

The Finish Line



Bourton Roadrunners

June/July/August 2012

Humph's Hilly Half is a success

Driving rain and deep puddles were the order of the day for this year's Hilly Half but undeterred, runners turned out and praised our organisation and cheery support - amazingly some even seem to love the course enough to come back year after year! See Page 3 for full report

Lucy British Masters Champion!

The months of hard work have all paid off for Lucy, who won gold in great style with a superb run at the Tenby Marathon.

Leading lady from the start in one of the toughest marathons in the country, Lucy made her intentions clear as she powered around the daunting course in 3:11:50, to finish a massive 13 minutes ahead of her nearest female rival and in 12th place overall in a race so demanding that only 6 people finished in under 3 hours. An elated Lucy was very excited winning her first national gold medal. So much so that she seems to have developed rather a passion for them. See page 6.



Taken from Ewen's report plus Editor's comments

Bourton 10K raises over £2500 for local charity

Our annual 10K road race, sponsored by Highbridge Jewellers, took place back in February and recently the club was pleased to be able to hand over a cheque to Action Medical Research. The money was raised through donations given by entrants, sales of teas on race day plus part of the profits from the race and came to the impressive sum of £2,550.06. Our Club President Dennis Walmsley is shown here handing over the cheque to Mary Beston and Lynette Rasdall from the Stow on the Wold Branch of the charity.



THE HILLY 100

The Ladies Team stayed ahead of the Men's team for the first time ever in this year's Hilly 100 relay. (See page 4 for Ewen's report and some pictures by Lynn & Steve Hudson and Gary Holton).

FOR YOUR DIARIES

Moreton 10k

Oct 7th

for details see
facebook.com/themoreton10k
enter on-line @
cotswoldfitness.co.uk

Olympic Roller

Skater Did anyone spot John Raper's daughter Alice on her roller skates in the Olympic opening ceremony? Unlikely. She was well disguised! Well done Alice, what a thing to be part of.



Rain, rain, wind & rain...

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100 MILESTONE FOR ED

Not looking at all bad for his age, Ed Rozier celebrates his hundredth... Half Marathon though, not birthday, at Tewkesbury.

(See Ewen's report Page 4).



Chair's Message

There were a glut of Club and County series races in June with the weather turning out a rare pleasant evening for both watching and running the Cleeve Cloud Cuckoo. This is probably the most scenic and toughest race in either competition and certainly a race which would be miserable on a wet and windy night. As far as my running is concerned I do not know when I shall be back in action as following the prolonged cold and cough I have injured my left knee and whilst the swelling has gone it does not feel quite right so I shall have to be patient.

New Club Trophy We shall have a new trophy to award this year which is in memory of Dennis Abbotts who of course is greatly missed especially on the Club's Official Overseas Tour. The winner will be voted for by those Club Members that are on the Official Overseas Tour and will be for the 'Best Performance' which will not necessarily be the fastest time. At the Sunday Night Dinner a small perpetual memento will be handed over and the trophy presented at the Christmas Dinner. This will avoid Mike Smith, the official organiser, from having to transport a trophy in his kit bag.

Think ahead to the AGM Whilst the AGM is still over 3 months away now is the time to start thinking who you want as officers of the Club next Club Year so that when nomination forms are sent out in September they can be completed so that the meeting has a full list of nominations including Committee Members. If you believe the person currently filling a position has done a good job and they are willing to continue nominate them and find another member to second the proposal. If you think someone else would do a better job nominate them provided they are willing to stand. Please remember your best friends do not necessarily make the best club officials! Enjoy the long evenings and I hope we get some weather which is conducive to scenic runs on the fields.

Robin Macdonald Chairman

The Bourton Mile report by Ali Lane

The Gods must have been in a good mood on the evening of the Bourton One Mile Challenge when they produced probably the best Saturday's weather of the whole year.

Runners and spectators alike took advantage of the balmy evening and a record turn-out meant a good race with fantastic encouragement.

First across the line, in a time of 4.28, was Dave Roper of Cheltenham & County Harriers, who had pulled away from regular Bourton One Mile competitor Marcos Garcia from Spain to cross the finish line with a gap of 6 seconds. Under 20 Matthew Doyle of Stroud AC finished 3rd in 4.38.

