

THE FINISH LINE



Bourton Roadrunners

BUMPER MID-SUMMER ISSUE!
 Hilly 100, Aviator 4
 Whitehorse 5, Milton Keynes
 Edinburgh, Westonbirt
 Cleeve Cuckoo, Humph's Hilly
 Half and more!

Hilly 100 & Humphs' Hilly Half

Reports inside



The newest member of BRR waits eagerly for the baton. She looks a bit sheepish about not wearing club colours though...



Hilly Half photos pages 8 and 9

Congratulations to Mark & Ester Phipp on their new baby boy - Dominic

Chairmans's Message

I am writing this during the first week of May so most members who were running marathons will have 'done their work' with no doubt the full range of emotions.

Congratulations to Mike Smith on finishing London as 3rd in his age group.

The Cotswold Hilly 100 Relay is a true team event and a good or bad leg can have huge effect on the outcome. By the time this is published the race will have been run and I hope Bourton Roadrunners have had a successful day and those competing enjoy the race. In times past long distance road relay races were common but there are very few in the whole country now due to many reasons including increased road traffic.

Commiserations to Steve Edwards at being short changed in the Marathon of The North when all runners apart from the winner ran less than the full distance. As far as individual performances are concerned a new world record has been set for a male aged 60 over 10K and it does put in perspective performances by our own members. For those that know a bit about leading veteran runners the name will be familiar as he is a former winner of our own 10K - Martin Rees of Les Croupiers. If you want to know the details turn to the back page, but before doing so try and guess what time he recorded.

Whilst the AGM is still some months away it is not too early to start thinking about who you want to be carrying out the various functions of running the Club. When the nominations forms are sent out in September if the present incumbent is doing a good job in your opinion and is willing to continue please nominate them and find someone to second your proposal. If you think somebody else can do a better job please put them forward provided they are willing. Please remember your close friends do not necessarily do the best job; it is important that positions are filled by willing and able people.

I hope everyone has an enjoyable summer of running and remain injury free - something I would like very much myself but do not think I am going to have !

Robin Macdonald

7 May 2013

FOR YOUR DIARIES

21st August - Track Champion

One Mile Race / Relays 4x100 & 4x400 / 10km.

Spectators most welcome - it's usually an enjoyable evening .

President's Piece

Well done to those who made it to London.

I did make it myself, but sadly not to run, although I have to say the weather was great for spectating - if not a little warm for the runners though. Let's not forget all the other marathons too, it was great to see a number of first timers at the distance and plenty of PBs. Great to see 4 sub 3hrs, should have been 5 though.... Grrrrr! Welcome to the club Darren..... one day Ewen, one day!!!!..... maybe!

After some great successes by the girls last year it is definitely time for the boys to shine but you could hardly call the winning team at Berkeley 10k boys, the total age for the 4 man team was 186!! and that was only that low because of Brendan being such a youngster at 41! Well done on your 2 minute PB and team result and not forgetting the other guys who are having some great competitive running.

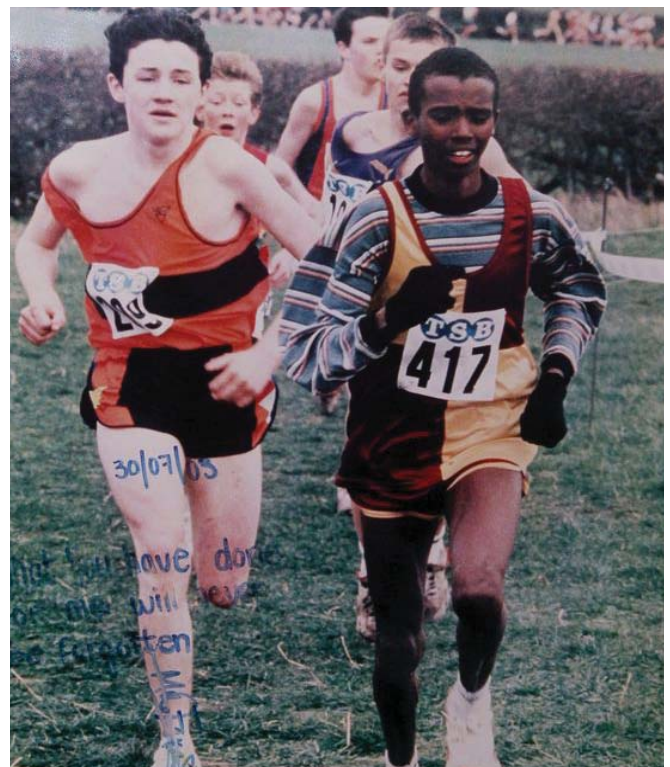
While we're at it let's have a well done to the men and ladies teams for the Hilly 100. We do well as a small club to get complete teams so to get podium positions for both teams is truly tremendous. I'm not sure if I'm suffering from my 10 mile hill climb or 13 hr supporting.... whichever, it was well worth it.

