

# THE FINISH LINE



Bourton Roadrunners

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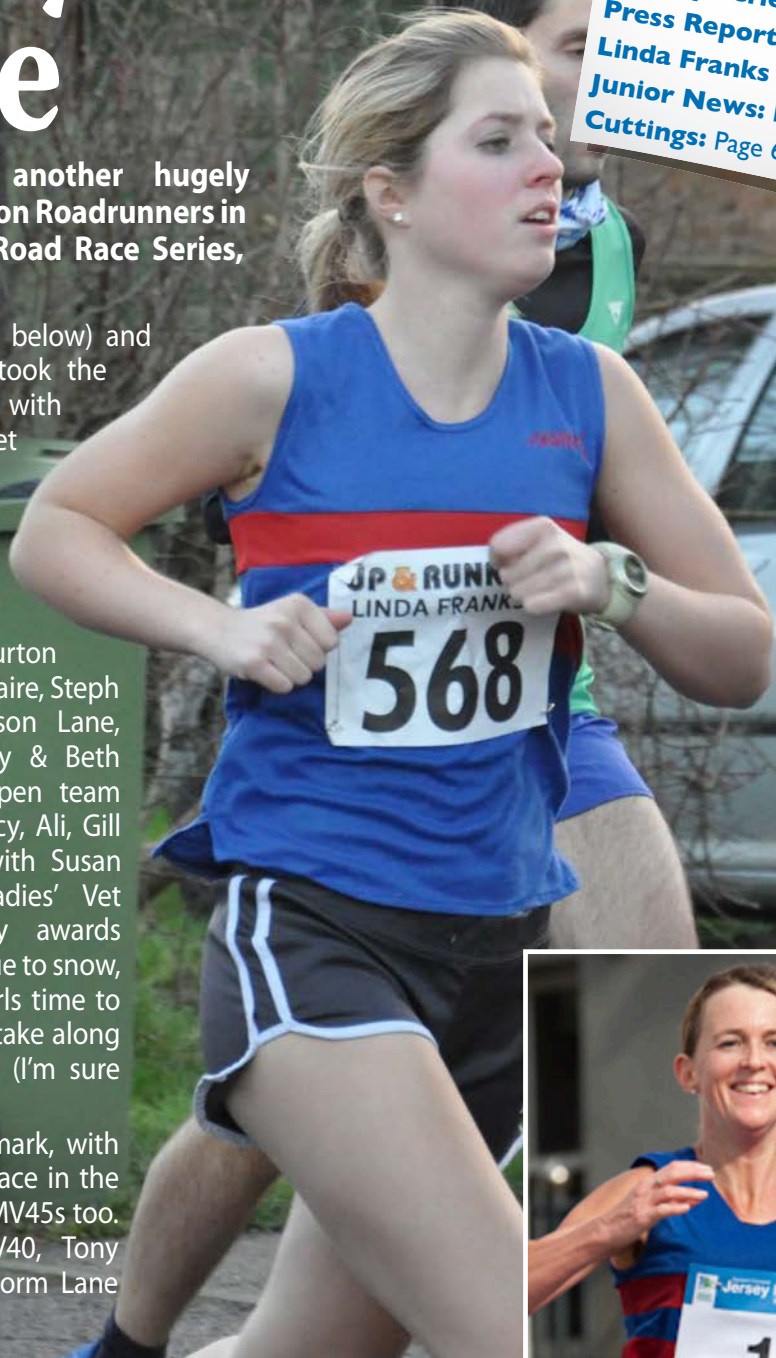
## County Medals Galore

2012 proved to be another hugely successful year for Bourton Roadrunners in the Gloucester County Road Race Series, especially for our ladies.

Shona Crombie-Hicks (inset below) and Steph Lane (right) jointly took the Senior Open Ladies' title, with Claire Harrison first Lady Vet 35 & Shona also taking the LV40 award. Steph Holton was 2nd LV45, Gill Carrick 2nd LV50 and Lynn Hudson 2nd LV55.

In the team awards, Bourton Ladies (Gill Carrick, Shona, Claire, Steph Holton, Lynn Hudson, Alison Lane, Steph Lane, Lucy Walmsley & Beth Wynn) won the Ladies' Open team prize, and Shona, Claire, Lucy, Ali, Gill and Steph Holton along with Susan Hunt were awarded the Ladies' Vet prize too. The January awards ceremony was postponed due to snow, so that at least gives the girls time to rustle up a wheelbarrow to take along to carry their prizes home. (I'm sure Norm will have one....)

The men also made their mark, with Andy Chapple taking 3rd place in the Men's Open and 3rd in the MV45s too. Nigel Frith was 2nd MV40, Tony Goodwill 2nd MV55, and Norm Lane 3rd MV65. *Editor*



**Welcome to new members Bridget Fletcher and Phil Waters**

## Chairmans's Message

I have today read about the inquest on the athlete who died during last year's London Marathon and from the report of the coroner there is a warning to all athletes about the use of energy drinks and supplements.

