July 2016

bouron Roadrunners

Darren Davidson at London

Graham Lane and Linda Edwards at Edinburgh







Congratulations to Jared and Neomi who were married on the 9th July

Four club members run their first marathon

1

Club Runners clock up More Marvellous Marathons

RACE REPORT: Milton Keynes

Five Bourton Road Runners travelled to Milton Keynes to take advantage of the popular race route. Teresa Edwards moved around swiftly to ensure she could maximise her support to all the Bourton

Road runners in addition to helping Steve with his book stand.

Jared Robinson ran a fantastic first marathon with a time of 4.39 he was supported by his soon to be wife Neomi. Steve Edwards who took on the role as pacer finishing at 3.28. Steph and Gary Holton came in strong with times of 1,46 and 1,57 and were followed in by Linda Edwards at 2.12. All agreed that the stadium finish made the event memorable in addition to the first marathon celebration lunch for Jared.



RACE REPORT: Edinburgh

Late last year, Steph Holton lured a group of Bourton Roadrunners into entering Edinburgh Marathon, promising a "downhill" race. Gary Holton was hoping to continue his run of PBs, Chris Dry and new club member David Rees also had PB ambitions. Catherine Wheeler, Steph and myself had unfinished business, having had our previous Manchester PBs cruelly re-branded by UKA as "short mara-thons". The most excitement, however, surrounded marathon virgins, Linda Edwards and Graham Lane.

It's amazing how quickly a marathon comes around once you've entered it, and before we knew it, we were headed North, dragging along family members for support.

With 6 months of hardcore training behind us, we were sufficiently confident to line up for Edinburgh Parkrun the day before the marathon. This also gave a sneak preview of the Firth of Forth promenade, where the marathon would also take us. The Parkrun headlines were 1) Linda's hubby, Wayne, got a PB and 2) Chris Dry missed the start after having to run several miles to find his car (towed away to make room for a Farmers' Market).

Race Day dawned. We crossed the start line to the sound of bagpipes, and then immediately ran out and away from Edinburgh. (The title "Edinburgh Marathon" doesn't fully capture the nature of the event- over 20 miles of it are on the coast, passing through Musselburgh before half way and return-ing there to finish; but presumably it wouldn't have the same marketing appeal if it was called the 'Musselburgh Marathon').

Anyway, our promised "downhill" was delivered over the first 5 miles, as we charged down to the seaside feeling as fit as fleas. We had feared that the coastal race route might be a bleak concrete path, with howling gales and the occasional dog walker for support. Happily, we found sunshine, quaint fishing harbours and cheering crowds – bolstered by the popularity of the relay team event. The route was then decidedly undulating for a downhill marathon. We began to wilt in the heat of the sun as we scoured the faces of runners coming back the opposite way, in hope of seeing a clubmate. At 18 miles, a surprise loop around a country park on a rough track broke our stride. At this point, many of the Bourton contingent who had so far run together parted company and we were soon back on tarmac going the opposite way, and (depending on our mood and condition) either flying or flagging over the remaining miles.

First in was Catherine, who had sprinted the last 8 miles for a superb PB of 3:28. Next was David, in 3:32 (PB) and a happy Chris in 3:48 (PB). Steph finished in 3:41 (3rd FV50).



Marathon virgin Graham paced his run brilliantly to finish in 3:56. I welcomed the return of my sub-4 legs (3:57). Linda, who only started running 3 years ago, crossed her first marathon finish line triumphantly in 4:38. Gary continued his streak of PBs, with 4:42. cont...

Then it was time to lie on the grass, celebrate the culmination of 6 months of training and also celebrate the half marathon performances of our buddies (the

"strangers" in the team pic): Sharon Rees (PB) and Keith Barden (otherwise known as "Louise's Dad") completing his first half marathon.

And before we'd even emptied our goody bags, Steph was sending us reviews for the Liverpool Marathon in 2017...