Just one more thing; Do the best you can when you can!! Congratulations Mike Smith, I will never be able to get my club V45 records back!

Dennis Walkmsley

20 May 2013

Anyone recognise the young runner in the lead here? Answer on last page



Press Reports by Susan Hunt

MAY 9th 2013

Warm sunshine greeted the 3000 entrants of the Milton Keynes Marathon. This was in spite of it being Bank Holiday Monday and in stark contrast to the inaugural event last year, when atrocious conditions led to flooding both on the course and at the Stadium where the race starts and finishes. Steve Edwards was aiming for another sub 3:15 marathon and Lynn Hudson was determined to complete the distance, having been unable to participate in her target marathon at Lochaber, 3 weeks earlier.

The course is traffic-free on closed roads and cycle paths and is described by organisers as "gently undulating". These undulations are in fact lots of short hills (particularly over the final 6 miles when you least want them) involving seemingly endless underpasses and bridges.

The sudden heat-wave brought out lots of supporters (although this meant that, in places, runners had to dodge BMXers and toddlers on bikes); but also made for extremely tough running conditions, especially given that most participants had done the bulk of their training in the freezing cold.

Steve Edwards was pleased to finish his 587th marathon in 3:13:49 despite niggles. Lynn Hudson bravely battled the heat and showed incredible fortitude and determination to complete the course in 5:02:00. They were rewarded with a stadium finish, impressive medal and a large size T-shirt, which presumably fitted Steve and absolutely dwarfed little Lynn.

Congratulations to both!

At the Aviator 4, Mike Smith stormed into 2nd place overall, and 1st MV40 with 22:07, with Dennis Walmsley hot on his heels in 4th place and 1st MV50 in 22:29. Andy Chapple was 2nd MV50 in 23:32 and Darren Long 3rd MV40 in 23:38. Ewen Smith and Brendan Caragher had a battle for the line, both finishing in 24:29. Nigel Frith ran 25:37 and John Gibson 27:14. Norm Lane was 3rd MV60 (30:42) and Ed Rozier finished in 31:08.

The first Bourton lady was Claire Harrison, 3rd LV35 in 27:58. Ali Lane had a fantastic run finishing 1st LV55 with 28:48 and Steph Holton was 3rd LV45(29:26). Gill Carrick ran 30:14 and Lynn Hudson 33:41.

Aviator 4 - Below: Dennis, with Darren not far behind, middle row: Ali, Mike, and Norm and bottom: Brendan and Ewen go head to head.



Left: Lynn Hudson gets a little over excited on finishing the Milton Keynes Marathon, and right: Steve Edwards takes yet another sub 3:15 marathon in his stride

MAY 19th 2013

Gloucestershire Road Race series and Club '6 from 10' races are coming thick and fast for Bourton Roadrunners, with the Aviator 4 and Berkeley 10k taking place on consecutive days and many Bourton runners completing both races.



Press Reports by Susan Hunt

MAY 19th 2013 (cont)

The evening following the Aviator 4 was the Berkeley 10k. Once again, Mike Smith and Dennis Walmsely won their age categories, with Mike finishing 4th overall in 34:56 and Dennis finishing 5th in 35:14. Andy Chapple was 2nd MV50 in 37:14 with Brendan Caragher close behind in 37:31 and Darren Long in 37:37. Rob French ran 38:06, Ewen Smith 38:51, Mike Hobbs 40:09, Nigel Frith 40:31, Tony Goodwill 42:12, John Gibson 43:15, Rob Humphris 43:37, Brian Hulcup 45:38, Graham Lane 46:39, Norm Lane 3rd MV65 47:37, David Pyne 48:59 and Andy McCoombes 50:23

In the Ladies' race, Claire Harrison was 2nd FV35 with a PB of 43:10, and Ali Lane clinched 2nd FV55 in an superb 44:19. Brittany Teague finished in 45:28, Pauline Teague in 45:42 and Steph Holton 46:26. Liz Hulcup was 2nd FV60 in 46:55 and Gill Carrick set a new PB of 47:27. Lynn Hudson ran 52:39 and Sue Whitehill 1:02:16.



