

THE FINISH LINE



Bourton Roadrunners

Supporting Kate's Home Nursing

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Rob Humphris presents a cheque for £800 from Bourton Roadrunners to Rob Barnett, Chairman of Kate's Home Nursing, the Club's chosen charity for the year.

Kate's Home Nursing provides people with a palliative diagnosis end-of-life nursing at home so they don't have to go to distant hospitals.

All of Kate's patients live within a 20-mile radius of Stow with about 20% living in Bourton. More than 80% of their £250,000 a year expenditure is raised locally with 75% of their money spent on clinical staff. To keep costs down, they don't have an office and many people, including Rob, volunteer their time.

"It was lovely to meet some of the members and we are so grateful for the wonderfully generous donation of £800 which was handed to me, which will be a huge help in enabling us to look after local patients and their families," said Rob Barnett.

BRR AGM

7pm, The Victoria Hall,
Bourton-on-the-Water

It's that time of the season again when you get to discuss Club business and elect your committee for next year.

Nominations are invited for Chairman as Robin Macdonald is standing down this year.

Agenda items should be sent to Claire Harrison (cotswoldclaire@gmail.com) by 13 October.

See you there!

Race reports by Susan Hunt

May 5th 2014

Shona Crombie-Hicks faced wet and windy conditions at the **Belfast City Marathon**. Undeterred, she had an excellent run, finishing second in the women's event in 2:53, behind Ethiopian Bayrush Shiferaw (2:41) and ahead of 3rd placed Northern Ireland athlete Karen Alexander (2:58).

Shona's overall position was an outstanding 20th out of over 18,000 in the marathon.

Afterwards, Shona thanked her training buddies at Bourton Roadrunners, to whom she said she owed her podium finish. She also commented that conditions had been difficult but "being showered with champagne made up for it".



Shona didn't mind being showered with champagne

Meanwhile, participants in the **Milton Keynes Marathon** endured very different conditions; but similarly difficult, with sunshine which became increasingly warm as the race went on.

Bourton's 4 representatives in the race had all run the Virgin London Marathon just 3 weeks before. Darren Long finished in 3:02:37. Steve Edwards was the official pacer for the sub 3:15 group, and completed his 633rd marathon in a machine-like 3:14:30. Mike Hobbs crossed the line in 3:37:54.

Ian Shoemark had a difficult and unpleasant final few miles and showed great spirit to complete the run (despite feeling unwell) in 3:45:34.

May 12th 2014

Bourton Roadrunners were well-represented at the **Berkeley 10k**. The annual Monday evening race is held over a flat two-lap course, with definite PB potential. A last-minute downpour before the start cleared the air, so runners only had the blustery wind to contend with.

There were some outstanding and prize-winning performances. Dennis Walmsley was 6th overall and 1st MV50 (35:23), Ewen Smith was delighted to clock 36:57. Next came Darren Long (38:56), Rob French (40:59) and Tony Goodwill 1st MV55 (41:07). Niamh Shoemark had an excellent race to finish with a PB of 41:45 and likewise Claire Harrison's 42:47 was also a PB. In sped John Gibson (44:00), Brian Hulcup (44:44), Chris Dry (46:32), Liz Hulcup 1st FV60 (47:32) and Dave Turnbull (47:54). Bourton's ladies were the 2nd Female team.

May 18th 2014

The 8th **Brathay Windermere Marathon** took place 6 days after the Berkeley 10k. Steve Edwards and Claire Harrison travelled north to the Lake District to take part in the notoriously challenging and beautiful race.

On a very warm day, Steve Edwards was happy to record 3:14:12 for 3rd V50 and to reach 300 sub 3:16 marathons. It was Claire Harrison's 3rd marathon in 5 weeks, and she finished with an outstanding Windermere debut time of 3:50:37.

Bourton Roadrunners triumph at Hilly 100

Meanwhile a little closer to home, a team of men and women from Bourton Roadrunners claimed first place in the Cotswold Hilly 100 relay race on 17 May in the inaugural event for mixed teams.

