

# THE FINISH LINE



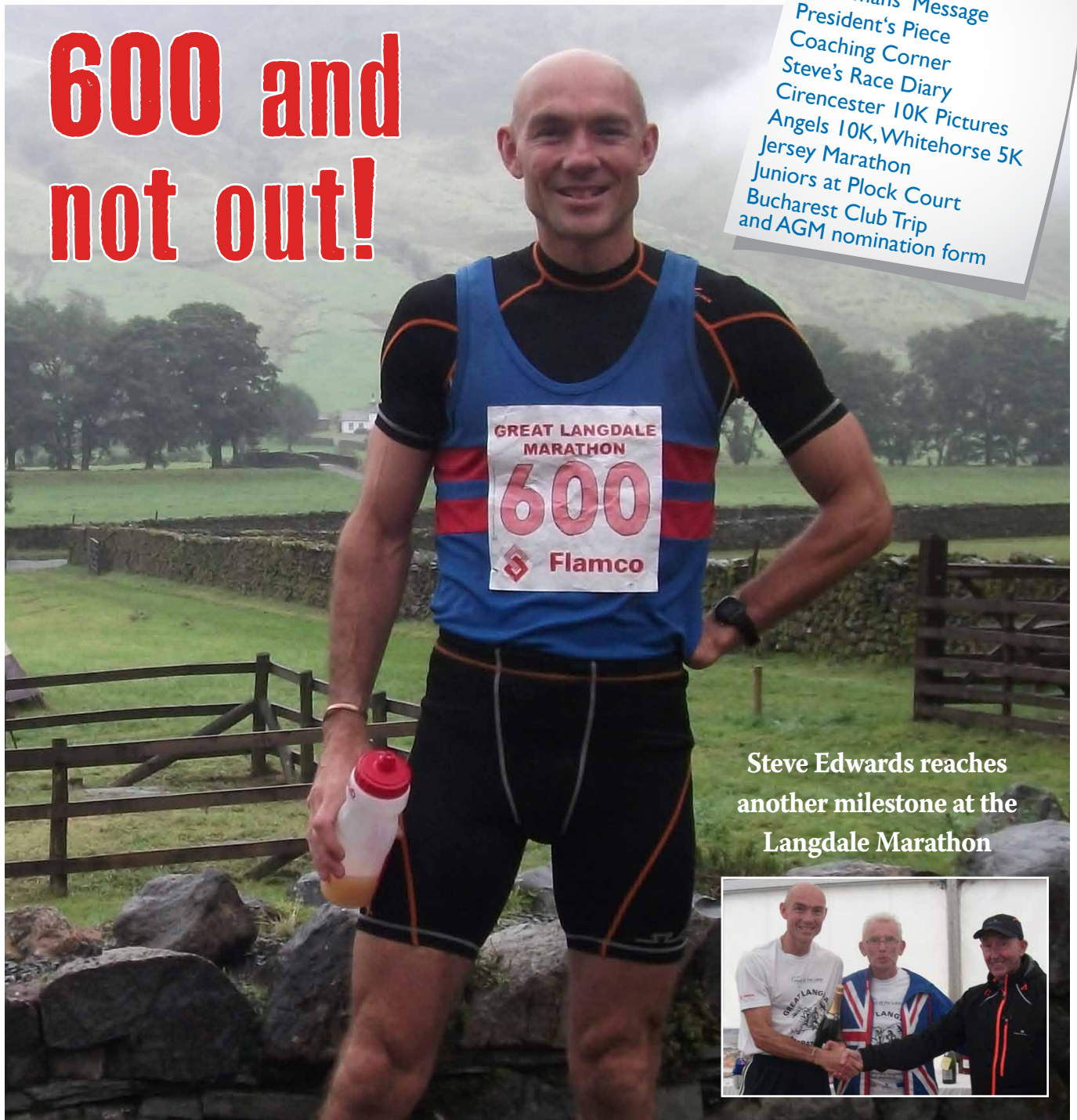
Bourton Roadrunners



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## 600 and not out!



Steve Edwards reaches another milestone at the Langdale Marathon



### BOURTON IN THE LEAD IN COUNTY CHAMPS TEAM EVENT

With three more races to go, Bourton Roadrunners are heading up the rankings in the Gloucester County Championships Team Competition in ALL categories! Ladies' and Mens' Open and Vets.