Berkeley 10K - Top: Mike Smith and Lynn Hudson, bottom left: Pauline and Brittany Teague, and right: David Pyne, below him: Sue Whitehill.

MAY 28th 2013

Bourton Roadrunners enjoyed podium finishes for both the Mens' and Ladies' teams in the annual Hilly 100 relay race, where 10 runners each race 10 miles of a circuit of the Cotswolds, starting and finishing in Stratford. The event is a physical challenge and also a logistical one. The race is not marshalled, and each team is responsible for ensuring that their runners are ready at each change-over point, chaperoned around the narrow lanes of the course and then safely returned and not left shivering on a hill-top somewhere. The Ladies team were in the capable hands of Lynn and Steve Hudson, who placed Claire Harrison on the start line at 5:00am, and spent the next 13 hours guiding and supporting the team around the course (with Lynn even prepared to run a leg, should disaster strike). Claire set off at a blistering pace, handing over to Susan Hunt in 2nd place behind Stratford AC. In recent years, Stratford have gained a reputation for going off-course and this year was no exception. They gradually increased their lead during the event, until one of their runners went wrong, leaving favourites Spa Striders from Leamington to gain control of the event. The Bourton veteran ladies battled on (Steph Holton, Niamh Shoemark, Liz Hulcup, Lucy Walmsley, Gill Carrick, and Ali Lane) switching positions ranging from 2nd to fourth before handing over to the youngest runner, Brittany Teague (BJ) on the 9th leg. BJ blazed through the field to put Bourton into 3rd place, and Jan Short heroically held off the opposition until the end. Spa Striders won comfortably and established yet another course record, with Kenilworth in 2nd.

The Men's team comprised Mike Smith, Dennis Walmsley, Rob Church, Mike Hobbs, Ewen Smith, Andy Chapple, Ian Shoemark, Brendan Callagher, Andy Peaston and Darren Long. Against extremely tough opposition they finished 3rd, with Leamington C&AC 2nd and Kenilworth winning with an outstanding 9:58:03. (Pictures next page)

