

# The Finish Line



Bourton Roadrunners

October 2011

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**SPECIAL  
BUMPER  
JERSEY  
EDITION**

## Go Shona Go!

Shona Crombie-Hicks storms home in Jersey to take the First Lady and Marathon Masters LV35 trophies, while Mike Smith claims 2nd place overall again, plus first Marathon Masters V40, and our mixed relay team triumph! See *pages 3 & 4*.



## Cheers Tony!

Tony Goodwill celebrates victory as first Vet 55 in Jersey.

## ...but, Ewen, oh no!



**More medals for Liz Hulcup**  
See page 7

**DON'T FORGET**  
the **AGM** on  
October 17th

**Mo Farah Beats**  
Bourton Roadrunner

See page 2

**Trial period at the**  
Football Club  
throughout November

## Chair's Message

Congratulations to Mike and Richard for organising such a successful and enjoyable trip to Jersey, and to everybody who ran in the marathon and relay, particularly Shona and Mike.

This is my last message as Chair, as we have the AGM next Monday 17th 7.30 at Victoria Hall in Bourton.

### We will be based at the Football Club during November

We are not now going to vote on the venue, but will be based at the Football Club during the whole of November, and back at the School in December, to give people a period of time at each to see how it's working out. Richard and Chris are intending to keep the Juniors at the school as it seems safest, and there are plenty routes they can do there. Hopefully we can discuss the options at the AGM, and it gives people a chance to air their views and come up with ideas.

I would like to thank the Committee, who have worked well together over the year, and have all put a lot of work in, and made valuable contributions to the running of the Club this year. Also, many thanks to Dennis, who has continued to do an excellent job with the speedwork sessions and put us through many, varied forms of running torture, including too fast! And thank-you to Jo, who has helped to keep everyone informed about everything to do with the Club with her impressive graphics skills!

And, last but not least, as they say, many thanks to all the Club members, new and old, who turn out in all weathers to do what we do best together; enjoy our running.

Gill



**Winter's here -  
Get those reflective  
jackets out!**

## Shona First Lady at Woodstock

Finishing in 16th place overall and in a time of 77 min 47 seconds, Shona came home with the first lady title (and a 'lovely' running figurine trophy) from Blenheim Park on September 17th. It was also a PB for Shona, as her first 12 mile race.

## and 2nd at Witney

The week before, in the Witney 10 mile Shona finished as 2nd lady and first vet on a tough and windy course in 1hr4min40. Club mate Ewen Smith was pleased with a solid performance of 1hr3min36. Taken from Ewen's report September 13th

## Dennis 1st V40 in Borth Beach 10K

On October 6th, with temperatures in the high teens, sixty one runners from all parts of the country took part over a revised route close to the Dovey estuary (which included some soft sand!) The race was won by Jonathan Pugh in 36:10. In fifth place overall but taking the MVet 40 prize was Dennis Walmsley of Bourton Road Runners in 38:20.

Taken from Aberystwyth Athletic Club website.



## Mo Farah ecstatic to beat Bourton Member!

As you can see by the two pictures on the right, Mo Farah looks so much happier to have beaten Tim Heming (far right) than he did when he won at the World Championships. (Although just maybe exhaustion had something to do with it!)

Thanks to Tim for sending this in.



## Feedback on the joint Hills Session with Cirencester on Sept 6th

Hi to all concerned,

Just a belated thank you for the training session I came along to with some of my Cirencester club friends last week.

I found it tough and moaned to myself all the time, but once home and in the bath realised I had managed to complete a very hard workout, for me anyway.

I would like to thank all involved, and wouldn't mind joining you again sometime in the future.

Thanks are also sent from my other colleagues.

Carol Clarke

# Jolly good fun in Jersey

Editor's report



**Thursday September 29th.** 9am in Bourton High Street, and a motley collection of runners and supporters waited to board the Pulham's Coach to Weymouth. There was a moment of consternation when Dennis pulled up in his mini-bus instead, but then the real coach arrived and we were off. Jersey here we come! On to the ferry in plenty of time, we set about the serious business of trying to eat the on-board café out of food.

4 hours of reasonably calm and pleasant sailing later we reclaimed our baggage, and like clockwork another coach arrived to take us to our hotel.

