

# The Finish Line



Bourton Roadrunners

January 2011

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## BRRRrrrrr....!

Training was severely hampered by the weather in late December as Bourton saw 12 inches of snow. Very pretty, but hard work to run in! Then as the slow thaw began, the village developed an impressive display of giant icicles. So just to remind you that maybe the sharp frosty mornings and sometimes dark damp days that January has brought may not be so bad, here's a quick look back at the end of 2010. And on page two there's a reminder of our Chairperson getting festive for the January Tinsel run. Oh it all seems so long ago!

*Editor*



## The Highworth Half Trophy is ours once again!

**Bourton Roadrunners put up a superb team performance to retain the Highworth Half Marathon team trophy on Sunday January 18th. On a difficult and windy course there were some strong performances and quality times.**

Mike Smith was first Bourton runner, taking 7th place in 1hr 19 min 19 sec and Lucy Walmsley had a particularly strong run to finish first lady in an impressive 1hr 28 min 25 sec. She was 25th overall. The rest of the team showed plenty of strength of character to bring the trophy back home. Ewen Smith finished in a credible 1hr 23 min 09 sec and 14th overall, Darren Long battled on with a bad chest for 1hr 29 min 09 sec and 26th place. Steve Edwards managed 1hr 30 min 06 sec and 33rd in his 1st race in 7 months. Tony Goodwill came in strongly as ever in 1hr 31 min 26 sec (36th), with John Gibson having a great run for 1hr 37 min 04 sec and 51st position. Ian Harper did brilliantly in his first ever half, finishing in 56th place with a time of 1hr 38 min 21 sec, while Hilary Ponti had a solid run for 1hr 45 min 12 sec and 76th. Running with an injury Jan Short did well to achieve 1hr 54 min 08 sec and 92nd, just beating Shirley Creed, still suffering a little with her foot, who managed 1hr 54 min 38 sec, and Lynn Hudson continued to build up her stamina finishing in 105th place and 2hr 04 min 49 sec. Bourton beat second place team Cirencester by 105 to 113 points, so a close run thing and a satisfying victory. Well done all.



*A cold looking Bourton team before the start at Highworth, and Tony Goodwill chases Steve Edwards.*

## Chair's Message

Happy New Year to everyone! A lot seems to have happened since the last newsletter, what with the arctic conditions restricting everybody's training, and upsetting many of the end-of-year festivities!

Many congratulations to all our County award winners, Mike Smith, Lewis Gray, Susan Hunt, Jan Short and Liz Hulcup, who finally got their prizes in mid-January. The Tinsel run was postponed by two weeks, which made it fall on John Raper's 60th birthday, so it was especially good to have him there. He's started the year with great enthusiasm now he's into a new age category (a new-age category?) so watch out all you 60-65-ers! Also, congratulations to Steve and Lynn Hudson who were awarded the Steve Humphries cup for all their support for the Club (and the Mary Poppins bag with it's endless supplies of kit, cakes and first-aid.)



The children's awards are going to be given at the end of the X/C season based on their performances, so they should be announced in February.

Dennis, Neil and Steve Edwards held their first taster speedwork session on the Industrial estate on January 11th. This was a great success with 26 runners in total, and everybody agreed that it was great fun! Both the steet lighting on the Industrial estate and its proximity to the school proved popular, so they are going to hold the Tuesday speedwork sessions there on alternate weeks starting from 1st February.

### “everybody is welcome to any of the speedwork sessions”

The sessions in-between will be for hill-work and longer sprints. As usual, everybody is welcome at any of the sessions, feel free to come along, or speak to Dennis, Steve and Neil if you need convincing!

The Club allocation of two London Marathon tickets were drawn by John Gibson and Hilary Ponti. A few other people are training for London, and some for Llanelli. Good to see Steve back to his marathon running at Gloucester while we all agonise about one!

We're just a month away from the Bourton Goldsmiths' 10k, which has been 'sold-out' for a while now. Ian Shoemark is Race Director again, which is brilliant, and any help you can give especially with marshaling on 27th February would be much appreciated. I've taken on being Race director for the Humph's Hilly Half on Saturday 18th June (6pm). Hacklings have kindly agreed to sponsor us again, and there's going to be a BBQ afterwards at the Football Club, which we're using as the Race Headquarters this year.

