



Bourton Roadrunners

Newsletter

Sept/Oct 2008

Chairperson's Report

Typical you endure one of the wettest summers on record and as soon as the nights start to draw in the weather improves. Mind you these early autumn days can be lovely and there cannot be many more gorgeous than the one Cirencester Park 10km provided last Sunday. Standing at the 7km point with a fellow injured runner from



Tewksbury we were debating who might win the ladies event. I had just said "Steph Lane is running really well she should be here in a couple of minutes" when she cruised past us on her way to yet another win. What a summer that young lady has had and what a star we have in the making.

I am not sure what the weather was like in Anglesey (probably raining) two weeks ago for The British Masters Marathon

Championship – The day proved to be another triumph for Dennis Walmsley who not only won his age category but the whole race and in a course record. What with that and his many Snowdon Marathon wins there must be something in the Welsh air that brings out the very best in Den!



This time of year brings lots of races with the hotly contested club and county competitions drawing to a climax. I am no John Raper when it comes to analysing results but even my untrained eye can see that we are well placed to sweep the boards in the County series – well done to all so far and good luck for the remaining races.

It is also the time of year when we hold the AGM and elect the club officials for the coming year. To all those who have contributed so much this year a huge thank you and to those of you considering putting your name forward for next year go on do it – as I have found it is great fun, not too time consuming and very rewarding.

And finally all of us owe an enormous thank you to Pauline Teague who has volunteered to be Race Director for our 10km next February. Without a volunteer for this crucial role this race would not have taken place so it is important that we all support Pauline and her less than able deputy (me) over the next few months as the race takes shape – knowing BRR as I do I am sure she will not be short of helpers.

Run well and stay healthy,

Simon R

Stick

The A.G.M is on Monday 20th October at 8.00pm at the Victoria Hall. Better turn up, or think of a very good excuse, or you might be "volunteered" for something!!

Carrot

Christmas dinner is on Saturday 6th December, 7 for 7.30pm start, at Naunton Golf Club again. Menus to follow when I get them. Thanks. Kate

Thank you

As Steve's family we wanted to thank you all very much for allowing us to be such a part of the Hilly Half in his memory and having the honour of starting the race and being able to award the prizes, which Mum was particularly chuffed to do.

It was a fantastic tribute to Steve and it was lovely to see so many competitors and such good competition and participation in a village event. It was really touching to see the finishers walking around in their Hilly Half T shirts knowing they had been designed with such affection and admiration for Steve and his contributions to the club. They are very special and we shall treasure the ones you very kindly gave us and we take every opportunity to show them off to other people.

The exceptional warmth and kindness that so many of you showed us on the day of the Race made what could have been a difficult time into an enjoyable and uplifting experience and one that we will always remember.

At close hand we saw the team-work and organisation of the finishing marshals which was Steve's area of expertise and I think he'd have been well pleased with his trainees! It was especially nice to see Club runners doing so well in the Race.

He would have been very proud of you all. It was very fitting. Thank you all so much.

Jan and Joan Humphries

Extracts from the Minutes

Bourton 10k

After much discussion Pauline and Simon volunteered to co-ordinate the 10k for next year. Simon requested that he and Pauline meet with Bert to discuss what needs to be done.

Liz Hulcup will do the entries, Ali Lane will do the results and Norm and Ali will control the finish.

Norm requested that the amount of race entries remain the same as last year as he felt maximum race capacity had been reached.

Simon asked Bert to thank Roz on behalf of the club for her patience in finding a replacement.

Humphs Hilly Half

Norm said that Mrs. Humphries and Jan were very pleased with the way the race had been organized.

Tony stated that he wishes to stand down as Race director; Simon thanked him for his hard work.

It was proposed that next year there should be a time limit imposed of two and half hours, and that it should state on the entry form that no i-pods should be worn while running the race.

A.G.M and New Committee

The A.G.M will be held on Monday 20th October; Pauline will see if the football club is available otherwise Sarah will book the Victoria Hall.

There have been no takers for the position of Treasurer and Secretary. Bert will advertise for these posts.

Den said he wished to remain on the committee.

A.O.B

- 1) With reference to the Gloucestershire AAA's Track Appeal, there were several suggestions on how Bourton Roadrunners could contribute. These were as follows 1) Instead of the club matching the charity donation from the 10k; we give that money to the track fund. 2) Bert suggested that we both donate from the club funds and from the 10k. 3) Norm suggested that unattached levies be donated to the track fund. Den suggested writing a letter to the appeal committee of our intentions. Simon asked would we wish to make an initial donation, all were in agreement and it was decided that £250 would be given to the track fund.