The Mornington Hotel was a bit retro, with avocado bathroom suites, interestingly narrow stairs and corridors, and (for those at the front anyway) appears to be built on the Island's main racetrack, but generally it's fine. It's a bargain, the breakfast seems never ending and there's a bar! What more can you ask.

**Friday September 30th.** Mike's excellent organisation continued with a bus trip around the Island with Terry, our scouser guide with a touch of

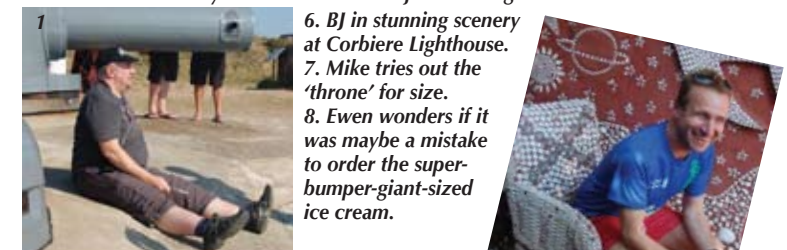
verbal diarrhea and a nice line in malpropisms. This is great. We're on and off the bus enough to stretch legs, but saving all the energy we can for Sunday. Lovely bays, views, red squirrels, Jersey cows, the shell garden, lunch, more bays, more views, more food opportunities including giant ice creams all punctuated by cries from Pauline of "Mike do we have to run up this hill?!", then back to the hotel in time for a leisurely stroll into town for supper.

**Saturday October 1st.** While one group went off to see the War Tunnels, some of us collected numbers and generally lazed around town until they returned. Steve and Teresa arrived, and thankfully Teresa had agreed to run in the 'Loose Women' relay team to replace Gill Carrick who sadly had to miss the trip. I am thoroughly relieved as for a moment there was a chance I may have had to move up to team who actually stood a chance. And then of course they wouldn't have.

Tony, Neil and BJ hired bikes and went out to check out the course, which they reported as not as hilly as the pre-race info (or the bus trip) led us to believe.

*Left - almost the entire group turned out for the prize giving ceremony, and Shona is not going to let Mike get his hands on that cheque!. Mike's comment? "there are a lot more trophies on that table we could get next year..."*

*Below: 1. Michael Burton finds his perfect job as an anti enemy radar support. 2. Our superfast ferry. 3. Sarah finds the monument to an identical ferry that sank... and 4. "Reggie Perrin" Burton decides that it might be safer to swim home. 5. Conor has obviously been off a horse for just too long.*



*6. BJ in stunning scenery at Corbiere Lighthouse. 7. Mike tries out the 'throne' for size. 8. Ewen wonders if it was maybe a mistake to order the super-bumper-giant-sized ice cream.*



**Sunday October 2nd.** Race day - here we go.

Marathoners and leg one two and three relay runners were up for an early breakfast. Relay runners despatched on a bus to their legs, and the rest of us sauntered down to watch the marathon start at 9, and the relay at 9.30. Already the sun was beating down. It was going to be a long hot day. Susan, BJ, Lynn, Ian and Jason and I caught the bus to Les Quennevais Sports Fields, which turned out to be a great spot, as the leg 3/4 and 4/5 handovers were within a few hundred yards of each other. This meant us leg 5 runners could watch runner 3 come in, and 4 go out. We were also able to see the marathon runners at about 15 and a half miles then some of them again at just past 20.

At the 3/4 handover point Steve Hudson arrived on his bike, forewarning us of Mike's arrival. He was looking strong and about 200m behind eventual winner Jethro Lennox, but what we didn't know then was that Jethro had stopped for pee break earlier allowing Mike to gain ground on him, and was now busy pulling away again. Shona breezed through going great guns, minutes ahead of her nearest female rival and in about 7th place overall.

Then relay excitement started, with the first few men's teams coming in at breakneck speed. One of the early relay runners came sprinting in to find his team-mate missing, and after several unsuccessful calls over the loudspeaker he had to run on and do a second leg himself. The missing guy must have been popular later!. Michael was despatched off down the course ready to support Jason, and soon Conor was flying in - handing over to BJ, who had wisely avoided getting trapped inside the 'pens' set up to try to organise things. She tore away, leaving Conor to lie on the grass and recover. The heat was taking its toll and many runners - both marathon and relay - were looking exhausted.