The popular event has a 25-year history but this is the first year of opening up to mixed teams which must have at least three women in a team of 10 who each run a 10-mile leg.

The Bourton team started out from Stratford at 6am and snaked their way through some of most challenging Cotswold hills to Chedworth and back completing the course in 12 hours and 2 minutes.

The stand-out performance was from team captain Ewen Smith who led the support team supplying water to runners on a blisteringly hot day before donning his shorts to run the final leg in a breath-taking 1.02. The other runners were: Rob French; Tony Goodwill; Darren Long; Lucy and Dennis Walmsley; Ian and Naimh Shoemark; Chris Dry and Ali Lane.

6 July 2014



Pauline and Debbie won; Neil and Darren didn't!

A growing number of Bourton Roadrunners are now competing in triathlons. Pauline and Neil Teague and Debbie and Darren Davidson took part in the 2nd race in the **Castle Triathlon Series** (5 races held at castles in the UK, Ireland and France). This Olympic-distance triathlon was held at Cholmondeley Castle in Cheshire and comprised a 1,500 metre swim, an undulating 42k bike ride and a hilly cross country run. Debbie and Pauline both won their age groups. Darren Davidson was delighted to finish his first Olympic distance tri and Neil also had a really good outing.

Look out for a Pauline's account of the whole Castle Series and a full round-up (Maxine?) of other Bourton triathlon triumphs in the next issue of the Finish Line.

Steve Edwards completed marathons number 639 and 640 at the **Enigma Summer** two day event. Amazingly (and, he claims, accidentally) he completed both marathons in identical times 3:19:17. He is now just 4 marathons short of his goal of 400 sub 3:20 marathons.

Bourton Roadrunners also competed in the multi-terrain **Sherborne 10K**. Ewen Smith recorded yet another outstanding performance, finishing 2nd in 37:52. Shona Crombie-Hicks was 5th in the race and 1st Lady in 39:54. It was great to see Steph Lane returning from injury (1st Senior lady in 45:53) and

Steph Holton had a determined run to finish 1st LV45 (48:33). Other Bourton finishers were Catherine Wheeler (49:36), Robert Fletcher (50:55), Susan Hunt (50:56), Lynn Hudson (1st LV55 in 59:31), Gary Holton (1:01:23) and Linda Edwards (1:02:34).

14 July 2014

It was a weekend of thrills and spills for Bourton Roadrunners, with some enjoying racing success and others wilting in the heat.

Those who chose the **Evesham 10k** enjoyed good conditions for running, with a cooling drizzle for much of the race. The event attracted a field of around 540 runners. Ewen Smith sprinted home to finish 5th overall and 1st MV40 in 37:02 (an outstanding result on the multi-terrain course). Shona Crombie-Hicks was 1st Lady and 13th overall in 38:36 (a minute faster than last year, when she finished 2nd).

Also making the top 50, were Ian Shoemark (40:31), Tony Goodwill (41:36) and Andy Peaston (41:44). Niamh Shoemark was 1st FV40 (43:15), followed by Susan Hunt (47:11) and Ali Lane (1st FV55 in 51:48). Bourton added to their tally of trophies when they were also awarded the Ladies team prize.



Bourton ladies win the team prize at Evesham

The previous day saw hot and sunny conditions for the **Severn AC 10 mile race** (which forms part of the Gloucestershire Road Race series). Dennis Walmsley was 4th overall and 1st MV50 in 1:02:49 and Darren Long 12th in 1:08:24. Steph Holton stopped to help a club-mate who was suffering in the heat, and still managed to finish in a creditable 1:27:19. Dave Turnbull was 1st MV65 (1:32:48). Lynn Hudson was also battling with the effects of the heat and was helped over the line by a heroic Liz Hulcup, both finishing in 1:42:58 (with Liz 1st LV60). John Gibson ran hard as

always; but sadly succumbed to the blazing sun less than 2 miles from the finish line and was unable to complete the race. Thankfully, John and Lynn made a fast and full recovery.