This years' race results have started off very promisingly, with everybody winning medals at the Tewkesbury X/C championships (including Norm's Gold), some good results, esp Nigel, at the freezing Gloucester 10 mile, and all our team running brilliantly and coming first at Highworth Half marathon again. As everybody settles into the year with all the training programmes, goals and aspirations, I wish you all the best of luck with happy and injury-free running!

Yours  
Gill Carrick

## Schools' X Country - our youngsters perform well

On Sunday Jan 18th at the Schools' Cross Country in Cardiff, Bourton Roadrunners' younger members did us proud.

Lewis Gray produced another outstanding performance for 18th overall and 4th county position, winning team gold.

Connor Shoemark had a strong performance for 26th overall and 8th county. Both were competing in the boys under 20 race at only 17 years old.

The girls performed equally well with 16 year old Beth Wynn 20th in the girls under 20 and Corrie Cox finishing as 3rd County girl in the under 17 race.

Brilliantly done.

## Tewkesbury X Country - Golds for Beth and Norm

Although with limited numbers, Bourton Roadrunners gave a good account of themselves at the County Cross Country Champs at Tewkesbury on Saturday 8th, picking up a number of county medals.

The juniors started off well with under 11 girls Isobel Hartley and Laura Hemming 17th and 18th. Daniel Bufton was 24th under 11 boy, and Lottie Hartley did well as 16th under 13 girl.

Under 13 boy Alexander Darwent was 6th with a solid run. But our star junior on the day was Beth Wynn who was under 17 girl silver medalist with a superb run.

In the senior ladies Susan Hunt continued her fine form with 17th place and vet 45 gold. The mens senior race had a top quality field, with some brilliant Bourton performances. Lewis Gray had a superb run as top Bourton runner, taking 8th place and the county under 20 silver medal. Dennis Walmsley was next with a solid run and the vet 40 silver medal. The rest of the team followed in with Tim Heming 24th, Ewen Smith 26th, Tony Goodwill 31st and brilliant county vet 50 silver. Norm Lane was star of the day bringing the team home to a county team bronze and a fantastic Vet 65 gold medal, despite running with a chest infection.

## Something to aspire to...?

- Three men ran 4,000 miles across the Sahara Desert in 111 days. Charlie Engle, Ray Zahab, and Kevin Lin ran the equivalent of two marathons a day for 100 days to become the first modern runners to cross the Sahara Desert's grueling 4,000 miles.
- Xu Zhenjun ran a 3:43 marathon - backwards.
- Dean Karnaze ran 350 miles non-stop. "The Relay" is a 200-mile, 12 person relay race. Not only did Dean Karnaze run this race by himself, he ran an extra 150 miles from his home to the starting point. Karnaze ran 80 hours straight and burned an estimated 40,000 Calories.

Credit: [www.elitefeet.com](http://www.elitefeet.com)

**Committee Meeting Minutes in Brief**

**School Unavailability**

Pauline looking into the fact that we couldn't get in Dec 28th. John checking we weren't charged for that night.

We now have a list of dates the changing rooms are not available to us, up to July. See page 4.

**Club Notice Board**

Lockable board likely to cost around £400. Checking with school if OK to put it up before we purchase.

**Club Equipment Shed**

Richard writing to headmistress to confirm we can buy something to store our equipment and site it at the school before we purchase anything.

**Beaky's Tree**

Is purchased but waiting for the best time to plant.

**Tracksuits**

Should be ready end January.

**Qualified Timekeeper**

Needed for Half Marathon as it is a County race.

**Sessions with other clubs**

Talking to Tewkesbury and Cirencester again and may arrange another track session.

**Club liability for Juniors**

Continues to be a contentious issue. Pauline trying to clarify.

**2012 Olympics**

Brittany looking into the possibility of BRR manning a marathon drinks station.

**COUNTY MEDALS**

Mike Smith, 1st Men's Open  
Lewis Gray, 3rd equal Men's Open

Mike Smith, 1st MV40  
(winning the trophy BRR donated)

Susan Hunt, 1st LV40  
Jan Short, 1st equal LV50

Liz Hulcup, 1st LV55

BRR won Mens' Open team competition and the Ladies' Vets team competition.

