

THE FINISH LINE

Bourton Roadrunners

A Hot Night in Budapest



A review of Bourton Roadrunners Club Trip 2016 Budapest By Mike Smith alias David Attenborough

It's 6.30am on Friday 8th of September 2016 and there is a strange gathering of creatures outside of the Londis shop in Bourton on the Water. This scene usually takes place in early October and usually at 3am, why this early and at the later time this year no one knows it maybe just a quirk of nature or it could be down to global warming or even one theory that it has something to do with brexit who knows?

The males and females all have the same plumage on there bodies with the plumage on the head more of a grey colour and 3 of these poor creatures (the males) have no head plumage at all. These creatures for months now have been preparing themselves for this annual event they have been seen running around Bourton and the surrounding countryside usually in large groups as they are very sociable and tend not to be solitary.

The Alpha male is busying himself amongst the group making sure that everyone is there, a mini bus arrives and the creatures board where they will travel to meet more of there own kind and then further travelling where there will be a mass gathering of these creatures from all over the world at this one annual event. The Latin name of these creatures is Accelerati Incredibilus or they are commonly known as Roadrunners and I can now see more closely on there body plumage that they are as I suspected the Bourton Roadrunners and there ON TOUR TO BUDAPEST 2016 ! that's what it says on the t-shirts whey hey.

Well with it's famous baths and iconic picturesque setting along the banks of the river Danube, Budapest looked exactly as I've seen and pictured in my mind. It was late afternoon when our 30 minute airport transfer got the 18 of us to the hotel we just checked in dropped off our bags and we were out walking along the river and strangely it wasn't too long before we found a riverside bar, the first drink on holiday I think is always the best. We knew that the weather was going to be unusually warm for late summer in fact it was quite hot from early on in the morning.

My choice of hotel seems to have been good as we are only a minutes walk to the river in fact most things are within walking distance which was one thing I wasn't quite sure about and the buffet breakfast is the usual fare for an Ibis hotel apart from the main waiter who appears to have a sideline as Hungary's only Elton John tribute act.

So off it was the next morning to pick up our race numbers from the expo and to check out the start/finish of the race and have our picture taken at the big sign of Budapest, did I mention it was hot. After that a few of us got onto an open top bus as we didn't want to do too much walking, we got off at one stop for a bite to eat, I started rummaging around in my race bag and couldn't find my race number it dawned on me that I must have lost it on the bus when I put the bag under the seat and some of the contents spilt onto the floor I thought I had picked everything up, everything apart from the most important thing. Anyways we carried on with the bus tour back to the registration before it closed. I walked into the registration tent and approached a lady I tried to look helpless and pathetic so pretty much my usual self I said in an apologetic tone I've been very silly and before I could say anymore she said ah you must be Mike Smith, my fame must have gone before me I thought until she said that they had been trying to get hold of me because someone on the bus who was running in the race had found my number and had handed it in. The next day running in the hot conditions I was cursing the person who had handed in my number.

The next day we were all up early for breakfast with Elton in attendance of course, most of our group were sensibly going early to the start except for myself Ali and Steph Lane, Steve and Lyn and an old member of the club Ian Macdougall who now runs for Saffron Striders. We got the tram to the metro to catch the underground train to the start, the train pulled in the doors opened the train was packed with other like minded runners there was no way we could of got on so we decided to walk to the start along with others that couldn't get on except for Steve and Lyn who waited and managed to get on another train. The rest of us got to the start which was a mile away with 10 minutes to spare, aoth-

another omen that I shouldn't run maybe? well that's what my brain was telling me I didn't take any notice of it as it usually ends up getting me in trouble.

