

THE FINISH LINE



Bourton Roadrunners



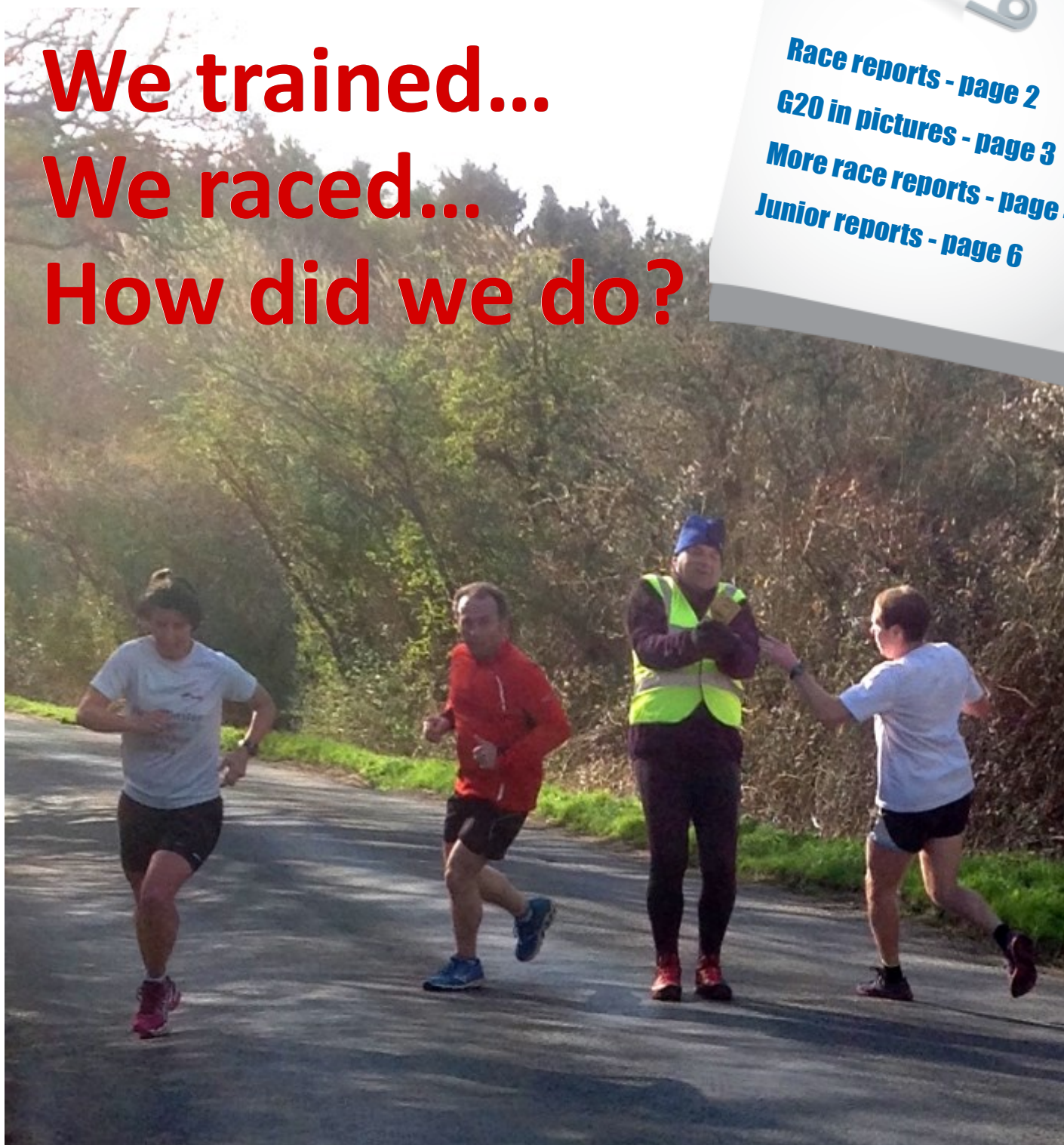
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**We trained...
We raced...
How did we do?**



Steve Hudson marks the turning point at a Club handicap 10k run along the Bourton 10k route on 12 April. Lucy Walmsley, training hard for the Manchester Marathon a week later, leads Ian Shoemark and Ewen Smith. This great picture was taken by Lynn Hudson

Race reports by Susan Hunt

8 March 2015

What is the appeal of running a 20 mile road race around a 3 lap course on the outskirts of Gloucester?

There are at least 3 good reasons:

- 1) **The Gloucester 20** is in the club 6 from 10 competition (points=prizes)
- 2) It is also in the County Road Race Series (again, points=prizes)
- 3) For those training for a Spring marathon, it provides an opportunity to do a long run with water stops and applause.