## Chairman's Message

The cross country season has arrived and whilst several members do not enjoy the mud and sometimes rough weather conditions there are very few top runners that do not incorporate cross country running in their year.

The freedom of running away from cars and other road users should be a pleasure and I am very sorry that I cannot enjoy the events this winter. By the time this newsletter is published the overseas visit will have taken place and it is unfortunate that it clashes with the first Gloucestershire Cross Country League fixture, as it is almost certain to put the Club out of contention in the senior team events. I do believe we should be more 'team focused', as apart from the Hilly 100 and the County Relay Championships (the latter thanks to Norm Lane's efforts) we just do not compete. I feel the County Road Race Series team events are only contested by default and not by a direct desire to win a team competition.

With AGM time coming close it is time to think about who are entrusted with the management of the Club for the next year. Please think about who you consider will do the various jobs best and not if I can get someone else to do a job that gets me off the hook! If everyone took that view the Club would cease to exist; you all have a responsibility to help the Club move forward.

I believe we have started to move in the right direction so let us keep the momentum going.

*Robin Macdonald 3rd October 2013*

## Press Report

### Cheltenham Half Marathon

by Catherine Wheeler

A grey and windy morning greeted the entrants of Cheltenham's half marathon this year- The 2013 edition of the race was a brand new course, totally unconnected with the previous 2011 race. Bourton Roadrunners had a successful day with Mike Smith finishing 1st MV45 and 10th overall with 1:14:50, Dennis Walmsley finishing 1st MV50 with 1:19:35. Darren Long following shortly behind finishing 2nd MV40 with 1:21:05 and Shona Crombie-Hicks the next BRR to cross the finish line 2nd FV40 and 2nd female overall in 1:26:05. Catherine Wheeler finished in 1:45:55, Edward Rozier in 1:54:57 and Emma Pinkham in 02:00:30. A good run all round with a difficult windy open climb out of the Racecourse following on from a pretty well supported and organised race.



## President's Piece

In last December's newsletter I praised the women and said the men should step up to the plate. Well my goodness, so they have done this year - not an easy feat when you consider the age of some of us! 3 sub 3 hour runs in London, team wins, one with a total age of 182yrs, club records broken and Mike Smith topping the British Vets rankings. The youngster in the club, Cal Winwood, has now taken over the mantle as fastest runner and with a couple of wins under his belt he shows signs of even better things to come. A healthy battle in the middle of the club has not only got me to watch my back but also has ensured that the men should reap in the medals in the county series. Although the ladies are not as prevalent as last year there have still been some good results, PB's and it's great to see some new recruits.

It was fantastic to see the kids out in numbers at the first cross country league. Hopefully they'll be the future of what is our great club.  
*Dennis Walmsley 16th October 2013*

## Steve Edwards' Race Diary in Brief

**Wolverhampton Marathon** Was pleased to run my fastest time for nearly a year of 3:10:37 with negative splits of 1:37 and 1:33. This gave me 22nd place overall, 2nd V50 and a career 260th sub 3:15. 598 down...

**Highland Perthshire Marathon** Aberfeldy is a beautiful little town in the heart of the Highlands and this was marathon number 599. The race started early at 9am, wet and overcast at first, but the sun came out to reveal the true beauty of this 2 lap course. Completed the first lap in 1:37 in 8th place - I pushed on hoping to catch one or two others but never saw a soul until the 20 mile point. Then at last a target appeared going up the only hill, I passed by and spotted more ahead so pushed on. In the end I was pleased to finish 4th with a time of 3:11:49 and thought I'd also claimed 1st V50 but alas I was only 2nd, a sign of the times that the two V50s finish in the first 4 of an open marathon! So 599 completed. Now just one of the toughest to do - Great Langdale.

**600 Not Out!** On Saturday 21st Sep 2013, I crossed the finish line of the Great Langdale marathon to achieve a new record for 600 official marathon races in the fastest average finish time - 3hrs 18min 25sec.

Clocking 3:22:26 I proudly received the 1st Vet 50 prize from the great marathon man himself, Ron Hill MBE. It was the perfect finale to a great day. To help celebrate, Teresa decided to run the UK's toughest half marathon at the same time and was very pleased with 2:12. What next?

