

The Finish Line



Bourton Roadrunners

March 2012

Another successful High Bridge Jewellers' 10K

Almost 500 runners took place in this year's Bourton 10K, which was won by young Shaftesbury Barnet athlete Jake Shelley (right) in a time of 31 minutes 47 seconds. In 7th place overall and first lady home was Alyson Dixon of Chester Le Street, with an impressive run of 33 minutes 44 seconds. Both took home Gold Sovereigns donated by High Bridge Jewellers.

First in for Bourton Roadrunners as 2nd Vet 45 was Dennis Walmsley in 34:22 and Tim Heming put in a strong performance with a time of 36:15. Shona Crombie Hicks was our first lady to finish, in 37:16. Shona was 4th lady home and 2nd LV40, while Beth Wynn was first Junior Lady with a time of 41:58 and Lucy Walmsley 3rd LV35 in 38:32.

Other Bourton members to take part were Rob Humphris in 43:27 with just behind him John Whitehill in 43:28. Claire Harrison finished in 44:53 and David Hanson 45:14. Steph Holton achieved a massive 2 minute personal best with 46:16, Chris Dry finished in 49:17 and Steve Woodley, 49:56, was just ahead of Dad Roger in 50:38.

It is worth mentioning 4th placed runner Ben Moreau, who put in an incredible performance after misunderstanding a marshal's instructions, resulting in an unfortunate detour while in the lead on lap 2. According to his Garmin, Ben ran almost an extra half a mile. It would have been a fairytale ending had he managed to get back in the lead, but he did manage to fight his way back to finish only 17 seconds behind the winner. Ben - a runnerslife.co.uk blogger, recently returned from altitude training in Kenya, (as had the first lady if her suntan was anything to go by, see pics page 3/4) took it all in good spirit and was thankfully able to joke after the race about how nice it was up Moore Road.

All in all it seemed that most runners and spectators enjoyed the day, and the marshals certainly enjoyed the sunshine. Well done to Ian Shoemark and everyone who helped.

Once all the books are balanced we will know how much money was raised for this year's chosen charity, Action Medical Research. (Editor's Report)

More race pics pages 3/4



Our Ladies bring home the prizes in the Shakespeare Half

A few of the Bourton crew braved the tough windy conditions on Saturday March 3rd with some great results. At the windy four lap Shakespeare Half Marathon on Long Marston Airfield Shona Crombie-Hicks and Lucy Walmsley ran particularly well in tough conditions. Both are hard at their marathon training and their results of Shona, 1st lady in 1hr 24min 16 sec and Lucy, 2nd lady in 1hr 28min 37sec were well earned. They were well supported by a fantastic result for Claire Harrison in 1hr 41min 42sec to claim the Ladies' Team Prize.

Pete Scarrott was happy with his time of 1hr 37min 13sec considering all his injury problems of late.

In the 10 km event Susan Hunt continues to go from from strength to strength with a superb effort to break 50 min in 49min 48sec.

Report by
Ewen Smith



Steve Edwards is Enigma Quadzilla Champion

Day 1 - 3:21:35
Day 2 - 3:24:42
Day 3 - 3:24:22
Day 4 - 3:25:35

Total time 13hrs 36min 14 sec.

I never expected to come here and win the event, as I was aware of at least 2 better (and younger) runners on paper, one of whom holds the current course record, however he had to withdraw at the last minute due to injury. Anyhow, my plan was to just try and be consistent as possible and of course aim to get all four under 3:30 towards my 500 target. But with sub 0 degrees temperatures for most of the event and snow/ice on the course to contend with, this made conditions difficult for everybody. The course was 7.5 laps of Caldecote Lake in Milton Keynes which also made it more mentally difficult each day.

