having slogged up the killer hill, there was a glorious respite when the course flattened out for nearly long enough to admire the view, before the exhilaration of tottering down a very steep descent in an uncontrolled "I'm-going-to-fall-on-my-face-any-minute" manner.

The number of runners in each race ranged from 56 to 108. The organisation, by Threshold Events (formerly called Wedgnock), was relaxed, friendly and efficient (we even had chip timing for the final race).

Local Bourton Roadrunners Andy and Emma McCoombes provided cheers of encouragement on the 1st race, then both ran in the 3rd and Emma liked it so much that she came back for the 4th.

I achieved my personal goal of consistently improving my time and position over the 4 races, and even won the FV45 prize twice (despite not being the only FV45!). An added unforeseen benefit was that the Stratford Raceway (flat-as-a-pancake) 10k, which I ran after Race 3, was such a doddle in comparison that I took well over a minute off my PB. So, despite the Winter Series not being a PB course, I got my PB after all!

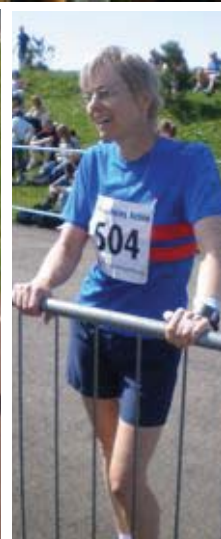
Susan Hunt

Llanelli Marathon

At the Llanelli Marathon Tony Goodwill ran a controlled race to achieve his goal of sub 3hr 15min to qualify for next year's London Marathon in 3hr 14 min 12 sec. He was 35th, and finished with clubmate Steve Edwards who clocked 3hr 14 min 13 sec. Rob Humphris ran the race of his life and although narrowly missed 3hr 30 min still managed a massive 8 min PB in 3hr 31 min. Gill Carrick started off to break the 4hr mark, but the heat took its toll with Gill still managing a respectable 4hr 28min.

by Ewen Smith

Before, during and after the race, on what was evidently a very hot day, pictures from Gill Carrick



Remember to apply for your 2012 Olympic tickets by the deadline on 26th April.

<http://www.tickets.london2012.com/>

Club Trip to Jersey
Sept 29th to Oct 3rd
 Ask Richard Bufton or Mike Smith for details