

The Finish Line



Bourton Roadrunners

September 2012

The Great Guernsey Medal Haul

Bourton Roadrunners enjoyed huge success at the Guernsey Marathon on August 26th 2012, with Shona Crombie-Hicks 1st lady in the marathon and 11 out of the 15 members who took part bringing home a trophy.

In the individual race, Shona Crombie Hicks was 6th overall and 1st lady in 2:56:15, breaking the course record. Steve Edwards (after only 5 hours sleep and a horrendous ferry crossing) completed his 569th marathon and his 493rd sub 3:30 in 3:13:20. Nigel Frith, recovering from injury, finished happy in 3:48:51. An ecstatic Steph Holton was "first debutant" in a superb 3:54:15. Susan Hunt sliced 11 minutes off her PB in 4:00:44 and Jan Short made an outstanding marathon debut in 4:01:45.

In the pairs relay, Dennis and Lucy Walmsley were first mixed team and second overall in the teams of two. Lucy recording the fastest female half marathon, and after he'd handing over responsibility for the kids and car keys, Den had a deficit of 10 minutes from the leader and 5 minutes from the second place man. He battled on to pass both, but was overtaken by the eventual winner and finished in second place in 2:46:21. Lynn Hudson and Gill Carrick were first female pair in 3:48:40.

The mixed relay was won by the "Bourton Bolts" (Mick Hunt, Pete Scarrot, Shirley Creed, Sarah Harper and Mike Smith), who were 12 minutes ahead of their nearest rivals in 3:07:06.

The Dennis Abbotts trophy for outstanding club trip performance was awarded to Steph Holton, for her fantastic first marathon.

Info from Susan and Dennis. For Susan's full report see page 3. Guernsey photos by Gary Holton.



Steph No.1 Angel

by Ali Lane



On the new Angels 10K course at Ashleworth, Glos, Steph Lane led the way for the ladies on the challenging, country lane, course. Taking the lead from the start, she never looked in any danger of being caught and crossed the line to win in 42.06. Other runners from Bourton to take part in the County race were David Pyne 49.27, Gill Carrick 50.03, Norm Lane 50.09 and Lynn Hudson 55.52.

Autumn's here!

Chair's Message: Page 2

Post Olympic Slump?: Page 2

Susan's Guernsey report: Page 3

Stuff from Tim Heming: Page 4

A step back in time: Pages 5 and 6

Voting Form: Page 7

AGM

on October 15th
Victoria Hall 7pm

Dear Club Members

Now is the time of year when we all get the chance to re-elect or elect new officers to the committee.

This year the committee ask that you make all nominations by the given date as **no nominations will be accepted on the night**

Present Committee and Officers are as follows:

| | |
|---------------|-------------------------------------|
| President | Den Walmsley |
| Chairman | Robin MacDonald |
| Vice Chairman | Steve Edwards |
| Secretary | Pauline Teague STANDING DOWN |
| Treasurer | John Gibson |

All of the above are willing to stand for re-election apart from Pauline

Other Club Officials:

| | |
|--|--------------------------------|
| Membership secretary | Lynn Hudson |
| Press Officer | Ewen Smith |
| Entertainments | Shona Crombie-Hicks |
| Youth Development/ Child Protection | Chris Hartley & Richard Bufton |
| County Rep | Lynn Hudson |
| Overseas club trip | 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 |

VOTING FORM ON PAGE 7 - Please ask that people are willing to do the role before you nominate them.

Chair's Message

I am writing this 3 weeks after the Olympic Games finished and with all the interest in sport that was generated it will be interesting to see which sports benefit long term with increased participation. Things which will have a bearing on participation are facilities available to those who want to get involved. Some sports can get by on 'a make do' basis but some cannot. We have currently a very successful group of young juniors whose facilities are just a piece of grass so we are better off than some sports as we can manage with a less than ideal infrastructure. Cycling was probably our most successful sport and it does appear to have a very successful organisation of back up support but does have only a very limited number of purpose built facilities. What I would like to see is more Government Funding put into sport and the money currently being made available put to better use. Whilst not everyone will agree with me it is the elite like Mo Farah Bradley Wiggins etc. which attract the youngsters to a sport.