Susan Hunt

RACE REPORT: Angels 10K

A week before London Marathon and a number of our athletes took advantage of the Angels 10km 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 36min38 and 2nd overall after a battle with the 3rd placed runner. Tony almost 60 Goodwill was next in with a steady 43min11 and 3rd vet 55. Rowena Verity continues to impress with a very quick 43min 43 and 1st vet 50. Equally impressive was Ali Lane who remains unbeaten as 1st vet 55 in 47min14. Susan Hunt had a good run 49 min 23 and 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 52min44. Not far behind was Linda Edwards in 54 min 33 as she continued to train for her first marathon. 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.

RACE REPORT: London Marathon

Bourton was well presented and some outstanding results. Some of our athletes representing the club while others representing deserving charities. With strong support on route and record number of supporters as well as a strong Bourton crowd our runners were spurred on and did not let us down.

Tim Hemming was first home running as a guide for a blind athlete in a formidable time of 3hrs 1min and oh so close to the sub 3. Next in was Darren Long who after a strong first half struggled later on , but still managed a very creditable 3hr 6min 35sec.One of the runs of the day and certainly the best in his running career was Mike Hobbs who represented children with cancer. Mike who has tried on numerous occasions to break sub 3.15 ran a perfectly controlled race , with very close to even splits and at last has realised his goal in 3hr 12min 41. Next was Rowena Verity in an extremely impressive time and so consistent pace in 3hr13min55. This gave her the awesome finish of 12th overall in her age category. Steve Edwards finishing his 725th Marathon was hard at work the day before with his book presentations as well as interviews did well to finish in 3hr17min04 as he had been suffering with a cold all week. John Gibson closing in on his 25th London Marathon was as steady as a rock , running a negative split in 3hr54min35sec. Meanwhile Susan Hunt and Catherine Wheeler ran together an emotional marathon in addition to Susan having been ill and still feeling 'not on top form' both finished 4hr 24min.



A massive congratulations to Darren Flumpy Davidson in his very first marathon , with the biggest smile of the day in 5hr33min02sec.

Our good friends Lucy Walmsley was oh so close to a sub 3 in a very strong 3hr4min38sec and an emotional Claire Harrison, running with self belief at last realised her potential to break the elusive 3hr 15 mark with a super run in 3hr13mi04sec.

RACE REPORT: Stratford Half marathon

A small group headed off to Stratford for the half marathon with some equally impressive results . Run of the day was Kate Krzywiec with yet another PB and 2nd lady vet 35 in 1hr 33 min 42. Andy Peaston ran a solid 1hr 34min 42 , while a very happy Chris Dry ran extremely well for a PB of 1hr 41 min 40 sec

RACE REPORT: Hilly 100

There was much excitement and anticipation as our teams prepared for the annual hilly 100 mile relay race. There was a number of first time runners to this event whom all ran there hearts out for the team. It was great to see such great support and team spirit all day long for our two teams comprising of mixed A and mixed B. A special mention to Steve and Lynn Hudson for their hard work and superb organisation. Our runners excelled once again with the mixed A finishing as champions for the third year in a row. Our B team also impressed finishing in the top ten of over twenty mixed teams. The whole day was well supported by other BRR and friends and in particular Steph and Gary Holton who followed the whole race from early morning to the finish!



RACE REPORT: London 10k



Runner made their way to the capital to take part in the vitality London 10k.The course started on The Mall and then we went by Nelson's Column, Royal Court of Justice, BT Centre, St. Pauls Cathedral, Bank of England. This was the turning point and then headed back to Nelson's Column by a slightly different route, passed The Houses of Parliament finishing at the fountains outside Buckingham Palace.



The finishing results were:

1st in Steph Lane 42.33 2nd Ali Lane44.48 – 8th in age group 3rd Brian Hulcup 48.14 – 9th in age group

4th Liz Hulcup 51.40 – 4th in age group 5th = Ed Rozier and Chris –Lomax 53.09 7th = Alan and John Gibson 55.55

Race Report: Cheltenham Challenge

Climbing over 1000 ft twice during a 26.2 mile muddy, mixed terrain, run would not be considered fun by most, but the intrepid duo of Steph Holton and Catherine wheeler (below) completed the Chel-tenham Challenge Marathon on Sunday 19th June with smiles on their faces throughout. They ran together and finished in 5.17.18 in 70th and 71st position. This bodes well for their first Ultra in July which has an overall elevation of 3113 ft. Definitely not for the faint hearted! Look out for the next newsletter to see how the duo took on the ultra.