It was so busy at the start so I didn't get to see any of our group that left the hotel early to wish them luck. Me and Ian got into our pen, it had been quite a few years since I last raced against Ian, usually I would of been quite confident of beating him but my bad achilles had curtailed the amount of training that I could do but my aim was to try and beat him, especially with him being Scottish and all. So 9am came and we were off and straight away you could feel the heat which would end up being relentless, Ian as I suspected got off to a fast start I was being more restrained my only hope of beating him I thought was to bide my time and wait for the heat to take its toll which it eventually did but it also took its toll on me to.

The route wound its way around Budapest and over several bridges and through a cool breezy tunnel which was a brief respite from the heat we made our way along the footpath next to the river and then up to the road further up and ran back the way we came along the road, this was the toughest part of the race for me both mentally and physically. At 7 miles I got to the water station and decided to stop and walk and drink at the same time, this is something I've never done before usually I love running in hot conditions when I'm fit that is, which I wasn't. I was walking for about 30 seconds and then started running again with renewed vigour I started passing people and within 5 minutes had passed nearly everyone that overtook me when I was walking, I employed this technique for the next 2 water stops, if I was finding it this hard I wondered about the rest of my club mates and hoped that everyone had the sense to take it steady, although it was a very flat course it wasn't the conditions for a fast time, I needn't of worried though as we all made it to the end in one piece. Of course it was perfect race conditions for our spectators who were a welcome sight in the race Steve Hudson, Mike Pratley and Mike and Teresa Burton friends of Bourton Roadrunners and Pete and Shirley who were both injured, Pete was going quite well in training until 2 weeks before, but if your going to miss a race this was a good race to miss, I can see now why they run the marathon in October.

Well needless to say Ian beat me, slower than he anticipated in a time of 1.26.17 he was though the 2nd Brit to finish and 1st V55. I was next in with a time of 1.29.49 and 10th V45 I just managed to spot the sub 1.30 marker ahead of me towards the end and made an effort to salvage something from this terrible experience, it was only 3 years ago that I finished the Bucharest half in 1.13 and this half was my slowest in 25 years. Steph Lane was the next in with a great time of 1.36.34 and 8th in her age group despite struggling with injury herself, I did think in the race to stop and wait for Steph but I thought it was better to carry on because she might end up beating me.

Rowena Verity also had a great race finishing 3rd in her age group with a time of 1.40.36, Ali Lane also had a fantastic race with 1st in her age group in a time of 1.47.09 not far behind was Susan Hunt who managed a credible 3rd in her age group clocking a time of 1.47.40 Graham Lane was in next and just under the 2 hours in 1.59.27 Catherine Wheeler and Steph Holton were soon to follow in 2.04.31 and 2.04.34 respectfully they both seemed to enjoy the experience and didn't suffer too much in the heat. Linda Edwards was next in at 2:11.25 followed by Gary Holton for the club in 2.23.50 with Lyn Hudson 2 minutes behind Gary in 2.25.51.

It's traditional that we all gather together in the evening for a post race meal and to award the Dennis Abbott trophy for the most memorable race performance this year we were booked into a medieval restaurant with entertainment in the way of a belly dancer a fire eater a fire dancing women and 2 sword fighters, the fire eater was hilarious, and was quite enamoured with Treasa Burton, the belly dancer was my favourite she was umm how can I put it quite agile and fit. One of the sword fighters made Steve Hudson a knight Sir Steve the brave and challenged the other sword fighter who was a much smaller man a arm wrestling duel with Steve which Steve one quite easily despite the protestations of the sword fighter who said that Steve was a brut and a giant a great evening was enjoyed by all. The Dennis Abbott trophy this year was embarrassingly awarded to me, I think it was down to the fact I've been hobbling around the whole trip with my achilles and I like to think it was another memorable and successfully organised trip, well it definitely wasn't down to my running

performance but never less I'm very proud to have been awarded the honour.