With the arrival of shorter amounts of daylight comes the need to take greater care when out running making sure you can be seen, it helps if you choose clothes that are bright colours. Cross country races are another feature of the winter and if you have never tried this sector of our sport my advise is try it you might find you enjoy being away from road and traffic. If you enjoy running over the fields on the few occasions this has been possible this summer you are likely to enjoy cross country. The AGM is coming soon and you will receive notice of this from our Club Secretary. Please do try to attend and complete the Election of Officers form and return it as instructed. The Club needs the various positions filled to function efficiently.

Robin Macdonald Chairman

Post Olympic Slump? Report by Jo Lewis

Am I the only one who has no idea what to watch on the TV now the Olympics are over?

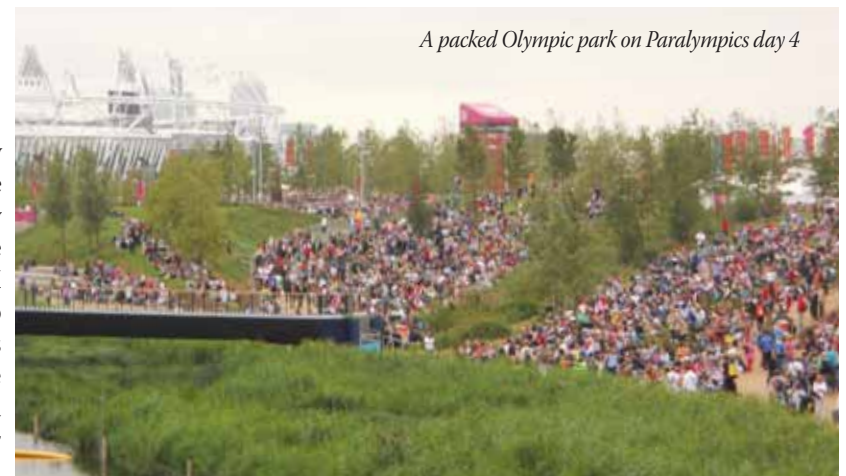
Having been rivetted by the main Olympics, Alan and I then attended day 4 of the Paralympics. Primarily because we couldn't get Olympic tickets and we really wanted to see the venues being used for the purpose they were built. I certainly never expected to be as bowled over by the events as I was and when we got back I was addicted to the TV coverage of the Paras too. The atmosphere in the park was amazing with almost full venues and cheering the like of which cannot possibly be portrayed in the TV coverage, or we'd never hear the presenters speak. Watching swimming heats in a packed Aquadrome at 9.30 in the morning in a crowd with such passion and enthusiasm was not what I had envisaged, and I have to say the swimming, where athletes use no aids or prosthetics, really brought home the courage and sheer skill of the competitors - from blind swimmers who are tapped on the head so they know when to turn, to those with barely any limbs to speak of, each one tugged at the heartstrings and inspired at the same time. And they could every one of them swim faster than I can manage.

In the Velodrome we were lucky enough to have front row seats, and in the Men's Sprint B (visually impaired) finals we could literally have reached out to touch the cyclists as they swooped around the top of the track playing cat and mouse. A gold and silver for Britain in that, then a silver in the men's team sprint. Then the main stadium - seated near the flame, and close to the front, we saw blind discus (I wouldn't want to be a marshal on that one...), F44 javelin (below knee amputation - blades crossing and overlapping as they turn sideways on a run up are something to behold), various track heats then the shock of seeing Oscar Pistorius beaten in the 200m - you could feel the wave of amazement in the audience when Alan Oliveira came from nowhere and of course we were unaware of Oscar's 'night of the long blades' interview until the next morning. Then to cap it all David Wier won the first of his 4 golds in the 5000m and the entire stadium rose to their feet for the final 400m. What a day.

What it made us think, more than anything else, is why on earth are the para-athlete events not run alongside the able bodied ones, not just in the olympics but in all events? They use the same track, same javelins, same everything, and no-one can tell me they're any less exciting to watch. I feel quite proud to have been a very small part of what I seriously think may be a watershed in interest and support for the Paralympics. I hope in years to come they'll be treated with just as much importance as the main Olympics and that the flame is passed to them, not to the next host country. That made the Paras seem like a second rate event, and that it wasn't for sure. In fact I had no idea how many paralympic athletes have come close to qualifying or indeed taken part in equivalent able bodied competition. Oscar Pistorius is just the one who invites the most press coverage but Natalie Du Toit is a South African amputee swimmer who was 16th in the Beijing open water 10Km swim, and Natalia Partyka of Poland competed in the able-bodied and the paralympic table tennis both this year and 2008. She has no

