

The Finish Line



Bourton Roadrunners

October 2012

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Girl Power!



The girls were certainly on form at the Blenheim 10K this year and went home with a stash of wine for their troubles!

Shona won the ladies race and along with Steph Lane as second senior lady, Susan Hunt and Steph Holton they took home the ladies team prize.

But that's not all - Steph Holton also was first LV45 and Liz Hulcup LV55.

For full report see page 3.

Blenheim pictures by Ruben Torres

'Super' Super Vets at XCountry Relays

From Ewen's Report October 8th

With only two teams in the Gloucestershire County Cross Country Relays Bourton still finished the day with medals, but without some valiant Super Vet 60s, it could have been a different story!

The Super Vet 60 team started with Brian Hulcup who stormed round the 1st leg with the fastest Vet 60 lap of the day, to take them into the lead. Norm Lane took on the 2nd leg and held the Gold medal position well. For the final leg Robin Macdonald was taking part in his first race for some months and held on valiantly for a well deserved if somewhat surprising silver team award.

Richard Bufton took on the 1st leg of our scratch vet 40 team and dug in for a good lap. Chris Hartley was just recovered from ankle surgery but still ran a exciting and enthusiastic 2nd lap. In his second appearance of the day Brian Hulcup then kept the team in 3rd position. Also out for his second run and competing well out of his age category, Norm Lane held the team's position on the final leg for a brilliant Bronze Medal.

England vest for Lucy!

Lucy Walmsley has been selected to represent England in Belfast on November 10th where she'll run for the England Masters LV40 Team at the International Cross Country Champs. Dennis is MV50 first reserve.

Your New Club Officers

The Annual AGM took place on October 15th and the following club officers were voted in

President	Den Walmsley
Chairman	Robin MacDonald
Vice Chairman	Steve Edwards
Secretary	Claire Harrison
Treasurer	John Gibson

Other Club Officials:

Membership secretary	Lynn Hudson
Press Officer	Susan Hunt
Entertainments	Brendan Caragher
Youth Development/ Child Protection	Chris Hartley & Richard Bufton
County Rep	Lynn Hudson
Overseas club trip organisers	Richard Bufton and Mike Smith
Club competitions	Gill Carrick
Team co-ordinator	Ewen Smith
Club Equipment.	Richard Bufton
Newsletter editor.	Jo Lewis
Honorary Auditor	Richard Rasdall

Contact e-mail for Claire, our new secretary is:
cotswoldclaire@gmail.com

Items for the newsletter please send as usual to
lewis_jo@btinternet.com

Roger reaches 100! See page 6



A warm welcome (a little delayed in some cases) to new members Rob French, David Hope, Ruben Torres, Brendan Caragher, James & Anna Edgerton Emma Pinkham and Victoria Welton

Chair's Message

Congratulations to Lucy Walmsley on being selected to represent England Veterans in the cross country international against Scotland, Wales, Northern Ireland and Ireland. This fixture is one of the very few where participation depends on being selected as most international veteran events only require the competitor to enter and find the money to attend. I am sure all members would want to join me in wishing her every success.

At the recent Club AGM Dennis Walmsley read out an anonymous letter he had received which purported to have come from a member of our Club. Such a letter achieved nothing beneficial as it leaves speculation on who wrote it causing a certain amount of unpleasantness - something I have been keen to eliminate since taking over as Chairman last year. If anyone has something they wish to raise they do have the option of writing to me in confidence and that would enable an issue to be discussed without the writer's identity being revealed.

As we are coming towards the end of the year now is the time for members to start thinking about who they want to nominate for the Steve Humphries Trophy. If any members are not sure whether their choice is within the guidelines please contact me for clarification.

Robin Macdonald
Chairman

Committee Meeting Held September 17th at The Manse Hotel

Members Present; Pauline Teague, Robin Macdonald, John Gibson, Ed Rozier, Gill Carrick, Chris Hartley, Lynn Hudson, Richard Bufton, Steve Edwards Apologies : Brian Hulcup

Minutes of last meeting 1. approved 2. signed by Chairman. Robin Macdonald

Matters arising Gill has been in touch with Cirencester and both are keen to organise a get together for MOB match - difficulty in finding the best race, Robin suggested using a Cross Country race, Gill is going to liaise with Ciren.