20 July 2014

The **Bourton One Mile Challenge** (organised annually by Norm and Ali Lane, with proceeds going to the Arthritis Trust), attracted a record number of entrants, with 161 runners taking part in the fast, furious and fun event. There were two races: the main race attracted a large number of club runners, as it was included in the Gloucestershire County Road Race series and was also the County Championship Mile race. There was also a fun run over the same distance, which was equally hard fought.

The main race was won by Dave Roper (Cheltenham & County Harriers) in 4:30, with 2nd and 3rd places being taken by his club-mates, Anthony Bailey (4:37) and John Parker (4:38). The 3 leading ladies were Rachel Felton from Stroud and District AC (who managed 5:11 despite falling at the start), Bourton's Shona Crombie-Hicks (5:28) and Bourton's U13 Niamh Powell (5:33).

With 54 Bourton Roadrunners taking part, it was not surprising that the club featured heavily in the prize list with age category wins and gold county medals going to Ewen Smith (MV45 5:02) , Shona Crombie-

Hicks (LV40), Niamh Powell (LU13), Tony Goodwill (MV55 6:01), Dylan Williams (MU11 5:31), Niamh Shoemark (LV45 6:05), Rosie Davidson (Lu15 6:26), Steph Holton (LV50 6:53) and Liz Hulcup (LV60 6:47) and Norm Lane (MV70 9:23).

Silver medals were awarded to Tom Pinkham (MU15 5:29), Helena West (LU11 6:35), Susan Hunt (LV45 6:40), Isobel Hartley (LU13 7:51).

Bronze went to Jake Astor (MU11 5:59), Brian Hulcup (MV60 6:19), Isobel Barnet (LU11 6:38) and Lynn Hudson (FV55 7:56).

21 July 2014

Meanwhile, Steve Edwards opted for a longer distance, completing his 641st marathon , **The Wild One**. Steve had to dig deep to finish the cross country course around the Perdiswell Golf course in Worcester in hot and humid conditions, finishing 3rd and 1st V50 in 3:28:22.

6 August 2014



Bourton Roadrunner's Hooky 6 contingent

The remnants of Hurricane Bertha made for extremely wet and windy conditions at the **Hooky 6**. It was the 29th year of the race, which follows an undulating 2 lap course around Hook Norton. A hardy group of Bourton Roadrunners rose to the challenge and battled against the elements (thereby securing valuable points in the club's 6 from 10 competition).

Chris Krzywiec was first home for Bourton and 20th overall in an impressive 36:45. Darren Long recorded a superb 37:17, just ahead of Shona Crombie-Hicks (3rd Lady) in a speedy 37:34 (a minute quicker than last year). Next came Ian Shoemark (39:42), Kate Krzywiec (43:16) and Brian Hulcup (45:05). Susan Hunt was 1st FV45 (45:14) and Liz Hulcup 1st FV55 (48:44). Kerry Taylor finished in 50:07 and David Turnbull in 50:33. Shirley Creed and Lynn Hudson ran together for 54:44. Sadly, Neil Teague was unable to finish, due to a torn hamstring. Fingers crossed that he makes a speedy recovery.



Twins Robbie and Daisy Reeve (Bourton Roadrunners' future stars) proudly display their fun run medals

25 August 2014

Two Bourton Roadrunners had Marathon success over the Bank Holiday weekend.

Steve Edwards ran his 645th marathon at the **Thames Meander**. The event follows the Thames Path on an out and back riverside route from Kingston-upon-Thames. Steve was delighted to record 3:14:53 for 1st Vet50 and 12th place overall. Afterwards, he commented "superb event as always and a lovely sunny day along the Thames, great to see many familiar faces" It was Steve's 570th sub 3:30 marathon.