Andy Chapple of Bourton broke his jinx of always coming 2nd by winning the Vet 40 category in 5.18, while Derek Gardner of Cirencester AC took first MV45 in 5.12. Phil Westlake of Bitton Road Runners finished 1st V50 in an amazing time of 4.57. 1st V55 in 5.28 was Edward Collier of Almost Athletes, Mungo Park 1st V55 in 5.54 and race organiser, Norm Lane snatched the M65 in 6.45 after chasing in long standing rival Ken Buckle, 1st M70 who held his lead for 6.43.

Junior, Jacob Pickering, took the 1st Junior Prize in 5.40.

An excellent result in the Ladies Race saw 1st, 2nd and 3rd from Bourton Roadrunners with a brilliantly strong Beth Wynn managing to use her sprint in the final stage to pass Shona Crombie-Hicks and open a 3 second gap for 5.19. Steph Lane finished strongly in 5.39 for 3rd place.

Katie Coleman of Almost Athletes finished well under 6 mins for 1st L35 in 5.52, as Caroline Cotterell of Stroud & District running in the number 42 on her 42nd birthday won the L40 prize in 6.10. Alice Lewis of Dursley finished 1st L45 in 6.46, followed by Debbie Barry 1st L50 in 6.36 and Sharon Smith 1st L55 in 6.58, both of Running Somewhere Else. Carol Cowley as always produced for 1st L60 in 6.53 and a very young junior - 11yrs - Felicity Darwent of Bourton Roadrunners took the U20 prize in 6.03.

For more details of our Juniors and how well they performed see Richard's report page 6

Snippets

From the very first newsletter hand written by Steve H. Thanks to Robin for keeping this valuable copy from 1994.

Apologies to newer members who haven't had years of practice deciphering Steve's writing (it appears here much larger than the original!)

10. THE WINNER OF THE BOURTON '15' WAS RICHARD WERNER IN A COURSE RECORD OF 1-17. LOOK OUT FOR HIM IN THE SUMMER'S EUROPEAN CHAMPIONSHIPS WHERE HE IS AIMING FOR A GOLD MEDAL RUNNING FOR GREAT BRITAIN IN THE MARATHON.

TEMPORARY ABSENTEES INCLUDE ELIZABETH BRADLEY (BAB BACK?) AND 'GLADIATOR' TONY FOUOWILL WHOSE BROKEN LEG HAS MENDED, AND HIS RUNNING HAS STARTED. ON THE SUBJECT OF BREAKS - KEVIN WHITEHILL'S NOSE IS NOW STRAIGHTER THAN BEFORE THE 'BRUISING' SPORTS P.I.N.

8. THE FEBRUARY 10K PRODUCED A PROFIT OF £163.55.

On your marks, get wet...

Dismal weather fails to deter runners at our Humph's Hilly Half Marathon



Almost Athletes was closely tracked by our Club President Dennis Walmsley (both pictured right) and they held these positions for the whole race, Anthony eventually pulling away to finish in 1:17:27 and Dennis in 1:18:18 to claim the first Vet 45 prize. Third man in was David Tame of Hook Norton Harriers and 4th Andy Gore of Cheltenham Harriers.

First lady for the 2nd year running and 17th overall was Bourton Roadrunner Shona Crombie-Hicks in 1:25:18, and second lady Carolyn Wilkinson of Spa Striders. Shona had a race-long battle with fellow club member Andy Chapple - a battle which in the end Andy won by 16 seconds. It is a testament to the high quality of the veteran runners that

with an overall place of 16th and a finish time of 1:25:02 Andy was still only the 8th MV45 to cross the line.

Other Bourton results were: Darren Long 1:28:00 , Tony Goodwill 1:28:49, Mike Hobbs 1:31:17, Claire Harrison 1:38:58 (above wearing 149), Chris Lomax, in his first half marathon, 1:47:59, and Roger Woodley in 1:52:46.

Thanks go to our sponsors Hacklings Transport, and to SciMX Nutrition, Alison Claire Natural Beauty & Metabolics Ltd for the goody bags.



I suppose if you've already decided that the race for you is one called the Hilly Half, you're not going to be easily put off by strong winds and a persistent 'shower' that lasts several hours.

As if to prove a point, on June 16th 178 runners turned out in dismal conditions to complete the tough Humph's Hilly Half Marathon, run in memory of our old club secretary Steve Humphries. Among those taking part were several Bourton Roadrunners, all of whom performed well.

The race was started by Joan and Janet Humphries. At 6pm, the runners left Bourton on the Water and set off up 'the Steeps', which is, as the name suggests, quite steep and hits runners in the first half mile when they're barely warmed up. In dismal rain, the field powered up the incline and emerged into windy conditions at the top, where what should have been only showers set in as persistent rain for the duration. Early leader Anthony Bailey of Cheltenham club



The race could never happen without all you marshals who stayed out in the rain, the results team and St John Ambulance so a huge thank you to you all too, and well done Gill Carrick for pulling it all together.