Humphs Hilly Half Gill has reported no problems with this year's race other than she thinks that the finish needs rethinking so she will sort as the course measurer did give her an other option. Gill is also happy to continue as race director. Regarding water bottles these were seen as a very positive thing and will be used next year but will try and organise a smaller size. Next year the entry fee will raise to £15.00 and £13.00 + £2.00 extra on day..

Hon Treasurers report: John is going to get a copy of the treasurer's report together for the committee members to see before the AGM. This year the Humps Hilly Half has made a surplus. £2,900 income £2,400 expenditure which will leave a profit of approx. £550. No bill/invoice has been received from Rob regarding the hire of the football club.

Election of New members. The following new members were voted in and approved..

Victoria Davidson, Emma Pinkham, Andrew Evans, Victoria Welton, James Edgerton, Anna Edgerton, Brendan Caragher

County Representative report: Lynn reports that the presentations from the County will be in January date to be confirmed, it will take place in Cheltenham. They are in the process of choosing the races for the county road race series, she thinks that Bourtons Humphs Hilly Half will be included. The question was asked how they decide who's races will be included - do clubs nominate their races?

The last track session was held in Forest of Dean and it was poorly attended they hope to hold the next session at the new refurbished Gloucester track.

Club Rules and Constitution: It was agreed at the last meeting that changes to the rules are needed and will be rectified at the AGM, Robin has drawn up new wording and no objections were made to the changes and will be voted on at the AGM. It was also agreed that the Club rules should be called Constitution and Rules.

Club Subs: It has been agreed by the committee that we recommend that the Subs should stay the same..

Date for Christmas Dinner: Cotswold Way on the 16th December 2012 if date is available. Shona will enquire tomorrow. Robin suggested that this year's guest could be Sharon Laws. All in favour. Richard will make contact.

After some discussion regarding payment for members wishing to undertake training and coaching courses which benefit the club it was agreed it should be encouraged. This includes training offered by uka.

It is the club's intention to keep improving the profile of the club and hopefully move the club forward...

A letter was received from the neighbourhood watch of Beddome way in Bourton after some discussion it was decided best to ignore for now.

AGM: Officers intending to stand down at this year's AGM is the secretary Pauline Teague. All others are prepared to be nominated again for re-election.

AGM Date: 15th October at 7pm at the Victoria Hall (venue will need to be booked and confirmed).

Meeting closed at 8.50pm Next meeting to be decided after the AGM.

Ewen's Reports

October 1st

Dennis Walmsley celebrated his recent 50th birthday with some brilliant results in between his preparation for the Snowdonia Marathon in October. He ran a particularly fast 5 mile at the **White Horse** in 27min45, the 3rd fastest vet 50 in the UK as well as breaking the club record and finishing 5th in the race and 1st vet 50.

Two weeks later Dennis was at it again with a superb run at the **Bristol Half Marathon** in 1hr15min44sec. He managed to run a strong and even paced race which gave him yet another club record, 1st vet 50 and 4th fastest time for a vet 50 in the UK this year. Club mate Ed Rozier completed yet another half marathon (over 100) in 2hr03min15sec.

At the Cirencester 10km it was our ladies who took center stage with some inspired running. After her Guernsey Marathon success Shona Crombie-Hicks was determined to perform over the shorter distance and did so as 2nd lady and 1st vet 35 in 38min36. Darren Long continues to impress with his results in 39min28, with Lucy Walmsley 2nd vet 35 in a creditable 39min44 despite illness. New member Brendan Caragher looks to be in great form in 41min19. Steph Lane had yet another solid performance in 42min06, bringing our ladies home to the 1st team prize. Good to see Nigel Frith improving with each race after long term injury in 44min, closely followed by Rob Humphris in 44min23. David Pyne is making steady progress in 47min48, with consistent Gill Carrick in 48min42. Steph Holton also suffering illness did well to break 50min in 49min21. Ever Young Norm Lane who celebrated his 69th birthday recently continues to impress on little training as he cruised in with a time of 50min25. Shirley Creed is on the comeback trail and was happy with 52min25 as was Lynn Hudson in 54min18.