So it was with the above in mind that 13 Bourton Roadrunners headed to an industrial estate on a drizzly Sunday morning along with approximately 587 others.

Competition was fierce, with many clubs bringing their "big guns". Darren Long and Shona Crombie-Hicks took their rightful place at the head of the field, with Darren completing the race in 2:15:33 (39th) and Shona in 2:16:04 (42nd overall, 5th Lady and 1st LV40).

Claire Harrison had a superb run, scooping the 1st LV35 prize in 2:31:28, chased by Nigel Frith (2:33:33). Steph Holton and Catherine Wheeler ran together and were excited to record an excellent 2:44:45. Susan Hunt was happy with a PB 2:48:53. Debbie Davidson was making her 20 mile race debut. Happily for Debbie, she had the privilege of being accompanied and encouraged around the course by John Gibson (who was running somewhat gingerly as recovering from injury). Over the years, John's calm and reassuring presence has seen many a club mate through a tough race, and this was no exception. They crossed the line together in a triumphant 2:53:55.

Dave Turnbull ran a solid 3:07:06, new member Vivien D'Alton finished in 3:14:18 and ever-determined Lynn Hudson in 3:20:36.

Darren Davidson used the race as marathon preparation, completing 2 laps of the course in 2:45:06. This was further than he had ever run before, so he definitely earned his technical T-shirt.

Once again, the runners were supported by a band of loyal club mates who braved the miserable conditions to wave, cheer, offer drinks and take photos. Many thanks to them (and apologies if we didn't always manage to smile and wave back).

15 March 2015

The 6 from 10 competition also included the **Carterton 10k** - a new race for many in the club. A total of 14 Bourton Roadrunner turned out on a chilly day with a stiff breeze to try to earn some points.

Chris Krzywiec was first home in 4th place in an excellent 36:20. Shona Crombie-Hicks was 8th overall and 2nd lady in 37:32. Ewen Smith continues his return to form after injury coming home in 15th in 39:43.



Ewen Smith: 15th at the Carterton 10k

There were fine performances from Steph Lane (41:25), Andrew Evans (45:47) and Debbie Davidson who PB'd in 46:31.

There were points for Ali Lane (46:37), Brian Hulcup (47:16), Chris Dry (48:13), Liz Hulcup (48:55), Gill Carrick (52:38), Linda Edwards (55:57), Lynn Hudson (56:33) and Darren Davidson (1.00:11).

22 March 2015

This year's 6 from 10 competition also includes the Autumn Shakespeare Raceways 5K. The Hunts and the Holtons decided to practice at the spring event of this bi-annual competition which sees 5K, 10K, half-marathon and marathon (**continued on page 4**)

Gloucester 20 in pictures

(for those who didn't see them on Facebook)



11 of the 13 Bourton Roadrunners competing in the Gloucester 20. Sorry David and Vivien - I just didn't see you on the day!

600 sub-3.30s

Congratulations to Bourton's club chairman, Steve Edwards who claimed his 600th sub 3hr 30min marathon at the Port of Dover Marathon on 29 March.

Afterwards, Steve said: "I'm very pleased (and relieved) to have achieved a successful finale to another chapter of this long, hard journey in which I've been so very fortunate to meet and share the road with loads of fantastic people including my club Bourton Roadrunners, the 100 Marathon Club and of course the Brathay Windermere Marathon 10-in-10 family, plus many, many others.

Of course my biggest thanks goes to the better half of Team Edwards, my lovely wife Teresa, my number one supporter who felt so sorry for me out there today and kept asking me if I was on target! It was never in doubt... was it??"



Steve Edwards shelters from the storm at Dover

We look forward to celebrating Steve's 700th marathon and 300 sub 3hr 15min before the end of the year.

runners sharing the same start line and completing laps of Long Marston Airfield.

Susan had planned to pace son Christopher to a 5K PB. As usual, he went off like a bullet at the start but Susan managed to catch him after the first mile. At that point, they were joined by a cyclist who delivered the surprising news that he was Susan's 'lead bike' since she was the current leader of the Ladies' 5K.

Susan's plan to run with and gently encourage her offspring went out of the window as she took her once-in-a-lifetime chance to be led into the finish like an elite. She sped off while Christopher hung on for dear life behind her.

Susan finished First Lady and 6th overall (a mere 5:53 behind the male winner) with Christopher 7th (1st U11) in a big PB of 22:38. Next in was Steph (2nd Lady and 8th overall) in 23:00. Gary finished triumphantly pain-free in 30:37. Roll-on the Autumn Shakespeare!