**Bournemouth Marathon** On a warm day in Bournemouth, Bourton Roadrunners were represented by Steve Edwards and Darren Long. Steve running his 602nd marathon recorded negative splits of 1:33 and 1:31 to finish in a time of 3:04:33 to take the 1st V50 prize. Darren just missed out on a 2nd sub 3 this year after recording 3:00:20 for 6th V40, with half-way splits of 1:27 and 1:33.



## Press Reports by Susan Hunt

### SEPTEMBER 2nd 2013

Bourton Roadrunners had the chance to win county medals on consecutive evenings, at the **Whitehorse 5k** on 20th August and the **Gloucester track County Championships** on the 21st.

At the 5k, Rob French ran a storming 17:51. Shona Crombie-Hicks took LV40 Silver with 18:47, closely followed by Mike Hobbs in 18:52. Bourton's medal haul continued with Lucy Walmsley winning LV40 Bronze (19:13), Ali Lane LV55 Gold (21:30), Steph Holton LV45 Bronze (taking around 30 seconds off her PB with 22:03) and Norm Lane V65 Silver (22:51). Bourton ladies also won team Bronze.

At Gloucester track, there were medals up for grabs in relay races, the Jubilee Mile and the 10,000M, plus there was also an open mile race (just for 'fun'). The Bourton contingent were determined to make the most of the opportunity to emulate their running heroes off the telly, with many taking part in consecutive races (and some even running for two different relay teams in the same race - something you don't often see in televised athletics).

First up was the 4x100m, and Bourton's Vet ladies team reaped the rewards of meticulous planning and practice, with Susan Hunt, Lynn Hudson, Liz Hulcup and Steph Holton impressing the spectating crowd to take LV45 Gold.

Next was the Jubilee mile, with Gold medals for Ewen Smith (5:20), Tony Goodwill (6:09), Liz Hulcup (6:48) and Norm Lane (6:57). Silver went to Daryl Kiey Thomas (6:12), Steph Lane (6:26), Ali Lane (6:27) and Brian Hulcup (6:30). Lynn Hudson whizzed around in 7:53.

The 10,000M was next. Mike Smith was 3rd overall, winning MV40 Gold in 34:09. Next was Darren Long (MV40 Silver 37:12), Rob French (SM Silver 37:15), Ewen Smith (MV45 Silver 38:28), Tony Goodwill (MV55 Gold 43:03) and Susan Hunt (LV45 Gold in 47:47 - a 10k PB, which nearly made up for being lapped 6 times by Mike Smith).

Mike and Ewen cooled down from the 10,000m by running the Open Mile, with Mike winning in 5:12 and Ewen finishing a whisker behind Steph Lane (both in 6:22)

By now, night was falling; but Bourton hadn't finished yet. The 4x400m relays brought:

Gold for Bourton's MV40s (Ewen, Tony, Darren and Daryl),

Gold for LV45 (Susan, Lynn, Steph H and Liz)

Gold for MV60s (Brian, Norm and guests)

Silver for Senior Ladies (Ali, Nat Lane, Steph Lane and Steph Holton)

So Bourton left their track meeting with a huge medal haul. Rather like "Super Saturday" at the Olympics (when Jessica Ennis, Greg Rutherford and Mo Farah all won gold); except it was a Wednesday. Wonderful Wednesday.

### September 10th 2013

Just as the weather is cooling down; the county road race series is hotting up. **The Angels 10k** was race 8 (out of 12), and a band of Bourton Roadrunners made the journey to Ashleworth in search of points. The race organisers' promise of "breath-taking views of the Malverns" was delivered; but came at a price. Breath-taking views mean breath-sapping hills, and the race included a sizeable climb, as well as endless undulations. Happily, the challenging course gave the Bourton contingent the opportunity to reap the rewards of the hard training they've put in during the Summer months and they had some outstanding results. Cal Winwood finished 3rd in a superb 34:28, with Mike Smith 4th and 1st MV45 in 34:59. Dennis Walmsley was 7th and 1st MV50 (37:10), Ewen Smith was 10th (37:49) and Darren Long 11th and 1st MV40 (38:20). Nigel Frith was home next in 40:53. Claire Harrison had a great run and was just pipped into 4th place in the Lady's race (1st LV35) with 44:03. John Gibson was breathing down Claire's neck, finishing 2 seconds behind her in 44:05. Rob Humphris ran 44:54 and Ali Lane continued an excellent season with 1st LV55 with 45:15. Steph Holton bounded over the line to take 1st LV45 in 46:00. Graham Lane ran 46:56, Susan Hunt 49:35, Chris Dry 49:39, Dave Pyne 49:53, Norm Lane 50:08 and Lynn Hudson 54:48. It seemed appropriate that the age category prizes were shower gels and flannels, since it was virtually a clean sweep for Bourton.

