

The Finish Line

Bourton Roadrunners

December 2009

HAPPY XMAS

Race reports: pg 3

- Eynsham 10K
- Blackbridge & Schools XC

Chairman's Message - pg 2

New Marathon Title! - pg 2

Happy Hobbling by Ranon - pg 2

News in Brief - pg 2

Sunrise to Sunset - 48 miles and 30 summits by Mike Langrish - pg 4

County Awards Ceremony

Trophies galore for Bourton Runners

At the 2009 Gloucester County Road Race Awards, Steph Lane was delighted to retain the Ladies County Series title for the 2nd year, after taking a clear lead early in the season. Dennis Walmsley was 2nd in the Men's Open and won the Vet 45 category. Mike Smith made it a second in the Vet 40 category, Brian Hulcup 3rd in the Vet 55 and Norm Lane finished 2nd Vet 65 after a tight battle until the last race. Liz Hulcup won her Vet 55 category while Lynn Hudson took it right to the line, but managed to hang onto first place in the LV50 category in the end, beating Deb Southgate into second place. Shirley Creed took 2nd in the LV45s and Susan Hunt 2nd in V40.

Both our Men and Lady Vets teams were victorious in their groups, coming home with trophies (now boys, try not to mislay it this year!!) Incidentally, Shirley and Lynn were the only ladies to have competed in all 12 races in the series, along with one man – called Mungo Park!! (unless Shiril is winding me up there as not only does he sound like a cartoon character, she also said he was at least 8 feet tall!)



At the ceremony, left to right: Brian Hulcup, John Raper, a Gloucester dignitary, Shirley Creed, Ewen Smith, Rob Edwards, Tony Goodwill, Norm Lane and Steve Edwards.



Some of the Bourton ladies receiving their trophies - top left Susan Hunt, top right Liz Hulcup and bottom Steph Lane

The Tinsel Run

Thursday 17th December sees the club's annual tinsel run at 7pm.

Fancy dress is encouraged, and there's a prize for the best outfit.

All are welcome – bring nibbles and after the run come for a drink in the Football Club, where the Junior club awards and the Jack Oakey Trophy will be given out, and a draw will take place for the club places in the London Marathon. (all hopeful applicants give proof of your rejected London 2010 entry to Gill Carrick please)



Hello Baby Bertie...

Although he remained a little elusive last month, Bertie Walmsley has now been captured on camera, and here he is above... and alongside with beaming big sister Lily-Anna.



Chairman's Message

Christmas for me provides time to review what has happened during the year as well as time to plan for the forth-coming year. I find the chance to reflect and plan a bonus in today's environment and it is only when I look back that I realise what has actually been achieved.



As a club there have been a number of fantastic achievements at all levels of running throughout 2009 with 2010 looking to repeat if not better those achievements.

"I wish you all every success for 2010"

The club membership includes a world champion, a world record holder a South West champion and numerous County champions as well as runners at all levels who in their own way have succeeded at what they set out to do in 2009. I would like to offer you all my congratulations for what you have achieved as well as wish you all every success for 2010. Merry Xmas.

Rob Edwards - Chairman 2009-10

One club: your club which is our club



The Ranonymous Runner

Looking back on the year, I am sure that many of us at Bourton Road Runners were excited by the performance at a world class level of a certain individual, whose abilities across a range of distances has no doubt often given us all hope and encouragement. I am of course referring to Berlino the Bear, who stole the show at the World Athletics Championships. Ignoring those rumours that questioned whether Berlino the Bear was actually, in fact, a bear, there is no denying that this athlete held his – or her – own when sharing the track with many of the champions. Some BRR runners, like myself, watched Berlino's antics with some envy because injury prevented them from performing just like him - or her . Our own new Chairman is currently sidelined with a long term injury. The internet tells me that his condition is very common amongst Aussie Rules footballers – although I have never actually heard Rob complaining of armpit chafing. When you are fit and well, it is so easy to take running for granted. So for all of you still running out there, make the most of it. When faced with the prospect of a cold winter's evening efforts session and you respond by saying 'I think I will give it a miss tonight', just give some thought to the fact that at least you have the choice. For those of you are injured, and denied that choice, then good luck with your recovery.

