

August 2013

# THE FINISH LINE



Bourton Roadrunners

Sherborne 10K,  
Bourton Mile,  
Hooky 6 and more.  
Junior reports on  
pages 4 and 5

## It's hot out there on the street

It makes a nice change not to be writing  
about cold, rain and wind...



## Chairmans's Message

I recently returned to Moscow almost 12 years after that memorable Club Overseas Tour and thought those that visited the city would be interested in the changes that have occurred.

Road traffic has increased as has the number of expensive foreign cars. In fact it is now difficult to find Russian made vehicles. The 'delightful' hotel we stayed in has been demolished and plans for the site are still in the discussion stages. All Moscow hotels are now rated 5 star so a return club tour is probably out of the question on the grounds of cost alone. Red Square is now used for open air concerts and shows so stages are constantly being built and then demolished to be replaced by a different set. Lenin's tomb is now closed to the public and St Basil's cathedral renovations have been completed but it is now a museum of church regalia. Street vendors no longer operate in Red Square but the famous person impersonators are still on view - Vladimir Putin and Josef Stalin were in huge demand for photographs.

On a personal note I am unlikely to be running again this year as I have badly damaged my right ankle as a result of getting it caught under a step, but even though I am not at training nights I still keep in touch with what is going on. By the time you read this I suspect the hot weather will have departed for another year, but weather conditions need to be taken carefully into consideration when training or racing irrespectively of whether it is 0°C or 33°C and clothing and the training undertaken adapted appropriately.

*Robin Macdonald*

18th July 2013

### CLUB AGM DUE IN OCTOBER

If you would like to take on a role yourself, now's the time to be thinking about it. You need someone to nominate you and someone else to second it. If you have someone in mind for a role please ask them if they are willing to stand before nominating them.

## Press Reports by Susan Hunt

### JUNE 27th 2013

Bourton Roadrunners took advantage of the opportunity to take part in a race close to home, and at the same time raise money for a worthy cause: the challenging **Sherborne 10k** (fundraiser for Sherborne Primary school). Andy Chapple was first home for Bourton in 4th place and 1st MV40 (39:07), with Ewen Smith close behind in 5th place with 39:24. Claire Harrison had a cracking run for 3rd Lady in 46:49. Rob Humphris ran 47:48 and Louise Pudifoot was 1st LV45 (48:45). Next to finish was Gill Carrick (51:43), Julia Morriss (53:08), Emma Pinkham (57:09), Lynn Hudson (58:16), Vikky Davidson (59:51) and Linda Edwards (1:02).

The 2nd race in the **White Horse 5k** series had 3 Bourton representatives. Rob French ran 17:32 (an 8 second improvement on last month), Ali Lane 21:19 and Jan Short 23:55.

### JULY 8th 2013

Summer finally arrived at the end of June, and the heat was certainly on for Steve Edwards. First, he took on the **Coombe Abbey trail marathon** – a 12 lap course run on entirely on grass. In temperatures of around 25 degrees, Steve finished in 3:15:44 for 2nd V50 and 4th place overall.

The following weekend was even warmer for the **Enigma Summer Double marathon**, with temperatures reaching over 28 degrees on some parts of the course. This event is not for the faint-hearted, with participants running two marathons on consecutive days. On Day 1, Steve finished 1st in 3:17:17 and on Day 2 he was second with 3:20:44. Given the blistering heat, Steve was hugely relieved to finish (as the picture shows). Afterwards, he tweeted "*very pleased to have hit 360 sub 3:20s and 520 sub 3:30s this weekend. Crucially as always, the most important half of Team Edwards, Teresa did a fantastic job supporting me. Now just 4 to go to the big 600!*"



