

THE FINISH LINE

Bourton Roadrunners

Marshals and Supporters make a Successful Bourton 10k



Note from the Editor

Unfortunately due to unforeseen circumstances this newsletter is brief in content. As an inexperienced editor and one with limited creative writing skills I would be very grateful of contributions from club members and this includes our juniors. The only caveat is that the contribution needs to be running related in some form which gives the writer some scope. If you would like to contribute please e mail me.

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Thank you

Linda

RACE REPORT: Bourton 10k

The ever popular Bourton 10k was a massive success again on the new improved and possibly even faster course. Our race director was more than happy with the almost 500 field of runners and near perfect conditions .

A very exciting race ensured and some great spectating from the very enthusiastic crowd and marshals. With 1 mile to the finish Luke Evans powered away from a very fast pack of runners to win in a time of 32minutes17 seconds . Rachel Felton defended her title with a superb run in 34min19.

Not to disappoint the home crowd the Bourton participants produced some awesome running . First in for Bourton was the flying Chris Krzywiec in a massive PB of 35min38. Dennis Walmsley , despite suffering from bad knees and a cold did well for 37 min27 and 2nd vet 50. Marathon preparation going well for Mike Hobbs with a solid 39 min09. Kate Krywiec made it a husband and wife PB with a very impressive 42minutes. New member Rowena Verity really looks the part with a very quick 43min 52 and 2nd vet 50 . Craig Taylor came in at 47.17 followed by Steph Holton as steady as always with almost identical time as last year in 46 min 49. Graham Lane was happy with 47 min 05 followed by triathlete Debbie Davidson in 49 min 02. Linda Edwards had a PB of over 2 minutes in 51min 17. Rosie Davidson impressed in 52 min 08 and Alan Gibson did particularly well after illness all week in 54 min 22

Ian Shoemark protects himself with a 'ring of cones' at the Starting Line of the Bourton 10K



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[RACE REPORT: DB Max 10k](#)

Claire Harrison ran a superb 42 minutes at the DB Max chilly 10km for 3rd lady.

[Race Report Gloucestershire AAA road race relay championships](#)

A good turn out from Bourton at the latest Gloucestershire AAA road race relay championships saw our teams haul in the medals .

Our shining stars were the evergreen Vet 70 men's team storming home for the Gold with outstanding running from Norm Lane , Bern Cartlidge (out of retirement) and Bill Ridley . Not to be out done our ladies Masters team of Pauline Teague , Ali Lane and Liz Hulcup showed their class also winning gold .

A solid performance from our men's vet 50 team claiming silver for Chris Dry , Dennis Walmsley and Tony Goodwill. Mike Smith on the comeback trail ran strong to finish in the top 5.



[Race Report: Bath Half Marathon](#)

Outstanding performance at the Bath Half Marathon from Mike Hobbs who smashed his PB by 4 minutes in an awesome run of 1 hr 24 min 37 . An impressive run from Lucy Walmsley in 1hr 26 min48 and another PB from the growing in confidence Claire Harrison with a so close to breaking 90 minutes in 1hr 30min20

[Race Report: Stratford 5 and 10K](#)

Ali Lane in top form ran her fastest 5km for some time in 22min 05 to finish 3rd lady in the race and 1st lady vet 55. Ali's impressive form has propelled her to 2nd in the national rankings.

Andrew Evans took part in the 10km event and was very happy to finish in 45 min 55.

[Race Report: Chedworth Roman Trail](#)

Gill Carrick ran the muddy Chedworth Roman Trail on the 10th April. Here she is smiling as she takes in the scenic Cotswold Countryside.

Gill came in at a very reasonable 1.39



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[Race Report: Gloucester 20](#)

A number of our training for their next marathon athletes travelled over to Gloucester to continue their preparation by taking part in the Glos 20 miler.

Darren Long led Bourton home in 2hr 26 min and not far behind in a very impressive 2hr 35min 05 and 3rd lady vet 50 was Rowena Verity.

It was good to see Nigel Frith making a come back in 2hr 44 min10.

Our other runner all continuing with strong preparations were Steph Holton and Catherine Wheeler together in 2hr 47 min 43. Graham Lane in 2hr 56 min 26 closely followed by a strong effort and under the 3 hours in 2hr 59min 50 Dave Turnbull.

Next in was Linda Edwards with training going very well for her first marathon in 3hr14 min 42.

Gary Holton and Darren Davidson made up the field in 3hr 32min 27 and 3hr 53 min 45.



Lynn Hudson keeps Darren Davidson company during the Gloucester 20

[Race Report: Forest of Dean half marathon](#)



Susan Hunt travelled west to run the Forest of Dean half marathon coming in at a creditable 1hr 47 min 32. Linda Edwards came in at 2 hrs 2 min 25.

Linda reported that the route was hilly, and the uneven stony route meant some serious concentration. Very quiet in the forest and no wild Boar. Linda and Susan are pictured here with David Rees who has recently joined the club and who crossed the finish line with Susan. David's wife Sharon also ran the race.