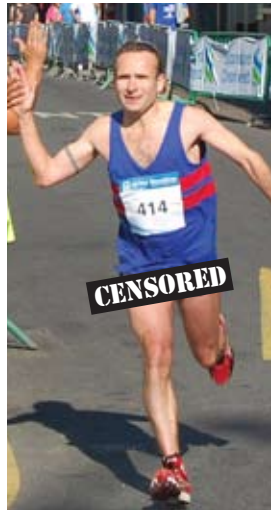
Jan was next in for us, handing to Lynn, then Robin to Jason.

Moving over to handover 4/5 I was in time to see Lynn and then Pauline pass, before Jason loped in and I was off down the cycle track - my goal to catch either Lynn or Pauline - very glad not only of the downhill, but of the shade. This wasn't to last.

The last 3 and a half miles along the bay were hot beyond belief (except to Steve Edwards who said in comparison to Boddington it was cool). St Helier never seemed to get any closer. It did of course, but as the route turned to go behind the Radisson Hotel the sun was face on and seemed to intensify. Having missed the 25 mile marker altogether, it was a huge relief to see 'half a mile to go' and get support from other club members. The finish of a race has never been a more welcome sight - even though I had only run 5 and three quarter miles. 'One foot in the grave' was exactly how I felt - so good team name Mike! (and no I didn't catch Lynn)

One Foot in the Grave may have just been glad to finish, but we thought My Little Pony may have managed the second mixed team prize. The Loose Women were all in and happy, but outside the prizes.

In the marathon, Mike finished 2nd, (first V40), Shona, nearly 13 minutes clear in the ladies' race, was 8th overall. Ewen was next in. Sprinting gamely from the last corner when he saw the clock, he JUST failed to go under 3 hrs, by only 4 seconds. Steve Edwards and Tony Goodwill finished close together, Tony as 1st V55 in 3.08.58, and Steve once again well under 3.15 in 3.08.01. Pete Scarrott (running for Cancer Research) did a game 3.27.59, and Nigel Frith managed an astounding 10 minute P.B finishing in 3.38.59. (Note all these 59 seconds Ewen, now that's how to



Mike shows everyone what he's made of on the final run in.



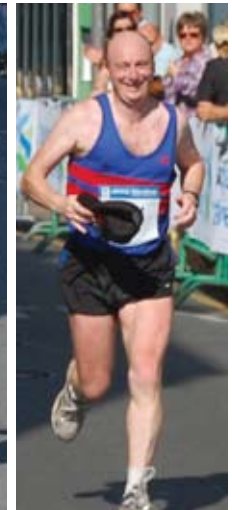
Ian brings My Little Pony home for first mixed team prize.



Tony 'Al Pacino' Goodwill looking cool despite the heat.



Susan Hunt on the last leg for Loose Women.



Nigel Frith looks slightly happy with his PB

do it!). Lynn Spedding, after having only got as high as 15 miles in training, showed great strength to finish in 4.49.46. Sadly our only casualty was Pauline, who decided after about 23 miles that enough was enough. She rallied later though, and was back on form for the evening.

Almost everyone went to the prizegiving, and the cheers were deafening when Shona and Mike each collected two prizes, Tony his tankard (which he immediately put to good use), and then surprise - My Little Pony were first mixed team! When you hear the volume Bourton Roadrunners can muster, it reminds you why it's a good club to be part of...

The evening culminated in a celebratory meal at the Town House, wine donated by Shona. There was short speech from Mike, and then from Lynn Hudson - who passed the message on to Mike that the finish marshalls had asked if he could spend some of his prize money on new, more containing shorts please..., and a collection for Pete which raised £80 for Cancer Research to add to the £400 he already had pledged.

Overall, I think a jolly good time was had by all, so thanks to Mike and Richard for all the effort you put in to organise the trip!