**Glos AAA Road Race Series Races 2011**

January	Linda Franks 5 Mile
March	Gloucester AC 20 Mile
May	Berkeley 10 K
June	Bourton Hilly Half Marathon
July	Pilot 10 Mile
	Bourton 1 Mile Challenge
August	Bugatti 10 K
	White Horse 5 K – Severn AC
September	Angels 10 K
	Cirencester Park 10 K
October	Stroud Half Marathon
November	Tewkesbury Guy Fawkes 5 Mile

**BRR 6 from 10 Winners 2010**

**Overall Men:**

First - Mike Smith (1st Vet 40)  
Second - Lewis Gray (1st Junior Man)  
Third - Conor Shoemark (2nd Junior Man)

**Vet 40s**

2nd - Ewen Smith

**Vet 50s:**

1st - Andy McCoombes  
2nd - Rob Humphris  
3rd - Nigel Frith

**Vet 55s:**

1st - John Gibson  
2nd - Chris Bence

**Vet 60s**

1st - Robin Macdonald

**Overall Ladies:**

1st - Sarah Harper (1st LV 40)  
2nd - Beth Pudifoot (1st Junior Lady)  
3rd - Niamh Shoemark (2nd LV 40)

**LV35s:**

1st - Rachel Griffin

**LV45s:**

1st - Shirley Creed  
2nd - Susan Hunt

**LV50s:**

1st - Jan Short  
2nd - Lynn Hudson  
3rd - Gill Carrick

**LV55:**

1st - Liz Hulcup

**Age Related Cup 2010**

1st Mike Smith, 2nd Ian MacDougall, 3rd Liz Hulcup

Steve and Lynn Hudson would like to thank the club for the generous presentation of the Steve Humphries Achievement Award. Lynn says "It was a great surprise to us to have been considered for the award and I am sorry I could not have been there on the Tinsel Run".

**Winners of the draw for the club places in the London marathon were Hilary Ponti and John Gibson. Congratulations to them, and apologies to the other three entries, Darren Long, Rob Humphris and Tony Goodwill, who will be reserves in that order.**

**BRR 6 from 10 Races 2011**

Month	Race
Mar	Gloucester 20
May	Westonbirt 10K
July	Evesham 10K
July	Aerospace 5M
Aug	Cleeve Cloud Cuckoo 5
Aug	Hooky 6
Sept	Cirencester 10K
Oct	Blenheim 10K
Oct	Stroud Half
Nov	Guy Fawkes 5

Welcome to new member Rosie Sessarego

**DECEMBER RUNNER OF THE MONTH**  
**Lewis Gray**  
For his continued commitment, ever improving times and always giving 100%.

**News in Brief**

**Bedford Half**

Rodger Woodley ran on his birthday achieving a solid time of 1hour 52min 20 sec.

Supported by John Gibson (2 hours 1 min 33 sec), two first timers to the half-marathon, Candy Cox and Lou Bayliss can be proud of their times of 2 hours 1 min 5sec and 2 hours 1 min 33 sec respectively.

**Portsmouth Marathon**

Ewen Smith made the journey south and was happy with his time of 3 hours 14 minutes 37 seconds, even with the extra half mile he and four others ran on a tough but not very well marshaled multi-terrain course.

**Four Villages**

Ed Rozier, John Gibson (right) and Roger Woodley travelled to near Chester to take part in one of their favourites, the Four Villages half marathon, with some great results. John 01:36:43, Ed 01:51:27, and Roger 01:51:55.



**Gloucester 10 Miles**

On Sunday 9th January a few members braved the Gloucester 10 mile with deceptively sunny conditions, but icy road surfaces.

Ever improving Nigel Frith was first Bourton runner in 1hr 14 min 22 sec and 58th place. Shirley Creed was first Bourton lady home in 1hr 28 min 54 sec, followed by a happy Lynn Hudson and team mate Jan Short in 1hr 32 min 16sec.

**Threshold 10**

Susan Hunt continues her fine form with first vet 45 in race 2 of the Threshold 10 winter series.