By day 3, I had a 24min lead over my closest rival Roger Hayes from Teignmouth Harriers which meant that barring a disaster on my part or a storming run on Roger's part, the positions wouldn't change. Of course, you still have to go out and get the job done, so feeling pretty tired after just 3 laps and finding it more difficult to hang on to Roger as time went on, I had to err on the side of caution and let him go. For the next couple of laps I managed to keep him in my sights, but after lap 5, he started to pull away further so he was out of sight. My competitive instincts made that a hard decision to accept, however I knew that if I tried to go with him, I could totally blow up and end up with the disaster scenario. However, if I just kept going at my current pace, not only would I record another sub 3:30 but also take the Quadzilla title.

In the end Roger took 6 minutes out of me finishing in 3:19 and me very tired in 3:25, so I won by 18 minutes.

Looking at the bigger picture, more importantly, its another 4 sub 3:30s towards the goal, so just 25 to go!

Report by Steve Edwards (shown left with second place finisher Roger Hayes)

Chair's Message

It was good to see the success of the Junior Members at the County Cross Country Championships. Hopefully they can build on their achievements and go on to greater things in the future. Further success will only come with hard work as very few achievements in athletics are achieved without regular training.

The recently introduced new requirements for road race organisation are going to create additional difficulties for clubs in promoting races and whilst I have not seen the details at the time of writing I believe it will be essential for race directors to attend the appropriate courses. Once the details are available it would appear necessary for the club to have a pool of members who have attended the course so that those that volunteer to be race directors are already qualified. Another outcome of the new regulations is the possible loss of several regular annual events from the racing calendar.

(see separate report page 4)

On another subject...

Last year Bourton Roadrunners was 30 years old and it would be nice to have a documented history of the club to date. The longer the matter is left the harder it will be for the early years to be adequately described.

The job requires a person willing to carry out the necessary research (newspaper archives, personal recollections of early members both past and present, old Club Newsletters etc.) and put the information together in a readable form. If any member would like to carry out this task I am sure members would give it their full support, and if no member is interested then if anyone knows of a friend or relative with the necessary background please contact me so that we can put the wheels in motion. I hope to hear from someone soon.

Robin.

STEYNING STINGER RACE REPORT *by Tim Heming*

Is it worth trying to make my excuses for not being much of a team player in this winter's cross country?

When such a gnarly breed would turn out to race the ridge and furrows on the dawn of the Apocalypse, saying I'm working on any given Saturday just doesn't quite cut it. Guilt-ridden(-ish) I hit on a plan to fly the Bourton Roadrunners flag AND run my whole cross country season on one morning - last Sunday - at the Steyning Stinger marathon in Sussex.

In truth, it wasn't so much my plan but that of a running friend who, having moved house and joined a new running club, has found himself dragged into the middle of a row that threatens to rip Haywards Heath Harriers in two.

Escaping for 26.2 miles over the South Downs would be his only escape from whether 'chip' or 'gun' start times should be submitted to the local West Sussex rag. I digress.

As the name STINGER suggests, this was not going to be flat and fast but would serve up some stunning views as the trail wended its way between Shoreham-on-Sea and Worthing. At least it had done, two years previous, when the aforementioned Rob had last tackled the course in crisp morning sunshine with a touch of spring in the weather and his step.

This time around it would be different. Having arrived a little late we eventually stumbled on the host leisure centre HQ and, after hastily pinning on a couple of numbers, bumbled our way to the drizzly race start in a farmer's field. Having decided to run together for the first half of the race and then make a call, Rob turned to me after two eight-and-a-half minute miles and grimaced: 'Think we'll just have to guts this one out.' Nothing more needed saying. I looked down at my running attire - the same shoes and socks as I'd worn for my previous marathon on the mean streets of New York - winced, and sunk knee deep into the icy waters of a rutted tyre track.

For the first six miles we skidded over muddy escarpments, but were at least sheltered from the howling gale.

On one particularly treacherous descent, as I grabbed at tree branches for dear life, the lady marshal hollered after me: "Mind the awkward stile at the bottom." I barely had time to respond: "I know my it looks ungainly but I am trying, love." before impaling myself into the wooden fence below.

This was the Stinger, whose 'stings' refer to the four particularly vicious climbs on the course, at the top of which horizontal winds and sleet provided a delicious Downs welcome.