4th relay team to finish (first mixed) My Little Pony - 2:55:12 In the order they ran; Catherine Wheeler, Sarah Harper, Connor Shoemark, BJTeague, Ian Shoemark)



57th - Loose Women - 3:04:08 (In the order they ran; Teresa Edwards, Steph Holton, Jan Short, Lynn Hudson, Susan Hunt)



223rd One Foot in the Grave - 4:22:18 (In the order they ran; Carolyn Coleman, Gary Holton, Robin MacDonald (not pictured), Jason Wheeler, Jo Lewis) More photos page 7

## Challenge Henley, Iron Man

### Part 1: Hi-de-Tri campers!

With mere hours to go to Challenge Henley, it's been a hectic few days tri-ing to sharpen up for iron-distance racing – and not everything has gone to plan.

The plan was road trip to Padstow in Cornwall for a sea swim and scenic coastal course as a brisk warm-up to my Henley Ironman Challenge.

On Friday morning four of us plus the bikes piled into our bargain Wicked Camper hired specially for the occasion. Having enjoyed a pancake-flat sea swim on Saturday in almost tropical temperatures (for Cornwall), the omens were looking good. I should have known events would take a turn for the worse though when, on dismantling the bike for a good clean and to put on some unspeakably expensive new aero wheels, I realised I didn't have any 99p valve extenders, so couldn't inflate the tyres.

We then awoke on Sunday morning to crashing six-foot breakers and the unavoidable reality that the swim would have to be quashed in favour of a 5km run, turning the standard tri into a duathlon.

Disappointed but not discouraged, I pounded out a fairly decent trot to enter the 40km bike leg in second place. Given I swim about as well as brick tied to an anchor, to see other bikes still racked when I arrived in transition was a novel experience and negating the fact I had my reverted back to my old training wheels, I tore up the course.

Just 10km in I was so far clear of the field it felt as if I was in a race of my own. It turns out I was.

The crossroads at St Merryn, devoid of all marshals and race arrows, informed me that something had gone awry. As did the Cornish pensioner whose puzzled looks were all the indication I needed that this should be a lycra-free zone.

The signpost said six miles to St Issey and I nearly had a St Issey fit.

Retracing my route I was met by apologetic race organiser, Ben, who informed me he had given his puzzled marshal a stern ticking off for directing the leading five bikes the wrong way.

It's another harsh lesson to know and learn your racing line. That said, the races couldn't happen without the unerring support of the UNPAID volunteers, who give up their time for nothing and generally always do an exceptional job.

As the saying goes, worse things happen at sea ... although in this case, that bit was cancelled.

Back in the office, I found we no longer had a swimmer for our Henley relay team (we think she'd maybe been swallowed whole by David Walliams whilst training in the Thames). The next thing to disappear was my accommodation in Henley, so I was left searching for room space in one of Britain's most popular tourist retreats – on a weekend when over 1,000 far-more-organised-than-me triathletes were coming to town. Eventually I managed to beg a room of a slightly irked middle-age-ish sounding lady who was a little put out that all the roads are shut because 'some big bike race' is on. (Made a mental note to arrive in civvies with the bike already racked.)

Nearly all set, I just needed something to hunker down on to try and shave a precious few minutes from my bike leg. Paul Shanley from the online triathlon bible, tri247.com, then turned up trumps with a pair of tri-bars he was going to plonk on Ebay.

Roll on the weekend, it cannot come soon enough.

Part 2 is on page 6

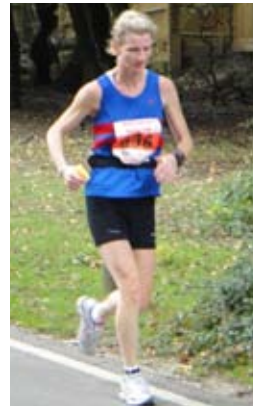
By TIM HEMING

## New Forest Marathon

by Caroline Middleton

The course was hilly - we checked it out in the car the day before so I went out slow. Steve Edwards was there at the start and also warned me against going off too fast. At 20 miles I felt fantastic and overtook 25 men on a long uphill drag! I then managed to get through to 24 miles with all the gels and water without hitting the wall. I did find the final mile a drag as it seemed to last forever. My time was 4 hrs 33 secs which earned me the 2nd Vet 45 lady prize! I didn't even know - Steve Edwards emailed me to tell me. I am totally amazed. It was a truly fantastic experience and I can honestly say I enjoyed every single minute of it. But the preparation was absolutely key and I'd like to thank my partner Andrew and John Gibson for their support. Thanks so much.