GET YOUR KIT ON!

NEW SHORT-SLEEVED BRR T-SHIRTS AVAILABLE
FROM LYNN HUDSON, PRICED AT £15.50

The Michael Phelps Olympic medal haul was an incredible individual performance, but it seems unfair that many of the track and field athletes do not have the opportunity to compete for multiple medals. London 2012 are looking to rectify this by introducing some new events, making use where possible of some existing famous landmarks to avoid unnecessary building costs.

The Tower Bridge Leap will see long jumpers having to clear the drawbridge, which will be lifted a foot at a time between rounds. Failures will be compensated by automatic entry into the 10m diving (where it seems the winner simply has to enter the water with the least splash). Another jumping event will be the London Bus Queue jumping. For the triple jumpers, The Embankment will host the team synchronised hopscotch. Plans to extend the pole vault to include cramming as many East Europeans into the basement of The Bank of England have been dropped for Health and Safety reasons

New running events will include a race up the stairs of the former Post Office tower, where its assured that all competitors will be fully checked for illegal use of stairrods.

The London Eye will host the Hamster Wheel challenge, where eight runners will adopt cycling team pursuit tactics to turn the wheel in the fastest time. At the Tower of London Dash, sprinters will find the blocks at the end of the race and dipping for the line will not be advisable. I suspect this particular event will be axed. On the track, a new Keirin event will see teams of runners chasing a small motorbike before it pulls out for the final lap sprint. Bert Jess has kindly offered to help out if any Bourton Road Runners wish to train for this.

Throwers will have some new medals to compete for in a 'Summer Fete'-style event in Hyde Park. Following a Majorette display – fresh from their performance at the Opening Ceremony – athletes will attempt Welly-Wanging, target shot-putting into toilet bowls, mobile phone throwing (sponsored by Throwdaphone) and with a slight amendment to bale tossing, high jumpers will be propelled over the high bar by a team mate with a pitchfork.

So you have four years to train for any of the new events. Personally, I am going to complete an application - for one of the 2012 Morris Men at London's opening ceremony.

Ranon, anon, anon, anon . . .

The long-awaited (and much searched for) last correspondence from Steve whilst residing at His Majesty's Pleasure;

HMP Springhill
,Grendon Underwood,
Aylesbury,
Bucks HP18 0TL
22 Jan 08

Dear All,
Running around a big open field in the dark isn't exactly encouraged on winter nights in a place like this. So all sporting attention focuses on Sunday morning.....it's football day. If you have two left feet, can't run and don't know many rules it doesn't matter, you won't get picked anyway. Everyone who plays represents "their"

Team, is playing in a Cup Final, and hates losing. Winning is everything.

It was an honour to have been picked for the top team (according to themselves). However, the main criteria seems to be that you play for Arsenal and that you're Arsenal's best ever player. In truth, the "brothers" who make up most of the team also make up most of Stoke Newington's black drug population. But not on Sunday. Sunday is sacred and taken very seriously. So seriously that it usually takes twenty minutes to pick the sides, arguing who plays and who doesn't.

In a hard fought game every decision is fiercely contested, however trivial, and every stray ball loudly derided in strong yardie slang. In this competitive and highly charged atmosphere it was an honour to have been praised off the field, having scored our last minute winner. A sporting memory to treasure by securing our 11-10 win. Yes, 11-10! Defending isn't a priority when you play in Arsenal's best ever forward line, all ten of us.

Carried away in the euphoria, it must have completely slipped my mind, but I didn't dare tell them I'm a Spurs fan!

Steve Mac

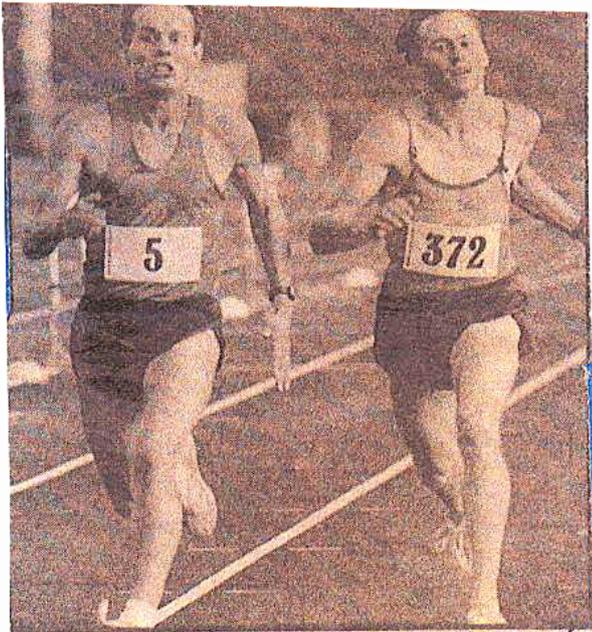


Remember,remember...

