

The Finish Line



Bourton Roadrunners

August/Sept 2010

Chairman's Message: Page 2
Bugatti 10K: Page 2
Gloucester Half: Page 2
Sandhurst 5K: Page 2
Memories of Beaky: Page 3
Runner of the Month: Page 4
A new way to run!: Page 4
News in Brief: Page 4
Beacon 10K: Page 4

County Track Championships

Despite horrendous condition, our Junior and Vet Men's teams ran superbly at the Prince of Wales Stadium in the County Track Championships on August 25th.

In 4 x 100m, Jay Bumpstead took the junior team off to a fast start, handing over to Tony Hollick, then James Outhwaite and a storming finish by Chris Miles to finish 2nd team overall, and 1st junior team in a combined time of 54.6 seconds. The same line-up took silver in the 4 x 400m in 4 mins, 14 seconds.

In the 4 x 100m the Vet 40 men's team of Eddie Rozier, John Gibson, Chris Bence and Ewen Smith won first veteran team in 71 seconds, then changing one Smith for another - Ewen for Mike Smith - they also took the Vet Gold in the 4 x 400m in 5 mins, 22 secs.

Mike Smith led the 10K from the off-set, winning comfortably in 33.24. Brittany Teague finished 3rd lady overall and first U/20 in a good time of 43.08, followed by Tony Spedding, first Vet 50 in 44.58, Lynn Spedding first LV50 in 50.09 and Norm Lane, first Vet 60 in 50.10.

Just Eddie Rozier and Chris Bence competed in the mile and finished, in respective times of 6.41 and 7.10, literally as the 4 x 400m was about to start.

Our victorious Junior Men:

L - R: Chris Miles, James Outhwaite, Tony Hollick, Jay Bumpstead



Club line up taken by Nat on July 5th

Club Entertainments

Film and food night on Saturday 18th September.

IMPORTANT REFERENDUM:
See Chairman's Message for details

Chairman's Message (see also page 3)

Wow – what a busy month August has been for BRR with the Forum night, a swap meet, a track meet, a number of races and a terrific BRR BBQ which included a fun run and a relay as well as a now famed rounder's match!

There have been a number of stand out running performances in August involving a number of members. Jan and Liz continue to impress gaining the success their training deserves, and Mike continues to win races, with his track 10K win a perfect performance which warranted his 'high number 1' across the finish line. The junior boys at the track showed everyone what speed is in both the 4 x 100M and 4 x 400M relays, with Lewis showing that he has added mental determination to his running armoury in both the Bugatti 10K and Globe 5K. The performances of the month however fall to Beth Pudifoot who showed a staggering amount of running maturity to not only win the Bugatti 10K but also the Cranham Boundary Chase – fantastic running by Beth who is still a Junior Lady.

The July winner of the BRR of month competition was.....Beth Pudifoot – rightful recognition for Beth's terrific running achievements.

“any decision would be made by the members”

You may have heard rumours that BRR will not be returning to the Football Club, with the committee making the decision. This could not be further from the truth as the committee have always stated that any decision would be made by the members with a majority decision conclusive. We have a number of members who wish to return to the Football Club, and a number of members who wish to remain at the School. A dilemma within BRR which needs to resolve if only to clear the air.

After very careful consideration, taking advice, much thought and reflection on the AGM a few years ago in which a move away from the Football Club to the Leisure Centre was voted on, the following action was put to the committee and accepted by a majority opinion:

A package including a voting slip will be posted to every BRR member and a parent of each junior member (if more than one member in a family only one vote will be given) giving them the opportunity to vote to either return to the Football Club or stay at the School.

The juniors are the future of the club and quite rightly should be included via a parental/legal guardian vote. The package will include reasoned arguments as to why BRR should return to the Football Club or stay at the School, enabling you to make an informed decision. The arguments have been prepared by a pro Football Club BRR member and a pro School BRR member. The majority vote will be announced at the AGM, the date of which will be set at the next committee meeting which is 20th September.

IMPORTANT The possibilities of cheating, fraudulent voting slips, biased opinions, untruths, and undue influence have all been taken into account. Gerrymandering is an undignified action to what is a simple decision – return or stay: the choice is yours.

Here's to your success in September.

Rob Edwards

One club: your club which is our club

Bugatti 10K

Beth Pudifoot - just 16 years old and clearly on a roll at the moment - was first lady home in the Bugatti 10K in a personal best time of 39.49; no easy feat on such a hilly course, with Lewis Gray in 11th place for a fantastic time of 36.18, beating veteran club member, Ian MacDougall, 37.16, by almost a minute.