At 10 miles the plan to run together was all but abandoned. I decided if my pace wasn't going to pick up then my body temperature had little chance either and 'dropped the hammer.' (I've no idea what 'dropped the hammer' actually means but it sounds likely to result in a bit of swelling to one's big toe). From the halfway point onwards I abandoned any form of sustenance - and the idea of this being merely a long training run for next month's London marathon - in favour of getting to the finish line as fast as possible. I'd bellow my number at the hardy checkpoint volunteers to avoid slowing too much and later calculated the whole run was fuelled on two plastic cups of water and an eighth of a Mars bar, all consumed before the 10 mile point.

With the 164-strong field having thinned out, I tackled one final ravine-like descent and even managed a finishing sprint over the final mile to arrive shivering, back where I'd started at the entrance of the farmer's field.

Rob was barely five minutes back, having been forced to stretch out his cramping hamstrings on numerous occasions.

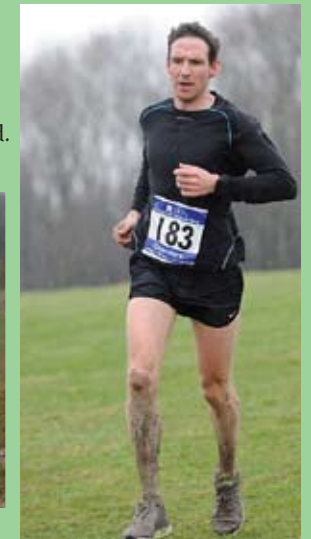
I'd no idea where I'd finished and no idea of the time. And the reward for by far the toughest marathon I'd ever attempted?

No showers, but a full fry-up back at race HQ and a cherished Steyning Stinger mug.

**I've since found out I completed the course in 3hr 33min 45sec to finish fourth behind the winner, Wessex Road Runner Paul Bennett in 3:22:44. The median completion time was 4:53:56. The final runner completed in an epic 7:10:47.*

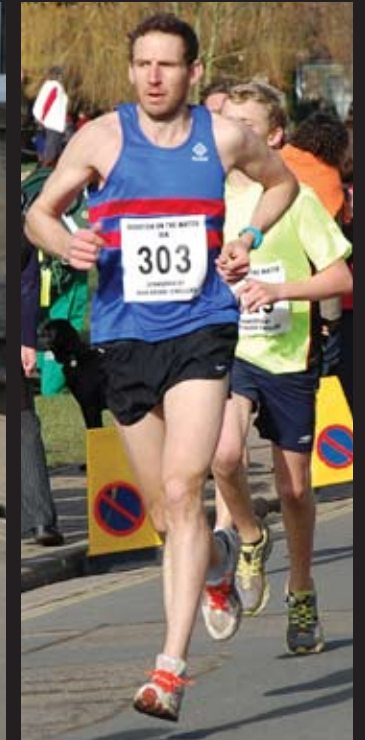
If anyone would like a suggestions for scenic picnic spot on the South Downs... they'd better ask elsewhere.

Before anyone asks, Tim says his BRR top was still in the wash from the 10K... (Editor).



The 10K in pictures

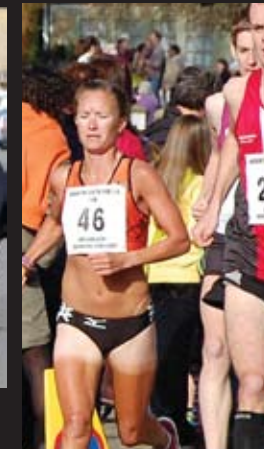
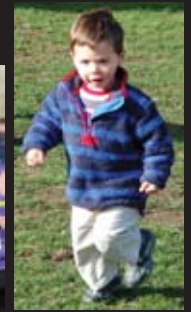
Top row l-r: The start - winning lady is no 46, and early leader Ben Moreau no 5. Dennis Walmsley, and Tim Heming
Bottom row l-r: David Hanson and Chris Dry, Lucy Walmsley, some ladies enjoying the sunshine, Steph Holton.