Many energy drinks and supplements are completely safe but there are also many which can be purchased which have substances which are dangerous.

The newspapers are quoting that Claire Squires (30) had taken a legal substance, meaning it was not a criminal offence to own or purchase it, but the truth is that it contained a banned substance as on the World Anti - Doping Register.

I therefore recommend that all members check the content of any supplement they plan to take and if in any doubt avoid using it, it is just not worth taking a chance. Life threatening side effects can sometimes occur when substances are being taken under medical supervision and so people without medical training need to be very careful before taking substances that they do not fully understand.

We all want to run faster and whilst there is a low risk of being caught in doping tests unless one is winning races or age groups, the risk to long term personal health is not something most people would knowingly wish to jeopardise.

*Robin Macdonald*

31 January 2013

### Glos AAA Road Race Series 2013

<b>Jan 27th</b>	Almost Athletes Linda Franks '5'
<b>Mar 18th</b>	Glos '20'
<b>May 12th</b>	CLC Striders Aviator '4'
<b>May 13th</b>	Dursley & District Berkeley 10K
<b>June</b>	RSE Fairford 10K
<b>June 15th</b>	BRR Hilly Half Marathon
<b>July</b>	Severn AC Pilot '10'
	Bourton 1 Mile
<b>Aug</b>	Cheltenham Harriers Bugatti 10K
<b>Sept</b>	Angels 10K
<b>Oct</b>	Stroud & District Half Marathon
<b>Nov</b>	Tewks '5'

#### Reserve events :

(10K/long) Stroud & District  
Frampton 10K ( July )  
(10K/long) Cirencester 10K ( Sept )  
(short) Severn White Horse 5K ( Aug)

## President's Piece

It's here... 2013, Happy New Year everybody.

Without even counting too hard I know of at least 21 club members running a marathon in April. Hopefully most of you will find similar paced runners to train with which will considerably help your training as the support you give each other will increase your motivation and performance.

Support is something this club is renown for and there have been comments made by other clubs envious of this. Races often see our front runners coming back to support the not so fast, and our members have travelled all over the country and even half way round the earth just to support other runners.

I for one have been very grateful and humbled by the support given me in races, local and far afield. Most of the time this improved my performance, I will always recall Norm Lane when he coached me, popping up at various points in a race which would keep me on my toes as I would never know when he would appear.

When I haven't performed very well at least it was fuel for the banter and entertainment of those supporting me like at a recent disastrous race I shall not mention. I was told I still had a chance and my reply of "chance of what?" got the answer, "f\*@K all!" Not very nice but completely true.

The club often acts as a group and not just individually, as is reflected in the good turn out for the club trips and many unofficial mini trips which shows the great camaraderie of this club. Long may this continue to make our club special.

*Dennis Walkmsley*

### Our 6-from-10 Races 2013

The 10 chosen races this year are as follows:

#### JAN 27th

Linda Franks 5m (also in County Series)

#### MARCH 18th

Glos 20 (also in County Series)

#### MAY 13th

Berkeley 10k (also in County Series)

#### JUNE

Fairford 10k (also in County Series)

#### LATER IN THE YEAR

Hooky 6	Cirencester 10k
Stroud half	Guy Fawkes 5m (County Series)
Westonbirt 10k	Eynsham 10k

## Press Reports by Susan Hunt

### DECEMBER 23rd 2012

Conditions at the 3rd Gloucestershire Cross Country League event at Tewkesbury in December could hardly have been any worse. With large stretches of the course having been recently been under water, the mud was extreme to say the least, making the course fiendishly difficult and treacherously slippery.

Bourton Roadrunners were unable to field a Ladies' team; but (as always) the men rose admirably to the challenge. Since the men's race was the final race of the day, the mud had by then been churned up by hundreds of pairs of spiked shoes, leaving the men to face over 10 kilometres of truly awful conditions.

Dennis Walmsley ran a composed race, to finish a superb 16th overall and 1st MV50. Next in for Bourton was a determined Tony Goodwill in 84th. Ewen Smith chose the worst possible conditions to make his return to racing, finishing 95th. Norm Lane ran with his usual humour and enthusiasm, despite his shoes being literally sucked off his feet, and finished 3rd MV65 in 149th. David Pyne was close behind in 152nd. Up against dreadful conditions and an extremely competitive field, Bourton's Veteran men finished a creditable 10th out of 19 teams.

### JANUARY 9th 2013

Bourton Roadrunners Seniors were greeted with unseasonably mild but extremely soggy and challenging conditions at the Gloucestershire County Cross Country Championships, held at Blackbridge, Gloucester.