Shona Crombie-Hicks travelled further afield to the **Guernsey Waterfront Marathon** hoping to repeat the success she had in the 2012 race, when she won the Lady's race on the club trip. Shona's continued hard work in training paid off and powered around the undulating coastal route to finished 1st lady (and 3rd overall) in 2:57:20. Being a front runner can be a lonely business, as Shona didn't see another runner for the whole race. She was especially pleased to beat the favourite by 2 minutes.

Congratulations to Steve and Shona.

27 August 2014

A group of Bourton Roadrunners made a rare and successful (if rather male-dominated) appearance on the track at the **Gloucestershire County Track Championships**.

Dennis Walmsley was 4th overall in the Mile race, and won Vet 50 Gold in 5:08. Tony Goodwill scooped Vet 55 Gold in 6:13 and Dave Turnbull pipped his nearest age-category rival by 9 seconds to win Vet 65 Gold.

Darren Long ran an excellent 39:39 in the 10,000m. Tony Goodwill ran 41:12, despite having just completed the mile race (1st Vet 55) The Vets team of Graham Lane, Brian Hulcup, John Gibson and Dave Turnbull were triumphant in the 4x100 and 4x400 metres.

31 August 2014

The Headington 5 Mile race promised a flat course, so attracted 3 Bourton Roadrunners looking for fast times. Ewen Smith and Tony Goodwill saw the race as a, and Susan Hunt was hoping for a miracle (ever the optimist). Ewen Smith was 18th overall, with a speedy 29:24 and Tony Goodwill recorded an excellent 32:29. Happily, Susan Hunt found her miracle, taking 2 and a half minutes off her previous personal best, running 35:47 to win the FV45 prize.



Susan Hunt's hard work pays off

Meanwhile, Steve Edwards completed 2 marathons on consecutive days at the **Enigma Reverse Marathon** Event at Milton Keynes. The race follows laps around the usual Enigma marathon lake (with which Steve has become very familiar over the years); but made more interesting by running the laps the opposite way round to normal. Ever-consistent Steve finished both races in 2nd place with 3:20 on Day 1 and 3:21 on Day 2.

BRR 6/10 Club competition

Standings after 7 events for Club runners who (after the Hooky 6) were on target to complete 6 events and qualify for the 6/10 Club competition.

LV40

1. Shona Crombie-Hicks, 40 points
2. Lucy Walmsley, 29 points

LV45

1. Susan Hunt, 56 points
2. Niamh Shoemark, 40 points

LV50

1. Steph Holton, 50 points
2. Shirley Creed, 27 points

LV55

1. Lynn Hudson, 57 points

LV60

1. Liz Hulcup, 40 points

Men's rankings on page 8...



Bourton Roadrunners

Juniors

The **Sherborne Fun Run** took place on 22nd June and once again Bourton Juniors turned out in force to support the event, held from and in aid of the local school.

The course is far from easy; the first half of the race is up a steep climb into the woods with lots of twist and turns. There was also a big field so some tough completion for Bourton.

In the **under 11 boys** race, Dylan Williams again showed the class act he is. He won his age category well and was second overall in the race, the chap who won was at least 5 years older and 3 foot taller, he must have started in the wrong race! Louis Mut-saar's hard training is paying off with a fine 2nd place just behind Dylan. Henry Bell also ran strongly to finish in 5th while Noah Quli battled round well in 9th.

In the **under 10 boys** race, Finlay Morris had a fine race at the front of the field just missing out on the top spot to finish 2nd. He was very closely followed by the very strong Toby Sellek in 3rd. Chris Hunt powered through the field well to finish 4th closely followed by the very determined and powerful Dicken Tilley Loughrey in 5th. George Farley is getting stronger every race and finished well in 8th.