Steve Edwards narrowly missed the sub 3hr15 mark with a time of 3hr15min10, but is well on his way to 500 sub 3hr30 marathons - 462 as of this race. (from Ewen's report)



Thank you



from Pete Scarrott, for the generous donations by Bourton Roadrunners at the post-race meal in Jersey, giving £80 to add to the sponsorship he has already raised by running the marathon for Cancer Research

Welcome new members  
Chris Dry & Michelle Malcom

Advance warning of dates when the school facilities are unavailable for the coming school year:

2011:

22nd September,  
18th and 20th October,  
10th November,

2012:

21st February,  
5th June  
5th July

There are four further dates that we are waiting for confirmation on:

13th December,  
13th, 20th and 27th March.

Plus the following are dates when we can use the school changing, but there will be events on. Presumably this means parking may be an issue:

11th October,  
19th January,  
9th February,  
23rd February,  
28th February,  
15th March  
22nd March ,  
21st June,  
28th June,  
12th July.

## Challenge Henley, Iron Man - part 2

By TIM HEMING

The pain is over, a horse has been eaten and the aching muscles have been mummified in compression wear ... and it's time to start thinking how I could have shaved off minutes if not hours from my debut iron distance triathlon.

However, the truth is, sat on a Hobbs of Henley Thames river boat, underdressed and journeying through mist at 5am on Sunday morning, I would have taken any time offered to have fast-forwarded to the final corner with the finish line in sight.

Having completed the inaugural Challenge Henley - the 2.4mile swim on the Royal regatta course, a 112mile bike ride through the Chilterns and 26.2mile trail run marathon - in 11 hours and one minute, the immediate thought was, to badly paraphrase Sir Steve Redgrave 'If you see me anywhere near a two-piece tri-suit again, just shoot me.' (And it wouldn't have been the first time that suggestion had been made.)

I'd never swum within a mile of that distance, I'd never biked more than two-thirds as far and I'd not been close to exercising for that length of time without a break.

Here's how the day unfolded:

**5am:** Chilly and pitch black, rammed down three slices of bread and squeezey jam as the cruiser chugged out of port.

**5.40am:** We arrive at the start, check our bikes are still there and the tyres still have air in them. Thankfully, having destroyed two inner tubes on Friday night in preparation, we are good to go. It's still pitch black.

**6.30am:** Six hundred or so nervy-looking triathletes start to peel themselves into wetsuits, but the swim start is delayed for 10 minutes as an eerie mist refuses to budge.

**6.50am:** I'm off. The out-and-back course heads into the current to begin with – which looks to be flowing about as fast as I can swim. Great.

**7.33am:** Reach the turnaround point thinking 'that went fast'. Looked at my new Swimovate watch which informs me it didn't. Ah well, all downhill from here. Or downstream at least. I hack it back in a negative split for a 1hr 23min swim time and exit the water in good spirits.

**8.20am:** No problems finding my bike. Almost everyone else has gone. After a painstakingly slow transition I head out wearing nothing but a soggy tri-suit and instantly regret it. I glance enviously at everyone else dressed appropriately for a chilly September morning. I seriously think about turning back before ploughing on. Wind chill drops the temperature by 10 degrees. If I wasn't clipped to a bike, I'd kick myself.

**9.20am:** An hour in and I'm warming up a bit. The teeth are still chattering but that's more down to the bumpy road than the cold. What do these posh people of Oxfordshire pay their road tax for?

**11.40am:** Determined not to litter the course I've been stuffing empty cracker packets down the back of my tri-shorts. A fellow rider then tells me they are now riding obscenely low before disappearing into the distance.

**12.25am:** People start to go past me including leading British pro Stephen Bayliss. I won't be seeing him again. After four hours in the saddle my back is starting to ache. I'm up off the aerobars and on to the hoods for the final 38 miles. I'm not as aerodynamic but at least I'll have a better chance of running a marathon after this.

**2pm:** The last 10 miles of the bike course are all downhill and having succumbed to a pregnancy-style craving to munch through half the bananas on the course, I'm actually looking forward to running the marathon. More to the point, I'm looking forward to getting off this bloody bike. Next minute a searing pain bites my right groin. I resort to some odd looking one-legged pedalling whilst flicking my cramped leg at 90 degrees. John Cleese would be proud.

