

THE FINISH LINE



Bourton Roadrunners

Another triumph!

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A combination of meticulous planning by race director Ian Shoemark, great teamwork by a host of Bourton marshals, and a bit of luck with the weather made this year's Bourton 10k a triumph.

In a field of almost 600, overall winner was Will Ferguson, CLC Striders, in a time of 32.37. First lady home was Rachel Felton in 34.40.

Race report and more pictures on pages 3 and 4.

Bourton Roadrunners welcomes all runners whatever their abilities. The club meets every Tuesday (from 7pm) and Thursday (from 6:30pm) at Bourton Leisure Centre. Details available on website www.bourtonroadrunners.co.uk

Road-race prize winners



Bourton Roadrunners were honoured in the annual presentation of awards for the 2014 Gloucestershire Road Race Series that took place in Gloucester. First Prizes went to Shona Crombie Hicks (Ladies Open and LV40), Niamh Shoemark (LV45) and Tony Goodwill (MV45) and John Gibson (MV60). Second Places went to Steph Holton (LV50), Liz Hulcup (LV60), Darren Long (MV40), Ewen Smith (MV45) and Dave Turnbull (MV60). Third Places went to Susan Hunt (LV45), Lynn Hudson (LV55) and Brian Hulcup (MV60). Bourton also won the Ladies Vets Team prize.

Picture (by Steve Hudson) Gloucester Mayor Debbie Llewellyn with prize winners (Left to right) Ewen Smith, Liz Hulcup, Brian Hulcup, Lynn Hudson, John Gibson, Tony Goodwill, Niamh Shoemark

Club news

Club trip 2015

Look out Cologne! The next Bourton Roadrunners club trip will be to the cultural centre for the Rhineland and Germany's 4th largest city. Drinkers will be delighted that Cologne has most pubs per capita in Germany while runners can opt either for a full or half marathon on Sunday 4 October.

The plan is to travel by Eurostar leaving on Friday 2 October and returning on Wednesday 7 October. The cost, including half-board accommodation, will be from £325 to £350. More information will be available in the next issue of *The Finish Line*.

6 from 10 competition

The club 6 from 10 competition starts on Sunday 8 March with the Gloucester 20. The week after, we cross the county line into Oxfordshire for Carterton

10k. Postal entries for the race must be received by 8 March but organisers say entries will be available on the day.

6 from 10 competition

Only Ewen Smith and Norm Lane represented Bourton Roadrunners at the County Road Race 5K Relay Championships on 28 February (see page 5). Both are looking forward to the Cross Country 4K Championships at Plock Court, Gloucester, on Saturday 21st March and hope that a few more Club members will emerge from hibernation and support the competition to bring a little more glory to the club as the youngsters will no doubt do.

Next time

The next issue of *The Finish Line* will be sometime in April to cover the spring marathons and other races. If you have any Club news, race news or any other item, please send them to the editor, Chris Dry (chris@thedrys.co.uk).



Bourton 10k. In pictures



Bourton Roadrunners road running the Bourton 10k. Niamh Shoemark recorded a new PB (41.22) as did Claire Harrison (42.43) and Susan Hunt who clocked precisely 45.00 mins. Others ran fine races including Chris Krzywiec who came 32nd overall in 36.18 and Shona Crombie-Hicks who was VW40 winner in 37.45

A fantastic, happy atmosphere



Susan Hunt's support team, Christopher and Mick, set up the end-of-race water station

Expectations were high for the Bourton Highbridge Jewellers 10k, with this year's 570 places selling out quicker than tickets for Take That.

Those determined enough to secure a place (staying up until midnight or setting an early alarm) included 81 Almost Athletes, 35 CLC Striders, 25 Tewkesbury ACs, 11 Bourton Roadrunners and a whole hoard of Holton family-members.

The participating Bourton runners had the added challenge of persuading a friend or family member to 'marshal' (i.e. stand out in the freezing February cold for the best part of 2 hours).

Race direction was once again in the cool, calm hands of Ian Shoemark, with the support of many of the clubs' 'old faithfuls'.

Happily, the 'uncontrollables' were on our side - the early morning ice had largely disappeared by the time the race hit the road and the forecasted hail and high winds held off until the last runner was home.

The race was won by Will Ferguson from CLC Striders in 32:36, with Anthony Bailey (Cheltenham and County Harriers) second in 33:06 and Stephen Price (Uknetrunner) third in 33.24.

The Ladies race seemed to be dominated by people called Kate. First lady was Rachel Felton (34.17), followed by Kate Hulls (Bristol and West

AC) in 35:37 and Sophie Carter (Belgrave Harriers) in 36.20. (Stratford AC's Kate Wright was 5th and Swindon's Kate Jacobs was 6th).