On the last night in Budapest we all went to a restaurant that was recommended to us it was called Hells Kitchen and it turned out to be just that, where a major diplomatic incident took place., this is what happened. The usual thing sit down look at the menu we were given some complementary drinks a shot of something Gary was led to believe that these were on the house, we ordered our food and some more drinks everything was fine until at the end of the evening we asked for the bill and we were horrified to see that we had been charged for the shots, we think it was because we didn't have any starters or a desert the waiter who resembled Count Dracula thought that we were going to spend more than we actually did so he was determined to make up for it.

Gary and myself argued with the waiter and then the manager who apparently couldn't speak any English which we didn't believe Gary was good cop I was bad cop and we didn't seem to be getting anywhere they threatened us with the police if we didn't pay so I went to the restaurant opposite and got the number for the police and went back in and told Gary to phone the police and I was going to see if I could find a police officer.

At this point I had had a few drinks and I couldn't find any police anywhere a bit like back home, although I hadn't gone far from the restaurant I couldn't find my way back.

You see I have a secret to confess and that is I have no sense of direction, yes it's true to get everyone to the airport, Hotel correct City and country I really do have to be on my A game. Anyway I did manage to catch up with the others who had managed to leave and only pay for what we should of, thanks to Gary for handling the situation, so well in fact I think he should negotiate for the UK with leaving the EU.

And so the last day of the trip we don't need to leave the hotel until 1pm so a chance to do some last minute shopping , I go to the indoor market where I bump into a few others from the group and then I make my way back to hotel passing the bar where we stopped on that first evening I see a few of the group there so I stop and have one last beer, it's not long until we're joined by more of the Bourton gang there's only a few missing it's as if were all drawn there by some secret force, what do I think? well I think it's because the last beer is almost as good as the first.

From somewhere in Budapest wish you were here Mike Smith.



Skilled negotiators Gary Holton and Club Trip Organiser Mike Smith Celebrate Success with Hungarian Brandy

Coaching Corner



Graham, Alan and I have been really pleased with the positive comments we have received since we started facilitating the effort sessions. We are working to UKA guidelines as much as possible and I know that we have introduced some change, positive we hope.

Thank you to all who completed the athlete aims questionnaire we sent out to all members. I think everyone ticked the box 'maintain and improve fitness' which was not surprising.

But what does fitness mean? It probably means different things to different people but according to UKA the components of fitness are:

- Endurance
- Speed
- Strength,
- Flexibility
- Balance & Coordination

When we extend time running or distance, we are working on our Endurance. This is what you would typically do in a long run.

Effort sessions work on 'Speed'.

When we increase the load on our body say running uphill, weight training or bodyweight exercises we are working on strength. Jumping exercises are working on the elastic strength in your legs particularly important for good push off.

Some of the more fun type exercises e.g. skipping, karaoke drill, running around obstacles are focusing on coordination as are some of the games that have been included in a couple of sessions recently. Dancing is excellent too for improving coordination! Being well coordinated and having good balance helps you avoid obstacles while running e.g. uneven ground, other people, dogs.....

And finally, stretching improves flexibility and maybe injury prevention. Always cool down a bit though before stretching. The aim of the cool down at the end of a session (say a gentle run) is to reduce the heart rate, return any excess blood from working muscles to all the body and thus preventing dizziness.

On the subject of strength, I found this website today which gives a very good 7minute strength workout, ideal for all runners. Try it out!

<http://strengthrunning.com/2015/07/strength-workout-for-runners/>

Happy training,
Margaret

RACE REPORT: Just one More!

July 16th was a crazy day for Catherine Wheeler and Stephanie Holton below of Bourton Roadrunners. Supported by Mike Pratley and Gary Holton, they set off early to Princes Risborough, Buckinghamshire to compete in their first Ultra Trail Marathon .

The 50k Chiltern Challenge. In 26 degree heat it was a tough, hilly course with over 900m of elevation. However the scenery in the chilterns was thankfully stunning, as there was plenty of time to view it! The route was mainly along the Ridgeway and Chiltern Way, taking them through fields, woods and quaint villages. Both had low energy points at = times but kept each other going and even had a sprint finish to beat a fellow runner to the finish line, coming in joint 27th Women, 109th = overall in 6 hours, 56 minutes and 49 seconds.