There are no entries on the day this year at the Tewkesbury Guy Fawkes 5, so people will need to pre enter.

Past Memories;

Me and Steve Wheeler at Cheltenham 10k finish 1992, both given time of 31.29, good old club rivalry! (note SW's old club string vest, i think he's still got a few strands left!!)



Dennis Walmsley (left) holds off Steve Wheeler to win last night's race and the 10km series

Dennis Walmsley

Vilnius Club Trip 2008



The venue for this years' club trip was Vilnius the capital of Lithuania. There were 28 in the party leaving Bourton at 10-00am on 11thSept. A smooth flight with Lithuanian Air Lines and a connecting bus got us to the Europa City

hotel by 9-30pm. On Friday we collected our numbers being thanked by the organisers , who were very pleased to see us. The races were held on Saturday, the Half and the full Marathon starting together. The weather was wet and cold, the course was varied, starting and finishing on cobbles. The remainder was mainly on roads with one short stretch of "cross country".

First home for the Club was Ian Macdougall completing the half in 1-15 47. This gave him 9th place and first Man O/45. At the prize giving he



was introduced as Yern Macdougall just the same as in Lausanne some years ago. The Europeans seem to have problem with the name Ian. Next in was Mike Smith on one of his steady days at 1-18-29 however this gave him 2nd Man O/40. Rob Edwards recorded 1-38-50, not bad for Rob who was probably thinking more about the stock market than running at the time. Neil Teague decided to dress as Superman. This went down really well with the organisers ,runners and the

crowd. He was in great demand for photos at the start and was promptly interviewed on finishing the race. Despite problems in training he as usual returned a good time of 1-36-09. He had a surprise during the presentations as the organisers presented him with a special prize for the entertainment he had given the crowd.

Alan Lettice on very little training recorded 1-41-07 which somehow gave him 2nd place in the womens O/40 in the results!! . Pauline Teague had a good race recording a solid 1-43-42 a time she very pleased with giving her 2nd Lady O/50 Next in was Steve Wheeler on his annual race. His time 1-44-50 showed the continued deterioration of this once class athlete. Lyn Hudson was rewarded for all the training she has put in recently. She almost ran a PB just falling short at 1-47-03, 3rd place Lady O/50.

Shirley Creed unfortunately caught a cold just prior to the trip but ran on gamely, her time of 1-51-51 giving her 3rd Lady O/45. Wendy Macdougall was running her first race for quite a while running with Gill Carrick for most of the way, however she pushed on in the last "k". 1-56-10 would have given her 3rd Lady O/40 if Alan Lettice had not been in womens results. Gill was not far behind in 1-56-27. 4th Lady O45.

Dennis Abbotts set himself the target of not being the last Bourton runner home. A steady pace almost achieved the goal but the smiling Jan Wiltsher caught him on the cobbled streets in the last "k". Being a very kind person she chose to encourage him to the end. Both crossed the line in 1-57-04. This gave Dennis 4th Man O/65 with Jan finishing 13th Man O/50. Which is quite intriguing as she is not 50 (close though) and not a male of the species. This left one Bourton runner out on the course , Pete Scarrott who was running the Marathon. He almost beat Superman on the first circuit running strongly on his 60 mile per week training. Coming into the finish waving his

arms and smiling (really?) he went over the line in 3-23-35.

This completed the days running so it was off for a rest followed by some food. It is the tradition that everyone gets together on the race night to celebrate the days efforts. We dined at Lokys (a Bear in Lithuanian) in a basement room, a good time was had by all. The run of the day vote was taken as usual with Pete winning by a short head from Pauline.



Vilnius was an interesting city with many churches to visit. There was also a reminder of the Russian occupation days in the KGB museum. This showed the amount and means of dealing out torture.

There were plenty of parks for training

runs, Mike Smith set out at around 8-30 one day to run 10 miles, he got lost and arrived back at the hotel at around 11-15 on a trolley bus. Apparently he was taken pity on by someone who gave him a ticket. Another example of European co-operation.

It now remains to start thinking of next years trip, Zagreb is high on the list which will be early October or there is a Marathon and Half Marathon (see AIMS website) on March 10th 2009 in Antartica, any takers?