**2.20pm:** Out on the run to cheers of hundreds of spectators lining the course through the town. My Legs are jelly-like but it's only to be expected. It's a pretty four-lap course along the river. Six and a half miles a lap and a bit of change.

**2.45pm:** The personal attention from the crew handing out drinks and food is outstanding. A lot of competitors are starting to suffer now and adopting run-walk policies from aid station to aid station where they are greeted like some kind of returning warriors.

**3.55pm:** Past a pub doing Sunday roasts. The smell drifts past me for the second time. I hope they close soon, I've two more laps and that's torture.

**4.05pm:** Back into Henley to complete lap two and I see my parents and youngest daughter Laura. Despite their support my energy is gone and this is my lowest point. Against the runners' code, I force myself to walk through the next few aid stations, taking on flat coke, water, isotonic drink and, yes, another banana.

**4.20pm:** It worked. I regain my running form and get back on eight-minute mile pace. I nip past a fella called Richard, who gives me a shout out to say he reads this waffle – so he's the one.

**5.45pm:** The final push to the finish. I'm 'chicked' (overtaken by a girl) on the finish chute. It's my eight-year-old daughter, Laura, who runs the last 100 yards with me and has a far better finishing kick.

**6.30pm:** I eat.

**6.45pm:** Still eating.

**8.30pm:** With darkness closing, the organisers hand out hundreds of head torches to the runners on the marathon course.

**9.15pm:** I'm still eating.

**10.45pm:** The last finisher crosses the line after a mammoth 16 hour six minute effort. Whilst the professionals complete the course in little more than half that time, Andrew's feat of endurance seems even more staggering.

**Tuesday:** Still eating.



**Tim's split times were Swim: 1:23, Bike: 5.57, Run: 3.29. Total 11 hrs 1 minute. 80th place out of 457 competitors. The run was his best leg. He left the water in 344th place, made up some on the bike, but more on the marathon. Tim writes for the SUNSPORT BLOG and his full unedited report can be seen @ <http://www.thesun.co.uk>. Put his name in the search field for this and other tri reports.**

## Latest Race Reports *by Ewen Smith*

### August 30th Report

**“Conor beats Ian MacDougal, Liz first Vet 55 AGAIN!”** At two recent county events our Bourton runners performed admirably with some great results. At the White Horse 5km Mike Smith led the way in 6th place and first vet 40 in a fast 16min14. Next was Dennis Walmsley as 2nd vet 40 in 16min 33. Conor Shoemark held off Ian MacDougal, achieving 1st under 17 in 17min 03 while Ian was 1st vet 50 in 17min07. Other Bourton runners also performed well with Ewen Smith 17min36 (PB), Tony Goodwill 18min52. Another 1st vet 55 place for Liz Hulcup in 21min33, Ali Lane 3rd vet 55 in 21min56, Brian Hulcup (good to see him back) in 22min54, Gill ‘getting better with age’ Carrick 23min0, Steph Holton 23min 21 and Lynn Hudson and Norm Lane in 26min 09 and 26min 22.

**“County track medals galore”** The County Track championships at the Prince Of Wales stadium in Cheltenham saw Bourton runners collect a hoard of medals. Starting with the 4 x100m - our men won the vet 40 gold with a impressive final leg by Robin MacDonald, rolling back the years showing great track speed. He was well supported by Brian, Andy and Ewen. Our Ladies won the vet 50 Gold with Liz, Lynn, Jan and guest Deb Southgate giving a gutsy performance.

The 10,000 m was next with a brilliant 2nd place and 1st vet 40 for a very much in form Mike Smith, his best time in a number of years. Mike showed that hard work and decent training pays off with an extremely quick 32min25. Ewen won vet 40 silver with 37min 06. Andy Chapple had a great run in 38min43 and an elated Tony Goodwill claimed vet 50 gold - breaking the 40min mark in 39min58. Our ladies performed well too with Gill Carrick vet 45 gold in 48min 01 and Jan Short 2nd vet45 in 48min28 claiming silver. After no rest, a tired Mike Smith then took on the mile and still managed 5min14. Bourton finished the night with two more golds in the 4 by 400m vet 40 events. The mens team was Robin (once again our star runner), Brian, Mike and Ewen. Our ladies team was Liz, Lynn, and guests Christine Campbell and Deb Southgate.