An apprehensive Claire Harrison found herself the sole Bourton representative in the ladies race in a small but competitive field of just 23 runners. In only her 2nd ever cross country race, Claire ran an excellent race to claim a well-deserved LV35 Bronze medal.

The Bourton men managed to field a team of 5 runners. Brendan Caragher is proving to be a "dark horse", charging around the course to finish first for the team in 52nd place. Next in was a determined Daryl Kiey-Thomas in 56th. Norm Lane was victorious in a head-to-head battle to clinch the MV65 Gold and 57th place. Always-reliable Richard Bufton and David Pyne (recovering from illness) completed the Bourton team with 59th and 60th place. It was a superb effort by the Bourton men, who finished fourth MV40 team, against extremely strong opposition.

### JANUARY 30th 2013

Bourton Roadrunners were out in force at the Linda Franks 5 mile road race, looking to start the season with points in both the County road race series and the club 6 from 10 competition. The recent snow had been replaced by gale-force winds; but the tough conditions didn't phase Mike Smith. Despite having not raced for over a year, Mike

breezed into second place in 27:55, just 4 seconds behind the winner. Dennis Walmsley was a superb 3rd, in 28:20. Ewen Smith's strong performance in 12th (30:26), scooped the men's team prize for Bourton. Newcomer Rob French had an impressive run to finish 18th with 30:54. Next in for Bourton was Steph Lane, 2nd lady in 32:17, hotly pursued by Brendan Caragher in 32:21. Claire Harrison and John Gibson crossed the line together in 35:35. Steph Holton sneaked under 37 minutes in 36:59, ahead of Brian Hulcup (37:21) and John Raper (38:02). Liz Hulcup (38:08) and Chris Dry (38:15) accelerated over the last few metres to overtake a dozing Susan Hunt, who finished with a personal best of 38:20. Pete Carrick (38:25) didn't wait for Mum, Gill (39:12). David Pyne finished in 39:36, Norm Lane in 40:33 and Lynn Hudson in 43:44.

Meanwhile, Niamh Shoemark took on Race 4 of the Threshold Winter 10k Series at Ilmington. The already challenging course had been changed to avoid the extra challenge of drifting snow; but still featured a gruelling hill climb and descent. Niamh was 5th lady in 48:16 and, with one race remaining, lies in 2nd place in the ladies series competition.

Dennis Walmsley tucks in behind Mike Smith at the Linda Franks 5



# Linda Franks 5 in Pictures



Top row L-R: Brendan Caragher, Liz Hulcup, John Raper gains ground on Chris Dry, Gill Carrick flying along! Inset, Brian Hulcup  
Middle Row: David Pyne, Steph Holton, Rob French chases Ewen Smith, John Gibson battles with Ali Lane.  
Bottom row: Norm Lane, Lynn Hudson, a happy Robert Fletcher and even happier Claire Harrison! Thanks to Gary Holton for these and the photos on pages 1 and 2





Report by Chris Hartley

## Bourton Roadrunners Juniors

### DECEMBER 15th 2012 by Chris Hartley

Bourton Roadrunner Juniors turned out in force for the third round of the Gloucestershire Cross Country League at Tewkesbury on Saturday 8th December. The weather was mild and sunny although the conditions were difficult and very muddy in parts, but they again put in a fine performance.

In the U11 girls, Lucy Griffin again ran well for 3rd, closely followed by Josephine Mutsaars for 7th, both girls in with a great chance of an individual medal. New member Bethan Powell continues to improve with a fine run for 7th as did Isabel Kiey-Thomas for 22nd despite still recovering from a cold. Molly Hughes again had a solid run for 26th. Libby Herbert 34th, Isobel Nevins 37th, Laura Heming 40th and Emily Williams 42nd continue to improve with all putting in a good effort.

Dylan Williams again led the U11 boys home with an excellent 3rd place, moving him up to third overall. Max Pinkham ran strongly as ever, and was only a short distance behind for 10th. John Nevins ran his best race to date with an excellent 16th and Charlie Davidson did very well as usual for 23rd. Henry Bell keeps on improving for 26th, Daniel Bufton did well for 47th and Chris Hunt, one of our youngest members, did himself proud for 52nd.

In the U13 girls Rosie Mutsaars continues to show her quality with another 1st place, leading the field from start to finish and confirming 1st place in the league. There were also superb performance's from Niamh Powell and Felicity Darwent, in 2nd and 3rd. Gabby Jones keeps on improving with a very good 14th and Isobel Hartley, recovering from illness did well for 28th. Marcus Kiey-Thomas was our sole runner in the U13 boys and put in a fine performance for 40th.

The U15 Boys again performed well with Alfie Howell-Smith continuing to impress for 6th. Tom Pinkham, back from Millfield ran strongly as ever for 16th as did the improving Joe Salf for 18th. Alex Barter ran his best race of the season for 23rd and Alex Darwent did well as usual for 24th.