Race Report: The Burrator 10k

After weeks of long distance running in preparation for his first marathon Graham Lane chose to run a (supposedly flat and hence fast) 10k race the week prior to Edinburgh around Burrator reservoir on the edge of Dartmoor. The 1.6 lap course included two hills which scuppered any PB attempt, but Graham finished in a creditable 48:00 minutes – preparation complete!

Race Report: BRR Humphries Hilly Half

The notoriously tough BRR Humph's Hilly Half took place on Saturday 11th June; a couple of weeks earlier in the racing calendar than usual, but still hot and muggy.

As part of the Gloucestershire County Road Race Series, it always attracts some of the top local runners. Last year's winner, Anthony Bailey, from Cheltenham and County Harriers, retained the title with a conclusive win in 1.16.11.

The MV45 category was won by David Cantwell, also of Woodstock, who just edged out Bourton's own MV45 Mike Smith, with respective times of 1.22.14 and 1.22.22.Bourton's Chris Krzywiec showed strength for 1.23.31.. 2nd lady place and 1st LV40 Kate Krzywiec had a fantasticrun, looking like it was no effort at all in 1.36.07.

The Goodwill family from Bourton had a bit of a battle throughout and while Robin managed to lead for some of the race, experience showed through as dad Tony came through first in 1.35.35, only a few seconds ahead of Robin in 1.36.00. The family was completed by Kevin a little further down the field and wife Jackie, marshalling!

Rowena Verity LV50 of Bourton is still showing superb form following on from her London Marathon success, winning her age prize 1.39.34.

Bourton's Margaret Hollamby made a great comeback from her illness after last week's race to win the LV60 category in 1.52.47 and complete the first

ladies team.

Bourton's Dave Turnbull and Graham Lane finished in good times of 1.56.40 and 1.59.08, while Liz Hulcup did a great job as back-marker bringing everyone home safely in 2.39.27.

Huge thanks go again to Hacklings for their continued sponsorship of this race.

Also thank you to Arthur Daley, Colin Stone, Steve & Lynn Hudson, the team of marshalls and a special well done to Gill Carrick for organising a fantastic race. Following the race BRR were able to make a very healthy donation to the British Heart Foundation.



Race Report: Fairford 10k

19 Bourton Roadrunner members hit the roads of Fairford for the annual 10K race, which has traditionally been run in hot, sunny conditions and yet again, the weather came through just in time. Virtually as the gun went off, the temperature soared, which didn't suit everyone, but it was certainly in first Bourton man home, Mike Smith's favour, as he confesses he loves running in the heat and proved it with a time of 36.10 and 1st Vet 45. Chris Krzywiec challenged Mike throughout, but was just edged out in the last kilometre to finish in 36.33. Chris's wife Kate Krzywiec also ran her own battle against Nigel Frith, with Nigel just pipping her by 1 second at the finish in 42.06 but producing excellent times for them both and Kate taking the 1st LV/40 prize. Tony Goodwill and Steph Lane ran good races in 42.58 and 43.13. Ali Lane's time of 46.36 gave her 1st LV/55, chased in by Andrew Evans in 46.51. Brian Hulcup ran well for 47.07 and Steph Holton with her 3rd race in 8 days did a superb time of 47.20 for first LV/50. Graham Lane, Dave Turnbull and Gary Holton, all having raced during the week ran great times of 47.27, 50.53 and 51.04.

Margaret Hollamby showed true grit, finishing well up the field in 51.36, despite having severe health problems on the day which affected her running ability. She was accompanied in by her partner, Alan Thomas. Gill Carrick, Liz Hulcup, Linda Edwards and Lynn Hudson all finished strongly in 53.15, 53.52, 53.56 and 58.34.