"What it made us think, more than anything else, is why on earth are the para-athlete events not run alongside the able bodied ones?"

right hand or lower arm. British cyclist Sarah Storey has only one functioning hand but was 5th in the National Road Race Championships this year (won by Sharon Laws, see page 6), and has competed in the Commonwealth Games. Those are just the ones I happen to know about - I wouldn't be surprised to hear of more. No human achievement seems impossible now. I am inspired to get out there more and run, and at the very least, determined to whinge a bit less about the minor problem of a sore achilles or niggly hamstring!



A packed Olympic park on Paralympics day 4

Guernsey Trip Report by Susan Hunt

They say that the hardest part of a marathon is making it to the start line...

and this seemed particularly true of the club trip to the Guernsey Marathon. First, just days before leaving, we discovered that our hotel had been closed by fire and that the proprietor had (appropriately) "done a runner". Thankfully, ace-negotiator Jonathon Wilson secured a great deal with a much posher hotel. Then, at the time that we should have been boarding the ferry, our bus was still 40 minutes from Poole, stationary in traffic (eek!). This time it was the turn of ice-cool Mike Smith to smooth-talk the ferry lady into allowing us to be fast-tracked onto the ferry, just minutes before departure. We were the lucky ones. The following day, the weather deteriorated and Steve and Teresa Edwards had the ferry crossing from hell - 8 hours of rolling seas and heaving passengers - and didn't arrive in Guernsey until 1am on marathon morning.

After such an unpromising start, things could only get better - and, thankfully, they did. Race day brought sudden and miraculous sunshine and sparkling seas. Our enthusiastic and loyal supporters positioned themselves around the course, armed with water, gels and encouraging banter.

In the individual race, Shona Crombie-Smith made newspaper headlines, coming 6th overall and 1st lady in 2:56:15 and smashing the course record. Steve Edwards, after just 5 hours' sleep, zipped up his man-suit and battled around his 569th marathon (and his 493rd sub 3:30) in 3:13:20. Nigel Frith, recovering from injury, was doing this one "just for fun" and finished happy in 3:48:51. Training-mates Steph Holton, myself and Jan Short ran together for the first 15 miles: relaxed, happy and (admittedly) talking too much. No-one would have guessed that it was Steph's first marathon, as she bounced and beamed all the way to the finish in a superb 3:54:15 and scooping the First Virgin prize. Behind her, I was hobbling and hopping on cramping calves. I crossed the line in 4.00.44 - 11 minutes quicker than my PB and 45 seconds slower than my dream - and forgot the official photographer as my face screwed up in an (unattractive) ball of mixed emotions. Jan was just a minute behind me, surprising herself with an outstanding debut of 4:01:45.



Meanwhile, in the pairs relay race, Lucy and Dennis Walmsley had flown around the course to finish first mixed (and second overall) pair (with Lucy recording the fastest female half marathon) in 2:46:21. Gill Carrick had a brilliant run, powering up the hills to the highest point on the course, before handing over to a gazelle-like Lynn Hudson, who kept up the momentum and brought home the win and course record for the first ladies pair in 3:48:40.

The "Bourton Bolts" were our 5 person relay team. On paper, it didn't look good. First was new member Mick Hunt (injured calves and heel from trying to keep up with his wife in training), then Pete Scarrot (continuing chronic knee pain), Shirley Creed (sore hip), Sarah Harper (recovering from surgery) and Mike Smith (hadn't raced for ages). Yet, in the true spirit of a club trip, they pulled it off! Mick gritted his teeth, tightened his elasticated bandages and battled up the hills of leg 1. Pete had an absolutely blistering run and was 3rd when he handed over to Shirl. Speedy Shirl found her racing legs and heroically held off the opposition. Sarah soared like a speeding bullet and Mike ran like a champion to bring the team home in second place overall and first mixed team (12 minutes ahead of their nearest rivals) in 3:07:06.

So the club trip which had started somewhat shakily, ended happily. On race day evening, we all gathered to celebrate our success and to choose Steph Holton as the first winner of the Dennis Abbotts trophy for outstanding club trip performance, for her fantastic first marathon.