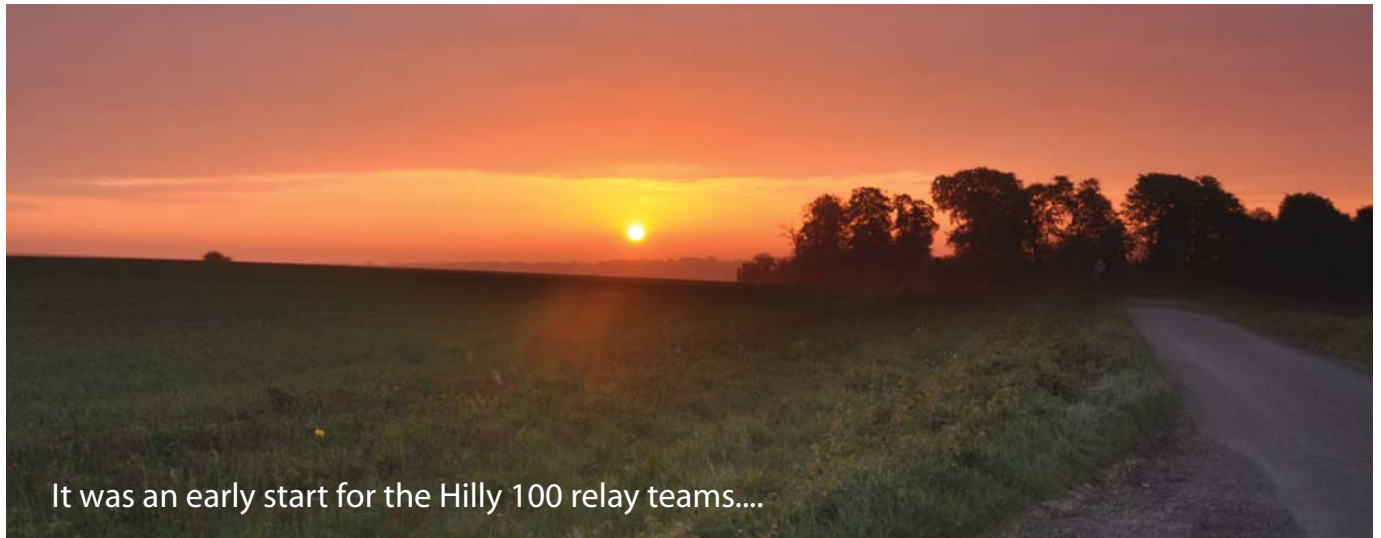
MAY 30th 2013

A group of Bourton Roadrunners travelled to the Whitehorse Inn to test their fitness in the first of the 5k series, and several discovered that they were in fact fitter than they've ever been before. Cal Winwood stormed home in 16:15 for 1st U21, within sight of Dennis Walmsley who was 1st V50 in 16:53. Rob French clocked 17:40 and Brendan Caragher 17:50. Then came the Ladies, with Shona Crombie-Hicks making a welcome return to racing with 18:40 for 1st LV40. Niamh Shoemark and Gill Carrick both ran lifetime best times, topping their age categories, with 20:22 and 23:01 respectively. Jan Short was 2nd LV50 with 23:17; although her achievement wasn't quite reflected in the official results that showed her as a man called John. Luckily, Jan's sex change didn't adversely affect the team results and Bourton Ladies finished 3rd. (Pictures next page)

Hilly 100 in Pictures

by Gary Holton

Thanks to Gary for these, the photos on the preceding two pages, and the cover image. Unfortunately for the boys' team, we can see where Gary's interest lay on the day!



It was an early start for the Hilly 100 relay teams....



Above I-r Middle row: Claire Harrison, Steph Holton, Niamh Shoemark, Susan Hunt

Bottom I-r: Gill Carrick, Lucy Walmsley, Jan Short on the final leg, on the course support for Susan by Steph

Press Reports by Susan Hunt

JUNE 9th 2013

Marathon season is upon us, and Steve Edwards is proving that, even for him, there are always new marathon experiences to be had. First he took on the 17 lap course at the Gravesend Cyclopark on a twisty, undulating, cycling circuit. Conditions were warm and windy (not ideal for marathon running), so Steve was pleased to finish in 3:13:21, 29th place (out of around 400) and 3rd V50. The following weekend, Steve ran the intriguing-sounding Luxembourg night marathon in 3:16:56 and tweeted "Great party atmosphere...fantastic indoor finish and beer/refreshments at the end". Steve has now run 590 marathons and is hinting that he might make it 600 before the end of the year.



Meanwhile, Claire Harrison ran the Edinburgh marathon, just a few weeks after London. This was an especially tough one for Claire, since she developed a huge blister at 10 miles and ran from then on with gritted teeth to finish in 3:30:53.

Fairford 10k

With County and club competition points up for grabs, Bourton Roadrunners were out in force at the Fairford 10k (in fact, Bourton made up over 10% of the field of 250 runners). It was warm and sunny, which no-one was used to, and many found it too hot to trot up the early hills and were glad of the water stop at 5K.

Mike Smith ran a brilliant tactical race and was 3rd overall in 34:39, young whipper snapper Carl Winwood was next in for Bourton in 35:35, closely followed by Dennis Walmsley then by Ewen Smith 38:31 (1st MV45). Bourton men continued to speed across the line with Ian Shoemark 39:38 (2nd MV45), Nigel Frith 41:23, Tony Goodwill 42:54, John

Gibson 43:22, Bob Humphris 44:53, Robert Fletcher 45:19, Brian Hulcup 46:29, Norm Lane 49:13 (3rd MV65) and David Pyne 49:56. Chris Dry was burdened with cramp from 4k; but was determined to finish and completed the remainder of the race on one leg in 53:45.

Bourton ladies also had some superb results. Shona Crombie-Hicks ran a fantastic 39:10, despite not being back to full training yet after injury, and was 2nd Lady. Niamh Shoemark ran a PB of 43:09 (2nd LV45) and Ali Lane was 1st LV55 with 44:57. These three outstanding performances scooped the 1st Ladies team prize for Bourton. Next lady in was Claire Harrison, just one week after the Edinburgh Marathon, in 46:45. Liz Hulcup finished a nose ahead of Steph Holton (both 47:14). Then came Gill Carrick (49:00), Susan Hunt (49:02), Jan Short (50:31) and Lynn Hudson (54:09).