### October 1st 2013

The **Cirencester Park 10k** attracted 500 entrants including 22 Bourton Roadrunners. Conditions were perfect - cool, sunny and calm. The race was a pre-marathon sharpener for Mike Smith (ahead of Bucharest next week) and he finished 10th overall and 2nd MV40 in 34.48. Dennis Walmsley finished 16th and 1st MV50 in 36.53 before heading back down the course to encourage his clubmates. Next for Bourton was a speedy Darren Long (37.57), followed by Ewen Smith (38.25). Shona Crombie-Hicks stormed to 4th Lady and 1st LV35 in 39.42. The impressive performances continued with Andy Peaston (40.09), Mike Hobbs (40.56), Steph Lane (3rd Senior lady in 41.42), Niamh Shoemark (3rd LV45 in 42.50) and John Gibson (43.11). Ali Lane continued her excellent season winning the LV55 prize in 45.01 and consistently strong Steph Holton finished in 46.39. Susan Hunt was hoping it would be 3rd time lucky on the course, since her previous two Cirencester outings had not ended happily (a miserable performance due to illness in one race and being ambulanced off the course in another). She was therefore very happy to lay her demons to rest with a PB of 46.56. Brian Hulcup was the next Bourton runner to finish (47.27), then Graham Lane (47.39), Chris Dry (49.02), Dave Pyne (50.21), Liz Hulcup (51.03) and Lynn Hudson (54.25) and Norm Lane (58.58). Shirley Creed had set out to pace Pam Parton to a sub-hour finish, and did a perfect job, as they crossed the line triumphantly in 58.58 and 58.57 respectively.

# Cirencester 10K Pictures

by Gary Holton



Darren Long, followed by Shona Crombie Hicks who was 1st LV 35



Mike Smith was 2nd 1st V40, 10th overall



David Pyne



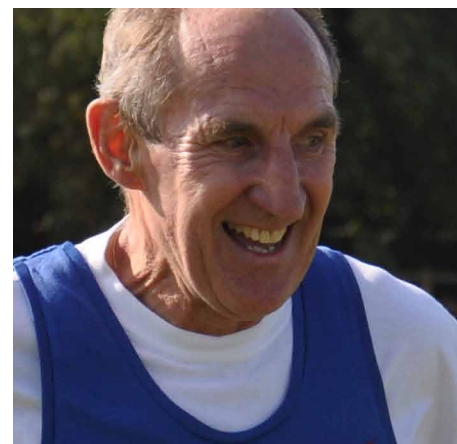
Steph Holton



Lynn Hudson



Shirley Creed and Pam Parton



Brian Hulcup





Andy Peaston and Mike Hobbs



Ewen Smith



Niamh Shoemark



Dennis Walmsley was 1st V50



Graham Lane



Chris Dry



John Gibson



Steph Lane



Liz Hulcup



Norm Lane



Ali Lane



## Press Reports by Susan Hunt

October 12th 2013

### Bucharest Marathon and Half Marathon

On Friday October 4th, a group of bleary-eyed Bourton Roadrunners boarded a bus at 3:00am and headed to Romania for the club trip to Bucharest. We were greeted by warm sunshine and spent Saturday getting our bearings, finding favourite cafes and discovering that beer was very cheap indeed. On Race Day morning, at 4:39am, we were firmly shaken in our beds. Some slept through it; some blamed the gyrations on their partners – either way, what turned out to be a small earthquake provided a rare and welcome distraction at breakfast for those of us normally beset with pre-race nerves.