*If you run in a race that Ewen may not be aware of, please let me know your results by e-mailing me at lewis\_jo@btinternet.com*



The Ranonymous Runner

**Here is the Bourton Roadrunners News for 2011**

**February** – the Bourton 10k is cancelled due to prolonged winter conditions which continue into April and delay the start of the English cricket season.

**March** – the club committee endorse a proposal to reduce running shoe costs for all members by 50%:- Take up hopping.

**April** – Bourton runners excel at the Tetbury Trot, organised to celebrate the Royal Wedding, and also at the Tetbury Tiny Tots Trot held six weeks later to celebrate the birth of Will and Kate's first child.

**May** – another vote within the club results in a narrow victory to remain at Cotswold School. Despite a concerted effort by a section of the club, it is decided that the majority do not favour a move to the Olympic Stadium.

**May** – Bourton enter 4 teams in the Hilly 100 Relays for the first time. A mens', a ladies', a mixed team and Steve Edwards.

**June** – poor club performances at the Westonbirt 10k are blamed on the recent delivery of the new tracksuits. Having been ordered many months before, the garments, proudly worn during the pre-race warm-ups, are now, in many cases, a little on the tight side.

**July** – due to ongoing gossip within the club, the committee introduce a new 'Rumour of the Month' award.

**October** – Dennis Walmsley's attempt to match Lucy's 2010 feat of two wins in two races on the same day, fails at the first round of the County Cross Country Series after he is disqualified from both the Boys U11 and Girls U17 events.

**October** – Mike Smith is runner-up again in a Channel Island marathon, achieving 2nd in Jersey for the second year. Training for a victory next year will involve wearing just a light cardigan.

**November** – team success again for Alastair Lockey, Andy Chapple, Martin Jewell and Bert Jess. They win the Vet40 team event at the Chedworth Village Hall Indoor Bowling championship.

**November** – Mike Smith becomes County Road race champion, thus securing the first part of a double for those who also betted on Ed Milliband winning I'm A Celebrity...

**December** – legal challenges following publication of memoirs lead to the identification of the BRR newsletter contributor Ranon.

Until then, have a Happy 2011 and Good Luck with your running. Ranon.

**Advance notice of no changing facilities**

On the following dates the School Changing Facilities are not going to be available for us to use.

Unless you hear otherwise by e-mail, please meet in the School Car Park as normal.

Just remember to have a wee before you leave home!

- 10th Feb - Thursday
- 15th Feb - Tuesday
- 1st Mar - Tuesday
- 3rd Mar - Thursday
- 17th Mar - Thursday
- 22nd Mar - Tuesday
- 24th Mar - Thursday
- 29th Mar - Tuesday
- 31st Mar - Thursday
- 5th April - Tuesday
- 23rd June - Thursday
- 30th June - Thursday
- 5th July - Tuesday
- 7th July - Thursday
- 14th July - Tuesday

**The Linda Franks (almost) 5 mile.**

In the first of the County Road Race Series our juniors produced outstanding results, well supported by the more seasoned athletes.

Beth Wynn ran a brilliant race to finish as 1st junior and 4th lady at only 16 years of age in an impressive 33 min 57 sec.

First Bourton man was 17 year old Lewis Gray, flying home in an incredible 26 min 57 sec to claim 4th overall and 1st junior.

Ewen Smith was elated with 8th overall and 1st vet 40 in 28 min 44 sec.

Next in was John Raper in 34 min 26 sec for first vet 60. An ever fitter and stronger Ali Lane ran a brilliant 34 min 34 sec to claim first vet 50 lady. She was closely followed by 'on the come back' Norm Lane with a strong run in 34 min 40 sec and 2nd vet 60.

Liz Hulcup ran yet another impressive time of 35 min 39 sec and was 1st vet 55. Jan Short had a decent run for 2nd vet 50 in 36min 15 sec. Shirley Creed was happy with her strong performance, clocking 37 min 47 sec and 3rd vet 45. Other finishers for Bourton were the ever smooth running Steph Holton, Chris Bence, happy Gill Carrick and strong finishing Gary Holton.