## Press Reports by Susan Hunt

### JULY 21st 2013

The **Edgehill Half Marathon**, now in its second year, took place in the stunning setting of Compton Verney, Warwickshire (which is not only gorgeous but, more importantly for race entrants, has amazingly luxurious toilets). The race followed a picturesque and challenging route through the villages of Kineton, Little Kineton and Radway. The only downside to the race was that it took place on a scorching hot day, without so much as a breath of wind to cool a sweaty brow. The organisers had laid on bottled water every two miles, and local children welcomed runners with hosepipes and water pistols; but there was no escaping the brutal heat. Shona Crombie-Hicks somehow kept her cool, finishing 9th overall and first lady in 1:27:03 (spookily, her watch showed that she had run exactly the same time, to the second, as she had for the Hilly Half). Nigel Frith also withstood the conditions and was 18th in 1:35:00. Susan Hunt got her hydration strategy badly wrong – starting at the first water stop, where she mistakenly emptied a cup of energy drink over her head. She quickly succumbed to the heat and the hills, finished in a disappointing 1:55:54 and spent the rest of the day lying, unwell, in a darkened room and questioning her decision to race on the hottest weekend for years; rather than "waste" her entry fee.

#### Wales Marathon, Tenby.

Steve Edwards also endured a tough hilly course in baking hot temperatures of over 30 degrees at the Wales Marathon. He reported that it felt even hotter "like an oven" running through the mostly quiet country lanes. Once again, Steve dug deep and finished in 8th position overall (out of over 300) and 2nd V50 in a time of 3:26:50. The brutality of the conditions were illustrated by the fact that many DNF'd, the race winner ran a time of 3:09 and only 8 runners broke 3:30. Steve claimed that that three things had kept him going:

- 1) *Having never DNF'd in a race I didn't want to start today!*
- 2) *I was desperate to keep my unbroken run of sub 3:30s going, currently 77 on the bounce averaging 1 every 11 days for the last 128 weeks.*
- 3) *So close now to the 600 landmark, this one was 597 and they don't come much tougher!*

### AUGUST 11th 2013

Bourton Roadrunners enjoyed near-perfect conditions for the 2 lap **Hooky 6**, organised by Hook Norton Harriers. Despite an extremely competitive field; Bourton was well represented in the prizes with Mike Smith 2nd overall, Shona Crombie-Hicks 2nd lady, Ali Lane 1st LV55 and Steph Holton 3rd LV45

In the men's race, Mike Smith finished in 34:14, Darren Long was 14th (36:45), a whisker ahead of Ewen Smith (36:55). Nigel Frith ran 38:34, Andy Peaston 38:51, John Gibson 42:36, Rob Humphris 42:53, Dave Pyne 48:20 and Norm Lane 48:28.

Bourton Ladies also had some excellent results with Shona running 38:29, Lucy Walmsley 5th lady in 39:25, Claire Harrison 43:21, Ali Lane 44:08, Steph Holton 45:02, Steph Lane (returning from injury) 47:02, Liz Hulcup 47:13, Gill Garrick 51:52, Shirley Creed 52:14 and Lynn Hudson 52:18.

### JULY 20th 2013

The annual **Bourton 1 mile** race took place on July 20th was part of the Gloucestershire County Championships. It was won in style by our Under 20 runner Cal Winwood in a time of 4 minutes 39 seconds.

Cal was obviously first Bourton Roadrunner home, but hot on his heels was Mike Smith - over double Cal's age but only 19 seconds behind him in 3rd place, chased by Rob French in 6th (5:07), Tim Heming in 11th place (5:17) and Darren Long in 13th (5:20). Ewen Smith, Andy Chapple (1st Vet50 county medal), Nigel Frith and Daryl Kiey Thomas also finished in under 6 minutes. Shona Crombie Hicks was first lady home in 22nd place overall and a time of 5:30. Claire Harrison took the LV35 County gold, Ali Lane the LV55 and Liz Hulcup the LV60. Here are all the BRR runners' times extracted from information supplied by Lynn Hudson. For more about our impressive juniors - see Richard's report in the junior pages.