22 and 29 March 2015

A week after his 672nd marathon at Wrexham (3:10:32), Steve Edwards took on the challenge of completing four marathons of the Enigma '7 marathons in 7 days' event. He completed the four with the following times:

Day 1 - 3:16:34,
Day 2 - 3:20:50
Day 6 - 3:20:38
Day 7 - 3:19:27

This gave Steve a total of 599 sub-3hr 30min finishes. He was determined that, at Dover the following weekend, he would become the first person on the planet to run 600 sub 3:30s in official marathon races.

No part of Steve's incredible marathon journey has been easy and the **Port of Dover Marathon** was one of the toughest so far, with 50mph winds and accompanying lashing, stinging rain. But he was a man with a mission and wasn't going to let the atrocious conditions get between him and a world record. He came home in a smidgen over 3:29.

19 April 2015

The **Manchester Marathon** claims to be the flattest, fastest and friendliest marathon in the UK. Steve Edwards, Darren Long, Lucy Walmsley, Claire



Smiles from Manchester: Catherine Wheeler, Susan Hunt, Steph Holton and Claire Harrison

Harrison, Steph Holton, Catherine Wheeler and Susan Hunt headed North to check out the claim.

Conditions were perfect for the 7,800 runners. The course avoided central Manchester, heading out and back to Salford and Altrincham; but had several switchbacks to add the interest of trying to spot club mates (most of us would never see Darren in a race if it wasn't for switchbacks) and there were bands and choirs en-route to lift the spirits (always good to be reminded that "Baby, you're a firework.." when you are actually feeling more like a damp squib at mile 21)

Lucy and Darren had sub 3 as their goal, Steve was tackling his 680th Marathon and aiming for his 295th sub 3:15. Claire planned to race hard (with one eye on that elusive sub 3:15). Steph, Catherine and Susan were hoping to beat their previous bests.

Darren was first back for Bourton, running a perfectly-paced 2:57:36. Close behind was Lucy, with an outstanding 2:57:50 (14th out of 2282 ladies and 1st FV40). Steve was delighted to run his fastest time since Nov 2013 (and there have been a lot of marathons under the bridge since then!), with 3:06:49. Claire's months of hard training (most of it at below 7 minute miling) paid off with a superb PB of 3:14:07.

Catherine had been suffering extremely sore legs in the fortnight prior to the race. She and Steph ran together until around half way; when

Catherine's legs became increasingly painful. She persuaded Steph to run on ahead while she battled through her discomfort.

Steph is famed for passion-over-precaution when it comes to pacing, and shot off to complete the race in a massive PB of 3:29:49. Meanwhile, Catherine ran with determination and gritted teeth and somehow, despite the pain, pulled off a triumphant PB of 3:36:11.

Susan was hoping to prove to herself that her sub-4 in November last year was not a fluke, so was astounded to finish in a PB of 3:39:48. It was a double celebration for the Hunt family, as Mick's daughters, Emily and Georgie also completed the marathon as a two person relay in 4:06:06.

So yes, Manchester is definitely flat (apart from the road bridges which aren't), fast and friendly. It was a triumphant group of Bourton Roadrunners who headed back South, smug with the knowledge that their marathon was done and looking forward to watching their club mates take on London next weekend (except for Steve, of course, who will be doing London too).

On the same day, 9 Bourton Roadrunners competed in the **Angels 10k** at Ashleworth near Gloucester. It is a circular 'undulating' course, with views of the Malverns and the Severn.

It formed the 3rd race in the County series and, with other team-mates away at Manchester marathon and Chedworth 10, there were a few extra points to be won.

Despite the cold morning, Shona Crombie-Hicks retained her lead to become first lady overall in 38.28mins; the 2nd year in a row she has won the race. Steph Lane was second home for Bourton in 44.01.

John Gibson was practising his speed training prior to London marathon the following week, and won the MV60 category in 45.29 to maintain his first position at this stage in the County series, beating fellow MV60 Brian Hulcup (47.22). Ali Lane sped round in 48.38 to win the LV55 category, followed by Graham Lane in 49.30.

Next in for Bourton was Liz Hulcup who continues to produce excellent times; 49.43 and 1st LV60. Gill Carrick finished in 53.16, and Lynn Hudson in 56.11.

Chris Dry opted for the challenging and scenic **Chedworth Roman Trail 10** which, after having cycled a hilly 25 miles, he completed in 1:33:18.

A little further afield, Tim Heming ran a brilliant 2:58 at the **Boston Marathon**.

26 April 2015

Closer to home, the Spring Marathon season continued with more Bourton Roadrunners reaping the benefits of heavy mileage and hard training over the winter months.

At the **London Marathon**, Steve Edwards battled heavy legs (only a week after Manchester) to complete the race (for the 20th time) in an excellent 3:12:15. Mike Hobbs improved on his PB (set last year in the same event) by a whopping 10 minutes (3:25:12) and consistent, hard-working John Gibson ran a superb 3:49:01. Debbie Davidson was delighted with a PB of 3:51:04 and is now looking ahead to her imminent ironman event.