Race Report: Kingham 12k

There were smiles all round for Bourton Roadrunners after the Kingham 12k run. Four of the Bourton women were rewarded with very generous prizes and the rest were delighted for them. Kate Krywiec ad yet anoter superb run as 2nd lady and first LV40 in 52.23. She was followed in by Steph Lane in 3rd place winning the 1st Senior ladys prize in 53.55 with Rowena Verity finishing and excellent 4th place and 1st LV50 in a time of 54.51. Lynn Hudson made up the quartet prize winners taking the first LV60 awarded in 1.12.06.



Race Report: Sherbourne 10k

On Sunday the Sherborne 10K was made more challenging than usual by the amount of rain we had recently and runners returned to the finish plastered in mud. However the beautifull scenery of Sherborne park more than made up for that.

Robin Goodwill had a great run, finishing 5th overall and first Senior Man in 44.12. Next in Andy Peaston showed his turn of speed in 47.12 closely chased by Niamh Shoemark who won the LV45 prize in 47.33. Chris Dry managed to do a back to back after running in Kingham the day before, recording a very creditable 54.28 and it was good to see husband = and wife team Mark and Esther Phipp out in 55.46 and 57.31.

Family Fun Day

The first of the Kestrel Barn Race Series held by Norm and Ali Lane was held on Sunday, where Junior and Senior sections of Bourton Roadrunners joined for a fun Race Day.

The Fun Run kicked off the activities for the day and competition was fierce throughout. Emily Field, 14, ran a storming race, romping home way ahead of the rest of the field to win the race in 6.58 and take the 1st Female trophy. The battle for first male was intense, but 10 year old Jamie Toroba just edged ahead of Christopher Hunt 11 to win the 1st Male trophy. However Christopher was 1st U/13. Just to mention a few results: Isabel Kiey–Thomas finished 2nd in the race in 7.48 and 2nd under 15. Gabby Jones finished 1st U/17, chased in by her brother Malachy, 2nd U/11.

Tony Toroba had a close race with daughter Carla, with Carla the victor but Tony winning 1st Senior male. William Cartlidge, 7 yrs, showed loads of potential, finishing high up for 1st Under 8 and the 2 youngest runners, Noah Goodwill 5 and Finlay Goodwill 3 won their age categories. Great runs were had by all.

Pairs relays followed, where it looked like the result was settled, but Arthur Fletcher 10, had other ideas and put a tremendous kick in to win the 1st title for him and his partner Steph Lane. Great efforts were made by everyone in the race and it was good preparation for the One Mile Challenge in



Bourton.

The biggest challenge of the day was for Steph and Gary Holton to keep up with the demand for burgers and hotdogs for the starving competitors and families, which they did superbly.

First Female Emily Field, First Male (204)

Jamie Toroba, chased in by Christopher Hunt (211)

Thanks to everyone for making it such a fun day and in particular Ali and Norm.



Endure 24 An Interview with Susan Hunt

What is it?

3,000 runners take part in a 24 hour race (Saturday noon to Sunday noon) either on their own or as part of a team relay (pairs, small teams of 3–5, large teams of 6–8) on a hilly 5 mile trail in Wasing Park (Reading) over gravel forest tracks and grass. The winning teams/solos are the ones who complete the most laps in 24 hours.

Why did I do it?

A friend from Evesham Vale Running Club (EVRC) had entered as part of the EVRC team and then changed her mind (she'd remembered how she felt in last year's event when she was woken up at 3am because it was her turn to run). She invited me to take her place. I thought it would make a welcome change from slogging around a road marathon course.

What teams did EVRC have?

They had a ladies team of 8, a mixed team of 7 and also 6 crazy solo runners.

What went well?

EVRC are experienced in this event so were incredibly well organised. An 'advance party' arrived early on the Friday morning to bag a spot alongside the race route and put up a communal gazebo with cooking facilities and everyone's tents. They labelled the tents so the right people got woken up when it was their turn to run. They had a team rota with estimated lap times, and this was constantly updated on a whiteboard, so everyone knew when it was their turn to run and who they needed to wake up. They had solved the problem of spotting your team-mate amongst the chaos of the handover area, by supplying each team with a huge inflatable hand to wave.