George Quli led from the start in the **under 9 boys** race and won very well to take his first race win. Jacob Herbert had some good battles and finished very strongly in 4th. Arthur Fletcher had a good sprint finish to take 7th spot. In the **under 8 boys** race Sean Farley was just piped on the line to finish 2nd but had a fine run. In his first race for the club, Peter Fletcher showed potential by taking 4th spot in the **under 7 boys** race. One of the star runners was Arthur Quli who won the **under 6 boys** race, one to watch for the future.

In the **under 15 girls** race, Kate Edgerton had a fine race finishing 3rd, Kate has trained well over the summer so a good cross season should follow. She was very closely followed by the ever improving Eleanore Gilbert in 4th. Isobel Hartley ran very strongly as ever despite suffering with Asthma to finish 5th.

Lauren Farley is returning to her old form after injury with a very impressive run and a fantastic sprint finish to finish 1st **under 11 girls**. Helena West ran

strongly as ever to finish 3rd. Just behind was the very talented Ellie Edgerton in 4th and Libby Herbert in an excellent 5th today.

Darcy Thompson had her first major race win with a very commanding performance in the **under 10 girls**. She was very closely followed by Freya Gilbert in 3rd.

Isobel Dennett had first win in the **under 9 girls race** but was made to work very hard by Ella Lane-Gregory who came 2nd in in her first race for the club and Poppy Wannell made it a clean sweep for Bourton in 3rd.

Perhaps one of the most impressive runs of the day was by Rosabella Edgerton in the **under 8 girls** race. She not only won her race but beat many older girls her finishing 16th overall in a field of nearly 150! A star in the making if she keeps training hard.

The same can also be said about Lilly-Anna Walmsley who made it look so easy as she glided over the ground to finish first in the **under 7 girls**. Very closely behind in 3rd was the very impressive Annabella Williams who has so much natural talent.

Bourton One Mile Challenge

On the 19th July 2013 the annual 1 mile race took part in Bourton this also incorporated the Gloucestershire championships. Bourton Juniors were out in force despite a number missing due to the start of the summer holidays.

Held in perfect conditions the main race got underway at 6pm, followed by the fun run a few minutes after. This has now become a very popular race with approx. 175 athletes taking part. The juniors love running in this race as they all run with the adults who very rarely happens and they beat most of them as well.

There were some outstanding performances. Niamh Powell took a chunk off her time from last year to finish in 5mins 33seconds and took the county under 13 title once again she also finished 3rd lady in the whole race just behind some international runners. She was closely followed by her sister Bethan in 6mins 10 secs in a very determined performance in yet another PB. In her first race for the club Koumi Ikeda should what tremendous potential she has by finished in 6mins 11secs. Next in was Rosie Davidson



Bourton Roadrunners

Juniors



Bourton Juniors were out in force for the Bourton One Mile Challenge

in 6mins 26secs— a great result with plenty more to come. Helena West gave her all as ever in 6mins 35secs, closely followed by Isobel Barnett in 6mins 38 secs. Some great runs by Annabella Williams in 7mins 15secs, Darcy Thompson in 7mins 31 secs, Anna Tallis in 7mins 38secs, Ella Lane-Gregory in 7mins 42secs, Isobel Hartley in 7mins 51 secs, Lilly Anna Walmsley in 7mins 51 secs and Alice Brown in 8mins 15secs.

In the boys race it was good to see Tom Pinkham racing for the club on his return from school. He ran very strongly to finish in 5mins 29 secs and well up the main field. He was pushed very hard by the very gifted Dylan Williams in 5mins 31 at only 10 years of age!

What a run by Jake Astor pushing Dylan all the way in 5mins 59secs. Max Pinkham is returning to form in 6mins 18secs closely followed by Louis Mutsaers in 6mins 26secs who has trained hard all summer and it is showing. Findlay Morris had a fine run in 6mins 32secs as did Charlie Davidson in 6mins 43secs, Chris Hunt in 6mins 51secs and Finlay Davies in the same time, good solid runs.