Dennis Abbotts

RACE RESULTS – Jul/Aug/Sept 2008

Gloucester County Championship 10m – 12th July

The Gloucestershire County Championship 10M Race was held at the Pilot Inn, Hardwicke in Gloucester on Saturday, but with the Frampton 10K coming up on the following Monday, not many Bourton Roadrunners felt up to the double challenge. However, for the small contingent of runners participating the standard was high, with Tony Goodwill achieving a season's best in 66.12 and 3rd Vet/50, Tom Jess, a personal best in 69.35, 1st U/17 in the race and 2nd County U/20, Norm Lane 1st Vet 60 in 76.02 and Bert Jess 91.08 35th in the race.

Frampton 10k – 14th July (County)

Knocking another half minute off her personal best 10K time, Steph Lane of Bourton Roadrunners stormed through the finish at Frampton, leaving her worthy opponents in her wake as she raced to Victory in a time of 37.24.

Her performance was matched by Dennis Walmsley, who defies age to outrun most of his opponents, finishing just 6 seconds behind the winner with a second in 33.25. Mike Smith proved he is back on track with a fine run for 6th place in 33.52, just 3 seconds ahead of Alistair Lockey 33.55.

Andy Chapple, who had not been well leading up to the race, was delighted to achieve a personal best of 37.18, while Tony Goodwill had an excellent race after competing in the Pilot 10M just 2 days before, with a 10K time of 39.28. Ian Shoemark almost didn't make the start because of a commitment to provide 90 portions of fish and chips, but with adrenalin rushing, he too achieved a PB of 39.32.

Brittany Teague had an excellent race, finishing strongly in 6th lady position in 40.35.

Ali Lane made up the team, 42.52 and 1st Vet 50, making it equal 1st place points with Les Croupier.

Norm Lane was another who had given a 10 mile

performance 2 days earlier, but managed a season's best time of 43.07. Rob Humphris was not far behind in 43.21 and Brian Hulcup 44.52.

Pauline Teague also had a season's best, giving her all for 46.22, as did Shirley Creed 48.22, Lynn Hudson 48.43, Liz Hulcup 49.33 and Gill Carrick 51.18.

Vet 65, Dennis Abbotts, had a superb run in 51.59, followed by Chris Bence, coming back from injury in 55.13.

White Horse 5k – 17th July

On a night when the 5K Road Vet 55 World Record was broken by Martin Rees of Neath with a time of 15.31, it was good to be part of such an inspiring event for the 6 Bourton Roadrunners taking part.

Ian MacDougall was first in for the club in a time of 16.59, followed by Rob Edwards 19.20, Lewis Gray, close to his PB in 18.21, Norm Lane 1st Vet 60, Lucy Walmsley 1st LV35 regaining her speed after her long injury and a PB of 19.19 for Brittany Teague and 1st under 17.

Bourton 1m – 19th July

The sun was out and so was a record number of entries for this year's Summit Medical One Mile Race.

The crowd of runners surged through the streets of Bourton, providing an exciting race from start to finish and the many enthusiastic spectators lining the roadside urged them on as the challenge for the top spot was underway. Chris Reynolds of Stroud was victorious in a superb time of 4.29, closely chased by one of Britain's top junior runners, Tom Curr of Stroud, who gained second place in a time of 4.32 and Marc Fallows of Cirencester in a time of 4.33.

The women's race proved equally exciting, as a battle commenced between the top calibre women, with Rachel Felton of Shaftesbury Barnet, managing to secure first place in an impressive time of 4.49. In second place, just one second behind was junior Olympic hopeful Emily Pidgeon of Gloucester in an excellent time of 4.50. Third place was secured by Wendy Nicholls of Cirencester in a time of 4.55, with

first Junior Lady, Steph Lane of Bourton, next in 5.28.

In 9th place overall, Alistair Lockey outran Dennis Walmsley, both from Bourton, on this occasion with respective times of 4.47, 1st Vet 40 and 4.52, 1st Vet 45. Dave Wright of Cirencester had a superb run for 5.05 and 1st Vet 50, as did Keith Short of Gloucester in 5.24 and 1st Vet 55.

First Vet 60, Tony Shelbourne of Cirencester, proved he is fast over any distance with his time of 5.41 and Ken Buckle of Cheltenham made a surge in the last quarter to take 1st V65 in 6.16. Mike Ward of Tewkesbury kept up his trend of winning the Vet 70 category in 7.24.