On a more cheerful note, I have been analysing Usain Bolt's performances this season and have identified an aspect that the club could exploit to increase the success of its members in local races and championships. I conclude that the committee must actively promote the signing of runners with suitable names, and propose this as a priority for the new membership secretary. So if any of the following send in membership application forms, Lynn, snap them up. Ewan Threestamen for all the team and relay prizes, Laura Medals for the ladies titles and the aristocrat Count E Champ for the Gloucestershire Series. Unfortunately the Russian Igo Zoominov has already been signed up by BBC's Mock the Week running team.

Because I had missed a few newsletters, many had hoped that it meant the end of my ramblings. Well, sadly not so. I already have all the wet weather gear and the off road shoes, so look out for me limping along a footpath near you. *Happy Hobbling, Ranon.*

News in Brief

Three More Marathons for Steve - 34 this year...

Steve Edwards battled windy conditions to finish 2nd in the Newcastle Town Moor Marathon with a time of 3.04.36.

In Lanzarote, he came in 2nd V45 and 14th place overall with a time of 3:04:30.

In his last marathon of the year, Luton, he managed 3:08:49, taking 41st place.

HOPE FOR US ALL!

Norm Lane finished top of the 2009 UK Road Rankings for the V/65 Mile, the only person of his age category to break 6 minutes. With a time of 5 mins 58 secs he is way clear of the 2nd spot of 6.32. Nice one Norm!

LUTON MARATHON

Well it at least took place this year - in dry but windy conditions. Alistair Lockey was first BRR runner home, despite a massive blister on his heel, with 4th place overall & 1st V40 in 2:40:11, Steve Edwards was next Bourton runner in with 3:08:49, Chris Hartley with 3:14:53 in 71st place, Ian Shoemark 3:31:26, 141st, Rachel Griffin in 4:35:56, and John Gibson a second behind.

STEVE EDWARDS BEATEN TO MARATHON RECORD!

Steve has been beaten in 2009 by 2 unlikely Club runners. Chris Bence, together with partner (in crime) Norm Lane became the first two Bourton Roadrunners to complete the five marathon majors.

There is a competition run over 2.5 years for any athlete in the world to complete the Berlin, Boston, Chicago, London and New York Marathons. The competition is run on a points basis with a million dollar 1st prize for both male and female. On checking results we found that neither Chris or Norm actually featured in the main prize list, but sneaked in at positions 287 and 299 for all races. The positions were Chris in front by 2 places in London, Norm by 1 in NY, Chris by 2 again in Berlin, Norm by 4102 in Chicago (due mainly to Chris following 'The Rutherford' training programme for that race; a great programme with a slight flaw for runners racing over 10 miles!) and again in Boston where they ran together for 20 miles to the top of the infamous Heartbreak Hill, where Chris had a slight pause for a wee in the bushes and Norm shot off for the finish, just pipping Chris by 2216 places to claim the actual title of 1st Club member to complete the title of The Five Majors Club winner.

Both Norm and Chris would like to make it clear that had Steve been in the mix, they could have run faster in Boston!

by an anonymous contributor - but here's a hint - he is number one in the UK Road Rankings for the V65 mile

Wishing a Speedy Recovery

..to Tony Spedding, and hope he stops seeing double soon - especially as seeing twice as many of all of our ugly mugs can't be pleasant.

Blackbridge Cross Country

There have been worse days for cross country, but not many, as for the 2nd of the Glos X/C Series at Blackbridge rain & wind persisted throughout. Nevertheless there was a great turn out of Bourton Juniors, & a few hardy grown ups to boot! In the U/11 girls race Felicity Darwent finished in 35th place in 8.05, with Emily Dryburgh and Isobel Hartley taking 39th and 40th 9.25 and 9.44. Tom Pudifoot had a storming run in the U/11 boys, finishing 9th in 6.32 with Alex Darwent and Daniel Bufton 28th and 29th in 8.14 and 8.23. Charlotte Hartley took 16th place in the U/13 girls in 17.49, while Rachel Hemming in 22nd recorded a time of 18.43. Jake Launchbury led the U/13 Bourton boys home for 25th in 16.23, with Matt Hemming just behind in 27th (16.40). Alex Brian was 29th in 16.52, Ben Darwent 34th (17.08) and Tom Hemming 40th in 22.07. Corrie Cox, had a superb run again, finishing 2nd U/15 girl in 21.31, as did Beth Pudifoot and Beth Wynn in the U/17 girls in 3rd and 8th (21.16 and 22.01). The older boys were competitive with Lewis Gray 7th in 19.23, James Outhwaite 13th in 20.51 and Cameron Williamson 15th in 21.45. The Senior Ladies race was fiercely fought, with International runner Rachel Felton in first and Steph Lane managing a fine run to take 2nd