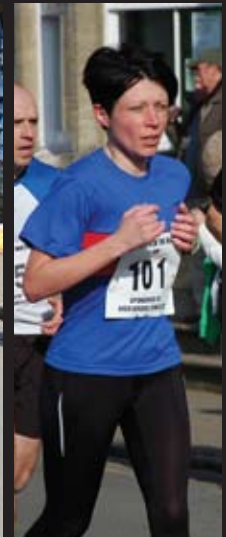
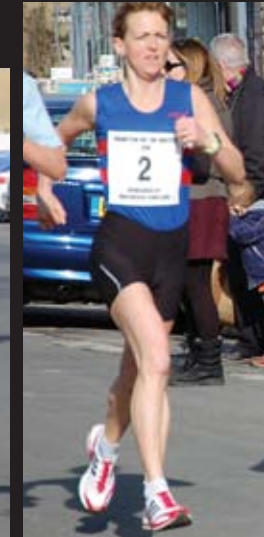
The 10K in pictures

Top row l-r: Roger Woodley, Steve Woodley and Alan Gibson, a few cheerful competitors, and a future BRR star (let's hope). He certainly has the genes!

Middle row l-r: Rob Humphris and John Whitehill, Ben Moreau can just be seen here making his way past the masses after (as Tim Heming put it in his e-mail) his visit to the Farmer's Market, winning lady Alyson Dixon, and winning man Jake Shelley.



Bottom row l-r: Beth Wynn, more (reasonably) happy competitors on lap 2, Shona Crombie Hicks, John Raper with what seems like an unnecessary handicap, and Claire Harrison.





Police, road closures, races cancelled... *what's going on?*

Everyone's favourite scapegoat 'Health and Safety' has been taking a bit of a knocking lately over local race closures. Following cancellations and postponements of some local events such as the Gloucester 10 and Linda Franks, The Echo ran a report which quoted Mick Morris as saying "Now we have Gloucestershire Highways and the police suddenly interested in a whole new raft of measures before they will grant permission for races on the highway", "If you have to have road closures you have to have someone qualified to deal with the signs, and there is only one person in the county currently trained in that". He also states "You need £300 for the signs, and if you don't have someone qualified you have to pay out another £1000"

The police countered this article with another which made the statement that the Gloucester 10 and Linda Franks cancellations were in fact the result of complaints made about previous events, and not the result of new laws. They also say signs can be hired or they suggest clubs get together to share costs.

So what is the truth? Somewhere between the two statements I would suggest.

Without in any way wishing to volunteer myself as a race director - I really don't have the time - I have taken a very quick look at Run Britain's website where a plethora of reports and guidance documents can be downloaded. Alongside their own guidance for organising road races they have made available The Home Office Safety Review document. This document says "The fundamental principle is that events and especially those of a commercial nature should be capable of being carried through without the need for police attendance. However, dependent on the nature and size of the event, police may be involved in the scrutiny of the planning". Their primary concern, understandably, is safety. Organising a safe event does require a Risk Assessment to be undertaken, but that's nothing new. I was involved in the first Risk Assessment done for our current 10K course, which was done very thoroughly and as far as I can see nothing very fundamental has changed when you compare it to the templates available now. It should be reviewed every year, but these things are not as frightening as they sound, they are really just common sense. In its most basic form you just decide where you need to put safety measures in place, then make sure that happens. That could be road closures, signs, or marshals as necessary. At the time we also set up official road closures and the Gloucester Highways Department couldn't have been more helpful. In 2004 it was free, but now, according to the Police it costs £75. We (well I) made temporary signs warning of the closures, we drew up a map to send to the Highways Dept and we borrowed signs from the council. I think we're still using those 'temporary' signs, and I am sure we can afford some proper ones if that's what is needed. (Maybe we could hire them to other clubs to get the money back...?)