Editor's Report. Pictures by John Gibson, Jemma Rozier and Jo Lewis

Ewen's Reports

May 28th

Congratulations to Beth Wynn on her victory in the 3000m at the Gloucestershire County Champs. Beth ran a superb race leading from the start and was elated with her gold medal as Gloucester under 20 champion in 10min 58.

It was a massive milestone for Ed Rozier at the Tewkesbury half marathon (see pics on right) as he competed in his 100th Half Marathon. A VERY HAPPY Ed crossed the finish line in 1hr53min33 and was cheered in by John Gibson, who sneaked into the race unknown to Ed and ran all the way with him. Also running were Rob Humphris who put in his best run in some time in 1hr 39min43, and Roger Woodley who finished in 1hr48min54. Roger himself is only a few half marathons away from his 100 mark.

Lucy Walmsley continued her marathon preparation with a fine showing at the Berkley 10km finishing as 3rd lady and 1st vet 40 in a strong time of 38min15.

Our Ladies and Men were at it again competing in the Hilly 100 mile relay and showed plenty of guts and determination. Steph Lane got the ladies off to a flying start and the great start continued with great running from Steph Holton, Beth Wynn and Claire Harrison. Gutsy performances from the rest of the team of Caroline Ball, Liz Hulcup, Niamh Shoemark, Jan Short, Susan Hunt and Gill Carrick saw the ladies just outside the top 3, and not allowing the men to catch them for the first time.

Our Men were up against it from the start with some young and strong teams in opposition. Nevertheless our team gave it their all and can be proud of their never give up attitude and team spirit. The team finished in 5th position with Dennis Walmsley our best performer in 1hr45 seconds. The rest of the team consisted of Ewen Smith, Tony Goodwill, Ian Shoemark, Andy Chapple, Nigel Frith and Andy Peaston who showed great determination to shake off their

opposition and Darren Long with a great run after coming back from long term injury. Thanks to all for a great day and support.

June 4th

John Gibson and son Alan travelled down to London for the Bupa 10km which they finished together in a steady 1hr6min01. [Ed Rozier also ran and finished in a time of 54min14 *Editor*] This was in preparation for a longer journey for John whom the following week jetted off to Stockholm for the Marathon, having an enjoyable run in a steady time of 4hr4min41.

Tewkesbury

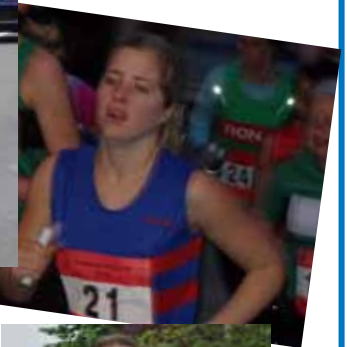


Hilly 100 Relay Photos

from Gary Holton and Steve & Lynn Hudson



A reminder for those who took part of the early start - in the dark for Steph - and the long miles, but a first for our ladies' team in that they stayed ahead of our men. Past events have always seen the men eating up the ladies' head start to pass our girls in one of the later legs. Not this year!



Pictures by Gary Holton

Age Related Rankings as of 21st August

1st	Dennis Walmsley	2608.343 points over 3 events
2nd	Ian MacDougall	2553.633 points over 3 events
3rd	Shona Crombie-Hicks	2513.722 points over 3 events
4th	Alison Lane	2432.071 points over 3 events
5th	Lucy Walmsley	2402.368 points over 3 events
6th	Andy Chapple	2395.044 points over 3 events
7th	Tony Goodwill	2376.821 points over 3 events
8th	Beth Wynn	2319.915 points over 3 events
9th	Gillian Carrick	2274.083 points over 3 events
10th	Steph Lane	2236.567 points over 3 events

Steph Holton - 2205.502 points over 3 events
 Norm Lane - 2158.625 points over 3 events
 Lynn Hudson - 2146.016 points over 3 events
 Darren Long - 2145.806 points over 3 event
 Andrew McCoombes - 2126.107 points over 3 events
 Rob Humphris - 2115.240 points over 3 events
 Claire Harrison - 2070.276 points over 3 events
 Nigel Frith - 2058.092 points over 3 events
 Susan Hunt - 2026.759 points over 3 events
 David Pyne - 1942.410 points over 3 events
 John Gibson - 1937.281 points over 3 events
 Tim Heming - 1479.301 points over 2 events
 Brian Hulcup - 1457.821 points over 2 event
 Ian Shoemark - 1385.591 points over 2 events
 Andy Peaston - 1370.414 points over 2 events
 Pete Scarrott - 1357.703 points over 2 events
 Roger Woodley - 1241.692 points over 2 events
 Gary Holton - 1055.201 points over 2 events