Then the crazy bit, not content with 50k, they had planned to do an extra mile in their home village of Bourton-on-the-Water, to give them not only Club points but also County points as part of both Championships. Mike had an hour to get them back to Bourton to get them, plus Gary back in time for the Bourton One Mile Challenge and, with only 6 minutes to spare, Mike pulled up on the start line and all three jumped out of the car where a round of applause broke out for Catherine and Steph from the other Bourton Roadrunner members. Starting the mile race with stiff legs the first 1/2 mile was a bit sluggish but after that they picked the pace up to finish in a very creditable time of 8 mins 44 secs and were actually laughing as the madness of the day slowly dawned on them!



Race Report: Bourton One Mile

Bourton One Mile Challenge attracted superb quality runners this year, hoping to break the course records. The winners, both from Bristol & West AC in the Men and Ladies race didn't quite manage to do that, but certainly recorded very fast times, with Dave Bishop crossing the line in 4.15 and Kate Hulls up with the lead men in 4.50.

Bourton's Mike Smith who took the MV45 prize in 5.13. A great run by Kan Iked also of Bourton, up among the adults in 5.20 gave him 1st MU15.

Rowena Verity from Bourton RR with 6.28 taking took the 1st LV50 category and Margaret Hollamby of Bourton winning her age categories of LV60 in 6.40.

Isabel Kiey-Thomas of Bourton had an excellent run to win the LU15 category in 5.37, followed in by joint LU20 winners Emily Field, also of Bourton in and Bethan Powell of Gloucester AC.

[Race Report: Headington 5](#)

The busy racing season must be taking its toll on Bourton Roadrunners, as out of the 13 runners at Headington 5M on Sunday 28th August almost half were nursing injuries! Whilst times were a little slower than usual for those runners, there were still some great runs and the course and organisation were superb. As this race was part of the Club Championship, it was still important to gain points and positions.

Mike Smith managed to glean maximum points with his 'coast' around the course in 32.08, just holding off Robin Goodwill in 32.15, which was a massive PB by 5 minutes for him. Steph Lane made a last minute decision to run and was rewarded with a good placing despite her slower time of 34.53. Rowena Verity ran strongly as always in 36.10 making her 2nd LV45 despite being at the latter end of the age category. Ali Lane was pleased with 36.43 and 1st LV55 and 'in form' Susan Hunt had a great run for 37.13.

5 Miles maybe a little short for Steph Holton, who is used to marathons and ultras now, with her time of 39.20, Chris Dry 39.42, Dave Turnbull 40.13, Gary Holton 42.09, Linda Edwards 42.29, Debbie Davidson 44.33 and daughter Rosie Davidson 48.21.



Steph Lane and Rowena Verity
Photo by Barry Cornelius

[Race Report: Cirencester Autumn 10k](#)

The new course of Cirencester Park which incorporated "Big Bertha" hill twice was just as picturesque and 22 members from Bourton Roadrunners gave it their best shot, with PBs recorded despite the undulating course.

Chris Krzywiec had a great run to finish 5th in 35.56, with his usual challenger Mike Smith still struggling with injury 2 minutes behind in 37.44. Nigel Frith had a storming run ever closer to his sub 40 goal, which must surely come this year, in 40.24. Steph Lane also had a great run for 2nd, just out-sprinted on the line, in 41.18, while Robin Goodwill unfortunately had an off day in 42.36.

Kate Krzywiec ran a good consistent race in 42.52 and Catherine Wheeler smashed her PB for 44.08, both making up the first ladies team with Steph Lane.