All runners were rewarded with a goody bag containing a T-shirt, banana and a tub of "moroccan rub", which hopefully everyone realised was intended for rubbing onto lamb or chicken and not onto themselves.

JUNE 12th 2013

25 Bourton Roadrunners completed the Westonbirt Trail 10k, drawn to the event by the opportunity to run through the magnificent surroundings of the arboretum on a "summer's" evening, and (more importantly) to win club competition points. And didn't they do well!

Cal Winwood continued his impressive season by finishing 4th out of 700 runners in 34:30. Speedy Mike Smith was 5th (1st MV40) and Dennis Walmsley 9th (1st MV50). Then came Ewen Smith (37:27 & 2nd MV40), Andy Chapple (37:52 & 2nd MV50), Darren Long (37:55), Rob French (38:12) and Mike Hobbs (38:53). Shona Crombie-Hicks was next in, finishing 2nd Lady in 39:17. Niamh Shoemark recorded another PB and was 1st FV45 in 42:40. John Gibson was 43:37 and Ali Lane was 1st FV55 in 44:10. Next was Rob Humphris (44:50), Brian Hulcup (44:55), Claire Harrison (47:08) and Liz Hulcup (47:10). Susan Hunt finally achieved her dream of running a 10K quicker than her age, with a PB of 47:55, chased by Jan Short in 48:07. Gill Carrick was close behind with 48:22, Norm Lane 48:52, Chris Dry 49:24, David Pyne 50:13, Ed Rozier 52:55 and Lynn Hudson 54:49.

Being an evening race, it was getting close to bed-time before the prizes were awarded. However, Ms Shoemark's current winning streak has provided new interest and amusement for those who stay on for the Awards, as each Race Director puts his/her interpretation on the pronunciation of "Niamh". There was also the short-lived excitement of being awarded the Ladies' Team prize, before a protest-driven recalculation revealed that Bourton had in fact come a close second to Stroud and the cheques were hastily retrieved (we should have left quicker).

Nevertheless, it was a happy troop of Bourton Roadrunners who headed home clutching their race memento. This year it was a green micro-fibre towel – not quite as unique as the sapling awarded in previous years; but better for drying yourself with.

Press Reports by Susan Hunt

JUNE 16th 2013

The long "Summer" evenings give the opportunity to race in the cool, and one such race (where it is usually on the cold side of cool) is the Cleeve Cloud Cuckoo race at Cleeve Hill Golf Club. This is a tough race on ankle-breaking terrain, with ascents so steep that it is quicker to walk than run, and descents so steep that they present a real danger of falling on your face. A hardy group of Bourton Roadrunners took on the challenge, even though it is not in the club series this year and all had raced just 3 days before at the Fairford 10k. Mike Smith finished 8th in 38:50, Brian Hulcup was 3rd MV60 in 45:52, on-form-Norm Lane was victorious over a long-standing rival and finished in 49:37 and Jan Short came home in 50:06.

Back to Back by Steve Edwards

I was slightly nervous at the prospect of running back to back marathons on the same day as it was new territory for me and I was worried as to how I would fare. The first one started at 9am running the Caldecote Lake course in the opposite direction to normal. I set out to do around 7:50-7:55 min miling and it went pretty much to plan as I finished 2nd in 3:26:26, although my legs still felt as tired as they normally would! The guy who came in ahead of me, John Errington (a previous 10 in 10 finisher) ran 3:21 but was unsure as to whether he'd be running the 2nd marathon.

Then a 3 hour 30 min gap in which I had an ice bath, lie down, warm shower, plenty of refuelling and rehydration before the the second one started at 3:30pm.

Again the plan was to try and maintain the same kind of pace as before, John had in fact pulled out, so I started the 2nd marathon in 1st place with a 3 minute advantage over the 2nd placed guy Rik Verkoe who won the 10 in 10 earlier this year. With 5 miles gone, I still wasn't too far behind Rik who had gone out quicker this time. However he started to pull away and with my stomach starting to feel a little delicate and my legs getting heavier as each mile went by, I decided to let him go and stick to my own race plan.