First home for Bourton Roadrunners was the always-impressive Chris Krzywiec in 36:16, with Tim Heming finishing in a superb 37:19. Speedy Shona Crombie-Hicks was 1st FV40 (37:43) with Lucy Walmsley reaping the benefits of marathon-training with 38:47. New boy on the block Ross Kent made a fantastic race debut for the club, with 39:18.

There were personal best performances from Niamh Shoemark (running with enviable calmness and clocking a superb 41:22), Claire Harrison (making coach Doug proud in 42:43) and Susan Hunt (delighted but wishing she'd found an extra second with 45:00). Steph Holton ran within 2 seconds of her previous best in 45:31; and importantly beat all the other members of her family. Maxine Emes ran a strong 51:01 and Alan Gibson a fine 51:41. Shona, Lucy and Niamh were 2nd Ladies' team behind Almost Athletes.

No doubt, during the race preparation and planning there were unseen challenges and dramas; but what we witnessed on the day was a professionally-executed race with a fantastic, happy atmosphere. Congratulations to Ian and all those who helped to put on another race of which we could all be proud.

Race reports by Susan Hunt

December 2014 round-up

Bourton Roadrunners had a rest from club competition races during December; although many members continued to race, finishing the year with some fantastic performances

Claire Harrison completed 2 marathons in 2 consecutive days at the Engima Christmas Double. Her amazing 3:45 on Day 1 and 3:41 on Day 2 won her the First Lady title for her debut double.

Steve Edwards was first overall (3:14 Day 1 and 3:21 Day 2) and was delighted to finish the year with a landmark 500th sub 3:25.

Meanwhile, Steph Holton and Catherine Wheeler opted for the Andy Reading Memorial 10k at Bicester. Steph finished in her fastest time of the year, 46:14 (2nd Vet 45) and Catherine Wheeler also had a great run, with a PB of 46:32.

Steve Edwards welcomed in the New Year by completing another double (his 667th & 668th marathons) at Folkestone – recording 3:31 & 3:23 in an event that he described as “one of the toughest doubles I've done in a very long time due to weather conditions. Extremely strong headwind for half the course. especially on day 1 where it felt like you were running on the spot!”

Stratford AC's Not the Roman IX provided the first opportunity of 2015 to test the speed in the legs on a 12k loop from Tiddington via Loxley.

Nigel Frith was first home for Bourton in 52:43 followed by Claire Harrison (54:15), Susan Hunt (56:01) and Brian Hulcup (59:46). Liz Hulcup was 2nd LV60 (1:02:59) with Lynn Hudson 1:08:36.

25 January 2015

The Linda Franks 5 mile race, organised by Almost Athletes was the first race in the 2015 GAA Road Race series.

Darren Long was first home for Bourton (13th overall 30:34), with Shona Crombie-Hicks close behind (1st Lady 31:00). Two team members making a return to racing following injury were Ewen Smith (33:15), and Steph Lane who had an excellent run for 33:39 3rd Senior Lady. Niamh Shoemark was 3rd LV45 with 34:02 and Claire Harrison 1st LV35 (34:53). Next came Catherine



Eyes closed for a fast finish. Claire Harrison completes her first double. What's next Claire?

Wheeler (36:11), Susan Hunt (36:28), Steph Holton (37:10), Ali Lane (3rd LV55 in 39:14), John Gibson (40:07), Liz Hulcup (40:09), Gill Carrick (42:07), Lynn Hudson (45:15) and Linda Edwards (45:53).

15 February 2015

Nigel Frith entered the **Bramley 20** having not fully recovered from a bout of illness. He kept his average split times to under 7 minutes per mile for the 10 miles before pulling out.

28 February 2015

In the County Road Race 5K Relay Championships Elmore, Bourton had only two participants, both back from long injuries.

Ewen Smith ran an excellent 1st leg in a mixed County Senior Men's team, just dipping under 18 minutes, helping his team to a well justified bronze medal. Norm Lane, competitive as ever, ran 1st leg in a County Vet 70 team and recorded a very fast 24.09 to help retain their Vet 70 title and another gold.



Bourton Roadrunners Juniors

Cross country by Richard Bufton

Round 3 Pittville Park 3 January

Bourton Roadrunner Juniors again turned out in numbers to compete in the third round of the Gloucestershire Cross Country League Competition at Pittville Park in Cheltenham.

In the **U11 girls** Helena West and Isobel Barnett pushed each other hard for 7th and 8th with both girls battling for 1st and 2nd place in the club competition. Celia Darwent ran her best race to date with an excellent 24th place. These results placed the A team in 4th place on the day and still in 2nd place overall. These girls were well supported by Annabella Tallis (27th), Isabelle Morriss (33rd), Abigail Barnett (38th), Isabel Dennett (40th), Ella Lane-Gregory (51st) and Erika Creed (52nd). These girls helped the B team to 9th and the C team to 13th on the day.