Nigel Frith (centre right) and Ewen Smith were our representatives in the Marathon. Nigel, fearing he would succumb to a troubling niggle, was bolstered with one of Shirl's "horse pills". Ewen was hoping that his long runs with super-swift Shona Crombie-Hicks would be sufficient preparation for his first sub-3 hour marathon.

Mike Smith (top right) had opted to run the Half Marathon (hoping to get into the prize list), along with PB-hunter Steph Holton, Susan Hunt (claiming to be tapering for a marathon), Catherine Wheeler (bottom right - not sure what to expect having recently run a big PB at Cheltenham Half), David Pyne (always quiet and calm), Lynn Hudson and Shirley Creed (aiming for a sub 2 hour finish).

All were pleased to discover that the 2 lap course was flat and run on wide, traffic-free boulevards. Support was loud and enthusiastic in the heart of the city, where Bourton's supporting group made more noise than anyone else. On the more distant parts of the course, security officers outnumbered supporters and runners received curious looks from the people of Bucharest who were attempting to go about their business as usual. The route doubled back on itself in a number of places, giving some of us the rare opportunity to see Mike Smith in action at the front of the race. Mike hung onto a group of marathon runners until 12 miles, before saying goodbye and flying off to finish 4th in the Half Marathon race and first MV40 in 1:13:40. Steph's commitment to her arduous training schedule paid off, as she ran a huge PB by nearly 3 minutes to finish 2nd FV45 in 1:38:28. Next in was Susan, later cursing a dodgy chip because only her gun time of 1:44:27 was recorded (a PB nevertheless and 4th FV45). Catherine surprised herself with yet another PB (1:45:30). David ran a well-paced 1:53:27 and Lynn and Shirl finished well within their target time in 1:58:17 (Shirl 4th FV50 and Lynn 3rd FV55).

Ewen managed to hold onto sub-3 hour pace for the first half of the race, although he slowed towards the end, finishing in 3:04:23 (5th MV45). A jubilant Nigel recorded 3:19:53 – an outstanding PB of around 8 minutes.

We all trooped back to race headquarters to discover that while Mike Smith had remained on the course supporting each one of his fellow club runners, the presentation ceremony had taken place without him. In the absence of an official, he was awarded a cheque and (curiously) a bag of vegetables by Mick Hunt.



October 12th 2013

### Jersey Marathon

Shona Crombie-Hicks took part in the Jersey Marathon for a third consecutive year. Against extremely tough opposition, including France's Svetlana Pretot, who won the race and smashed the women's course record, Shona was delighted to finish third in 2:56:23.



# Bourton Roadrunners

## Juniors

By Richard Bufton

### September 10th 2013

The cross country season is upon us again and Bourton Juniors used The Plock Court race in Gloucester as a good warm up for the new season on Saturday 28th September. The event was approx. 1 mile long. All our juniors have trained very well over the summer and there were some fine performances today.

Peter Wood has worked very hard this summer and he was rewarded with his first race win today. He led from the start in a very commanding run. It is good to see Max Pinkham back to full strength after his bad ankle injury over the summer to win the U/11 boys race. Charlie Davidson is also returning to form at the right time to finish 2nd U/11. This was Dicken Tilley Loughrey first race for the club and what a result to finish on the podium as 3rd U/11 boy. Thomas Wood had yet another solid run in 4th and he was closely followed by Chris Hunt who had a superb sprint finish to finish 5th. In the boys U/13 race Robbie Wood had a very good run to win his age category and he was well backed up by Marcus Kiey Thomas in a very promising 2nd.

In the girls race Niamh Powell had yet another very strong and determined race to take the victory in style. This could be a very good season for Niamh she has trained very hard all summer and I am sure she will reap the rewards this year.

It is good to see Gaby Jones racing again, she is always very consistent and she ran a very good 2nd U/13 today. Isobel Hartley is getting stronger again as her form is improving race by race a good result today in 3rd U/13

In the U/11 girls race Bethan Powell once again ran superbly - like her sister she runs with so much determination and commitment she won well today. Jessica Hale has improved so much over the last few months and there is plenty more to come this season with very good 2nd today. Close behind was Libby Herbert who is working her way up the field and with a few years left in this category she is destined to reach the podium many more times if she carries on training hard, a very good third today. Isobel Kiey Thomas is also returning back to her old form with a very good 4th today.