All the below have points from just one event

Dylan Williams - 858.801	Gabby Jones - 691.663	Chris Dry - 607.380
Liz Hulcup - 807.427	Mike Hobbs - 670.440	Edward Rozier - 601.991
Felicity Darwent - 779.311	David Hanson - 668.018	Chris Lomax - 589.906
Lucy Griffin - 767.275	Robbie Wood - 664.811	Richard Bufton - 586.534
Max Pinkham - 748.727	John Whitehill - 663.344	Michelle Malcom - 553.083
Cal Winwood - 746.485	Daniel Bufton - 662.606	Luke Gray - 537.740
Ewen Smith - 743.587	Isobel Hartley - 654.838	Steven Woodley - 537.717
Jan Short - 730.522	Isabel Kiey Thomas - 654.211	Darryl Kiey Thomas 515.383
Peter Wood - 713.048	Laura Heming - 654.211	Doug Reeve - 442.292

Ewen's Reports

11th June

A great club turnout as our braver members took on the 5 mile Cleeve Cuckoo, which is not for the faint hearted. Dennis Walmsley led for Bourton with a great result in 4th place and 1st vet 40 in 38min03. Tony Goodwill running particularly strong at this stage of the season was next in 42min02 and 3rd vet 50. All our runners performed admirably in tough conditions with all the following also completing: Darren Long 44min39, Andy MacCoombes 47min28, Brian Hulcup 50min13 3rd vet 60, Rob Humphris 50min45, Claire Harrison 50min48 3rd lady 48, Jan Short 50min58, Gill Carrick 51min33, Steph Holton 52min04, Ali Lane 53min12, Liz Hulcup with yetanother 1st vet 55 in 53min21, Norm Lane 53min51, Nigel Frith 54min16, David Pyne 54min59 and Chris Dry in 56min25.

18th June

At the Westonbirt 10km in again nasty conditions Bourton runners did not dissapoint. Dennis Walmsley with another strong performance as 2nd male and 1st vet 40. Andy Chapple running so well this year as 3rd vet 40 in 37min 56. Shona Crombie -hicks racing well in 3rd overall lady and 2nd vet 35 in 39min02. Steph Lane moving back with each race to her form of a few years back with a great run and 2nd senior lady in 40min 05. Andy McCoombes in also his best form in some time in 42min59. Also taking part with some detemined running were Claire Harrison 45min06, Rob Humphris 45min23, Ali Lane 46min08, Brian Hulcup 46min17, Steph Holton 46min42, Gill Carrick 47min44, David Pyne 47min55, Lynn Hudson 53min03 and Doug Reeve in 1hr03min13.

16th July

In wet and tough conditions yet again our runners took on the challenge of the popular Evesham 10km road race. Strong running Dennis Walmsley was our first runner home in a creditable 5th position and 1st vet in 36min14. Back to near his best. Ian Shoemark had a fantastic run in the conditions and was very pleased with his time of 39min49. Our other participants also put up a strong showing with some high finishing places and times. Darren Long 41min, Andy Peaston 42min56, a vastly improving Andy Mccoombes 43min55, Rob Humphris 44min40, our first lady running strong as ever Ali Lane 46min01, Steph Holton 48min28, Gill Carrick 49min15, Chris Dry 50min08, Norm Lane - after very little training - had a great run in 50min08, Susan Hunt 50min29, Lyn Hudson 55min, and with a great result of well under the hour - new member -Michelle Malcom in 55 min25.

Jan Short was very pleased with her result at the Windmill Half in 1hr49min06 and claimed 1st vet 50 prize.