It was good to see Tony Goodwill and Steph Lane back after both have had a long break due to injury. Tony clocked 41.03 and Steph 41.04. Sarah Harper, constantly improving, finished just behind in 41.21. The ladies comprising Beth, Steph and Sarah won the ladies team prize, with Lucy Walmsley being Bourton's fourth lady finisher in 42.53. Andy McCoombes ran a good time of 43.32. David Marchant was next in with 50.38 and Liz Hulcup was a prize winner in the LV55 category for 51.16. Shirley Creed, also having been injured ran 52.03, ahead of Chris Bence in 54.17 and Lynn Hudson 54.46.

Gloucester Half

On Saturday 24th July Mike Smith took the title in the Gloucester Half Marathon, after a tough battle with Matt Ellis of Westbury Harriers, just managing to pull out an extra gear in the last half a mile to cross the line in 1 hour 14 mins and 3 seconds. Ewen Smith and Jan Short both achieved personal bests, Ewen finishing 15th overall in 1.24.31 and Jan taking first LV50 in the Gloucestershire County Champs in 1.47.54.

Sandhurst 5K

The 5K at Sandhurst in Gloucester attracted some top class talent from the area and beyond to achieve high ranking times on the fast flat course, and produced exceptional performances from many Bourton Roadrunners. Mike Smith chased in the leading pack for 11th place, finishing in a time of 16.14 and winning the Vet 40 Race Prize and V40 County Gold. Lewis Gray knocked an astounding 1 minute 36 seconds off his personal best to record 16.46, 1st Under 17 and 3rd County Junior Man under 20.

A fierce battle was fought between Lucy Walmsley & Sarah Harper, with Lucy taking the lead in the final stages to win the 1st LV35 prize. Both ladies were so close they recorded the same time of 19.12; their best times for many years. Rob Humphris, out on his own for most of the race, was in good form for 21.22. John Gibson and Brian Hulcup also fought it out, with John (22.09) just beating Brian (22.15) at the finish. Rachel Griffin came in next in 22.21, chased by Roger Woodley in 22.22. Liz Hulcup ran a brilliant race, pacing it just right to come through ahead of all her regular rivals to win the LV55 category in 22.36. Jan Short, just behind, had a very good run for 22.45 and 1st LV50.

Another close finish came from Shirley Creed 23.46, Steve Woodley 23.50 and Chris Bence 23.52. Lynn Spedding, Lynn Hudson and Robin Macdonald all did well for 25.10, 25.48 and 26.06 respectively.

Ewen Smith brought up the rear of the Bourton contingent with a totally mad effort as he has been unable to walk properly for at least 2 weeks, but he was determined to compete, hobbling round in 29.46.

Steve 'Beaky' Wheeler 1961 - 2010

As many of you probably already know, Beaky Wheeler suffered a fatal head injury in a climbing fall whilst on holiday in the West Country at the end of August. Many of us will have fond personal memories of him, and below are just three short tributes to his life. If anyone would like to share their memories of Beaky, please e-mail or pass them to the editor or to Dennis Walmsley, who is going to compile a collection of them for posterity. There must be many funny stories out there worth sharing!



Chairman's Message

I write this after receiving the very sad news about Steve 'Beaky' Wheeler. Beaky was a character in the true sense of the word. A character with a big heart and a cheeky smile that no one could fail to warm to. His exploits are legendary with many a story raising a chuckle for days after the story was told. Although an exceptional runner in his own right Beaky wanted others to do well with his effort sessions providing the opportunity for many members to stretch their potential with his help. Beaky was a terrific BRR member who took nothing but had the strength of personality to give without any second thoughts. Steve will be sorely missed by all whose lives he touched with his character and individuality for ever fondly remembered.

Rob Edwards - Chairman

Beaky will not to be easily forgotten. His spirit of adventure and sense of humour has brightened many of our days, as have tales of his adventures. Everyone who ever went on a club trip with Beaky will recall some scrape he got into, or a practical joke, and we're lucky to have these memories. His resourcefulness and creativity was something to be admired, whether it be fashioning his own 'spikes' from old trainers and rope, building a boat from scrap metal, a concrete headstone for a favourite chicken, or a whole log cabin. His unconventional approach to life was refreshing, and it's incredibly sad that he'll never now become the archetypal eccentric old Englishman he was clearly destined to become, and which this country could use more of. His positive attitude to life is an immense loss. We'll miss him, and his faded old club vest with rusty safety pins, so much.

Editor

I've known Steve (Beaky) Wheeler since we were teenagers and I'd like to say a few personal words to add to those of others.

Where do you start?

First let me start by giving our condolences to those saddened by his death, especially his son Jason, daughter Catherine, brother Mike and sister Sue. All were very close and Steve was very proud of his children and was about to go to Catherine's graduation as she had passed her degree.

Almost everybody must have a favourite Beaky story, there are so many to tell. He brightened the life of everyone who knew him with his mad ideas and the capers he got up to. He only had to smile and you know he'd been up to something!

Steve was a man of many talents, having the gift to make incredible things from stuff that most people would just chuck away and not only that, he made a living out of stone dust! He was not materialistic at all, in fact most of his clothes had hardly any material left on them!