[Race Report: Bushley mile and Red Lion 4 mile](#)

Alison Lane continues her amazing season with yet another victory in the vet 55 age category at the tough hilly Bushley mile in 6min 52 . Daughter Steph week by week coming back to form ran a fast 5min55 to finish as 2nd lady overall.

Ali Lane followed up her victory at the mile with yet another top class performance at the Red Lion 4mile race in Arlington. Ali smashed the ladies field to not only win her age category , but also First Lady overall.

To top it all Ali has now propelled herself to top of the UK rankings in the vet 55 group for both the 1 mile and the 4mile race distances. Ali reports that she is not sure why her racing is 'going better' as she has not changed her training and continues with her cross country runs. Unfortunately Ali and Steph appear to be camera shy so you will need to imagine the power and speed!

Well done mother and daughter!

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[Race Report: Banbury 15](#)

Travelling east to the Banbury 15 miler were Rowena Verity below in a fast run of 1hr 55 min 33. Steph Holton and Catherine Wheeler ran together in a steady 2hr 01min 09. Chris Dry below ran a strong race of 2.05.12 followed closely by Graham Lane 2.05.49. Gary Holton preparing for his 2nd Marathon looked comfortable in 2hr 27min 53



[Race Report: County cross country championships](#)

At the county cross country champs Bourton had an exceptional day , reeling in their fair share of county medals.

In the ladies race Bourton made it 1,2,3 with Seph Lane as county champion followed by a very impressive 13 year old Isobel Kiey Thomas and in 3rd evergreen

Ali Lane. Together with 15 year old Gabby Jones and 50 year old Susan Hunt they also secured the county team title. Each of our ladies also won individual age group medals.

Not to be out done the men were led home by back to racing Mike Smith in 3rd with Ewen Smith a close behind 4th. The ever competitive Tony Goodwill was 12th , followed by 13 year old Daniel Bufton who pipped dad Richard. The men won the county team silver.

The golden oldies produced the goods again in the vet 70 age group with Dave Spackman (gold) , Norm Lane (silver) with great back up from Bern Cartlidge who snatched a bronze . The oldies won the team gold

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[Race Report: Angels 10k](#)

A week before London Marathon and a number of our athletes using Angels10k not only for race points but a good speed workout before taking on the capital.

Mike Smith looking fit and back to racing took on the tough course from the start and surprised himself with a fast 36 min 38 and 2nd overall after a battle with the 3rd placed runner. Tony almost 60 Goodwill was next in with a steady 43 min11 and 3rd vet 55. Rowena Verity continues to impress with a very quick 43 min 43 and 1st vet 50. Equally impressive was Ali Lane who remains unbeaten as 1st vet 55 in 47 min 14. Graham Lane had another solid run in 50 min 53 as 3rd vet 55.

Gill evergreen Carrick enjoyed her run as 2nd lady 55 in 52 min 44. Not far behind was Linda Edwards in 54 min33 as she battled unsuccessfully to catch Gill. Last in but by no means least was Lynn Hudson , who gave a scare after the finish but happily made quick recovery in 1hr 2min 24.

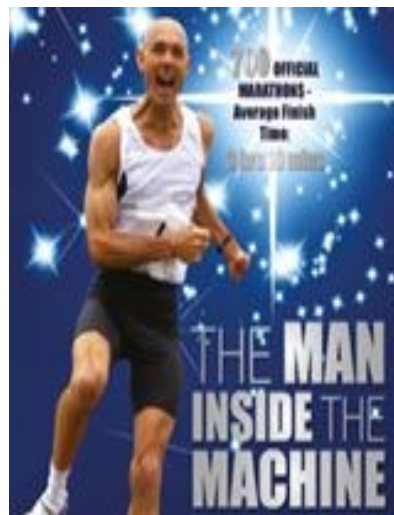
Some of you will know who this is enjoying the Angels 10k post race massage , others will need to look on the quiz answer page to find out.



Steve's marathons

Our club Epic marathon man Steve Edwards was understandably emotional at the release of his book , THE MAN INSIDE THE MACHINE . The book which has taken two years in the making and twenty eight years of marathon running is a fascinating insight into not only how Steve ran 700 marathons in an amazing average time of 3hr 16 minutes, but how it all started and how he has managed to sustain his running and body over all the years. A must buy for all runners and for non runners I am sure would also find this book a fascinating read.

10 % of all proceeds will be donated to Kate's Home Nursing , a charity close to the heart of Steve and his BETTER half Teresa whom has been his rock every step of the way. In the meanwhile Steve continues doing what he does best and continues to clock up the Marathons.



721 Enigma Good Friday marathon, finishing in 3rd place in a time of 3hr17minutes

722 at Taunton in 3hr19min45 , struggling a bit with a niggly hamstring , preventing him from breaking the 3hr15min mark

723 Manchester in 3hrs 10 min 58 (Scary tooth incident on way home)

724 Brighton in 3hrs 15 min 35

Claire Harrison

A big thank you to Claire Harrison for the massive contribution she made to the club in the very few years she has been at the club. Not only has she been club secretary she has also ran a walk to run scheme and has been coaching and advising individuals with training plans. In addition she as also supported and led the efforts night group when Dennis and Neil were not available.