Photos by Gary Holton.

(Note to Gary: I think we'll be safe as the only photos shown here of Susan are from before the race, but if she serves a Superinjunction, well, let's just remember who took them ... Editor)



“If you can't beat them, join them” *Report by Tim Heming*

Not my words, but those of Alistair Brownlee, who recovered from an Achilles injury at the start of the year to blast his way to Olympic glory in the triathlon.

Brownlee ran a 10km split on an accurately-measured course in 29mins 7secs to become the youngest ever Triathlon gold medal winner in Hyde Park.

It was also just ONE SECOND behind the time posted by second-finishing Brit, Chris Thompson, in the men's 10km in the stadium three days before.

I was fortunate enough to spend the day with the Brownlees on a recent trip to the Dales and asked Alistair what made the difference? "I put my success down to Bourton Roadrunners and particularly Dennis' Training Tips," he pretty much definitely said.

NB: Young runners of any age take note. Alistair Brownlee was nine years old when he took part in his first competitive race - a Leeds county cross-country. In a field of 450 he finished 400th. With so little 'natural talent' clearly he'll never come to anything.

You can read Tim's full feature in Triathlon220 magazine - on sale from September 18.



New York Marathon Organisers reverse decision to have no baggage drop

For a while it was feared that there would be no baggage drop and transfer facilities for this year's massive and expensive to enter New York City Marathon, leaving entrants to shiver in chilly November temperatures at the start and reliant on friends and family to bring them warm clothing at the finish.

Mary Wittenberg, the New York Road Runners CEO and President, dropped the bombshell to the 47,000 fully paid-up and excitable runners that the radical move was to ease finish-line congestion.

It essentially meant no bags would be welcome at the chilly November morning start on Staten Island and, if you did take one, there would be no trucks on hand to deliver it to the finish in Manhattan's Central Park. Instead the race organisers planned to hand out fleece ponchos at the finish.

A look back at my race pics from last year has me in beanie and hoodie covering about four more layers, some but not all of which I wanted to donate to 'in partnership with New York/New Jersey Goodwill Industries'.

Of course the race is a wonder, seeing the five boroughs, marvelling at the Cityscape as you climb the bridges, and finishing with the crowds in Central Park.

But the warm glow afforded by crossing the finish line would soon have been chilled in just a sweat-soaked singlet and shorts had I not had a change of clothes. But this was 2011 and there was a bag for me to pick up after which I spent a further three hours out on the course clapping and cheering people home.

That wouldn't have happened this year. I'd have been sat on the subway in a funny-looking fleece shivering my way back to my digs in Brooklyn before it got dark. Runners of this race are used to being fleeced before they start, now they can be fleeced at the end too.

Thankfully however runners' rant power has resulted in the ludicrous decision being reversed, so if you were intending to take part - fear not, you can take your winter woollies with you after all.

Report by Tim Heming

Look back and chuckle...

Robin has kindly sent me a very old newsletter - from way back in the dark ages of 1996. At that time we had a member that many will remember - Steve McKenzie. Quite a useful runner, and a bit of a character. This is his tongue in cheek report from the National Cross Country Champs and several of these characters are still members today... can you work out who they are?

The Professionals (or, famous five go off on a day trip to Nottingham).

Mad March hares and over 2,000 of England's elite and top club runners assembled in Nottinghamshire for the prestigious annual National cross-country championships, held on March 9th. Below is an account in the day of the life of just five of those professionals, of how they prepared for and fared on the big day. This is also a testimony, an insight, into the powers of concentration and dedication needed for the true elitist to aspire through focused, single-minded determination to success and glory. Now read on. One day this could be you.....

Barry: Early, p.m. "I don't wanna be here! I wouldn't have bothered if I knew we didn't have a team, I could have stayed in the shop."

Mac: "Can't Ian run for us, he'd make up the team?"

Stats: "No! No way, categorically not! Under section 2, paragraph 4(b) AAA Rules 1967 Amendment he's not allowed. He'd be banned for life, we all would, its not worth the risk, it wouldn't be fair on the poor chap and besides I don't think he'd stoop so low!"

{Ian ran as Barney Rubble for Bleesdale, or some far flung outpost [allegedly] }.

Beaky: "Ah, you missed a great night, last night. I met this really gorgeous bird who really fancies me and she's intelligent, amazing!"