Right: A happy Ewen after the Linda Franks, Ali looking strong, and Norm takes no prisoners, beating runners from much younger age categories!



## Coaching Corner by Dennis Walmsley

This is a new item which I hope to include in each news letter. It will cover all facets of what it takes to run your best from training to racing, psychology to diet, tips and quotes and hopefully some inspiration.

Content will be from my personal experience as an international athlete, World Masters Champion and level 2 coach, on what I have done, read or believe in. Not all athletes are the same and other coaches may have different opinions, so this should not be used as definitive advice. Training routines mentioned should be used in and relative to a complete schedule.

Some of you already have experienced the first speedwork taster session. It was a great success with 26 runners attending the whole session. Not one person left early.... it must have been far too easy!!! It was great to hear good feedback and even better that some took the time to write their comments of which here are two;

*"just to let you know that the first speed session was very enjoyable and would like you to pass on to the committee that I for one thought it nice to be as a club again - all abilities enjoying the same event. Thanks to Dennis Steve and last but not least Neil"  
CR*

*"I just wanted to say thanks for the session. You squeezed the last ounce out of my tired legs and body." JG*

**It has been decided that we will do a session in the industrial estate every other week during the winter and maybe beyond so please put these dates in your diary;**

**Feb 1st, 15th**

**Mar 1st, 15th, 29th**

That will do for now I don't want you feeling exhausted at the thought of it!

Just to remind you that each session will consist of a short warm up and then a number of repetitions of 1, 2 and maybe 3 minutes, to a total 18 minutes, (or less if you choose), followed by a warm down, and as we are close to the school you will never be too far away if you have had enough. Myself, Neil Teague and Steve Edwards will be able to encourage and advise you and of course there's the invaluable experience of all those running.

There is a need for speedwork if you are competing in races as this will give you practice at running faster and improve your ability to absorb oxygen (VO2 max). It also gets you used to understanding how your body feels under stress or even just make your normal runs feel easier.

The hardest thing is getting out the door but once you have, you will feel a great sense of satisfaction having completed your run, even more so in the company of others, helping you work just that little bit harder.

**Top Tip:** Never wear new kit in an important race, always try it out first. Also when washed it can feel quite different.

**True Quote:** You got to be in it to win it!



## View from the Back.

Well, here we are, a New Year, new resolutions (to actually run this year...), and new opportunities. I want to start with thanks to Dennis, Steve and Neil for making the speedwork session on the Industrial Estate on January 11th so enjoyable - not a word normally associated with running faster than you really want to. If you didn't give it a try, I can thoroughly recommend you do. Also well done to Pauline, Gill and the rest of the new committee for making me think that just maybe this club is something I still want to be associated with, after all the doubts and unrest of last year. There seems to be a real effort to get back some camaraderie for all levels of runners, so long may that carry on.

**Jo Lewis - Editor**

## Steve Edwards's Marathon report

Was going to wait another month for a marathon come-back but finally ran out of patience and decided to run the Gloucester Marathon - only time will tell if this was a good decision or not! Would have been very happy to dip under 3:30 having not run a marathon for 7 months but in the end exceeded all my expectations with 3:17:52 which satisfied my secret goal of completing a 300th sub 3:20 marathon. So that's 445 sub 3:30s out of a total of 518, just 55 to go!! It felt great to be back out there and see everyone from the marathon circuit again, I have missed it. I can't say I've missed the ice bath though, have not long got out and can just start to feel my toes again!

running  
@  
the web

## Take a look...

at [www.trackfieldandroad.tv](http://www.trackfieldandroad.tv)

It's a new video interview based website all about athletics, set up by Glos runner Rob Jordan.

## HELP! Has anyone seen...

...the unused long sleeved T Shirts from last year's Hilly Half? (mid blue).

We had around 150 left over, which could be re-used this year - if we can find them! If you know where they are please let Gill know.

**Finally, an apology** for managing to delete my own credit line from the front cover article in December before going to print, (I'll never be famous at this rate). I suspect most of you had no doubt who wrote it, but in future, if there is no credit, and it's not a race report, just assume it's by the Editor. And while I'm at it, thanks to Ewen for sending me all the race info. The newsletter would be very thin without you Ewen! Editor