Tough man of day was Toby Sellek who fell at the start and had a number of nasty grazes and cuts, he picked himself up and ran dripping in blood all the way and finished well up in 6mins 59secs. Just behind was the ever improving Jacob Herbert in 7mins 2secs then some fine runs by Will Tallis in 7mins 8secs, Arthur Hanson in 8mins 41secs, and Albert Walmsley in 10mins 7secs another one to watch here in the future.

This was also a Gloucestershire county race. Tom Pinkham won the silver medal in the **under 15 boys** race. In the **under 11 boys** race Dylan Williams won the gold medal and Jake Astor the bronze medal.

Rosie Davidson won the gold medal in the **under 15 girls**'s race.

Niamh Powell won the gold medal in the **under 13 girls** race and Isobel Hartley the bronze medal. In the **under 11 girls** race we had the clean sweep with Bethan Powell winning the gold, Helena West the silver and Isobel Barnett the bronze.

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MV40

1. Darren Long, 48 points
- 1, Mike Hobbs, 39 points

MV45

1. Ewen Smith, 40 points

MV50

1. Chris Dry, 45 points
2. Neil Teague, 38 points
3. Gary Holton, 23 points

MV60

1. John Gibson, 49 points
2. Brian Hulcup, 38 points
3. Graham Lane, 24 points

MV65

1. David Turnbull, 30 points

Age-graded competition

Age-graded points for Club runners that had completed 3 events as at 12 August. Only results submitted by midnight on 30 November will be included. Plenty of time for the editor to leap up the rankings!

Liz Hulcup 2541.424

Shona Crombie-Hicks 2507.422

Dennis Walmsley 2503.850

Ewen Smith 2452.228

Tony Goodwill 2337.438

Niamh Shoemark 2305.743

Brian Hulcup 2232.495

John Gibson 2214.199

Darren Long 2207.813

Steph Holton 2187.347

Mike Hobbs 2175.948

Susan Hunt 2157.196

Jan Short 2130.041

Lynn Hudson 2116.526

Dave Turnbull 2104.915

Claire Harrison 2054.674

Neil Teague 2048.636

Graham Lane 2024.323

Chris Dry 1918.737



Club blogger, Cotswold Claire, asks Andrew Evans about training for and running the 2nd Cheltenham half marathon.

So, how did you get on at the Cheltenham half?

I finished the race in just under 1 hour 47 mins.

Were you pleased with your time?

Yes and no. Yes, because the first 10 miles went well and I felt good. No, because I am aiming to go below 1 hour 45 mins for a half-marathon. Back in June, I did a much harder course, the Bourton Hilly Half, in 1 hour 44 mins. So, I could have run faster last Sunday.

What happened in the last 3 miles?

I was tired, I slowed down a lot in mile 11 and, mentally, once I knew I wasn't going to run it in less than 1:45, I switched off a bit.

What's the course like at Cheltenham?

Mostly flat, a good level of support, a tricky section around the racecourse – it's a really good event, well-organised and a very large field of runners.

What did you enjoy most about Cheltenham?

Running around Dean Close School. A few teachers were taking part, so they had noisy support – there was a group of teenage girls who looked like they had just got up, who were cheering on the staff enthusiastically on a Sunday morning. The last few hundred metres were also enjoyable – excellent support from the crowds.

Which part of the race did you enjoy the least?

Cheltenham Racecourse, especially the short hill at the end of the racecourse section.

Was it your first half marathon?

No, my 24th... so, you'd think I'd be able to get the preparations right by now! It's my fourth half marathon of 2014. My fastest time this year was at the inaugural Surrey half, back in March.

Have you ever completed a full marathon?

I have completed three – London twice and Paris once – but, for the time being, a half is a big enough challenge for me.

Do you have any training tips for people thinking of doing a half marathon?

Mix up the running – some speed work, some tempo runs & a long, slower run once a week. Do the full distance on one or two of your training runs – I didn't go beyond 11 miles and I think that's one of the reasons why I slowed down towards the end. And join a running club – such as Bourton Road Runners!