Our team size meant we ran between 3–5 laps each, so had time to recover (and even get a few hours sleep). Seeing how the solo runners suffered was weirdly inspirational (if rather disturbing at times). The event itself was very well organised and also fairly funky – with a tank, illuminated gantries, a hippie 'shot' bar, night-time fairies and glitter. There are food and massage tents, entertainment on the Friday night and they even showed the England footie match on a huge screen.

What didn't go well?

I was so excited that I forgot to go to bed, so only got about 90 minutes sleep all weekend. The drive home was therefore something of an ordeal.



Who would like it: anyone who enjoys team camaraderie, running on rough track in the pitch-dark, middle-aged fairies, the aroma of portaloos and the company of runners representing the full age and ability spectrum, many of whom are endeavouring to do as many laps as possible (i.e. walking a lot). Oh and you have to like camping (and fellow campers – including small children and dogs).

Who wouldn't like it: anyone who likes flat roads, sleeping or who is looking for a 5 mile PB.

Would you do it again?

Definitely. If Bourton Roadrunners take part and want me in their team next year, we will have to see if they can afford my transfer fee.



Having been inspired by Susan's race report and enthusiasm for this event we think it would be an opportunity not to be missed. BUT we have to act fairly quickly to establish who wants to participate so that we can gain entry as soon as the race opens. We would like to enter teams of 8 where each person runs 5 miles at a time completing as many loops in 24 hours possible.

URGENT: Please let us (Gary or Steph, steph.holton308@gmail.com) know if you are up for it, so we can book places. For more details of the event visit http://www.endure24.co.uk/

Social Page

Bacon Butty Run

On the 13th June 21 BRR's enjoying a bacon butty in the Mermaid Burford, this was the largest turn out for this popular event so far. Some walked, some ran, some cycled and some joined us just for the butty! The runners enjoyed a mainly off road route of either 5 or 7 miles which started by following the river along the valley east of Burford. Even with a couple of 'little' hills it was a route that every-one said they enjoyed. In fact, Catherine and Steph enjoyed it so much they did it twice as part of their Ultra training! It was suggested that this run could be an idea for a Thursday night club run, so watch this space!

For those of you who couldn't make it there will be another Butty Run from another new location later on in the year.

MURDER MYSTERY TREASURE HUNT

Sunday 4th September.

10am more details to follow

Run, solve the clues, eliminating the suspects along the way with the exception of one – the MURDER! Finishing off in a local watering hole to discuss the case and verdict

ANNUAL CLUB TRIP: BUDAPEST

9th – 14th September Incorporating Budapest Half Marathon Organised by Mike Smith and Richard Bufton

SKITTLES NIGHT – REMATCH Almost 'v' BRR

November date/location to be confirmed Approx £10 per head, includes skittles and food

CHRISTMAS DINNER & PRESENTATIONS

Saturday 10th December 6:30pm for 7pm, Duke of Wellington

- Q1: Jonathon Edwards is the current triple jump world record holder. What distance did he jump and in what year?
- Q2: Which sport's ball size was changed from 38mmm to 40mm in 2000 to slow down the game?
- Q3: How many fences are jumped in the Grand National at Aintree? Two fences are jumped only once, can you name them?
- Q4 How many times does the word 'marathon' appear is Steve Edwards book?

Answers on P 12

Steve's marathons

Since Brighton (and from writing this newsletter) Steve has completed another 9 marathons to a total of 733!.

London – 3:17 Steve reports that this was his 2nd worst time in 21 London appearances! To the rest of us that still sounds amazing!

Milton Keynes – 3:28 where Steve was the official 3:30 group pacer. This superb timing was witnessed by a few BRR



Halstead – 3:22 Which was an extremely hot day and therefore Steve was happy to record a 650th sub 3:30)

Bewl Water - 3:33 This was a tough trail event Steve concluded he was happy to finish 8th

Windermere - 3:20 This was his 45th lap of lake Windermere

Liverpool Rock n Roll - 3:14 310th sub 3:15 (Did you rock and roll Steve after?)