October 15th

An outstanding few weeks of results for Bourton Roadrunners with some major achievements. At the 1st of the **County Cross Country** series husband and wife Dennis and Lucy Walmsley achieved a dream result. Lucy was 8th overall and 1st vet 40 and Dennis 12th and 1st vet 50. A week later they received tremendous news, with Lucy being selected for England in the vet 40 team in the upcoming UK cross country champs and Dennis as 1st reserve for the mens vet 50 team with his Marathon two weeks prior to this event. Lucy was the only female entrant for Bourton at the Cotswold Farm Park. Our men had a few more entries and our other scoring members in a courageous team effort were Brendan Caragher, Rob French, Andy McCoombes, David Pyne and a fine effort from Norm Lane edging out team mate Richard Bufton.

Our Juniors performed particularly well and their results can be seen in the junior report.

At the **Chester Marathon** Steve Edwards ran his 2nd fastest time of the year to record 3hr6min and although slightly disappointed Tony Goodwill ran a very decent race in 3hr12min.

The highlight of the day belong to a very much elated Claire Harrison who smashed her PB BY A MASSIVE 11 minutes to record a time of 3hr19, which is only 4 minutes outside a London Marathon elite place.

Steve Edwards followed up his Chester Marathon with the **Leicester Marathon** a week later in another quality time of 3hr10 minutes.

Steve has only 3 to go to that magical 500 sub 3hr30min Marathons.

I'd like to take this opportunity to thank Ewen for sending me his reports over the last couple of years. Without them this newsletter would be very thin. So thank for all the hard work Ewen and enjoy your retirement! **Editor**

Susan's Reports

October 18th

A host of Bourton Roadrunners enjoyed the Autumn sunshine and athletic success at the scenic and challenging **Rotary Blenheim 10k**.

Shona Crombie-Hicks, just a week after triumphing at the Jersey Marathon, continued her winning streak finishing 1st Lady and 10th overall in 39:08. Darren Long was an impressive 13th in 39:38. Steph Lane stormed to 2nd Lady in 41:52. Rob Humphris had a good solid run in 45:35, as did Brian Hulcup with 46:14. A happy Steph Holton cruised to first LV45 in 48:09, closely followed by Susan Hunt with a personal best time of 48:19 and making up the winning Ladies team. Steadily improving Chris Dry finished in 48:38. Liz Hulcup scooped the LV55 prize in 50:08 and Norm Lane ran a strong 52:07.

The steady stream of Bourton finishers continued with Shirley Creed (who everyone is happy to see back racing) in 53:35, newcomer Ruben Torres in 54:34, Lynn Hudson (3 minutes quicker than last year) in 55:12, an improving Gary Holton in 1:02 and Pam Parton in her 10k debut in a fantastic 1.04.



Tony, Steve and Claire after the Chester Marathon
Thanks to Steve for the photo



Bourton Roadrunners Juniors

Guiting Farm Park X Country

The cross country season is upon us again and on Saturday 29th September Bourton Juniors used The Plock Court race in Gloucester as a warm up for the new season.



In the U11 Boys race Dylan Williams got his season off to a great start with a good win in 5mins 15secs. Max Pinkham has had a good summer training hard and he is now closer than ever to Dylan, finishing 2nd in 5mins 22secs. Charlie Davidson is also improving well to finish 3rd in 5mins 44secs. Daniel Bufton came through the field well to finish 4th in 6mins 12secs.

In the U13 Boys race Marcus Kiey Thomas had a strong run to win well in 6mins 21secs, he has the potential to have a very good season.

In the U11 girls race Isobel Kiey Thomas's hard training is paying dividends. She had a good win in 5mins 52secs very closely followed by Helena West, who gives 100% every race, taking 2nd in 6mins 1sec. Emily Williams is improving well with a 3rd place in 6mins 39secs. Mollie Vadher had a great debut to finish a strong 4th in 7mins 5secs.