After 23 miles Rick was back in sight again having himself suffered with leg cramps. I knew that if I kept him within sight I'd win overall with the 3 minute advantage I had. With two miles to go, I managed to catch him up and pass by, I'd now got the bit between my teeth and wanted to win in style. I finished in 3:26:19, 7 seconds faster than in the morning and over 4 minutes ahead of Rik for both marathons overall.

I went into the event with a target of trying to run two sub 3:30s and hoping for a top 3 place, so to win the event with a combined time of 6:52:45 was an incredible bonus - especially as, at 50, I was the oldest competitor to finish!

Very tired, very sore but very happy :-)

Bourton Triathlon by Jo Lewis

June 22nd and 23rd saw the first Bourton Junior Aquathon and Triathlon take place. On the Saturday, the juniors swam and ran, and many of our juniors performed well. Felicity Darwent won her age group with Lucy Griffin 2nd and Kate Edgerton 3rd. Isobel Hartley was 3rd in her group while Max Pinkham and Bethan Powell both had wins too. Hopefully Richard will give a full report as I am sure there are some I missed.

On Sunday, while many of you were slogging around Sherborne, one or two Bourton Members and a few other familiar names took part in what (for me anyway) is laughably called the Sprint event. A 16 length swim, 14 mile cycle and 5k run. Actually I don't know why more of you didn't take part, I was finished by 10am and Sherborne didn't start until 11, so you could have done both if you were determined.

Seriously though, in spite of strong winds, threatening rain and having to get up at 5 am to be in the briefing at 7am then in the pool at 7.42, it was an enjoyable event. There's something quite nice about testing your own ability, and it not being obvious how you're doing against others until you get your splits printed out at the very end. With waves of up to 16 swimmers setting off every 10-20 minutes, the cycle was very spread out. I only passed two people (I suppose I should really mention they had both broken down and were waiting for the repair van), but was overtaken by several speedy cyclists all to a man complaining about the hills. The two lap 5K run was flat(ish) at least, and again you can't tell who is beating who. Even if you're last across the line the chances are you're not really last. I like that!

It was my first Tri (thanks to our Triathlon pro Tim Heming for the valuable advice to put my bike into low gear before I rack it, even though he only gave it after I crashed the gears trying to zoom away from the transition area), so I was pleased to finish and not to be last, but seasoned triathletes Graham Lane and Chris Dry finished and 43rd and 51st respectively. (Graham in 1:24:51- 4th supervet, and Chris in 1:26:13 - 9th supervet). Chris may not have won a prize for his race but he scored a hat-trick in the raffle later. Melanie Darwent was 9th Fvet in 1:46:49, Fiona Hanson 6th FSupervet in 2:02:35, beating me by less than 1 minute - damn!

In the Supersprint (8 length swim, 14 mile cycle, 2.5k run), James Edgerton and Mark Phipp were separated by just over a minute, with James 2nd Vet in 1:20:12, and Mark 3rd in 1:21:33.

There were a few more familiar names out there who were far too fast for me to grace them with a comment here, but I will mention Jo Wilkie who was 2nd Lady in 1:18:29.

Well done to Sue Whitehill, Jo & Lisa from the Leisure centre, on a well organised and successful event.

PS: I suppose 2:03 is close enough to 2 hours for me to have to consider another crack at it - one day, any way.

The Humphs' Hilly Half

by Susan Hunt

The 2013 Humph's Hilly Half marathon took place in Bourton on the Water on a cool and (miraculously) dry evening. Over 160 runners took part, with some aiming to win points in the Gloucestershire Road Race Series and (for those eligible) to compete for the gold, silver and bronze county medals available for each age group categories.

Gary Bailey from Cheltenham & County Harriers, won the race for the second year running in 1:18:10, just 4 seconds ahead of our own Mike Smith, with David Cantwell from Woodstock Harriers finishing third. Shona Crombie-Hicks won the ladies' race for the 3rd consecutive year in 1:27:14, with Michelle Carroll from Almost Athletes second and Jayne Parker (Swindon Tri Club) third.