Graham Lane looked good for 49.36. Margaret Hollamby suffered during the race, which affected her time of 49.46. Steph Holton followed shortly with 49.48. Chris Dry finished in 50.52, followed by



**Don't Forget
Bourton Road Runners
Annual General Meeting
Monday 14th November
7.15PM
Clover Room
Victoria Hall
Bourton on the Water**

Chris Lomax 51.17 and Dave Turnbull (above) 52.13. Linda Edwards (above) was delighted to record a time of 53.07.

Gill Carrick, Rosie Davidson, Gary Holton and Lynn Hudson all did well for 54.45, 57.28, 57.40 and 59.03 respectively

[RACE REPORT: Blaisdon 10K](#)

BRR managed to avoid speedwork but by racing in Blaisdon 10k. Which was held in the evening 'Coming back from injury' Mike Smith (below) had his first race victory for a while. Our ladies won 3rd lady (Steph lane), And age category prizes for Kate Krzywiec, Rowena verity (below), Ali lane, Margaret Hollamby, and they won the ladies team. Dave Turnbull, Graham Lane, Susan Hunt, Ali Lane and Lynn Hudson all ran. Quite a hilly course, organisation and results very relaxed! Luckily Steve Hudson had it all on video, and saved the day as usual! Congratulations to all prize winners, and well done to everyone who raced; county points are your reward!



THE FINISH LINE

County Track and Field Meeting

Inspired by our British Olympic Team, Bourton Roadrunners decided to try out their legs with track work at the County Track & Field Meeting in the Prince of Wales Stadium in Cheltenham on Friday. Most of the BRRs had no idea of the rules in the relays and just went for it. So it was great to leave with a haul of medals across the age groups and the smiles below from the senior members say it all.

The Junior Girls set the standard for the evening, with Emily Field taking gold in the 1 Mile Race in 5.41, Charlotte Foster silver and Gabby Jones bronze. Vet 55 Ali Lane ran 6.50, Vet 60 Tony = Goodwill ran 6.57, both taking golds and Vet 70 Norm Lane made a big comeback for 8.34, with a silver medal.

The golds continued in the 10K for both =Vet 45 Mike Smith and Tony Goodwill.

The relay teams all won medals: 100M U/15s Emily Field, Charlotte Foster and Gabby Jones ran superbly for silver, 100 and 400m LV55s Margaret Hollamby, Ali Lane, Barbara Thomas = and Lynn Hudson won gold, as did the 100m and 400m MV60 team of Dave = Turnbull, Tony Goodwill, Alan Thomas and Norm Lane who was substituted for Dave Spackman in the 400m.

Tony Goodwill did especially well as he was only coming to watch and ended up taking part in all the races!

RACE REPORT: Chester Marathon—Somewhere Over the rainbow

Linda Edwards and Susan Hunt stopped on route to jog around the Stratford Park run (and encourage Christopher Hunt to take on Dennis Walmsley at the starting line.) They then made their way to Chester to run the Marathon. It was Linda's 2nd Marathon and she smashed her PB at by over 21 minutes. Her form over recent weeks had been steadily improving and it all came together for her on the day as she gritted it out to finish in 4 hrs 17 minutes 21 seconds.

It was Susan's **20th** Marathon (which she kept very quiet about) and she did a time of 3.53.39, which, considering all the races and training she has been doing leading up to it, was excellent.. Both agreed that the course had PB potential and the organization was superb. The photo opportunities and post race entertainment and facilities made it a relaxing recovery.



Gloucestershire Cross Country

Bourton Roadrunners were proud to host the first of the season's Cross Country Fixtures at the new course, Kestrel Barn in Little Rissington with the kind permission of Michael and Philip Ainsley, the Little Rissington farming brothers. Feedback from runners, outside Gloucestershire as well as in, was that it was the toughest, but best Cross Country Course they had done, with the number of competitors reaching a new high. In the men's race alone there were 240 finishers.

The course involved killer hills, twists and turns and beautiful scenery; although strangely no-one seemed to stop to look at the views during the race!