place. Brittany Teague also had a good run in 30th (28.55). Ali Lane finished 71st in 32.06, with Pauline Teague in 32.24 and Lynn Spedding 91st in 34.28. A top class field headed the men, and Dennis Walmsley was among them taking 13th place and first Vet 45 in 33.37. Chris Hartley had a particularly good run in 74th place (38.19), while Ewen Smith spent a lot of time on the ground, as he had no spikes, but did well in his inaugural X/C to get 128th place in 42.12. He battled with Richard Bufton (130th in 42.14) and Neil Teague (132nd in 42.22). Justin Launchbury was not far behind for 136th place in 43.13. Norm Lane completed the Bourton team with a time of 46.30.

Schools XC

The Junior members of the club did Bourton proud as Corrigan Cox, Connor Shoemark, Beth Pudifoot, Millie Mather, Lewis Gray, James Outhwaite & Ellie Pudifoot all qualified for the next round of the English Schools X/C & will now represent Gloucestershire at Cardiff in the Inter Counties.



Dennis here is modelling the latest in the Asics open toed all-terrain range, and mine are Jimmy Choos

We stole them from the rack outside Barretts that's why we only have one each.

Eynsham 10K

her time from last year by 10 seconds, and Lewis Gray who came in next for Bourton with a PB of 37.10. Ewen Smith achieved 38.31, and was pleased with this following his short lay off due to flu. Justin Launchbury managed 42.43, and Andy McCoombes 43.49. Pete Scarrott ran most of the way with Shirley Creed, but, just unable to hold himself back at the end, he opened a small gap for 47.14, while Shirley matched her previous PB with 47.16. Liz Hulcup (48.31) was just able to hold off Jan Short, (PB 48.31), with Brian Hulcup (48.32) following them in. Chris Bence was rather disappointed with his time of 52.46, Gill Carrick finished in 53.57 and Gary Holton just missed the hour barrier by 23 seconds.

There must have been something strange in the air at Eynsham because if you ask me far too many of our runners look happy, even Pete looks like he might burst into a song. Perhaps it was the realisation that there are no more serious road races this side of Christmas. Whatever it was the day saw some great performances, especially from Steph Lane, who was 2nd lady home in 36.49, beating

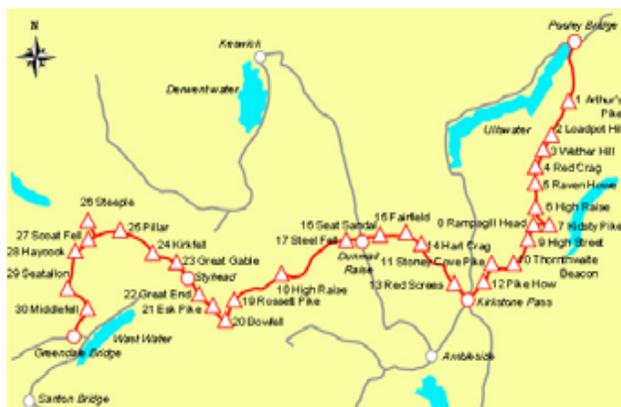
LEFT TO RIGHT - Lewis Gray, Gill Carrick, Brian Hulcup, Chris Bence, Gary Holton, Shirley Creed and Pete Scarrot.