August 13th

After a highly successful Bourton Mile race it was back to something a bit longer for our members. A good number turned up for the tough challenge of the Hooky 6. Darren Long was locked in battle with Ian Shoemark and in a great battle managed to avenge his defeat to Ian at the Evesham 10km with a strong finish in 30th position with a time of 39min13, with Ian close behind in 39min13. Steph Lane again had a solid race finishing as 3rd senior lady in 41min45. Ever improving Andy McCoombes had a great run in 42min05. Ali Lane had a storming run in 43min35 as 2nd vet 45. Back to some good racing Brian Hulcup was 3rd vet 60 in 43 min 46. Steph Holton was next in 47min25 as her first ever marathon approaches later in the month. Rob Humphries was also steady in 47min29 with a great effort from David Pyne close behind in 47min 42. Recovering from injury, Nigel Frith was happy to be back in 47min 53 and our very seldom beaten Liz Hulcup was once again 1st vet 55 lady in 47min 55. Triathlete Chris Dry, working on his race speed did well in 48min55 as did Gill Carrick in 48min47. You can't hold our Norm Lane back and he finished with a creditable 51min27. After a long time out Shirl Creed was happy to be back on the road with a time of 52min 20 with Lynn Hudson not far behind her in 53min 45.



Coaching Corner by Dennis Walmsley

I was rather shocked recently by a comment, made by someone who will remain nameless (but who knows who they are) which has prompted me to talk about kit!

The comment in question was " I don't know how I'm going to dry my shoes out for tomorrow's race!"..... well shame on you!

Having been a serious runner and had a professional approach to my training in the past doesn't mean that what I have to say shouldn't also apply to the recreational runner. In fact, some things apply to any standard of runner.

Women have been known to say "you can never have enough shoes!" Needless to say the comment above was made by a man!

So, how many shoes should you have?

Well even now I still have 8 pairs of shoes and always a spare pair brand new in a box. See my list below;

- **2 pairs of normal training shoes (different types)**

Every time your foot hits the ground, your shoes compress and like a spring it returns to it's normal shape when you lift your foot up.

However after constant use the material in shoes will not return to it's full shape and will become more and more compressed, giving you less support over a period of time. The normal life of a pair of shoes is said to be about 500 miles.

So why have a spare pair? Well apart from having dry shoes the next day it is good to alternate them so that the shoe material has more time to recover, therefore prolonging the life span. Also, using different types will mean that you may run slightly differently, therefore not using the same muscles in quite the same way. This is especially good if you are harbouring a niggle or doing high mileage. One pair should be fairly new and the other a bit more used so as not to end up with both pairs being worn down at the same time. Use the older ones for the short runs and the newer ones for the longer runs, this will help with injury prevention.

- **Off road shoes (plenty of grip)** They are going to get muddy and wreck the upper shoe quite quickly so don't ruin your more expensive road shoe on the country. Also having more grip means you won't slip and injure yourself.
- **Race/training shoes (half weight)** These will help you to run faster when doing speedwork. Obvious really, they are lighter. Do not use them in normal training as they have less support and you will end up injured. They also have a shorter lifespan.
- **2 pairs of racing shoes (short and long races)** Now we are talking professional! For most people one pair will do. Usually these are much cheaper as there is less to them. They are very lightweight and have an even shorter lifespan. Chose a pair that would suit your longest race distance to prevent injury.... where have I heard that before!
- **Cross Country spikes** Specific shoes that have more grip and cushioning than track spikes plus fitted with longer spikes than they come with will give you a fantastic ride over the country. If looked after, i.e. cleaned, and bent and worn spike replaced, they should last 3 - 4 seasons. Again having the right equipment will prevent injury. There seems to be a reoccurring theme here!
- **Track spikes** Well mine have lasted me donkey's years, but then I haven't been on the track much recently. You can run in normal shoes on the track but be aware it may have a slight springy surface on it which can rebound back through the legs. To counteract this, track spikes can be quite hard with no cushioning.

Of course you could always do what my predecessor in speedwork training (good old Beaky) did and that was to manufacture your own spiked shoes from sharpened bolts and a metal plate. Unfortunately they didn't work so the race was held up while he dismantled them! but what did work (arguably) was the rope tied in knots around his shoes for grip and wearing these he beat a Welsh international!

We do miss you dearly Steve there will never be another like you.

I shall talk about other kit another time but at least I think I've given shoes a good kicking!

Top Tip: Before a race, warm up in heavy training shoes then race in racing shoes (your feet will feel really light) and then warm down in your training shoe to prevent injury.

True Quote: Got the gear.... no idea! (In other words even if you look good and have got the kit, if you haven't done the training then you won't do any good! I was going to say the quote "got the kit... full of \$*%! but thought better of it!")

Lucy gets Gold again!

Lucy got her hands on yet another gold medal at the olympics recently, but sadly this one belonged to an Australian sailor, so she had to give it back!