It was great to see a good turn out of runners from the host Club, Bourton Roadrunners. Mike Smith, who avoids Cross Country like the plague, was persuaded to run and finished 81st overall in 37.33. Next in was Robin Goodwill, 121st, in 39.32, Phil Waters and Ben Montilla both finished strongly in 211th and 226th with times of 47.16 and 52.31.



THE FINISH LINE

Steph Lane was first Bourton finisher in the Ladies Race in 20th position with a time of 25.57. Margaret Hollamby was well up the field with a fantastically strong run and finish in 71st place and a time of 30.42, which not surprisingly made her 1st LV/60. Susan Hunt also performed really well in 77th position and 31.03. Making up the team, Gill Carrick just had to look back to see how many were behind her to realise what a good run she'd had in 132nd and 36.19.

The atmosphere and support was amazing and so many members; past and present and friends of BRR turned out to help on the day. Our grateful thanks go to them for making the event so successful. But most of all, thanks to Philip and Michael Ainsley the landowners, who were so supportive and helpful leading up to the event and even turned out on the day to watch the races.

The added bonus was that a good amount was made for Charity from refreshments sold and cakes donated by Bourton Roadrunners.



Margaret Hollamby, Susan Hunt, Gill Carrick and Steph Lane

RACE REPORT: Meteor Mile and Kenilworth Half

Take-off was doubtful in torrential rain at the Meteor Mile along the runway at Staverton Airport. The lit-up runway in the dark made it an event like no other and ploughing through the wind, rain and flooding gave it an air of madness. Steph Lane was so close to the winning lady in 5.44, just 2 seconds off in 2nd place. Ali Lane did a season's best for 6.34, with 11 year old Chris Hunt on her shoulder in 6.35 and mum, Susan, just behind in 6.39 - no mean achievement after running a 20 mile training run 2 days before and doing Kenilworth Half Marathon the day after the mile.

Chris and Kate Krzywick also did the Kenilworth Half Marathon with excellent times of 1.19.32 and 1.33.45.

RACE REPORT: Stroud Half Marathon

Stroud Half Marathon, despite its hills and twisty lanes, produced 2 superb PBs for Bourton Roadrunners, where both of them knocked not just seconds, but minutes off their previous Half Marathon best times. Robin Goodwill showing great form with a time of 1.29.42 and Catherine Wheeler looked strong throughout the race with a PB and a finish time of 1.35.18. Darren Long actually led the duo home for Bourton and whilst his time of 1.29.49 was impressive, unfortunately for him it was not a PB on this occasion!

Susan Qualifies for England Masters team

Bourton Roadrunners are very proud that one of their runners, Susan Hunt, has qualified to run for an England Masters team in 2017 at the marathon distance from her performance last week in the Chester Marathon. The team will be picked from the 5 specific marathons of Bournemouth, Chester, Yorkshire, Brighton and Greater Manchester from the autumn of 2016 till April 2017 and those selected will be notified later this year.



Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz

Three more quiz questions from our quiz master Graham Lane

- Q1: Which title did Sebastian Coe defend at the 1984 Olympics?
- Q2: The modern olympic marathon is full of unbelievable stories. Which one of the following is not true?
- a. Velokas, the very first man disqualified in the olympic's was a Greek marathon runner. He was caught riding in the back of a donkey cart.
 - b. Yamasini and Lentauw, two Zulu tribesmen, came in 9th and 12th in the 1904 games in St. Louis. They might have done much better if they hadn't hid in a corn field after being chased by stray dogs.
 - c. The first winner of the marathon in 1896, the Greek national hero Spirodon Louis, stopped at a taverna along the way and ate fried chicken washed down with generous amounts of wine.
- Q3: What are the five ring colours on the olympic flag?
- Q4: How were false starters punished in ancient Greece ?
- a. stoned
 - b. whipped
 - c. exiled

Answers on page 14

. Gill Carrick's baking recipe! Go on give it a go!