Tom Purnell, another of Stroud's quality juniors, took 1st Junior Prize in 5th place overall and 4.37.

Cathy Dudfield of Tewkesbury had a very fast start to finish for 6.23 and 1st Lady Vet 35, while the Bourton ladies took the rest of the vet prizes. Shirley Creed outstripped her peers for 6.55 and 1st LV45, Ali Lane finished 1st LV50 in 6.19 and Liz Hulcup 1st LV55 in 7.04.

Other Bourton Roadrunner results, many of whom achieved County placings, were:

The Men - Mike Smith 18th in 5.04, Andy Chapple 5.14, Ewen Smith 5.34, Tony Goodwill 5.35, Rob Edwards 5.37, Lee Knowles 5.48, Kieran Shoemark 6.09, Brian Hulcup 6.11, Norm Lane 6.12, Elliot Lockey 6.40, Finn Shoemark 6.43, Robin Macdonald 6.52, Adam Franks 7.28, Dennis Abbotts 8.01, Jonathon Wilson 8.09 and Chris Hartley, running with his daughter, Isobel, 10.38.

The Ladies - Brittany Teague 5.43, Beth Wynn 6.24, Lynn Hudson 6.59, Ava Shoemark 7.11, Charlotte Hartley 7.11, Gill Carrick 7.27, Emily Franks 8.09 and Lilly-Anna Walmsley (assisted!) 6.53.

Olympic Centenary Marathon – 24th July

John Gibson bravely took on heat and traffic in the 100 Club's "celebration" of the Centenary of the first Olympic Marathon in Britain, in 1908.

See his report on the web-site, along with footage from the original race (John wasn't in that!)



Gloucester Half Marathon – 27th July

Despite the soaring temperatures on Sunday, great performances were given by some Bourton Roadrunners. Dennis Walmsley obviously benefited from a relaxing break in the Forest of Dean to return to race in the Gloucester Half Marathon. Not an easy course by any means, the Vet 45 achieved an excellent position of 3rd out of the 390 finishers, over 2 minutes ahead of the 4th place runner, with a time of 1.17.34.

Steph Lane knocked another 3 minutes off her personal best time, clocking 1.24.30, just a minute behind the 1st lady and nearly 10 minutes ahead of 3rd!

Ewen Smith, having raced a half marathon a week previously, did well for 1.34.24, with Andy Peaston 1.36.04. Norm Lane and Rob Humphris were both County medal winners, Norm being 2nd Vet 60 overall but 1st County and Rob with his first bronze County medal. New club members, Dawson Lees and Justin Launchbury, showed good promise for 1.38.17 and 1.57.50.

Pete Scarrott and Shirley Creed both felt the heat and suffered in the latter stages as the temperatures increased, but managed to complete, if slower than usual, in 1.47.34 and 1.59.09.

Gloucester Carnival 7m and 1m - 31st July

Tony Goodwill had a good solid run in the 7m Gloucester Carnival race starting at the Pilot Inn, Hardwicke to finish in the top 10 overall and 2nd Vet 50 in a time of 44.59.

Dawson Lees and Justin Launchbury are continually improving, with times of 47.16 and 55.36.

Their children, meanwhile, were hitting the heights in the One Mile Road Race with Jake Launchbury 1st Boy in 12.12 and Harriet Lees winning her first ever race in 13.12. Could they be the club's stars of the future?

Bugatti Beer Race – 6th Aug – (County)

The Bugatti Beer 10K Race last Wednesday was up to its entry limit well before the event with unlucky runners who had left it too late to enter, desperately trying to obtain a number. Bourton Roadrunners are obviously good planners, as 24 of the Club's members managed to obtain an entry in time for the tough course of mainly uphill in the second half. Despite the challenge, it was an extremely enjoyable evening as weather conditions were perfect and the organization was excellent by Cheltenham Harriers.



The Bourton men and ladies packed up the front to take both Men and Ladies' 4 person Team prizes with Alistair Lockey in 3rd and 1st V40 34.45, Dennis Walmsley 4th in 35.05, Mike Smith 6th in 35.29 and Andy Chapple 23rd in 38.47.

Steph Lane led the ladies' team home from the very front of the race, notching up yet another win in this amazing season for her, with a time of 38.26. Second and third ladies were also Bourton with Brittany Teague keeping up the quality in 42.39 and Lucy Walmsley with a storming run for 42.58. Ali Lane was just 2 ladies places behind in 5th and 1st V/45 in 43.47.