Bourton Roadrunners Juniors

Reports by Richard Bufton

The Sherborne Fun Run took place on Sunday 24th June in aid of the local primary school. Held around Sherborne Woods, with all the recent rain the conditions were challenging on this undulating 2k course. Our Juniors were out in force with nearly 30 runners in a field of just under 150.

In the girls race U15 Rose Mutsaars won the overall race in style. In the girls U11 race Felicity Darwent continued her dominance of the category with a good strong run to win. She was closely followed by Lucy Griffin in 3rd; if Lucy continues to improve she will take over Felicity's crown as she moves up to a U13 next season. Just behind was Josephine Mutsaars in 4th. With a bit more training she will really start to push Lucy. Kate Edgerton once again produced a solid run in 6th. Helena West really trained hard through spring and reaped the rewards with a very good 7th place. Isobel Hatley produced another solid strong run to finish 8th. They were very well backed up by Eleanore Gilbert in 14th, Emily Williams in 17th and Ellie Edgerton in 18th. Celia Darwent, Annabella Williams, Millie Phipp and Freya Gilbert had a great race between them finishing 3rd, 4th, 5th and 7th in the U7 race. They were also well up the main field well ahead of girls much older than them - ones to watch for the future.

The boys race saw a very close finish between the two Toms, both U15s. Tom Pinkham had a good gap with 400m to go but slipped in the mud and lost ground, Tom Pudifoot took the lead with 50m to go but Tom Pinkham battled back well and just took him on the line to take the race. It was good to see Ben Darwent back racing again, he had good strong run to finish 4th and he was closely followed by brother Alex Darwent in 5th. These four are a strong team for the cross country season.

The U11 boy's race was once again dominated by Dylan Williams with yet another race win to add to his collection, he is a very hard trainer so he deserves his success. He was 4th overall in the whole race ahead of children much older than him. However he is being pushed very hard by the ever improving Max Pinkham - getting closer to Dylan in every race. Max had a great run in 2nd. Also hot on their heels and making great progress was Charlie Davidson, he ran very well to finish 3rd. Daniel Bufton had a terrible start, instead of being at the front he found himself at the back and spent the whole race catching up, doing well to finish 7th. He is training hard and the result does not reflect his form. Good to see James Sykes racing today in a good 13th, lots of potential here. Toby Phipp was one of the youngest in this age category and he ran very well to finish 15th. The U7 boy's race was very close up at the front. In his first race for the club Beau Griffin had a tremendous race to finish 4th showing of potential for the future. This was a really tough course and he went round looking very relaxed and handled the mud very well. In his first race for the club Arthur Hanson ran very well to finish 17th, he was one of the youngest in race also, so a great achievement.



The Great Rissington Primary School Fete Fun Run took place on Saturday 30th June and once again the weather played a key role as the races had to be squeezed in between downpours, but all the children coped very well with the difficult conditions and produced some good performances as ever. In the pre-school race held over 100m Katie Bonner had a strong run to take the win closely followed by Emily Bonner. In the Year 1 race for boys Beau Griffin continued his good form from last week to record his first race win held over a tough 500m course. In the year 2 Boys race Alfie Griffin had a great run to finish 1st held over a

challenging course. In the year 3 Girls race Ellie Edgerton lead from the start over the 500m course to win in a very convincing style in 2minutes 12secs.

All the other races were held over a 1k course.

In the Year 4 race Isabel Kiey-Thomas lead from the start and won by a convincing margin in 8mins 18 sec, Olivia Bonner also had a solid run to finish 2nd in 13mins 22secs.

In the Year 4 Boys race Murray Douglas is back on form to win well in 7mins 46secs and hot on his heels was James Gunn in 8mins 59secs. In the Year 5 Girls race Lucy Griffin dominated again with a fine run to win in 6mins 56secs, Kate Edgerton also ran very strongly in 2nd in 7mins 26secs.

The Year 5 Boys race was well won by Daniel Bufton in 7mins 41secs and was closely followed by Jack Lainton in 7mins 48secs in 2nd. In the Year 6 race Isobel Hartley ran very strongly as ever and deserved to win well in 8mins 04secs. Max Douglas won the Year 6 Boys well in 7mins 11secs with Marcus Kiey Thomas in a solid 2nd in 9mins 50secs.

Dylan Williams excels in the Bourton Mile Bourton Juniors had some very impressive performances in the local 1 mile race. This was a county championship race so there were medals for the taking. Many of the juniors ran in the main race with the adults so they could qualify for the county medals whilst also gaining valuable experience in a big field.