The Joss Naylor Lakeland Challenge (JNLC)

Some background

The Josh Naylor Lakeland Challenge is a 48 mile run against the clock, with 17000 feet of climb, specifically for for the over 50s. The inaugural run, by Joss Naylor MB - a man once described by Chris Brasher as 'the toughest runner in the world', was in 1990 when, in very bad weather with heavy rain and strong winds, he completed the run from Pooley Bridge to Greendale Bridge, Wasdale in 11 hours and 30 minutes. He was 54 at the time. (Editor)



From Sunrise to Sunset (And a little bit more)

My Attempt on the JNLC By Mike Langrish

Part One - Pooley Bridge to Pike How

I first heard of the challenge back in its early days, but I dismissed its 12 hour time limit as being too tough for me as a city dwelling, 50 year old road runner. However the JNLC formula makes allowance for older runners, so as I approached my 70th birthday, I began to consider making an attempt. All I needed was to improve my personal fitness (too fat), get some time on the hills, and a support team.

I've been interested in running since my son introduced me to Orienteering in 1976 and I reached the peak of my running abilities in the 1980's running in several fell endurance events. Since then I've suffered a gradual decline, with only a couple of short runs a week to keep my weight down. Two years ago I was fortunate to meet again some of the runners I knew back in those good old days, and after a few great days on the hills reliving old glories, we decided to take on the Josh Naylor Challenge on June 20th 2009.

We had planned a training weekend for the 30th of May but as the forecast was good I decided to make a full attempt on the Challenge instead. I was working to a 20hr schedule, unlike my younger colleagues who faced an 18 hour challenge. Having a go in May would leave me another opportunity to get round on June 20th when they made their faster attempt if I needed it. So with pacers and road support teams all hastily organised, on Friday May 29th a group of us met at Braithwaite campsite near Keswick. At 1:00am on Saturday morning we set off on the drive to Pooley Bridge. I felt quietly confident I would get round close to my scheduled time.

Start - Pooley Bridge, 2.00am

My pacers for the first section were Peter Traynor, Havard Prosser, Debbie Suffolk and Jane Lea. At 02:00am precisely we set off at a jog towards Park Foot campsite and Arthurs Pike, with head torches to pick out the rocks and tree roots along the narrow path, but I didn't see them all and took a hard fall onto my right knee within the first half mile. Was this a bad omen for the day ahead? I only have one eye, so my judgement of distance is made more difficult than normally sighted people and I have a reputation for tripping and falling quite often!

The clear starry sky, a large bright planet and a pale orange glow from the horizon helped to keep us on track. Accompanied by the sounds of Skylarks we reached the summit of Arthurs Pike in 50mins - 10mins up on schedule - and this pace continued, so that we were 30mins up at Kidsty Pike. We had arranged to meet Rainer Burchett - a JNLC volunteer - at Kirkstone so I decided to ring Rainer from Kidsty Pike to warn him of our good progress while I had a good signal on my mobile. Unfortunately, I forgot it was only 4:20am, so his Wife who answered the phone was probably not very

pleased by the early call!

The sun rose at about 4:45am as we approached High Street. The clear sky soon brightened and we were warmed by the sun's rays as we trundled along. The ground conditions were good underfoot, with few signs of the heavy rain that had fallen here in the previous week. After losing a few minutes in error with a detour to 'the wrong Pike How', we arrived at the real one and found a good grassy line towards Red Screes across the valley, then turned left down to the Kirkstone road and up to the car park.

As we arrived, I noticed a short, grey haired man amongst our support team. This was Rainer Burchett the JNLC volunteer - a man of many achievements including running in every London Marathon, and next year he'll take part in the 30th running of the event. He told me he used to be over 6ft tall when he ran the first London!!!

Perfect weather and good team spirits meant we were still well ahead of schedule at Kirkstone. I was very pleased with this time and feeling very comfortable at this stage. Better than I expected, as recent memories of this section in training in early May, were of hailstones, rain and cold winds.

Whilst trying to force food down, I was also talking to Rainer, so my 15mins scheduled rest became 20mins before we set off on the next section to Dunmail. At this point Jane and Debbie left and I was sad to see them (and their ham sandwiches) go, but I knew we would meet again later in the day.

See how Mike's challenge continued in the next newsletter.

and finally...



I think everyone is impressed with how keenly Rob has grasped his role as Club Chairman, in spite having had his arm twisted to accept, but here's a reminder that he was just as enthusiastic in his last key club position - club cupboard monitor. Now come on Shir! how could there possibly be spiders in there? They wouldn't dare!