According to the report the principle of signage is "NO ROAD USER SHOULD APPROACH IN ANY DIRECTION TOWARDS THE EVENT WITHOUT UNDERSTANDING EXACTLY WHAT IS HAPPENING AND WHAT IS EXPECTED OF THEM", which seems pretty fair to me. Traffic signs must conform to the most recent Traffic Signs Regulations and General Directions (TSRGD) and they recommend that 'The Safety of Street Works, A Code of Practice' is consulted for guidance. It doesn't mention having to be formally qualified in these areas, and anyway plenty of people working in construction need to close roads, so to say there is only one 'qualified' person in the county begs the question how do Gloucestershire's roadworks ever happen? (OK, don't answer that... and don't mention potholes)

England Athletics and Run Britain are saying their aim is to develop a three tier course of road race organiser courses at accredited, intermediate and advanced levels over the next two years. The course lasts one day, costs £40 including lunch and covers rules, risk assessment, legal and administration, working with public partners, health and safety, use of IT and briefing of marshals. The application form is worded as if you have to already be a Race Organiser or Director to get onto these courses, and there is no mention of a formal qualification at the end of it. The link on Runbritain.com currently gives you an application form for a course that took place last September. Useful. Let's not all rush at once.

The Home Office document also states: "Where possible, total road closures are desirable. If this is impracticable, then best practice is to place metal barriers or large substantial cones between runners and traffic. In lightly trafficked rural areas, an assessment should be made of the width of the road, numbers of competitors and traffic use to determine adequate warning and separation between competitors and traffic. Satisfactory safety may be achieved in certain circumstances by the substantial placement of the lawful warning signs, and guidance to competitors". So road closures aren't mandatory as long as people are made safe and warnings are clear, and our Half Marathon would certainly seem to fit the latter description.

Robin is right, we need to get people on the courses, and we need to get it right. If the press is to be believed it's all horrifically daunting but I don't think it is as bad as it looks. Perhaps Gloucestershire's local authorities are demanding more rigorous criteria than the Governing Bodies' documents recommend, but just maybe it is getting blown out of all proportion (the Echo loves a bit of drama). It's more likely that a bit of forward planning and early involvement of the Highways Department and Police are what's really required. In any case, I live with someone who DOES have all those road closure qualifications, and he says £1000 is ridiculous. He'd do it for a mere £750. Any takers? *Editor*

Age Related Results

Please make sure you tell Gill or Steve Hudson your race results or they won't know you've run. It is your responsibility to give them the information if you want to be included.

Gill - simpson@simpsoncarrick.demon.co.uk

Steve Hudson - runningviola@btinternet.com

Thank you Tim...

For pointing out to me that Stevie Stockton (the student whose request for you to fill in their research questionnaire I e-mailed around), is not a 'he' but is in fact a girl, and a pretty hot athlete too.

Ooops - sorry Stevie! *Editor*



Ewen's Race Reports

February 7th

At the final race of the county cross country series our Bourton juniors once again impressed with their commitment and effort. Our under 11 girls made a great start with a fantastic season for Felicity Darwent who finished 5th on the day and bronze medalist for the series. They also won team bronze with great support from all the team, Lucy Griffin 14th, Josephine Mutsaars 16th, Beth Bryell 23rd, Gabby Jones 29th, Isobel Hartley 30th, Kate Edgerton 32nd, Emily Williams 39th and Isobel Kiey-Thomas 40th. Rosie Mutsaars had a superb result in the under 13 girls for 3rd place. Under 11 boys also impressed with Dylan Williams 10th, Max Douglas 27th, Edward Butler 35th, Murray Douglas 36th, Alfie Douglas 38th and Marcus Kiey-Thomas 44th.

Tom Pinkham had to miss the race to take part in the South West Schools Champs to finish an impressive 30th.

In spite of many of our seniors being either injured or in hibernation they still produced some great results. Previous Champion Steph Lane showed strong signs of making her way back to the top as 3rd senior lady and 6th overall.