Dylan Williams had an outstanding run with a quite unbelievable time of 5min 42sec. He not only won the county gold for his age category (U11) but also finished 26th overall and 3rd Male Under 20 in the main race and he is still only 8. Max Pinkham again had a solid race not far behind Dylan in 6min 17sec to pick up the silver medal; he is getting closer and closer to Dylan. Robbie Wood is fairly new to racing but is learning quickly as he picked up a very impressive bronze medal in 6min 37sec. Daniel Bufton had a very strong first half and was on for under 7minutes but stitch hit him. He had to slow for the next quarter, then recovered for a very fast finish but had lost too much time and finished just over 7mins in 4th but with a personal best of 7mins 4sec. These four are now becoming a very strong team.

Peter Wood is going from strength to strength taking silver in the under 13 boys race. His consistent training is obviously now paying off and his time was 5min 51sec.

In big events Felicity Darwent always produces the goods and she added another county title to her very successful season, winning the U11 girls race in a very impressive time of 6min 3sec. Close on her heels again was Lucy Griffin in 6min 18sec to take silver. With another year left for Lucy in this age group I am sure those silvers will turn to gold. It is also good to see the very talented Gabby Jones back racing again, picking up a very impressive bronze in 6min 49sec. Isobel Hartley had a very strong first half but her asthma came on in the last quarter and she slowed a touch, however she still finished in a good new personal best in 7min 12sec and 4th place. Isabel Kiey-Thomas and Laura Heming had a very good battle, they are stars of the future in the girls team and they both had strong runs, finishing together in 5th place in 7min 36sec - a great time considering they had traffic problems near the finish.

Rachel Heming took the silver medal in the under 15 race. She had a good run to in 7min 46sec and it's good to see her racing again.

In the fun run Bourton had more good results. For the girls Helena West had a storming race to take her first win on the roads in 7min 39sec. Close behind was Annabella Williams in 2nd place in 7min 49sec proving she's one to watch for the future. Her sister Emily Williams also had a strong run in 3rd, but just behind a real battle was going on between Millie Phipp and Celia Darwent with Millie just taking 5th in 9min 42sec and Celia 6th in 9min 43sec. Close on their heels was 5 yr old Lilly-Anna Walmsley with the biggest personal best of the day in 7th place and 9mins 57secs.

In the boys fun run Alex Darwent had a strong run to finish a very good 2nd in 6min 49sec. Beau and Alfie Griffin had a good race with Beau just pulling away to claim 3rd in 7min 15sec with Alfie 4th in 7min 31sec. Toby Phipp is getting stronger race by race to finish 5th in 7min 52sec. Marcus Kiey-Thomas had a solid run in 6th with 8min 1sec. Thomas Wood was next in 9mins 28secs in 8th. He was well backed up by Arthur Hanson in 9th in 10mins 36secs and Christopher Hunt in 10th in 10mins 56secs.

2 year old Albert Walmsley was the youngest in the race by far. Running with Dad Dennis he finished in a very impressive 13mins 35secs

Triathlon update

by Chris Dry

Four races into my personal five-race series, here's how things are going in triathlon land.

The season opener for me was at the end of May at Westonbirt. A baking-hot day (remember what those were like?), started with a 400m pool-swim, followed by 24k on the bike and a 5k run. I came 127th out of a field of 398, felt good throughout the event and had no technical hitches or embarrassing wardrobe malfunctions.

The overall time of 1.23:28 was slightly below the 1.20 target I had set but not far off given the 200m bare-foot run from the pool to the transition area. Individually, the swim time was exactly what I expected, the bike was better than expected and the 25:57 5k run was way below what I wanted to achieve. This is now an established pattern in my results.

The following week at South Cerney, disaster struck. On a cold and windy day, I headed out on the bike after a very challenging lake-swim only to discover after less than a mile that my front tyre was flat. Assuming a puncture, I turned round to record a disappointing DNF. It wasn't until I got home that I thought to pump some air into the tyre and found that it wasn't punctured at all – it had somehow just gone flat. Even after a full check by Cheltenham Cycles (all-clear), I don't know what caused this and a nagging lack of trust in my equipment started to emerge.

To get some confidence back, I headed back to the Cotswold Water Park (Lake 62) a week later for the Cotswold ¾ distance triathlon. This was a great event for me; small (only 70 competitors), friendly and a good stepping stone from the Sprint to Olympic distance. Just like Westonbirt, I felt in excellent shape all the way round and recorded good swim and bike splits with 36:09 for the 7k-run the only disappointment. This is slow even taking into account that it was a muddy cross-country route and I had to stop to take a thorn out of my shoe. Despite this, I came 34th and the 1.57:06 was eight minutes quicker than the 2.05 target I had set myself.