Barry: "Nice biscuits Beaky."

Beaky: "Yeah, that's Jason's school lunch for Monday."

Smiler: "So what, I was in the pub last night with a mate and five girls, I left with the best one of them, 36DD!"

Mac: "What, you took her home?"

Smiler: "No, we just left at the same time. I had to rest for today's race!"

Stats: "I reckon if I run the first mile in 6:02, ease into 6:04 for the second, I can pick up the next two miles at speed and cruise past thirty or forty in the home straight for a p.b by some one to one and a half minutes." {amazing}.

Mac: (thinks) "F***** Hell, nine hours of this!"

Mac: "Spurs play Forest in the sixth round replay today, let's go there instead."

{This idea was narrowly outvoted, just as well really, they were playing at Tottenham. (Forest Reserves were at home though, to Chesterfield Reserves, or somebody!).

Barry: "I bet they're really busy by now." (thinks), "I hope that goat's cheese all goes today, it started off as English Cheddar three months ago!"

Smiler: "Sharon's at Nottingham University, we could call in for tea later. She'd have done well today. Maybe some of her uni' friends will be there, shall we get some wine or cider?"

Mac: "Hmm, nice cake, Beaky."

Beaky: "Yeah, that's Jason's school lunch for Tuesday."

Smiler: "We need a fast start, up near the front. No good starting in the middle, we'd get boxed in and finish well down. Too slow bunched up."

Stats: "If we can start together, five abreast, by process of elimination we cut out the chance of two to three hundred passing us in the first two hundred metres by which time we should have settled into an even pace of say 6:02, to be maintained for the next two to three miles easily."

All: (Thinks) "F***** hell, eight hours of this! Amazing!"

Barry: "Is Sarah not running? She said two weeks ago she might have a cold, today." She just doesn't seem to rise to the big ones does she?" This casually innocent remark led to eagerly enthusiastic discussions,

most of which will not be appearing here, before distracted minds could be refocused on the important issue of the day.

Barry: "Anymore Penguins, Beaky?"

Beaky: "No that was Jason's school lunch for Wednesday."

Mac: "It'll be on Sky, the winners are at home to Villa, does Sharon have Sky? All the pubs will."

Smiler: "They can't afford Sky, they probably can't afford food, we'll have to take some crisps with us. What about some cider. Got anymore cake Beaky?"

Beaky: "All my foods gone, that was Jason's school lunch for next week. I must have ate it all. No food at Sharon's, I'm not going then...unless there's a really tasty girl there. I once had a date with a really tasty girl; she fancied me like mad!"

Mac: "How did you get on?"

Beaky: "She never turned up, bitch!"

Barry: (Thinks) "No food, damn! I could have sold them half a hundred weight of goatsmilk cheese."

Beaky: "That chick in the Metro's looking at me, I bet she fancies me. I once had a date with a girl with a Metro who really fancied me."

Barry: "How did you get on?"

Beaky: "She wouldn't sell it. I offered her part exchange for some mushrooms and trough, bitch!"

Suitably psyched-up and with concentration at a peak, the formidable team used their pre-race preparation with maximum effect, calling their collective race experience to gain the upper hand in the face of 'quality' opposition. Beaky was at the back, Smiler was looking for his correct start gate, Barry was facing the wrong way with somebody else's number on his back (though the correct one was on the front), Stats looked the part, meanly elbowing for

position on the startline with Eamon Martin, Mac was two fields away, being sick. The gun went off and the crowd roared to the thunder of determined athletes galloping into the distance in a cloud of dust and confusion.

The post-race repercussion, while driving away heads bowed was swift, and to the point."

Beaky: "You were crap!"

Barry: "I was crap, what about you?"

Smiler: "I had a nightmare, where the hell were you?"

Mac: "I was sick, it was your driving, or something I ate!"

Stats: "That's no excuse, you were useless!"

Mac: "Well I started three minutes late and I still beat you!"

Beaky: "I had to stop behind a hedge. This bird was watching, she really fancied me. I could tell by the way she ran off to tell her mates! It looked all cheesy

and smelly of goats!" (He normally does).

Barry: (Thinks) "I'm glad I swapped my salmon and goats cheese paté sandwiches!"

Mac: "Turn the radio up, its gone to penalties!"