In the U13 girls race Gabby Jones had her first win in 5mins 35secs and was also third in the overall race. Close behind in a good battle Isobel Harley found a fantastic sprint finish to take second in 6mins 1 sec.

In the boys U15 relay each team member had to run one 2 mile leg - except for Peter Wood who ran both the 1st and 4th leg! Peter ran his first leg in 12mins 22sec which was also the fastest for his age group of the day. He passed on to Joe Self who ran a solid 13mins 44secs, 3rd leg was Alex Baxter in a very good 14mins and Peter ran again completing the 'glory leg' in 13mins 40secs. Well done to them all.

The first race took place in the Gloucestershire Cross Country league at the Cotswold Farm Park on Saturday 6th October 2012. Bourton juniors turned out in force and they all ran out of their skins on this tough and demanding course.

In the very competitive U11 Girls' field Josephine Mustsaars is now starting to show her true potential, with a great battle at the front of the field. She flows over the ground but as she gets tired starts to bounce upwards. If we can get that energy to go forward we have a real winner on our hands - she finished a very impressive 2nd in 6mins 3secs. Kate Edgerton really battled hard and she was rewarded with a top 10 finish in 7th in 6mins 25secs. Molly Hughes once again showed what a real talent she is becoming with a superb 10th place in 6mins 31ses. Isabel Kiey Thomas once again showed how consistent she is and is a good example of how hard work in training pays dividends; she finished in 12th in 6mins 35secs. Helena West always gives 100% effort and today she had a storming run in 15th in 6mins 44secs. This was Ellie Edgerton first race and she really performed well as she finished 19th in 7mins 2secs. Emily Williams had a solid run to finish in 30th in 7mins 24secs. She had a really good battle with Laura Heming in a very close sprint finish as she finished in the same time in 32nd. Close on their heels was Libby Herbert, also in her first race in a very good 33rd in 7mins 28secs. Isobel Nevins was also in her debut race to finish very strongly in 36th in 7 mins 46secs. In the team league, they are in 2nd, 4th and 9th, a very good start to the campaign.

Under 11 boys - Once again this was a very competitive field, after a very fast start Dylan Williams was always close to the front but just lost touch in the last 100m to finish a very good 5th in 5 mins 38secs. Once again Max Pinkham is moving closer to the front to finish very strongly in 11th in 5mins 58secs. Charlie Davidson is growing in experience race by race and he battled very well in the sprint home to finish 16th in 6mins 5secs. Just behind a real battle was taking place between two rising stars - Elliot England and Henry Bell - they had a fantastic sprint finish with Elliot just taking it in 22nd in 6mins 13secs and Henry in 23rd in 6mins 14secs. Jack Lainton has really come on in the last few weeks in training and he raced very well to finish 29th in 6mins 29secs. John Nevins made his race debut with a very strong run to finish in 35th in 6mins 37secs. Daniel Bufton did very well today and had a strong run in 42nd in 6mins 47secs. In the team league the boys are 4th and 8th.

U13 Girls - Rosanna Mustsaars ran with great experience, she didn't shoot off at the start but knew she had the speed and stamina to wind them back in. She did this brilliantly, hitting the front on the last loop and pulling away well for a well-deserved victory in 11mins 42secs. This is Felicity Darwent's first year in this new category so her run was quite exceptional. She slowly pulled the field back and on the last loop overtook 5 runners and had a great sprint finish for 2nd place in 11 mins 51secs. Gaby Jones' hard training is paying off now as she finished in 19th in 13mins 29secs - with plenty more to come as she grows in confidence. Beth Boydell and Isobel Hartley are new to this distance. They pushed each other around well with Beth just taking 22nd in 13mins 40secs ahead of Issy in 23rd in 13mins 42secs. The girls team is in 2nd place.

U13 Boys - Marcus Kiey Thomas is representing the club in this age group, he is new to the distance and did very well and he stormed round in 14mins 45secs in 48th

U15 Boys is a really tough category as one year at this age can make a huge difference, so for our young team it is a real learning curve. Alfie Howells-Smith has huge potential as he battled round this tough course to finish 14th in 19mins 42secs Joseph Salf also had solid run and if he continues to train hard he will improve race by race, he finished 20th in 21mins 52secs.