Tom Jess, 1st Junior Man, and Tony Goodwill,

2nd Vet 50, had a sprint finish for 40.47, as did Luke Gray and Norm Lane in 44.54, the junior men the victors in both cases.

Other excellent finishers, with many good performances and races to the finish between them, were Rob Humphris 44.07, Neil Teague 44.33, Pauline Teague 48.54, Shirley Creed 50.23, Lynn Hudson 51.27, Chris Bence 52.24, Caroline Ball 52.25, Andy Powell 53.33, Gill Carrick 53.38, Bert Jess 54.17, Dennis Abbotts 55.18, Liz Hulcup 55.42.

Isle of Man Marathon – 10th August

Marathon Man, Steve Edwards, of Bourton Roadrunners has just completed his 454th marathon in his bid to achieve 500 marathons by 2012 and his 50th birthday. After his recent '10 marathons in 10 days' challenge, he has shown that with a little rest(?) he is able to improve his time,. Marathon number 454 and making my marathon debut in a Bourton vest, I finished in a time of 3:11:17 which got me the 1st Vet 45 prize and 7th place overall out of 98 finishers. Having gone through halfway in 1:35:40, I was pleased to maintain this pace such that I recorded even splits by the end. In the last mile I passed 3 other runners including 2 V45 guys to get the 1st V45 place, so it was well worth the chase!

White Horse 5k - 21st August

The last of the White Horse 5K Series at Sandhurst near Gloucester attracted a huge number of class athletes and not just because it was also the County 5K Championship Race, as many competitors came from out of the County.

As usual, the front of the race was dominated by Severn, but Bourton's men came into their own in the Veteran sections, with Dennis Walmsley recording 16.24, Ian MacDougall close behind in 16.33 and Tony Goodwill 18.40 all receiving medals in their age categories. Ewen Smith achieved a personal best time of 18.56, while Lewis Gray was first under 15 in 18.54. Norm Lane ran a season's best for 20.05, giving him the silver county award.

Steph Lane had another storming run, setting a new personal best and out-racing some serious

rivals to take second place by just a couple of seconds from the lady winner in 17.41. Ali Lane, 1st Vet 50, also produced a season's best of 20.02 and with Brittany Teague 21.44 the trio won the Ladies' team prize. Lynn Hudson also set a new season's best time with 23.32.

County Championship Track Meeting – 4th Sept

The mid-week County Championship track meeting at the Prince of Wales would only have been fit for ducks, with lashing rain during the whole evening. Many thanks to the officials, including our Robin, for braving the weather to record times, laps etc. Despite probably some of the worst conditions ever at a track meeting, Bourton turned out in force with teams in all ages.

In the 4 x 100m the under 13 girls, Alice Wynn, Jennie and Jessie Knowles and Natalie Lane, were a big hit, taking gold in 73.0 secs overall.

The under 17 ladies, Beth Wynn, Brittany Teague, Steph Lane and Beth Pudifoot collected silver in 64.7. The Vet Ladies, Lynn Hudson, Carol Cowley, Shirley Creed and Ali Lane, in perhaps not their best distance, 77.7 secs and gold.

The men had some lightning sprints, with Luke Gray dipping over the line to gain joint 3rd overall in the race and gold for the U17s in 55.5 together with Lee Knowles, Lewis Gray and Tom Jess. The MV40 team of John Gibson, Eddie Rozier, Rob Edwards and Tony Goodwill took gold in 67.6 and the Vet 60 team of Norm Lane, Graham Farrer, Phillip Howells and Mike Ward again took gold.

The 4 x 400m results were much the same as the 100m, except in the U17 ladies Beth Pudifoot gave a phenomenal effort on the last leg to win gold by .6 of a second from Gloucester and the inclusion of a Vet 50 team meant team changes to: Vet 40 Ian MacDougall, Rob Edwards, Bert Jess and Eddie Rozier and Vet 50 John Gibson, Tony Goodwill, Jim Lunney and Rob Humphris. All teams won gold.

Ian MacDougall led from the start in the 10K, lapping most people for a time of 35 mins 17.5

secs. Unfortunately the majority of the times got washed away with the rain and could not be recorded, but other Bourton finishers in order were Tony Goodwill, Rob Edwards, Norm Lane, Rob Humphris, Bert Jess and Gill Carrick. Eddie Rozier had a stormer in the mile, recording 6.43.2.