He was a valuable member of Bourton Roadrunners contributing some of the fastest times the club has ever seen, just missing out on a sub 31 min 10k by a couple of seconds, doing a sub 52 min 10 mile and running 2:24:36 for the marathon along with helping the club to many titles. He gave his time to take efforts on Tuesday club nights from the very time it was conceived, not for his own gain but to serve the members who wanted to do them, even if there was only one person and in all weathers.

Steve had sound morals, a good heart and a great sense of fairness. He never appeared down hearted, was always upbeat and forever a comic. I will miss the tree branches hanging out of my letterbox, the used birthday cards for Christmas and the distinct wheeler aroma in the changing room! Only a true friend would let you get away with cutting out the bottom of his kit bag! (Didn't stop him using it though!)

A few days before he died, we talked about Christianity, believing, forgiveness and not knowing when you may go. He then visited a church, even if it was just for the coffee and biscuits and he only asked God to forgive him for not having the 20p to put in the box! Who knows what was in his heart? Maybe God did and I hope he is with Him now.

Rest In Peace Steve

Dennis Walmsley

News in Brief

Cirencester Mob Match

Mike Smith led Bourton home, as 29 club members took part in the 5 mile friendly with Cirencester, but we had to accept gracious defeat by the home team - this time!

Lambourne 5 Miles

Mike Smith (again!) coasted around the Lambourne 5M, leading from start to finish, 30 seconds ahead of second place, with a time of 26.52.

Hook Norton

Five members took part in the Hooky 6, with **Conor Shoemark** finishing 1st Junior Man - 14th overall in 36.10. **Ian Shoemark** -38.30, **Andy Peaston** - 40.18, **Andy McCoombes** - 42.19 and **Niamh Shoemark** - 44.25.

Cranham 5.8

Another race win for **Beth Pudifoot** - over a horrendously hilly course - in 39.02. **Mike Smith** finished second to Gloucester's Steve Millward in a very competitive race where the two were way out in front of the field. Mike just faded a little on the last big climb but still finished 46 seconds ahead of the 3rd placed runner in 33.06

Eddie & Roger get off their bikes!

The three Half-Marathoners are back at it in the Bristol Half Marathon, with **Roger Woodley** 1.51.50, a minute ahead of **John Gibson** and **Eddie Rozier** in 1.52.52.

Want a new challenge and a guaranteed P.B.?

Try backward running...

Unfortunately we've just missed the first UK Championship Event, held on August 22nd.

Thirty-five runners entered the 1 mile race in Heaton Park, Manchester, which was won by Garret Doherty, of the Republic of Ireland, in a time of 6 min 30 sec. Doherty is the reigning world men's 3,000m backwards champion after a win in Austria earlier this month.

Apparently backward running also has huge training benefit. Tim Flynn of Texas Tech University proved in 1993 that 'a person walking forward at a 16 minute/mile pace will only raise his/her pulse rate to about 106 beats per minute but when that person turns around and walks backwards at the same pace, the pulse rate soars to about 156bpm - higher than would be achieved by running forwards at a 10 minute pace. When that person runs backwards at the same 10 minute pace, the pulse will skyrocket to about around 174bpm. Oxygen consumption will also soar, and it burns a third more calories at a comparable speed'.

Plus, it's good for your knees. Forward running means running heel to toe, and that puts pressure on your knees each time you pound the roads. Backward running puts you on your toes.

Sounds too good to be true, but there are disadvantages, including that you may fall over a few times, and that you attract unwanted attention from passers-by.

What do you think? 2nd Thursday of each Month? 7pm run? Probably best we don't do X Country!



.....
JULY RUNNER OF THE MONTH

BETH PUDIFOOT:

For some great race performances recently and a rash of wins!!

.....

Please send your nominations for September Runner of the Month to the committee by October 8th. E-mail suggestions to Rob (rob@macaulaywards.co.uk) or call him on 01451 820804.

PAST RUNNER OF THE MONTH WINNERS



On August 5th, three of the previous proud winners of our Runner of the Month Awards were presented with trophies.

From left to right: Ewen Smith (March), Mike Smith (June) and Steve Edwards (April).

Beacon 10K

The Bourton men were on form in the Beacon 10K, with race winner, Mike Smith leading BRR home in 33.55. The first team included Lewis Gray in 2nd place overall with a superb time of 36.12, Darren Long 39.00 in 6th and Robert Humphris in 43.06. Norm Lane is slowly regaining fitness to accompany injured Ewen Smith around in 48.53.

Beth Pudifoot made the podium again to finish 3rd in 41.25, Jan Short and Liz Hulcup, both LV55, battled it out for the finish with Jan the victor in 48.13 and Liz just one second behind. Shirley Creed ran 49.39, Susan Hunt 52.08 and Lynn Hudson 54.25.