Viking Coastal - 3:17

Yeovil – 3:17

Wakefield – 3:22 A tough mix of trail and road, where he was pleased to finish 3rd with a nice podium finish.

Book Sales

The 'Man Inside the Machine' book sales are going very well and Steve has had a tremendous amount of positive feedback. As a result of the sales, Teresa and I were able to make a donation of £700 to Kate's Home Nursing which Steve and Teresa are really pleased about.

Quiz Quiz Quiz Quiz Answers;

Q1: 18.29m (60ft), 1995

Q2:Table tennis

Q3: 30 The Chair & The Water Jump

Q4: 980



Race Report: News from Bourton Road Runners Juniors Sherbourne Race 26th June 2016

This now annual event is becoming bigger and bigger on the demanding course through Sherborne Woods and this year it was also very muddy so even harder, and Bourton Juniors once again dominated the races

Dylan Williams the defending boys champion came back to defend his title, however by half way he was in 2nd making the mistake not to wear spikes slowed him up the hills, but on the run into home his natural ability came through as he seemed to change gear and hit the front in the last quarter, however he was pushed very hard all the way to win by 2 seconds and still be boys champion.

In the Under 11 boys race Joe Tilley– Loughrey is becoming a very good runner after a good winter and the rewards are now coming with a very good win today, taking a very good 3nd spot was Toby Sellek who is also now coming through the ranks well, George Farley pushed him hard to claim a very good 4th, a very good team in the making.

In the Under 10 boys race George Quli picked up his first race win today with a fine run, plenty more race wins in the future here also. Malachy Jones ran very strongly to finish on the podium in 3rd. Ar-thur Fletcher puts 100% effort into his running with a fine 5th today

The Under 9 race was very competitive with Sean Farley just missing out on the top spot by a runner's vest but an excellent 2nd today. Peter Fletcher ran as determined as ever to finish very strongly in 4th and making up a very good team was Edward Jones who ran well in 6th today.

The Under 7 boys also put in a good showing today with Charlie Astor taking the top spot in a fine run but was pushed well by the ever improving Arthur Quli in 3rd position some fine runs by all of junior boys, plenty of promise for the future as long as they keep up the training.



In the Girls race Emily Field showed how much she has improved this year by becoming the girl's champion, in fact she led the whole race past half way with her excellent tactics; she seems to flow over the surface with very little effort, a well-deserved win. Isabel Kiey Thomas pushed Emily all the way in a well fought race her time will come very soon but an excellent 2nd today. To give the girls the clean sweep Charlotte Foster took 3rd spot, Charlotte is always very consistent and so strong. Good to see Lauran Farley running to her full potential today in a fine run, lots of potential here to finish 4th. Gabby Jones ran well today and as ever putting her all in to finish 5th today, good to see Isobel Hartley racing again after a break in a very good 6th. Emily Williams is going from strength to strength as her fitness grows to take 7th and Helena West probably the most determined runner in the field came in well in 8th, what a team performance, we had he top 8. Eleonore Gilbert is returning after an on-going injury battled round very well to take a very good 11th spot.

In the Under 11 girls Darcy Thompson was very close to the top spot today as she finished in 2nd today with a bit more training she will hit the top, Freya Gilbert was close behind as she also finished on the podium in a strong 3rd spot

In the Under girls 10 race Isabel Dennett hit the front from the gun and nobody could catch her as she stormed to her first race in in great style.

The same can be said for Annabella Williams with so much potential in the coming years she ran from the front to win in style in the Under 9 girl's race.

Yet another win for the girls in the Under 8 race with a storming run from Olivia Goodwill to win in great style and well backed up by the very stylish Tilly Sellek in 5th spot.

If any Juniors would like to write a race report or an article for the newsletter please e mail me :

lindaedwards166@gmail.com

Thank you Linda Editor