Marathon oat carrot cupcakes

A fruity, oaty combination is perfect fuel for thought for a marathon runner. Luckily, this delicious recipe has both. A cheeky dose of cinnamon will also aid any muscle soreness and reduce inflammation.

Ingredients

45g x quick-cook oats
240ml x semi-skimmed milk
4 x medium eggs
70g x packed brown sugar
60ml x vegetable or coconut oil
1 x teaspoon vanilla
1 x medium carrot - grated
90 g x all-purpose flour
90g x whole-wheat flour
75g x raisins
1 x teaspoon baking soda
1 x teaspoon ground cinnamon
½ x teaspoon salt

Instructions

1. Heat oven to 175C/ 400F/ gas mark 4. Grease the bottoms of 12 regular-size muffin cups with butter.
 2. In small bowl mix topping ingredients and set aside.
 3. In large bowl, mix 20g oats and the milk with fork, let stand 5 minutes. Stir in the eggs, brown sugar, oil, vanilla and carrot. Add flours, raisins, baking soda, cinnamon and salt.
 4. Stir until dry ingredients are moistened. Divide batter evenly among muffin cups (3/4 full).
 5. Bake for 15 to 20 minutes or until skewer inserted in center comes out clean. Immediately remove from pan to cooling rack. Serve warm.
- Serves 12



Have you booked your place for the BRR Christmas Dinner and Presentation Evening?

No?! Well make sure you don't miss out.
Book your place with Gary or Steph via email complete
with your menu choice

[Quiz Quiz Quiz Quiz](#) [Answers](#)

- A1: 1500m
- A2: a
- A3: Blue, Black, Red, Yellow and Green
- A4: b



Bourton Roadrunners Juniors

RACE REPORT: St Andrews Primary School Fun Run

Bourton Roadrunner Juniors took part in the St Andrews Primary School Fun Run at Chedworth for the second year, with members filling 16 of the first 20 places. The course was an undulating 2.5km cross country course following predominantly farm tracks and the edge of fields, starting and finishing at Chedworth Cricket Club. There was a wide selection of prizes and trophies including medals for all finishing runners.

Overall winner was Emily Field who also won the race last year, winning by over 30 seconds from the 2nd placed runner with another storming run. Joe Tilley-Loughrey was first boy home in overall 2nd position, closely followed by George Quli in third. Both boys ran strongly beating many runners older than themselves. Joe won the U13 boys prize and George the U11 boys prize including trophies for 1st and 2nd boy. Harvey Sawyer picked up the trophy for third boy overall and also won the U15 boy prize.

Trophies for the 1st three girls went to Emily overall winner and Charlotte Foster and Gabby Jones had a close battle with Charlotte coming out on top with 2nd girl overall and the U17 girl prize and Gabby taking 3rd girl overall.

Prizes were also awarded for 1st place in their age groups to Isobel Barnett (U13), Maria Watkins (U11), and Abigail Barnett (U10) with new member Olivia McMorris winning a prize for first St Andrews pupil in the Girls competition. George Quli (U11), Edward Jones (U10), and Michael Astor (U8) taking prizes in the Boys Competition. George also took the prize for 1st St Andrews pupil.

The overall positions of the Bourton Roadrunner Juniors were Emily Field (1st), Joe Tilley-Loughrey (2nd), George Quli (3rd), Charlotte Foster (4th), Harvey Sawyer (5th), Connor McGuinness-Dean (6th - 2nd U13B), Gabby Jones (7th-2nd U17G), Jamie Terroba-Taylor (9th- 3rd U11B), Isobel Barnett (10th), Abigail Barnett (11th), Lauren Farley (12th - 2nd U13G), Michael Astor (13th), Maria Watkins (14th), Edward Jones (14th), Arthur Quli (16th - 2nd U8B), Isabel Dennett (19th - 2nd U11G), Olivia McMorris (21st - 3rd U11G), Daisy Keen (24th - 2nd U15G), Noah Williams (33rd - 3rd U8B) and Nell Ash (47th 4th U13G).