04:39	Cal WINWOOD	06:33	Steph HOLTON
04:58	Mike SMITH	06:36	Helena Jane WEST
05:07	Rob FRENCH	06:39	Graham LANE
05:17	Tim HEMING	06:40	Gabby JONES
05:20	Darren LONG	06:41	Liz HULCUP
05:25	Ewen SMITH	06:44	Charlie DAVIDSON
05:27	Andy CHAPPLE	06:49	Norm LANE
05:30	Shona CROMBIE-HICKS	06:52	Susan HUNT
05:32	Nigel FRITH	06:55	Roisin WOOD
05:33	Alfie HOWELLS-SMITH	07:03	Isobel HARTLEY
05:34	Tom PINKHAM	07:05	Libby HERBERT
05:51	Daryl KIEY-THOMAS	07:06	Daniel BUFTON
05:53	Niamh POWELL	07:10	Richard BUFTON
06:00	Dylan WILLIAMS	07:39	Jacob HERBERT
06:12	Claire HARRISON	07:47	Marcus KIEY-THOMAS
06:20	Joshua ANGUS	07:48	Toby SELLEK,
06:25	John GIBSON	07:53	Lynn HUDSON
06:26	Bethan POWELL	10:17	Isabel KIEY-THOMAS
06:28	Alison LANE	10:40	Dennis WALMSLEY

To be fair to Dennis I should probably point out that his form isn't as bad as it appears here. He did give himself a handicap of 2 minutes plus a small daughter, starting with the fun runners and running with Lilly-Anna. That makes Lilly-Anna's time an impressive 8:40 - I'd be very pleased with that myself!

by Jo Lewis



# Bourton Roadrunners Juniors

JUNE 29th 2013 by Richard Bufton

## Sherborne Fun Run

The 2013 Sherborne Fun Run took place again this year on 23 June, and once again Bourton Juniors turned out in force to support the event, held from and in aid of the local school. The course is far from easy. The first half of the race is up a steep climb into the woods with lots of twist and turns.

In the girls under 16 race Rose Mutsaars once again had a very solid run just missing out on the top spot by a few seconds. U13 competitor Gabby Jones is returning to form again with a strong run for 2nd and hot on her heels was Isobel Hartley in 3rd place, running well considering she had competed the day before in a Biathlon.

In the girls under 11 race Lucy Griffin took the lead early on and pulled away well to win in style. Josephine Mutsaars worked her way through the field well to finish an excellent 2nd. Kate Edgerton is returning back to her old form with 3rd place today and Emily Williams, who is coming back well from injury, finished 7th.

In the under 10 girls race Issy Kiey Thomas dominated her category with a very determined performance to win her race.

Helena Jane West once again put her all into it and just flew around the course, she is so determined and nobody was going to beat her today as she won the under 9 race well. Ellie Edgerton is almost back to full speed after a lay-off and finished a very strong 3rd. The ever improving Libby Herbert gets stronger every race and ran well to finish 4th.

The stars of the future are now starting to come through as a good spring and summer training is paying dividends. In the under 8 girl's

race Darcy Thompson led all the way to claim her first race win she was very closely followed by a smooth running Eva Davidson in 4th. In the under 6 girls race Annabella Williams had a fantastic run to take first place. We are sure she will have many more of these in the future. Not far behind her, Rosabella Edgerton was storming through the field with a strong finish to take the second spot.

In the boys under 10 race once again Dylan Williams showed what a talent he is. He has found another gear over the last few weeks and won well today. Joshua Angus has recently joined us and what a race debut! He took 2nd spot not far behind Dylan - certainly somebody to watch. Max Pinkham is coming back into top form taking 4th today after also competing the day before. Good to see Charlie Davidson racing again with a very good 5th just behind Max. Thomas Wood is now back in full training and he had a good run today for 12th. These five are a very strong team for the cross country season.

Louis Mutsaars has been training very well this summer posting some good times and it showed today in his race as he won the under 9 race well. The same can be said for Alfie Griffin with a very good run in the under 8 race and a very impressive sprint finish to claim 2nd spot. Toby Sellek is another very determined and focused runner and it showed today with a very good 3rd. Beau Griffin is getting stronger every race, he had a storming run to take 1st under 7 boy.

In the under 16 boys race Robbie Wood had a very good race in this very competitive field to finish 3rd. Pete Wood unfortunately twisted his knee on the sharp turn into the wood. He battled round well to finish 4th and we are sure he would have taken the top spot if this had not happened. His day will come.



**JULY 25th 2013 by Richard Bufton**

## Bourton Aquathon

A new event took place on 22nd June the Bourton Aquathon at Bourton Leisure Centre and a number of Bourton Juniors took part. For most this was the first time in such an event which involved a swim then a cross country run. The distance of each discipline depended on their age. They all had a great time with some itching to do similar events in the future.