Smiler: "What are we going to tell Norm?"

Stats: "Pretend we didn't run!"

Barry: "What can I write in the Standard?"

Mac: "F***** Hell he's saved it, they're 2-1 down, shut up I can't hear!"

Stats: "Let's look on the positive side, I beat Eamon Martin to the first mile mark, before easing back nine hundred places."

Smiler: "And we all ran P.Bs trying to get out of the place at the end."

Barry: "Its not too bad, no one recognised me with the wrong number on."

Beaky: "And that bird definitely fancied me!"

Mac: "Oh God, 4-2, shut up I can't hear!"

Smiler: "Anyone take the times?"

Beaky: "Anybody got a watch?"

Stats: "What about the results?"

Barry: "There's always next year." (What for the Cup? - Ed)

Mac: "What the hell!"

So our famous five went trolling off jauntily homewards after cucumber sandwiches and lashings and lashings of ginger beer. Singing along to the wireless to David Bowie's 'We could be heroes, just for one day.' What day's that then girls and boys?

Oh yes, the results. Forest won on penalties, Bastards! I hate Nottingham!

Steve McKenzie (Professional).



also from 1996

Congratulations.....

Sharon Laws, Dennis W., Richard Bufton, Robin Macdonald, Lorna Dunn, Jill Phelps and John Gibson for running in county vests at the B.A.F 10k in Solihull. Ian MacDougall for a county vest for track at 3,000 metres. Alan Lovett for being 1st o/70 in the National Championships at 100 metres.

Sue & Kev who are expecting a little one in March. Charlotte Fielding who is expecting a little one in May.

Steve Humphries for completing his 50th marathon in Lausanne.

John Gibson for cracking 3 hours in the Slough Marathon.

Pauline Teague for finishing her first marathon in Lausanne.

Michael Burton for finishing his first half marathon

News of a former member

The Sharon mentioned in Steve's report above was Sharon Laws, who lived locally at the time and ran regularly at the club before University and in the holidays. Newer members may be interested to know that this is the same Sharon Laws who competed for GB in Beijing in the road cycling and narrowly missed selection for the Olympics this year. In fact Sharon's non-selection was quite controversial as she won the 2012 British Road Race Championships in style. Sharon featured in Cycling Weekly Magazine in August when they ran an article about her favourite 48 mile ride - around Bourton on the Water. Although she lives in Girona she still considers the Costwolds her home and the ride takes in the Drainpipe, the Rissingtons, Sherborne, Burford, Charlbury, Kingham, Stow on the Wold and finishes around the Slaughters.

I can recall running with (or rather trying to keep up with) Sharon as she chattered her way non-stop around the short runs.

Editor



Bourton Roadrunners Nomination slip for AGM 15th Oct

Our annual general meeting is being held at the Victoria Hall, Bourton – on-the- Water, October 15th @7.00pm.

This is your opportunity to have your say and vote in the officers needed to oversee the running of Bourton roadrunners. Please use the nomination slip below to make your choices..Please ensure that you first ask the person you wish to nominate if they are prepared to stand.

Please return to Pauline Teague **by October 12th.**

| | Person Nominated | Proposed by | Seconded by |
|--------------------------|------------------|-------------|-------------|
| President | | | |
| Chairman* | | | |
| Vice Chairman* | | | |
| Secretary* | | | |
| Treasurer* | | | |
| | | | |
| Membership Secretary | | | |
| Club Trip co-ordinator | | | |
| Newsletter Editor | | | |
| Team co-ordinator | | | |
| Entertainment | | | |
| Press Officer | | | |
| Youth Development | | | |
| County Representative | | | |
| Club Equipment | | | |
| Child Protection Officer | | | |
| Club Competitions | | | |
| Honorary Auditor** | | | |
| General Committee Post | | | |

Automatically committee members ** cannot be a committee member.

People proposed for all other roles may also be proposed as committee members, but must be nominated and voted on as such separately from that main role. Acceptance as a club officer (other than those marked with an asterisk) does not mean automatic election to the committee.

General members of the committee can be elected on the night. Please indicate if you intend to stand.

Signed.....

I would like to be on the general committee. YES / NO

Just remember if you don't nominate and don't vote you have no right to complain...

NO NOMINATIONS WILL BE ACCEPTED ON THE NIGHT