### October 18th 2013

The first race of the Gloucestershire Cross Country league was at the Cotswold Farm Park on Saturday 5th October 2013. Bourton juniors had a tremendous turn out and all ran very well on a demanding course with lots of ups and downs, twists and turns.

In the under 11 boys race Dylan Williams had a real battle with the eventual winner, who just pulled away from Dylan in the closing stages. The next round will be very interesting - Dylan will be back determined for revenge. To show the quality of the field Dylan ran over a minute faster today than a year ago and the course was slightly longer this year! Joshua Angus is becoming the real find of the season with a fantastic 5th today. Louis Mutsaars who is getting stronger race by race had a very good 11th. Elliot England once again gave 100% to finish 14th. It is good to see Henry Bell racing again as he worked his way up the field to finish 31st. Dicken Tilley Loughrey once again produced the goods after his great run last week, he finished 37th. Close behind Findlay Morris was having a great battle with James Clarkson they pushed each other very well in the last 50 m and overtook loads in the finishing straight. Findlay finished 41st and James 44th. Jacob Herbert ran very strongly to pip Charlie Phipp on the line (56th and 57th). Joe Wright also had a very good run in 60th, closely followed by Josh Freeland in 62nd, Christopher Hunt in 64th and Toby Phipp in 66th. In the league the boys teams are currently 1st, 9th, 14th and 16th.

The under 13 boy's race was very competitive with all our boys moving up this year, which is always tough. Jake Darby has been training well and it showed today with a very good 35th. He was well backed up by John Nevins in 44th and Sam Freeland in 52nd. In the team league the boys are 10th. The under 15 race was held over a demanding circuit. Alfie Howells Smith ran very strongly to finish 20th and there is still plenty more to come over the season. Peter Wood is getting stronger every week - he has trained very hard over the summer and is climbing the field every race, the only way is up for Peter if he continues the hard work, he finished 24th today.

In the under 11 girls race Bethan Powell went out hard from the gun in a very close race she really gave her all and battled all the way only to lose out in the last few yards to last year's winner. Bethan is a year younger than the winner so it's a great achievement. Not far behind was the very impressive Helena Jane West, again a very young runner in this age group, she takes no prisoners and was an excellent 8th. In a large group just behind a real battle was taking place. Poppy Lane just beat Jessica Hale (15th and 16th) and Isobel Barnett just pipped Libby Herbert (17th and 18th), very impressive runs by these girls as only 4 seconds separated them. Megan Gibson had a very strong run in 25th closely followed by Ellie Edgerton who is returning to fitness well in 28th. The closest race today was between Millie Phipp (45th), Isobel Dent (46th) and Annabella Tallis (47th), they all finished with the same time after a real battle in the closing straight. Good to see Rosabelle Edgerton racing in in a very good 52nd. In the team league the girls are 3rd, 9th and 10th.

In the under 13 girls race Niamh Powell also had a real race on her hands and as ever she gave 100% but just couldn't hang on in the closing stages, finishing 2nd. A very impressive run today from Lucy Griffin who is new into this category, in the first quarter of the race she was not seen at all but slowly she worked her way up the field in a very sensible manner, she timed her effort to perfection as she closed down the leaders to finish just behind Niamh in 3rd. Also new in this age group Josephine Mutsaars ran a committed race today to finish 19th. Charlotte Foster is improving ever race, she ran very strongly today in 28th. The very consistent Gaby Jones had a solid race today for 31st. Kate Edgerton gave her all as ever to finish well in 34th. Isobel Hartley had a strong run today in 49th. In the team league the girls are 2nd and 9th.

In the under 15 girls race Rosanna Mutsaars put in a very good performance in 9th. She is new to this age group so is racing girls much older than her and the course is much longer and tougher than last year - a baptism of fire! However as she adapts and with all her natural talent she will work her way up well.



# Coaching Corner

by Dennis Walmsley

## The Painful Truth

*The last thing we want to do is put ourselves through pain..... so why do we? or actually, do we?*  
 Now I'm not talking about injury type pain, but seeing as I've mentioned it then I will just say this as a general rule of thumb; any pain of this sort can be acted upon. *Sharp pain* or pain that gets worse as you run means you should stop, rest, treat or seek advice. A *dull pain* or pain that goes away as you run should be monitored, but is probably OK to carry on. Always seek advice if not sure.