The following took part - here are their places in their age categories-

Isobel Hartley 3rd	Ellie Edgerton 5th	Daniel Bufton 6th
Felicity Darwent 1st	Laura Clarkson 9th	John Nevins 9th
Lucy Griffin 2nd	Jessica Hale 10th	Charlie Davidson 4th
Kate Edgerton 3rd	Annabella Tallis 14th	Toby Phipp 8th
Bethan Powell 1st	Isobel Nevins 16th	
Lauren Farley 2nd	Max Pinkham 1st	

**AUGUST 2nd 2013 by Richard Bufton**

## Bourton Mile

On the 20th July 2013 the annual 1 mile race took part in Bourton incorporating the Gloucestershire championships. Bourton Juniors were out in force despite a few missing due to the summer holidays.

In the girls race Niamh Powell had a fantastic run, with such determination she toughed it out when it starts to hurt - which it really does in such a short race. She won the U13 race in style and picked up county gold, in fact she was first U20 in 5mins 53secs!

It is good to see Gaby Jones back again. She was rewarded today with 2nd in 6mins 40secs and county silver. The club finished the clean sweep with a very well deserved 3rd place for Issy Hartley in 7mins 3secs and county bronze. Emily Williams, returning after injury, had a solid run for 8mins 4secs.

In the Under 11 girl's race Bethan Powell runs like her sister with great determination and guts, she had a fine run today but she had to work hard to win the race in 6mins 26secs and take the county gold medal. She was pushed hard all the way by Helena West who finished 2nd in 6mins 39secs for county silver. Libby Herbert is improving race by race to finish in 7mins 5secs, she was closely followed by Laura Farley in 7mins 7secs. Annabella Tallis had a strong run to finish in 7mins 29secs

and once again Annabella Williams showed her potential to finish just behind in 7mins 37secs. Pushing her hard was Jessica Hale in 7mins 41 secs. Then came in our future stars with very good runs, Eva Darby in 8mins 50sec, Chloe Angus in 9mins 9secs and Celia Darwent (pacing her mum) in 9mins 20secs. Poor Issy Kiey Thomas once again had bad luck, last year she was clipped by a car wing mirror and this year got caught up in a pile up on the start line, but she showed real character and finished the race well. We have a good team for the future with all these girls coming through strongly.

Alfie Howells Smith had a good battle with Tom Pinkham, pushing each other to very good times and positions in the very competitive U15 race. Alfie has so much natural ability and had the slight edge on Tom today who has had injury problems, in a fantastic finish Alfie pipped Tom on the line for 2nd in 5mins 33 secs and Tom 3rd in 5mins 34 secs, they won silver and bronze county medals. It was also good to see Alex Darwent on form again with a good run in 7mins 8secs.

In the under 13 race Marcus Kiey Thomas ran well and was rewarded by taking the top spot in 7mins 47secs and county gold, a great result. In the under 11 boys race Dylan Williams was caught in the pile up on the start line but picked himself up and then proceeded to charge through the field and won the race well in 6mins and the county gold medal. Joshua Angus's great form continues and his race experience grows to take 2nd spot in 6mins 20 secs and the county silver medal. To finish the clean sweep Charlie Davidson took a very good third in 6mins 44secs and county bronze. Not far behind Beau Griffin was have a storming run in 6mins 57secs, closely followed by Malachy Jones in 7mins 4secs. Daniel Bufton is training harder again and it showed in a very committed performance today in 7mins 6secs. Jake Darby paced himself very well today in a good 7mins 19secs. All of a sudden Christopher Hunt has improved tremendously with a fantastic 7mins 29secs -over 3 mins faster than last year for run of the day! He was pushed by Alfie Griffin in 7mins 33secs, Jacob Herbert paced himself very well with a great sprint finish in 7mins 39secs. Toby Sellek is learning how to pace himself and he ran well today in 7mins 48secs they were all well backed up by George Farley in a solid 9mins 8secs. Again these boys have so much talent and as they grow older in both strength and experience they all have great potential.