Very well done to all our junior runners and a big thankyou to St Andrews Primary School, Chedworth and Jenni Quli for organising the Fun Run and all the lovely prizes, medals and trophies. Please come and support next year.

RACE REPORT: Gloucestershire League Cross Country at Little Rissington

Bourton Road Runners Juniors embarked on a new cross country season on the 15th October by taking part in the first round of the Gloucestershire League at a new venue kindly hosted by Norm and Alison Lane of our own club Bourton Road Runners. This was proper cross country conditions, hills, lots of twists and turns, uneven ground and fantastic competition all it lacked was lots of mud and rain but we were all please the weather was kind to us. The numbers running were one of the biggest ever.

The under 11 boys got the day of too flying start with some fine runs from Bourton. A very competi

tive race with the top 40 all within 2 minutes of each other. Lysander Tarrant has come of age today with an excellent 8th and very well pushed by the ever improving George Quli just behind in 10th in fact the top 10 were all so close to each other. Good to see Charlie Astor racing again for us in a very good 20th and just behind a great battle between Sean Farley 23rd, Henry Everett 24th and Edward Jones in 25th, great packing. Arthur Fletcher as ever gave 100% in 30th and a star in the making Michael Astor in 31st. Arthur Quli was next in 35th, Dominic Luff in 39th, Peter Fletcher in 48th and Noah Williams in a fine 54th. A lot of these boys are still well under 11 so great things to follow. In the team event the boys are 2nd, 6th, 7th and 11th team

The star of the day has to be Kan Ikeda in the boys under 13 race and very happy but sad day for us all. Delighted that he won the race in style, always out in front but locked in battle for the top spot but Kan wanted it more, he has been improving week by week over the summer and he has shown hard work pays off in the end. He won in sprint finish to win by 1 second! Sad because this is his last race for our club as he and his sister (Koumi under 17) are going back home to Japan next weekend after 2 years with us. A pleasure to have known them and their parents. Louis Mutsaers is coming back to form with a fine run in 25th in this very competitive field. A god race between James Mace 27th, Jago Tarrant 28th and Connor McGuinness 29th gave us good packing again in the team race. Finnen McNiffe had a solid run in 43rd as did George Farley in 45th. In the team event the boys are 5th and 8th team.

The under 15 boys have to race with the under 17 boys on what was a very tough and demanding course. This was true test of character and both Jake Astor 15th and Harvey Sawyer 22nd really toughed it out in fine runs.

The under 11 girls were next away and they were led home by a fine run from Abigail Barnett in 22nd, Olivia McMorris is gaining in confidence every race to finish in an excellent 25th. They were well backed up by Ella Grey in 37th and Maite Capper in 39th. The girls are 9th in the team race, a good solid start to their campaign.

The under 13 girls had a good team out today on a tough course with a nasty hill half way round. But Helena West made it look easy giving as ever 110% in very good top 10 run and with plenty more to come. Lauren Farley produced the race today we knew she had in her with a fine 14th and again with more to come. Isobel is returning to her best again with a very strong 26th today and Celia Darwent makes it look easy as she glides over the tough terrine in a good 40th today. The girls are 6th team.

Emily Field was our only under 15 girl today as a number were away but what a run on the same course and distance as the boys in a fine 5th, again after a good summers training Emily is improving week by week, one to watch as the season progresses.

The under 17 girl's race was very competitive but our girls battled very well. In her last race for us Koumi Ikeda finished on a high note in 8th position, we will miss her a lot as I am sure all her teams' mates will including Gabby Jones in a very strong run today in 11th, as Gabby adds stamina to her natural speed she will become unstoppable soon.

A good day was had by all and thank you once again to our hosts Norm and Ali Lane.