England Athletics Affiliation Rate Increases and their effect on our membership fee.

As many of you will be already be aware Bourton Roadrunners as a club & all of our members are affiliated to the sport's governing body, England Athletics. This gives us each as individuals a competition license number & enables us to take part in all England Athletics Licensed events, which covers the majority of road races, XCountry & Track meets, at the reduced 'attached' fee. The club pays a club affiliation fee (£50) PLUS an individual fee for each member. Currently £5.

Recently England Athletics have revealed their plans to increase the fee. For Road & XCountry only it is going up to £10 per person - double the existing fee. If we want to do track events too it's an incredible 400% increase to £20. Plans are to continue to increase fees, albeit at a slower rate, over the next 4 years. They are also introducing a junior fee of £15 - currently our club subsidises our Juniors so that they pay no membership fee.

Robin has written a letter to the Chariman of England Athletics asking they rethink this move which could vastly increase our membership fee. We're also hoping it will be diiscussed at the next Gloucestershire AAA meeting and that they will fight it too.

Meanwhile, England Athletics' AGM is on Oct 27th, and Robin would like someone to accompany him to it. If anyone is interested in helping him fight the cause please let him (or me) know asap.

When the situation becomes clear the committee will advise as to the impact on our own club fees.

Editor

Stroud Half Marathon

Bourton Roadrunners were out in force at the Stroud Half Marathon, with some superb results.

In a field of over 1100 runners, Shona Crombie-Hicks was 8th lady and 1st vet 40 with 1:21:27. With Steph Lane recording a fantastic 1:29:35 and Claire Harrison (just 2 weeks after Chester Marathon) setting a PB of 1:31:14, Bourton won the 2nd placed Ladies' Team prize.

Darren Long was the first Bourton man home (and 10th male in the race) in a brilliant 1:24:11 and Nigel Frith showed that he is back from injury with a PB of 1:31:30. Rob Humphris finished in 1:37:35 and Andy McCoombes was 3 minutes quicker than in last week's Cardiff Half Marathon with 1:38:20.

Steph Holton was next in, smashing her PB by an astonishing 7 minutes with 1:41:23, chased by Chris Dry running his first half marathon in a fantastic 1:43:06. A happy Susan Hunt knocked 5 minutes off her PB in 1:44:58, with David Pyne continuing his steady improvement with a PB of 1:46:01 and Liz Hulcup in a well-paced 1:46:17 for 3rd Vet 60.

Next in was Roger Woodley, finishing his 100th half marathon in 1:47:17, accompanied by John Gibson and Brian Hulcup.

Ed Rozier finished in 1:54:37, Shirley Creed 1:58:43 and Lynn Hudson (perfectly paced to break 2 hours) in 1:59:10.

By Susan Hunt. Pictures by Gary Holton.



Secret Squirrel

(or how not to run in fancy dress)

By Tim Heming

NO more secrets, squirrel. If you ever plan to look silly competing a half-marathon, here are a dozen golden rules to running in fancy dress, rules learned the hard way by running as Chester the Squirrel for the Royal Parks Foundation.

MO FARAH, Paula Radcliffe, Haile Gebrselassie, Chester the Squirrel. What do all these distance runner have in common? The honour of having No 1 pinned to their chest on the start line. Big favourites in a big city race.

No question the first three have delivered over the years but when it came to Chester's big moment in the Royal Parks Foundation Half Marathon, it was always going to be a tough task.

Chester had failed to take the tape in four outings since the inaugural event in 2008 and with media commitments disrupting the pre-race routine, he became boxed in at the start and was narrowly beaten into 8,030th.

However, history will show - despite the internal cooling fan breaking and the feeding tube becoming trapped eight miles in - he kept his game face on throughout (although he was contractually obliged not to speak or remove his head in public).

Lolloping through to the finish in 2 hours and 13minutes, the official mascot hung tough for a new squirrel record, and before hibernating for 2013, just had time to reveal how it was done:

PREPARATION

Rule 1: Do at least ONE training run in the kit. Sounds obvious but 2012's Chester has a laissez-faire approach, consisting of collecting the suit and rocking up on race day. When the packaging looked like Marlon Brando's bodybag had he been 'whacked' in the Godfather, the alarm bells started ringing.