Overall another great team performance with the U11 Girls currently in 2nd place, U11 Boys in 3rd place, U13 girls in 1st place and U15 boys in 3rd place with one more round to go.

### DECEMBER 22nd 2012 by Chris Hartley

Bourton Roadrunners' Junior Christmas Award Presentation took part after the Annual Tinsel Run. The Jack Oakey Athlete of the Year Trophy was awarded to Rosie Mutsaars and Max Pinkham and was presented by Mary Hunt, closest living relative of Jack Oakey. (picture below)

Three new awards were introduced this year and were presented by Norman Lane.

Race Champ Award Winners were Isobel Hartley, Emily & Dylan Williams, Max Pinkham, Isabel Kiey-Thomas, Marcus Kiey-Thomas and Felicity Darwent.

The Most Improved Award Winners were; Kate Edgerton, Isobel Kiey-Thomas, Helena West, Josephine Mutsaars, Lucy Griffin, Jack Lainton, Toby Phipp, Annabella Williams, Celia Darwent and Dylan Williams.

Finally the last Awards presented were the 3 and 5 year Effort Awards. Felicity Darwent and Isobel Hartley won the 3 year award and Alex Darwent won the 5 year award.

The Junior Leaders would like to thank Mary Hunt and Norman Lane for presenting the trophies, the Spar for sponsoring the new trophies and the Cotswold Way for hosting the Presentation.





Report by Chris Hartley

## Bourton Roadrunners

## Juniors

# Watch out for our Juniors on Sky TV!

## JANUARY 21st by Richard Bufton

The Gloucestershire AAA Cross Country Championships took place on January 5th at the Crypt School in Gloucester.

The conditions were very demanding after all the recent rain made the fields very muddy and energy sapping. There were some excellent individual and team performances. They all showed real determination and character on a very, very tough day

In the Under 11 girls' race Lucy Griffin started very sensibly and worked her way well up the field. In a very close finish she showed real determination to take the silver medal, just behind the winner in 6mins 25secs. Close behind Bethan Powell once again gave her all and produced a fantastic run to finish 4th in 6mins 37secs. Kate Edgerton was also involved in a good battle to finish 13th in 7mins 23secs, these three also won the silver medal in the team race, so well done to them.

They were all well backed up by Issy Kiey-Thomas in 18th in 7mins 44secs, Laura Heming in 23rd in 7mins 55secs, Libby Herbert in 24th in 8mins 3secs and Ellie Edgerton in 25th in 8mins 19secs. These four girls are running against girls much older than them so as they get older and keep training hard they have great prospects in the years to come.

In the Under 11 boys' race Dylan Williams was so close to winning. In the last 50 metres they were all in a row, but in the sprint finish Dylan made the mistake of looking behind and in doing so was overtaken on the line. However it was still a great achievement to take the silver in 6mins 10secs, and he has another year left in the U11.

Max Pinkham also had a very strong run to take 7th in 6mins 32secs Elliot England had yet another storming run to finish 14th in 6mins 46secs. These three won the silver medal in the team event.

They were well backed up by Charlie Davidson in 15th in 7mins 8secs, Henry Bell in 7mins 14secs, Daniel Bufton in 8mins 30secs and Chris Hunt in 9mins 13secs. These all play a vital role in the team event as they push other runners down the field.

In the Under 13 girls' race Niamh Powell could not have tried harder as she slowly ground the opposition down. She worked her way well up the field to finish in the silver medal position in 12mins 34secs. Felicity Darwent, who was not 100%, also showed real guts to finish in 4th in 12mins 48secs. Only a few seconds split the top 4 girls which shows there was no let-up in the race pressure. Gabby Jones was also getting over illness but she really put her all into the race and finished 11th in in 13mins 56secs and she was rewarded for her effort with the other two girls in winning the team silver medal.

In the Under 15 boys' race Alfie Howells-Smith shows what a talent he is becoming. He ran with real belief today to finished 5th in 19mins 50secs against boys much older than him. Tom Pinkham also had a great run as he is building up his stamina again to finish 10th in 20 mins 47secs. Jo Salf has been training really hard the last few months and it showed today in a great run in 13th in 21mins 32secs. These three won the team silver medal, a great effort.

They were well backed up by Peter Wood in 24mins 55sec who was not feeling 100% but battled round well as did Alex Barton, who never gives up, in 14th in 27mins 9 secs.

**The first 8 in the Under 13 and Under 15 races will now represent Gloucestershire in the Inter Counties Cross Country Championships in March which will be shown Live on Sky TV.**

## Cuttings *thanks to Shirley for sending these in*

You'd SO not be happy....



... and I'll be using this excuse next time someone suggests I might do another marathon!