And so to the main event on 24 June – and not just for me as the Shropshire Triathlon at Ellesmere hosted this year's British Championships with more than 600 athletes across all age groups competing for honours and qualification for the World Championships in Auckland later in the year.

Despite a serious error with my nutrition (I had a curry the night before!), I was well prepared and felt as fit as strong as I have ever been as all of my training (and tapering) was leading up to this day. Out of seven "waves"; I was in the last, which meant a lot of waiting and watching seriously fast swimmers getting on to very expensive bikes. When I eventually got into the water, I went out too fast and, with so many people in the water, found it difficult to settle into any rhythm. I also went dramatically off-course on two occasions, adding to the distance and time. I was so cross that I swore at myself for most of the bike route. Turns out that this might be a good strategy as I turned in a sub-76 minute time for the 40k; something I could only dream of doing a few months ago. Heading out on the run having downed a couple of gels and loads of water, I felt strong and quickly moved past half a dozen competitors. I maintained a steady pace and continued to pass people all the way round only twice being overtaken on the 10k. I picked up the pace on the final 2k downhill stretch and was confident that I had easily achieved my target of 2.45hrs with the run being my best yet.

When I got back from my post-race dash to the loo, there was a long queue to pick up race times and I had to be patient. I was anxious when I saw people that had finished after me with race times of 2.50 and more. They must have been from early waves as my ticket showed 2.44:32. Target achieved with 28 seconds to spare. That awful swim was a respectable 29:02 and that great 10k-run was a pitiful 54:48. How can I get these things so wrong?!

I have mixed feelings about achieving my target. On the one hand, it's my first year and it did seem a huge challenge back in December when I set it as a goal. In my first season, I should be happy with that knowing that I am improving with each event. On the other hand, I came in a distant 427th out of 600 which, even with such a strong field, marks me out as less than average with a lot of work to do if I am to be a genuine competitor. I got a good telling off from Tri Club colleagues when I explained this – it's just what I needed as it was a great event and it's never a good thing to take yourself too seriously. And I have the added bonus of getting maximum points in the Club competition. Ok, I was the only MV40 there and, while I am enjoying my current status as leading the rankings, it won't last the season.

I have one more Olympic distance race schedule at Upton on 14 July and I am looking forward to swimming the River Severn (downstream) and taking few minutes off my PB. After that, I have no plans apart from the Cheltenham Triathlon at the Sandford Park Lido on 12 September.



Apologies for this being so late out that Chris will have done his fifth race by now. Editor

Fairford 10K

There was a great turnout by the club and some good results at the Fairford 10km over the Jubilee weekend. Andy Chapple led the way for Bourton with a fast time on the tough course finishing in the top 10 and 2nd vet 45 in 38min27, only 3 seconds ahead of Lucy Walmsley who was lady race winner, 1st LV40 and 11th overall. Lucy is in superb form and her time was 38min30. Back from a long term injury Darren Long had a particularly good run as 1st vet 40 in 38min52.

A major battle ensued between Tony Goodwill, Nigel Frith and Steph Lane with Tony holding on to finish in 40min 44, followed by Nigel with a well deserved PB in 40 min53, then Steph close behind as 2nd lady home (and 1st senior lady) in 40min58. Andy McCoombes, running with a renewed confidence, was strong again in 44min10. Ali Lane was in the prizes with another smooth run and 1st vet 50 in 46min05. Claire Harrison and Steph Holton did battle for the whole distance with Claire holding on by only 3 seconds with a sprint finish for 46min32 and Steph in 46min35. Vastly improved Gill Carrick had another good result in 48min03 as did David Pyne in 48min57.

Our Life member is still knocking out the results. Norm Lane was happy with his progress after illness finishing as 2nd vet 65 in 51min03. Lynn Hudson made up the Bourton field with a steady run to finish in 52min20.

Report by Ewen Smith

A large field turned out for the Fairford 10K. In the foreground you can see David Pyne. Pic from Running Elsewhere's website.



Andy Chapple susses out the opposition



Darren Long checks he's still alive in the cold



Flying Walmsleys...



"So Dad, tell me again how what's so good about these things?"



Gill, Ali and Andy Chapple look cheerful even if a little chilly & damp. Andy McCoombes behind.



Nigel gives Norm some helpful advice on race tactics....

Pictures by Steve Hudson