Wolverhampton City Half Marathon and Marathon – 7th Sept

In the Wolverhampton City Half Marathon, with a field of 1261 finishers Steph Lane, age 17, finished 1st Lady in a time of 1.23.01, over 10 minutes ahead of 2nd lady, who happened to be her mum, Vet 50 Ali Lane, in 1.32.12. The pair almost missed the start due to traffic problems and had sprinted from the car park, half a mile away, to just push through to somewhere near the line as the gun went off. On a new windy course through the park for the first kilometer, Ali could see Steph ease away well in the lead and found she was running at a faster pace than planned in 2nd. Expecting to be passed as the race progressed, Ali was amazed to maintain the 2nd spot to the end, 2 minutes in front of 3rd.

The next edition of the family was Vet 60 Norm Lane, who had raced earlier in the week, so ran a conservative time of 1.44.03, followed closely by Jimmy Lunney in 1.44.39.

Marathon supremo Steve Edwards took the harder option, running the Marathon to bring his total number run so far up to 455. His vast experience showed, as he maintained even splits, going through half way in 1 hr. 33 mins and crossing the finish line in 3.06.34, giving him a finish position of 31 out of 293 finishers and 8th V45. An excellent time 4 minutes quicker than last year.

Beacon 10k – 7th Sept – (County)

On the same day, many of the club members took part in the Beacon 10K Race in Gloucester, which is part of the Gloucestershire AAA Road Race Series, where valuable points were up for grabs.

Dennis Walmsley notched another race win to his belt, with a convincing lead from Lee Rankin of 23 seconds to cross the line in 34.27. Team mate, Alistair Lockey finished 3rd on this

occasion in 34.59 and with a superb PB by Andy Chapple in 37.39 and a courageous appearance by Tony Goodwill in 40.06 they made up the First Team

Lucy Walmsley is returning to form after her injury with an excellent 3rd place in 40.55, just ahead of Brittany Teague, 4th in 41.13.

Brittany's parents, Neil and Pauline were next in, in 47.07 and 47.48.

Simon Rutherford had the run of his life, with a personal best of 48.01 and the call was close with Lynn Hudson storming ahead of Shirley Creed for 48.51 and 48.59. Caroline Ball and Liz Hulcup finished in 52.06 and 53.01 respectively.

Langdale Marathon – 14th Sept

Another week, another marathon! While most people take a month to get over their marathon effort, Steve Edwards of Bourton Roadrunners not only completes a marathon the week after, but chooses probably the toughest in the British Isles - Langdale, in the Lake District - and achieves a time most people would dream of in a flat marathon - 3.21.34.

This fantastic feat earned him 5th place overall and first Vet 45. In 10th place at half way with a time of 1.41, he managed to increase his pace in the second half and overtake another 5 runners to make this his 456th marathon and a best ever time on this course by 11 minutes. Only 8 runners managed under 3 hrs. 30, which just shows how demanding the course is.

Lithuania Marathon and Half-marathon – 13th Sept

See Dennis Abbotts report of the Club Trip (that's all we're saying...)

Bristol Half-marathon – 14th Sept

The lone figure of Eddie Rozier stood on the start line in the Bristol Half Marathon, with only a few thousand from other clubs around him!

Undaunted by his lack of fellow Bourton Roadrunners, he ploughed his way through the field, finishing in 1.56.18.

Robin Hood Marathon – 14th Sept

Chris Hartley was quite a merry man in the Robin Hood Marathon at Nottingham, achieving a huge personal best of 3.06.16 after not perfect training and earning him a 56th overall place.

This bodes well for his aim of a sub 3 hr marathon, which could be possibly London 2009?

Ian Shoemark and Andy Peaston took part in the Half Marathon at Nottingham. Ian, carrying an injury, did very well to finish in 1.33.00, while Andy completed in 1.39.05.

Charlotte Hartley and Hannah Cairns took part in the fun run.

Angelesy Marathon – British Masters Championship – 21st Sept

Dennis shows he is still at the top of his game with a superb performance in the British Masters Championship in the Anglesey Marathon, passing the long time leader, merely a Vet/35, at 23 miles and winning by 3 and a half minutes with a time of 3 hours 39 minutes and 6 seconds.

Great Rissington Fun Run

In the Great Rissington Fun Run the junior members of Bourton Roadrunners shone, with a fine run by Kieren Shoemark to win overall and Tom Pudifoot 3rd, while Ava Shoemark and Charlotte Hartley finished 2nd and 3rd in the female section.

Six years and under winner was Daniel Bufton.