A small and select group of Bourton Roadrunners took part including Darren Long - 2nd MV40 in 1:24:35, leading a charge of sub-90-minute runners to the finish which also included Tim Heming (1:25:11), Ewen Smith (1:25:40) and Andy Chapple (2nd MV50 in 1:26:18) and speedy Shona, (1st lady and 1st LV40). Mike Hobbs ran 1:30:34, Rob Humphris 1:42:47 and Chris Dry 1:52:56. Catherine Wheeler and Lynn Hudson ran together, finishing in 2:01:06 and Norm Lane was 2nd MV65 with 2:08:26. Mike Smith, Andy Chapple, Norm Lane and Shona Crombie-Hicks won gold county medals. Silver medals went to Tim Heming, Darren Long, Ewen Smith and Rob Humphris. Bronze went to Catherine Wheeler, Lynn Hudson and Liz Hulcup (despite that fact that she was the official race "back-marker", so running behind the last runner).



Above Mike Smith lies in second at 7 miles
Left, the leaders leave the village and head for the Steeps



The Humphs' Hilly Half



Above: Ewen leads Andy and Darren at the 7 mile point
Below: Catherine looks far too cheerful as she tucks in after Lynn



Above left: Tim Heming starts to make up ground on Ewen and Andy,
Above right: Norm is still smiling at 7 miles (at least I think that's a smile)



Below Left: Mike Hobbs looks strong
Below right: What caused this vicious attack by Rob Humphris? (see last page)



Above : A happy Chris Dry
Right: Shona storms on to another win

Middle right: Liz brings up the rear - and still gets a county medal!

Far right: Dennis and Lilly-Anna start the clear up operation





Bourton Roadrunners Juniors

MAY 31st 2013 by Richard Bufton

Track & Field

Bourton Roadrunner's juniors performed extremely well at the Gloucestershire Track and Field Championships at the Prince of Wales Stadium in Cheltenham. Despite it falling on a Bank Holiday there was a higher than expected turnout with the U11's taking part in the 600 metres and the other age groups taking part in the 1500 metres. Several members also took part in other events, taking advantage of the excellent weather conditions on the day.

In the U11 girls, Bethan Powell led the girls home in a very good 6th place with Helena West close behind in an equally respectable 8th. New member Juliet Bult in her first race ran extremely well for 9th, Molly Hughes returning from injury did very well for 10th, Libby Herbert with another strong run came 11th. Isabel Kiey-Thomas did well for 13th despite still suffering the after effects of a long spell of illness and Isobel Nevins who always tries her hardest came 16th.

Dylan Williams led the way home for the U11's boys with a superb 1st place with Max Pinkham again finding form after a period of illness and injury with an impressive 3rd place - managing to knock 5 seconds off his time last year. Henry Bell has been working



extremely hard in training and managed an excellent 6th.

Several of our younger runners competed and produced some fine performances with Alfie Griffin 12th, Tom Sellek 16th and Chris Hunt 18th.

Our U13 girls also did very well with another strong performance from Niamh Powell 2nd, closely followed by Felicity Darwent, 3rd. Lucy Griffin who has just only moved up to this distance did very well for 6th, with Isobel Hartley returning to form, managing 7th and Gabby Jones suffering from stitch, did well for 8th.

Robbie Wood and John Nevins did very well in the U13 Boys where they had a battle for 6th and 7th position with Robbie just coming out on top. Alfie Howell-Smith ran well after a long spell of illness managing 6th and there was an impressive run from Peter Wood managing 7th, knocking a massive 45 seconds off his time set last year.

Josephine Mutsaars ran the 800 metres in the morning managing an impressive 2nd place in the U13 Girls and Rosie Mutsaars did well with 4th in the U15 girls.

The juniors also took part in other events with Felicity Darwent winning the 75 metre hurdles, Lucy Griffin 5th in the U13, 100 metres finals. Gabby Jones came 3rd and Felicity Darwent 5th in the U13, 200 metres finals and Henry Bell, 2nd in the U11, 60 metres heats.

Tom Pinkham took part in the field events, winning the U15 High Jump and managing 4th in the Javelin. Gabby Jones did very well with 4th in the Long Jump.

Overall an impressive set of results from all members.

Left: Alfie Griffin, Toby Sellek and Henry Bell at The Prince of Wales Stadium.

ANSWERS: The young cross country runner was of course, Mo Farah

How close to the Male Veteran 60 10K world record time were you?

Answer 32 minutes 54 seconds set at Bristol on 5th May 2013

And is this the reason for Rob's attack?
OR, is it the result?



AND FINALLY:
Lilly-Anna and Scruff continue the Walmsley tradition of winning. This time 'Dog the judge would most like to take home'!