Lucy Griffin 2nd, Bethan Powell 3rd and Josephine Mutsaars 7th kept the **U13 girls** team in overall 1st position although they came 2nd to Stroud on the day. Lucy was again pushed hard by Bethan and Josephine ran her best race of the season. Emily Field (22nd), Isabel Kiey-Thomas (25th) and Kate Edgerton (28th) all ran well on the day bringing the B team home in 7th place.

The **U15 girls A team** managed a very creditable 3rd place overall. Top runner Niamh Powell had an off day due to illness but still ran strongly for 9th place with very

gutsy display. Rosie Mutsaars is again starting to show her true potential with an excellent 10th place and Koumi Ikeda ran strongly for 15th place. These girls were again well supported by Charlotte Foster (18th) and Gabby Jones (22nd) who was also suffering from a cold. The A team have a great chance of third overall with a good display at Tewkesbury in the final round.

The **U11 boys A team** managed to hold onto 3rd place overall with a 3rd place on the day. Kan Ikeda 5th, Louis Mutsaars 6th and Findlay Morriss, again led the boys home with all three running extremely well as they have all season. These boys were greatly supported by Finn Watkins (21st), Lysander Tarrant (23rd), Beau Griffin (24th), Dicken Tilley-Loughrey (27th), Christopher Hunt (29th), Toby Sellek (31st), James Mace (34th), Connor McGuinness Dean (42nd), Jago Tarrant (48th), George Farley (54th), Edward Jones (55th) and Sean Farley 56th). These boys helped the B team to 6th, the C team to 9th, the D team to 13th and the E team to 16th. With many of these boys being under 9 or new to the club, we have a bright future in this age group and the u13's when they move up.

The **U13 boys A team** did well for 6th place on the day and still have an outside chance of 3rd place overall with a good display at Tewkesbury. Dylan Williams led the team home in 16th place with Josh Angus close behind in 20th place. Aden Corban and Thomas Wood ran well for 34th and 36th. All these boys have just moved up from the U11's so well done.



The Under 11 boys team and Under 13s Lucy Griffin (2nd) and Bethan Powell (3rd) In action at Pitville Park

Round 4 Five Acres College, Coleford 7 February

Conditions were very demanding after recent rain made the fields and woods very muddy and energy sapping. There were also some very testing hills and the weather was damp, very cold and foggy - a proper cross country day!

There were some excellent individual and team performances. They all showed real determination and character on a very tough day. New to the **U15 girls** age category, Niamh Powell completely dominated her race taking the championship with a very powerful and determined run, they also run with the under 17's and she beat all of them apart from one who runs for England. Rosanna Mutsaars is now racing very well again as she seems to glide over the mud, she makes it look so easy with a very good 4th today. She was pushed hard by Koumi Ikeda who has a completely different style, she powers through the mud very effectively to finish 5th. These three won the team gold prize. They were well backed up by Charlotte Foster who is improving week by week in 14th and Gaby Jones who is returning after illness in a fine 15th.

The **under 13 girls** were so close for top places with only a few seconds splitting the top 7. After a very fast start Lucy Griffin settled into a very good pace in 2nd spot but she slowly but surely closed the gap on the lead girl, in the finishing straight she was within touching distance but could not quite close the gap, a very good silver medal for Lucy. Bethan Powell just behind was locked in her own battle for 3rd with position changes for the whole race, in the finishing straight she just lost out by a vest width to take 4th.

Josephine Mutsaars was just of the lead group after the first lap but she steadily pulled herself up the field with her flowing style, she finished a very good 7th today. These three won the team silver medal prize. Emily Field is growing in confidence with every race with a very good 13th today and Isabel Kiey - Thomas had a good solid run today in the tough conditions in 16th.

The **under 11 girls** were out in force today for Bourton. Helena West has been training hard all winter and she reaped the rewards today with an excellent 3rd and the bronze county medal. She was pushed very hard by Isobel Barnett in 4th who is returning to her old form. Celia Darwent showed what potential she has by an excellent 10th today, these three won the team silver medal. Not far behind the girls were storming through the mud to take some very good places; Darcy Thompson 17th, Isabelle Morriss 18th, Annabella Tallis 20th, Abigail Barnett 21st, Isabel Dennett 22nd, Alice Brown 23rd and Ella Rose Lane-Gregory 24th. These girls took 5th and 6th team.

The **under 11 boys** also had a good strong teams out today. Kan Ikeda was up at the front of the field for the whole race but couldn't quite hang into the lead to finish an excellent 3rd and take the bronze medal. Louis Mutsaars was very close behind in 5th in a very gutsy run, he was pushed very hard by a very determined Findlay Morriss in 6th. These three won the team gold prize. They were very well backed up by Beau Griffin in 8th, Lysander Tarrant in 9th and James Mace in 12th. These three won the bronze team prize. They were closely followed by Finn Watkins in 13th, Arthur Quli in 14th, Chris Hunt in 15th and Edward Jones in 18th. These boys took the 5th team.



The Under 15 girls team mingle with the opposition (left); the under 11 girls team (right)