In the men's event Dennis Walmsley used his years of experience to finish in a very creditable 3rd place to achieve 1st vet both on the day and for the series. Andy McCoombes had a solid run in 82nd place as did David Payne in 102nd. Norm Lane ran a very tactical race to claim yet another county medal with vet 65 silver. Susan Hunt's season continues to improve with another PB in the 4th of the 5 race extremely challenging Threshold series as she moved into 3rd position overall with one race to go in the series.

February 28th

On a day of near perfect conditions many runners and their families enjoyed a fantastic day at the Bourton 10km. The event was a huge success and well organised by race director Ian Shoemark and his team. In a very competitive mens race Jake Shelley held his composure to pull away over the final kilometer to an impressive victory. The ladies champion Alyson Dixon led from the start with a massive victory and brilliant time of 33min 34. Our home runners put in some fine performances to do us proud.

A massive thank you to all who took part and supported, with a large amount of much needed funds raised for local charities.

March 6th

Steve Edwards continues towards his world record, but was made to work hard at the tough and challenging Heart Breaker Marathon, not made any easier by the extra half mile added on for safety reasons. Only six runners managed to break 3hrs 30min, with Steve being one of them in 3hr 26min as 3rd vet.



The Primary Schools XCountry

A number of Junior Bourton Road Runners represented their school in the Primary Schools North Cotswold Cross Country Championships at Moreton Fire College on 9th February.

The top 12 in each of the Girls and Boys races qualified for the Gloucestershire Championship. There were approx 150 in each race. The actual race day was very cold with the temperature at -2°C and the ground was very hard and rutted, so very difficult and tough conditions.

The girl's race was dominated by Bourton Runners, Felicity Darwent, the recently crowned Gloucestershire County Champion, dominated the race and won in great style. Lucy Griffin, who was not 100% still ran very well in 3rd, she is only in year 5 so a great result. She was closely followed by Josephine Mutsaars in 4th, Gabby Jones in 5th, Libby Mathews in 8th, the every improving Beth Boydell in 9th and Kate Edgerton in 12th who is now reaping the rewards of some consistent training. These are all now through to the next round. They were very well backed up by Isabel Kiey-Thomas in 24th and Sophie Brown in 25th.

The Boys also did very well. Max Pinkham has been training very hard all winter and he is now reaping the rewards with an excellent 4th, while Max Douglas was close behind in 6th, both these two qualify for the next round. They were well backed up by James Gunn in 19th, Charlie Davidson in 20th, Murray Douglas in 26th, Daniel Bufton in 43rd, Alfie Dodridge in 45th, Jack Lainton in 63rd and Toby Phipp in 104th.



A good win for Dylan

On Saturday 25th February Dylan Williams won the Inter School Cross Country race (U9) which means he won the overall South Warks Cross Country Championship and now qualifies for the regional finals. He is going from strength to strength and this is a great achievement for him.

Also in the same event Emily Williams ran very well to finish 21st (U10) and the fast improving Helenor West came 11th (U9).

Awards Presentation

On Tuesday 6th March, Norm Lane presented the juniors with their awards for The Junior Club Winter Cross Country League, sponsored by Spar.

To qualify for an award you had to complete at least three races in the Gloucestershire AAA Winter Cross Country League.

Well done to all those who managed to compete in the events some of which were held in very tough conditions and a big thank you to Spar our sponsors who paid for all the medals. Below are the results.

U11G - 1st Felicity Darwent, 2nd Josephine Mutsaars, 3rd Beth Boydell, 4th Isobel Hartley, 5th Isabel Kiey-Thomas and 6th Emily Williams.

U11B - 1st Dylan Williams, 2nd Max Pinkham, 3rd Marcus Kiey-Thomas and 4th Alfie Dodridge.

U13G - 1st Josephine Mutsaars and 2nd Eva Shoemark.

U13B - 1st Tom Pinkham, 2nd Josh Grey and 3rd Alex Darwent.

U15G - Lottie Hartley.



What is a runner's favourite subject in school?
log-raphy!