### September 6th Report

**“Another First Vet 55 for Liz, First Vet 50 for Ali, First under 20 for Steph!”** Our ladies put in some sterling performances at the Beacon 10km. Another strong run from Mike Smith in 34min54 gave him a comfortable 2nd place and 1st vet 40, but it was our ladies who dominated. With her best in some time, Ali Lane was 1st vet 50 in 44min 49 and daughter Steph was 1st under 20 in 43min22. Liz Hulcup AGAIN was 1st vet 55 in 48min08 with a strong finishing Lyn Hudson in 57min. Our other male athletes were Ewen Smith 37min 40, Rob Humphris in 45min06 and John Raper in 46min12.

### **“87 miles for Iain Harper”**

Our Ultra distance man Iain was at it again and managed a great time of 22hours at the gruelling 87mile Ridgeway Challenge.

### **“More sub 3.15s for Steve”**

Steve Edwards has overcome his latest injuries with more impressive marathons, going under the 3hr 15 mark in Guernsey (12th in 3hr14min 39) and Wolverhampton (29th in 3hr13min35).

### September 13th Report

**“Season’s best for Mike Smith”** With the summer running season drawing to a close Bourton runners travelled far and wide taking part in varied distances across four counties. Mike Smith continued his impressive season with a great time and seasons best at the Bristol half marathon in 1hr14min30, finishing 38th and 1st vet 40 in a very strong field of over 9000 runners.

**“A strong run for Dennis Walmsley”** and good finish for 4th place and first vet 40 in 36min01 at the Stafford 10km, while Steve Edwards continued his marathon quest in fine form in 3hr 13min49 at the Robin Hood Marathon, and Tony Goodwill and Ed Rozier chose a windy Cheltenham Half Marathon, where Tony ran an impressive 1hr32min57.

### September 27th Report

With county championship points at stake and final preparations for next week’s Jersey Marathon a large number of Bourton athletes took part in the Cirencester 10km. As he has done all season Mike Smith led home for the Bourton runners finishing 3rd and 1st vet 40 in 34min25 and securing the county vet 40 title. Ewen Smith was pleased to claim 1st vet 45 in 37min37 in his first race in this age group.

**“Ladies prizes galore at Cirencester”** Shona Crombie-Hicks continued her string of good results with 2nd lady and vet 40 in 38min18. Not far behind was Lucy Walmsley with a very strong run as 3rd lady and 1st vet35 in 39min02. Sarah Harper, with one of her seasons best efforts, finished 4th lady to secure Bourton the team prize in 40 min 38. Steph Lane was 9th lady, and took home the first Senior lady prize with 43min 49, and Mum Ali - after 10 days off - managed a great time and 1st vet 50 in 45min41. Yet again, Liz Hulcup was 1st vet 55 in 47min26.

After a long time away from racing Beth Pudifoot did well as 2nd junior lady in 47min53. Other finishers on the day were Mike Hobbs 41min04, Andy Peaston 42min02, Mike Pudifoot 43min06, John Raper 46min13, Justin Launchbury 46min 36, Andy McCoombes 48min03, Gill Carrick 49min32, Steph Holton 50min11, Mark Phipp 52min23, Susan Hunt 52min24, new member David Pyne 52min58, Robin MacDonald 54min43, Lynn Hudson 55min51, and our two injured hardy athletes Norm Lane in 58min25 and Gary Holton in 1hr1min23.

The week previous John Gibson made the long journey to compete as he has every year for many years to the Great North Run. In a magical atmosphere where the course record was broken, (unfortunately not by John), he enjoyed a great day and clocked a very respectable time of 1hr41min08.

### Great Run for Andy Chapple in Burnham on Sea Half

*On October 6th, Andy Chapple showed good return to form, finishing a commendable 13th in the Burnham on Sea Half Marathon, in a time of 1:31:34. Ed Rozier also took part and had a much ‘steadier’ run! (Editor)*

### Farm Park X Country - brief report

I’m sure Ewen will do a full report, but in short, there was great turn out of juniors at Guiting on Oct 8th - too many to mention them all! Well done in particular to Felicity Darwent (2nd U11G), Josephine Mutsaars (6th U11G), who with Beth Boydell (16th) were 3rd U11G team. Bad luck to Isobel Hartley who finished so close behind Beth she was given the same time.