Rule 2. Get a good chaperone. Chester's trial run flagged up one key issue - the gauze over the eye holes meant he could barely see. Thankfully the wonderful Holly the Squirrel aka Jo Hill - a woman so hard she'd scratch in her own Ironman tattoo with a school compass - became Chester's running mate, commentator and cameraman for the day. As Jo would say: LEGEND! BOOM!

Rule 3. Being rubbed up the wrong way. The trial run also raised chafing issues. Not merely nipples and armpits, it could get you anywhere. And don't ignore the warning signs. As soon as you feel a hot spot starting, deal with it by layering or lubricating. As Michael Barrymore used to say on Strike It Lucky? What is a hot spot not? Not a good spot.

Rule 4. Don't be a fuel. Staying in costume requires serious liquid replenishment. Without being able to drink from the aid stations, the solution was to wear a Camelbak rucksack under the suit filled with water and mixed with an electrolyte powder from sports nutrition experts SiS. The hose was then run up into Chester's head and with a little readjustment every mile or so, fluid could be taken on. It would have worked perfectly had the tube not become pinched. Teletubbies everywhere, you have full respect.

Rule 5. Animals are stupid. Especially dogs. They appear to think middle aged men in fancy dress squirrel costumes are real squirrels. Just bigger, slower and more juicy. If I'd have wanted to be chased by mutts I'd have dressed as Postman Pat.

FOR RACE DAY

Rule 6. Read the contract. Important but easily overlooked. For example, the Royal Parks state: 'You must stay in costume at all times when in a public space and NOT speak. Mascots need to retain an air of mystery.' I was lost for words.

Rule 7. People DO judge a book by its cover. And it's often better if they just see the cover say "Aw" and take a picture. JK Rowling did some kiddy-friendly sleeves for her Harry Potter tomes but it was still the same bunch of dark arts inside. It's the same with humans in squirrel outfits. The crowd might see high fives, hugs and handshakes but underneath that fancy dress is one big sweaty mess.

Rule 8. Embrace the heavy breathing. I'm not stipulating how to prepare for this, but if you're going to wear full headgear you'd better get used to hearing yourself sound like Darth Vader, snoring, in a bucket. Perhaps an acceptable state from one's cardiovascular system at 13.1miles, a little disconcerting when you haven't yet reached the start line.

Rule 9. Be wary of headphones. The problem with a power ballad is that unless you go Like A Bat Out of Hell, it can become a liability. Nobody likes to see a giant squirrel trampling joggers in London's parks but despite Jo's hollerings - and they got louder as the miles ticked past and the adrenaline soared - a few 'plugged in' people got unfortunately stomped. Nothing's Gonna Stop Us now. Nothing except being sideswiped by a giant, swaying squirrel's tail. Sorry. We tried to warn you. You couldn't hear and we couldn't really see.

Rule 10. Don't be psyched out by other mascots at the start. Many look more impressive but I found out that most don't even bother running. They just photobomb on the startline, pushing to the front and ruining Chester's chances with Nell McAndrew or one of the fit presenters from SkySports News. If you are overtaken by one when the race starts, convince yourself it's not a level playing field. You cannot really be expected to compete with Superman.

Rule 11. Cut the crowd some slack. They don't get it right every time. I was once mistaken for the Tinman when I was C-3PO on a Star Wars float at Rag Week as a student. Drunk and affronted I was about to hit back that I was fluent in over six million different languages. But the kid was five and I was told to have a heart. This time Chester was mistaken for Mr Tumnus from the Chronicles of Narnia. I kept schtum. "More foal them, I thought."

Rule 12. It's not the run that hurts. And finally, if you choose to hug the snap-happy family in the crowd, throw an impromptu Pagan dance with a fellow runner who grabs your tail, or reach down that little bit too low to high-five a kid in a pushchair, understand that it may be tiring. As was discovered with bookended photocalls either side of the race, the running is the easy part.