As for her athletic ability Claire has improved to qualifying for the AAA championship in London and was regular team scoring member and current County V35 champion. At the annual BRR Dinner she was awarded the Chairman's cup. Thank you Claire!



Curry Night

Members enjoyed a curry night kindly organised by Gary and Steph on the 28th February at Aroma in Bourton. The event took place after the 10K so members could enjoy spices and beverages of choice! without worrying about any 'after effects'!

Editors note: I was unable to lighten the pictures, yes we could see what we ere eating!



Forthcoming

Social Events

When 'marathon fever' has settled Steph and Gary will be planning further social events for the club. Suggested possible events are:

Details to follow for all events!

- BURFORD BUTTY RUN Multi-terrain.
- FISH N CHIPS on the green 17/07/16 – don't forget after Norm and Ali's Mile Race whether you are racing, watching or marshalling, we will meet on the green for what has almost now become a tradition!
- A 'WHO'S DUNNIT' TREASURE HUNT followed by eats/drink. We are looking to organise this for one evening in the summer
- ROUNDERS 'n' BIG PICNIC
- SKITTLES REMATCH 'v' Almost Athletes – Can we hold on to our trophy?
- HASHING with Cotswold Hash House Harriers – just waiting for a suitable one to come up over this way

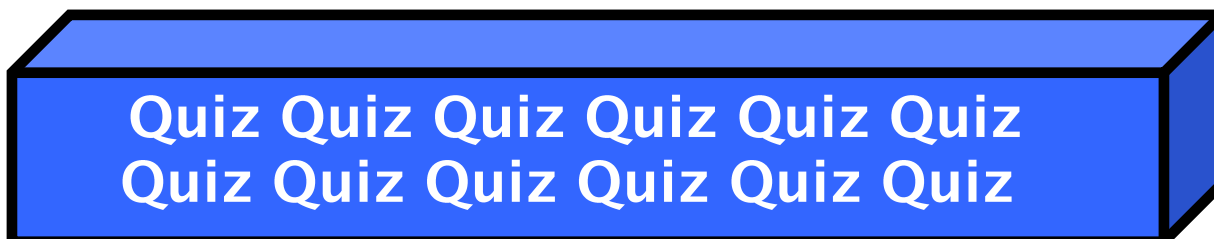
Caption Competition



John Raper has won the caption competition with 'Boys will be Boys!'

Going, Going Gone.....

Please contact Mike Smith urgently if you wish to go on the club trip in September to Budapest. Mike has limited places (which may or may not have gone by the time you read this) Margaret, club secretary has contact details.



Three more quiz questions from Graham to take your mind off your training plans for a few minutes.

Q1: Actors Ben Cross and Ian Charleson each played an athlete in the film "Chariots of Fire". Name the two athletes, the events in which they won gold medals and both the year and place of the Olympics?

Q2: Who has won the World Highland Games Championship a record 6 times?

Q3: How many players are on the field for each team in an Australian Rules football match?

Quiz Quiz Quiz Quiz Answers;

Q1: Ben Cross played Harold Abrahams and won 100m
Ian Charleston played Eric Liddell and won 400m
The Olympics were held in 1924 in Paris.

Q2: Geoff Capes.

Q3: 18.

Gill Carrick was having the massage.

Juniors overleaf



Bourton Roadrunners Juniors

[Race Report: Severn 4K Cross Country County Championships](#)

On Saturday 19th March 2015 the Severn 4k Cross Country County Championships took place at Plock Court Gloucester.

Before though a junior's race took place, this is good experience for our juniors as they prepare to move up to the youth/adult races. Once again Bourton dominated the races. In the Under 13 boys event Harvey Sawyer went out hard from the gun but Connor McGuinness - Dean slowly wound him back and at the half way point moved into the lead and slowly opened up a good gap, but Harvey did not give up and he slowly recovered his form and clawed his way back and in the finishing straight found some more energy and just managed to pip Connor on the line to win the race, a very exciting race and as one spectator said it was "more exacting than the Grand National", well done to both of them and it was heard under Connors breath "I will get him next time". Racing machine Chris Hunt won the Under 11 boys race well in a fine run. Arthur Quli pushed him hard to take 2nd spot, plenty more to come here and they were well backed up by William Cartlidge in 4th he has fine running pedigree in the family.

In the girls Under 11 race Isabel Dennett led from the start and gave a master class in front running, she did not panic but controlled the race from the front to take her first race win and I am sure there will be plenty more to follow. She was pressed hard by Celia Darwent who was always in touching distance and took a very good 2nd spot, lots of race wins here also to follow.



Issy Kiey and Gabby Jones poised and ready

In the county race some of the juniors moved up to the adult's race and all coped very well with the longer distance and stronger competition. In the ladies race Issy Kiey Thomas is growing in experience and strength and this showed today as she won the Under 17 County Gold Medal and was also part of the Ladies Gold Medal Team. Also good to see Gaby Jones returning to form after illness to win the Silver under 17 Medal and also be part of the Ladies Gold Medal Team.

It was good to see Daniel Bufton back racing again between his football commitments to take the Gold under 17 Medal and this was despite shoe problems and cramp he was also part of the Men's Gold Medal Team