Forthcoming Events

11th Oct	Bourton x/c (Cotswold Farm Park)
26 Oct	Stroud Half
2 Nov	Guy Fawkes 5
15th Nov	Gloucester x/c (Black Bridge)
13th Dec	Gloucester x/c (Severn AC Plock)
26 th Dec	Pilot Boxing Day 4m
4 Jan	Gloucester New Year 10
25 Jan	Gloucester Marathon
7th Feb	Leamington x/c

GLOS AAA Standings

These standings include the results from the Beacon on 7th Sept, but Steve is waiting for some date of births to be able to complete the Cirencester results. Stroud half marathon and the Guy Fawkes 5 are the last 2 races in the series; time to get the calculators out, and get running!!

Open Men

1	Dennis Walmsley	63
2	Alistair Lockey	55
3	Mike Smith	41

V40 Men

1	Alistair Lockey (BRR)	80
2=	Jeremy Mower(Glos)	56
2=	Andy Chapple	56

V45 Men

1	Dennis Walmsley	80
2	Andy Brown(7 AC)	28
3	Lee Christmas (Stroud)	39

V50Men

1	Tony Goodwill(BRR)	60
2	David Wright(Ciren)	49
3	Adrian Higgs(Chelt)	41

V55 Men

1	Kenneth Sears(AA)	74
2	Bogdan Joachym(Glos)	52
3=	Jon Brough(Stroud)	28
3=	Brian Hulcup(BRR)	28

V60 Men

1	Tony Shelbourn(Ciren)	69
2	Norm Lane(BRR)	56
3	Philip Howells(Tewks)	50

V60

1	Dennis Abbotts	43
2	Ken Buckle(Chelt)	40
3	Richard Waldron(Ciren)	27

Ladies Open

1	Steph Lane(BRR)	62
2	Brittany Teague(BRR)	38
3	Ali Lane(BRR)	35

Ladies V35

1	Cathy Dudfield(Tewks)	60
2	Debbie Lee(Tewkes)	46
3	Caroline Cotterrell(Strou)	29

Ladies V40

1	Caroline Ball	40
2	Nicola Wong(Angels)	30
3	Trudy Compton(Ciren)	29

Ladies V45

1=	Shirley Creed(BRR)	60
1=	Ali Lane(BRR)	60
3	Gill Carrick(BRR)	48

Ladies v50

1	Lynn Hudson	76
2	Debbie Southgate(Angels)	45
3	Helen Brown(Angels)	36

Ladies V55

1	Liz Hulcup	65
2	Carol Cowley(Tewkes)	50
3	Dawn Hyde(Angels)	16

BRR 6/10 SERIES 2008

Again, these haven't yet been updated to include Cirencester, and the two remaining races are Stroud half and Guy Fawkes 5.

Open Men

1	Tom Jess	39
2	Alistair Lockey	38
3	Mike Smith	37
4	Rob Edwards	33
5	Andy Chapple	30

V40 Men

1	Alistair Lockey	39
2	Nigel Frith	37
3	Neil Teague	31

V45 Men

1	Rob Edwards	53
2	Simon Rutherford	33
3	Dennis Walmsley	30

V50 Men

1	Rob Humphries	57
2	Jimmy Lunney	41
3	Tony Goodwill	40

V55 Men

1	Brian Hulcup	40
2	Chris Bence	9

V60 Men

1	Norm Lane	60
2	Robin Macdonald	18

V65 Men

1	Dennis Abbotts	20
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Junior Men (187&Under)

1	Tom Jess	50
2	Lewis Gray	18
3	Luke Gray	9

Open Ladies

1	Steph Lane	50
2	Shirley Creed	37
3	Julia Rutherford	34
4	Brittany Teague	33
5	Ali Lane	32

V35 Ladies

1	Lucy Walmsley	20
2	Jo Pritchard	19

V40 Ladies

1	Caroline Ball	38
2	Niamh Shoemark	20
3	Sarah Clemo	19

V45 Ladies

1	Shirley Creed	58
2	Julia Rutherford	45
3	Gill Carrick	42

V50 Ladies

1	Lynn Hudson	60
2	Lynn Spedding	9

V55 Ladies

1	Liz Hulcup	40
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Junior Ladies(18 & Under)

1	Steph Lane	50
2	Brittany Teague	37

For full standings in both competitions, see Bourton Roadrunners, and John Rapers' web-sites.

This is the last newsletter of the year. The next one will be Jan 2009, and will include the results of this years' competitions, the races for next year, and the usual jolly look back at the highs and lows of Bourton Roadrunners 2008. All contributions to the newsletter are welcome. All views expressed are those of the individuals involved, and bear no relation to real places or events.

Gill Carrick