David Turnbull proved that he is not only 'Good for Age'; he's amazing for age – with a PB of 3:55:34. Viv D'Alton was running her first marathon and finished in a fantastic 4:28:03.

On the same day as London, the **Shakespeare Half Marathon** took place in Stratford, with 3 Bourton Roadrunners taking part.

Andy Peaston finished in a strong 1:37:42, Linda Edwards (after an enforced lay-off due to illness) was happy to record 2:06:25 and Sharon Stoker ran a well-paced 2:08:16.



Linda Edwards was happy with her performance at the Shakespeare Half Marathon



Bourton Roadrunners

Juniors

Final Gloucestershire Cross Country League, 14 February 2015, Tewkesbury

The last league race took place in very muddy conditions after all the winter weather; Tewkesbury is muddy when it is dry. Once again Bourton Juniors were out in force to end a very good league season.

On the day the **under 11 boys** were once again very consistent with some fine runs. Kan Ikeda finished just off the podium in 4th, pushed as ever in this very competitive field by Louis Mutsaars in 10th and Finn Watkins in 15th, these three were 3rd team on the day.

In a good race just behind the rest of the packed in well, James Mace in 32nd, Chris Hunt in 34th, Connor McGuinness-Dean in 37th, Toby Sellek in 38th, George Quli 42nd and Edward Jones in 55th. These boys were 11th and 13th team on the day.

In the overall league Kan Ikeda finished 4th, Louis Mutsaars 7th, Findlay Morriss 13th, Fin Watkins 21st, Beau Griffin 26th, Lysander Tarrant 28th, Chris Hunt 32nd, James Mace 33rd, George Quli 36th, Jago Tarrant 43rd, George Farley 47th, Edward Jones 49th and Sean Farley 50th. In the team event they finished 3rd (Bronze medal), 8th, 11th and 15th team.

The **under 11 girls** also had a very good turn out on the day. Helena West has had an excellent season; always very consistent and at the front end of the race as she finished 4th today. As ever, she was pushed very hard by the very talented Isobel Barnett in 5th. One of the youngest girls in the race Annabella Williams showed what a great future she has ahead of her in 15th spot today. These three were 2nd team on the day. They were all very well backed up by some excellent packing by Annabella Tallis in 29th, Abigail Barnett in 32nd, Isabel Dennett in 41st, Lilly-Anna Walmsley in 42nd, Eliana Hale in 43rd, Ella Lane-Gregory in 44th and Erika Creed in 45th. Some excellent runs and these girls were 9th and 11th team on the day.

In the overall league Isobel Barnett was 5th, Helena West 6th, Annabella Williams 17th, Annabella Tallis 20th,

Abigail Barnett 25th, Celia Darwent 26th, Isabelle Morriss 29th, Isabel Dennett 33rd, Ella Lane- Gregory 35th and Erika Creed 38th.

Dylan Williams ran well in the **under 13 boys** race to come 12th. This is his first year in this age group and there is plenty more to come as he gets stronger.

In the overall league Dylan was 11th, Josh Angus 14th, Aden Corban 25th and Thomas Wood 27th. They finished 4th team overall.

Next off were the **under 13 girls** and Bethan Powell had another fine strong run in 3rd today with the ever improving Josephine Mutsaars in a fine 7th. It was good to see Isabel Kiey-Thomas returning to good form in 11th. Emily Field flowed very well today in 15th. They were 4th team on the day.

In the overall league Lucy Griffin was 2nd (silver medal), Bethan Powell 3rd (bronze medal), Josephine Mutsaars 7th, Isabel Kiey-Thomas and Emily Field 19th equal. They finished 2nd team overall (silver medal).

The **under 15 girls** was a very close race at the front. Niamh Powell is returning to her

best form again with a fine 2nd position today. Rosanna Mutsaars produced a very strong run today to finish 6th with Koumi Ikeda hot on her heels in 7th. These three were first team on the day. Gaby Jones put in a really gutsy performance today to finish 12th. She has much more to come as she returns to top form.

In the overall league Niamh Powell won the league to take the gold medal, Rosanna Mutsaars was 5th, Koumi Ikeda was 8th Gaby Jones was 10th and Charlotte Foster was 12th. They finished 2nd team overall (silver medal).

Well done to everybody who complete this very competitive league and to some excellent team and individual positions. We are looking forward to the start of next season in October. If you have a good cross country season you have built an excellent foundation of strength and stamina to follow on into a successful athletics and road race season.



Niamh Powell, Bourton's cross country golden girl