The Pain I want to talk about is the pain of effort. Pain is a harsh word, discomfort is probably more apt. The harder and faster we run the more uncomfortable it becomes. I feel pain divides runners into two groups.... 'runners' and 'racers'. Basically 'runners' run within their comfort zone whereas 'racers' are able to push the limits of their pain threshold and consequently achieve higher goals.

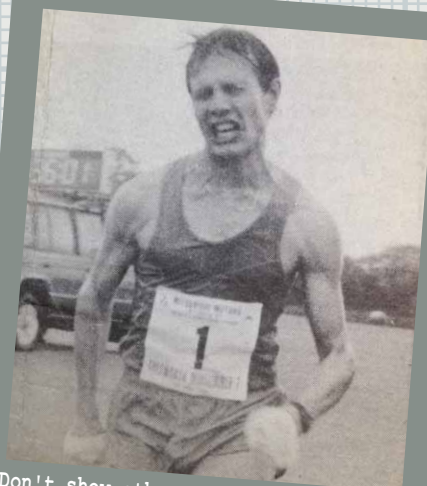
This might be controversial but I think it is rare to see someone push themselves to their physical limit and even though I achieved some great results, I was still guilty of not running to my limit as I was able to recover too quickly and ran race after race. However, I did push and hurt in training even though I sometimes dreaded it, but it got me results.

## Train the Pain

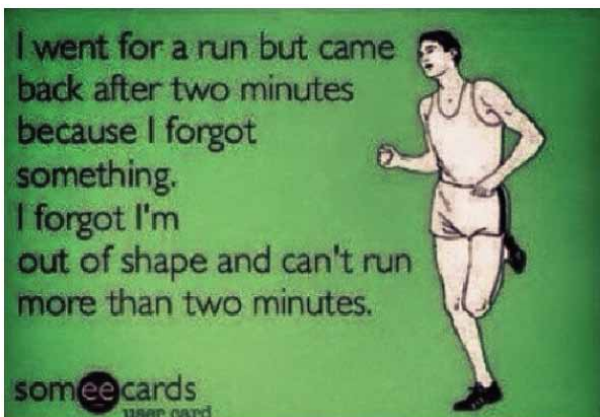
If you are suffering in a race, how are you going to cope? Well if you have never experienced it before then more than likely you will slow down or worse still, stop and pull out. If you have practised all situations including running yourself into the ground then you will know what sort of pain (discomfort) you can run through without it becoming worse and slowing you down.

**True Quote:** No pain, no gain

**Top Tip:** Push your pain threshold to improve your pain threshold



Don't show others your pain, they will know you are at your limit. This picture of me in my early days shows you how not to do it!



Thanks to Gill Carrick for sending this in



**AGM**  
**October 30th**  
 Please nominate and  
 come along to vote

The AGM will take place on October 30th, at 7pm, in Victoria Hall.

If you have any items you'd like to see on the agenda please send them by 23rd October via email to Claire (cotswoldclaire@gmail.com), text (07852101994) or letter. (Any Other Business will only cover urgent matters that have occurred since 23rd October 2013).

**PLEASE TURN UP AND HAVE YOUR SAY!**

**Bourton Roadrunners Nomination slip for AGM 30th Oct**

Our annual general meeting is being held at the Victoria Hall, Bourton- on-the- Water, October 30th @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 and ensure that you first ask the person you wish to nominate if they are prepared to stand. Please return to Claire Harrison.

	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.

Signed.....

**Newsletter Editor and Correspondent for Bourton Times Needed**

Sorry folks, but this is the last newsletter from me. Since taking the role on in 2009 I've done 35 issues, covering some great race wins, superb club trips, happy events and some very sad losses. I'm sorry in a way to be giving up but as I spend more time at the computer creating newsletters than actually running these days the balance seems a bit wrong!

Whoever takes over, I am happy to help by supplying logos, templates or whatever they need in whatever format they like.

Could it be you....?

On a final note, looking though old photos the other day I found a few lovely reminders of members past and present that I thought you might like to see. They're on the last page.

*Jo Lewis, Outgoing Editor*

# BRR Scrapbook