Dylan Williams was 4th U11B, and Edward Butler 9th. With Max Douglas (23rd) they were 3rd team. Rosanne Mutsaars was 6th U13G, and Beth Wynn 9th U20 lady. Beth, Brittany Teague (22nd), and Ali Lane (33rd) were 5th Senior Ladies team.

Dennis Walmsley held off Cal Winwood for 16th in the Senior men’s race. Cal finished 19th, and Tim Heming 33rd. *Editor’s report.*

## 'So what would you do?'

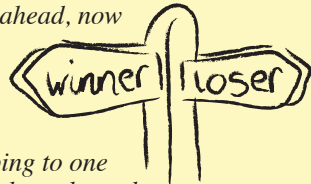
An open question from Tim Heming

On Sunday August 21st I took part in the Henfield Half Marathon, coming in fifth in 1:24:25. It was a trail run and there were about a dozen stiles to climb over. And it was quite hot, but enough excuses....

At about the eight-mile point the three leaders took a wrong turn (some feral youth had twisted the sign at a muddy crossroads).

They could have gone straight on (following the sprayed line) but instead went wrong, and probably added a few hundred yards to their run. I reached the same point at the same time they were rectifying their mistake and managed to put two and two together and took the correct route. I was about sixth at the time. I caught one of the lads (he was mentally destroyed at this point) over the next few miles but the others again broke clear.

However, my friend, Rob Watts, was a few hundred yards ahead, now leading, and running strongly. He faced the moral dilemma of racing to the finish to win or stepping to one side and letting the others through.



He took the latter option and eventually came third but really wasn't sure he made the right choice. There was a strong chance he would have run down all but the eventual winner (who was a minute or so clear) anyway, but in the interests of having just moved back to the area, he decided discretion was the better part of valour and didn't want to upset too many of the locals.

Question is, what should you do, and what would a Bourton Roadrunner have done in the same situation?

I would welcome anyone's thoughts please. It might make an interesting debate in future newsletters. Please e-mail with me what YOU would have done! (Editor)

## More from Jersey...



1. Some celebrities gatecrashed our post race celebrations. We said we had enough of our own thanks...
2. A cheery support team - probably just happy not to be running...
3. Ewen reveals his plan for definitely getting under 3 in his next marathon
4. Mike is there something we should know....
5. Leg one relay runners, ready to go.
6. Shona probably now has more cut-glass than she knows what to do with.
7. It's been a tiring few days all round....

For more Jersey photos, go to [www.photobox.co.uk/1x9C7007/album/926775551?cid=tashare001](http://www.photobox.co.uk/1x9C7007/album/926775551?cid=tashare001) and use the password 'bourton'

## View from the Back.

One year ago, I wrote that this would be my last newsletter, but here we are a year on, and another AGM about to take place. At the time controversy was raging over the club location (so some things haven't changed) and to me things felt so disjointed I really wasn't even sure I wanted to stay on as a member, let alone do the newsletter. However I think Gill and the other committee members have done a great job in holding the whole thing together through a difficult period, being unbiased & practical about issues with the school venue, and they have gone a long way to restoring my faith in the club. It isn't perfect I know. There's still a bit of a void between those with loads of ability and those that just run to get fit, (with notable exceptions, such as Dennis and Steve who take the time to help all with speedwork sessions and general encouragement), but when you go to an event such as Jersey it makes you realise just how much good-will (and I don't just mean Tony) and support there is within the club. There are more 'off the schedule' groups starting early, or late, or on different days, than is ideal, but maybe that's just the way things are today. We live in a world of choice, and we can't go backwards.

We have lots of new members now, and the future is looking good. The year has seen stacks of race successes with hopefully more to look forward to, and Mike organised a cracking club trip to Jersey. So if you're new, (or old) members, please don't be shy. Come to the AGM, have your say, and vote, propose committee members, or ask someone to propose you if you'd like to be more involved. Remember last year we almost didn't have a club due to a lack of people stepping forwards. Don't let that happen again please...

So see you all on the 17th then!

**Jo Lewis - Editor**