

The Finish Line



Bourton Roadrunners

February 2010

Midlands call-up for Steph!

Steph Lane was selected to run for the Midlands in the Co. Antrim IAAF International X/C in Northern Ireland in January. Her selection was well justified, as she finished 28th overall, 2nd non-international runner and first to finish for the Midlands in a time of 21.46 for the 5.6K boggy course.

The Linda Franks 4.2M - Lewis leads Bourton home

The following day Steph also took part in the first of the Gloucestershire AAA Road Race Series; the Linda Franks 4.2M in Cheltenham, where she finished first lady in a time of 24.27 (8th overall), half a minute quicker than last year.

Our junior runners are a credit to the club with Lewis Gray first to finish for Bourton in 6th place overall and 1st junior man. His time of 24.04 was 2 minutes quicker than in 2009. Steph was next Bourton runner in, then Ewen Smith in 12th place in 24.49, followed by Conor Shoemark - improving in leaps and bounds - who was 2nd Junior Man in 25.08. Beth Pudifoot finished 1st Junior Lady in 27.45, with Brittany Teague not far behind - 3rd Junior Lady in 28.15.

Other results are as follows: Mike Pudifoot 28.58, John Raper 29.46 (3rd MV55), Rob Humphris 30.02, Beth Wynn 30.13, Norm Lane 30.24 (2nd MV65), Shirley Creed 31.32, Liz Hulcup (2nd LV55) 31.34, Ali Lane (2nd LV50) 31.56, Susan Hunt (2nd LV40) 34.24, Gill Carrick 36.46 and Bernadette Niemand 43.04.



Steph Lane battles the mud in Co. Antrim



Lewis Gray in the Linda Franks 4.2

Quiz Evening

On Saturday 6th March at the Football Club, 7 pm start. £2.50 entry per person to include a Ploughman's platter per table at half time. There will also be various prizes at the end of the evening. Teams of 4 to 6.

With the Gloucester 20M the next day it is planned that the quiz will finish at a reasonable time.

Please let Ali know if you are coming so she can cater accordingly.

ali.lane@ukonline.co.uk 01451 810472

Chairman's Message: Page 2

Runner's Anatomy: Page 2

Committee Meeting in Brief: Page 2

Glos League XC: Page 3

Aged Related Trophy Rules: Page 3

Changing Room Plans: Page 4

Club Members Up Close - featuring Ali and Nat Lane: Page 5

New Club Tracksuits: Page 5

Tough Ten: Page 6

Membership Form: Page 6

Join our Bud Baldero Track Session on March 3rd

We have been very fortunate in managing to arrange Bud Baldero, one of the UK's top coaches, to come and give us an exclusive training session at the Prince of Wales Stadium, Cheltenham on Wednesday, 3rd March, commencing at 7 p.m.

This is a great opportunity and I hope as many of you as possible will attend.

Bud would like an idea of the mix of ages and genders attending so that he can custom his training session accordingly, so I would be grateful if you could let me know whether you would like to come.

This is a one-off chance, so please don't miss it if at all possible

Ali Lane.

ali.lane@ukonline.co.uk 01451 810472

Chairman's Message

The snow has gone (for the time being!) and the club has built on its early success of winning the Highworth Half with a record high score.



“Onwards and upwards Bourton Juniors!”

And it's the younger members of the Club that really are leading the way!

Steph Lane has had a terrific few weeks winning the Cross Country Series for the second year running and the Linda Franks 4.2M, just one day after representing the Midlands in the Co. Antrim International IAAF Cross Country - where she was 21st overall in a top class field where Hayley Yelling finished 5th. Steph was 1st scorer for Midlands and 2nd non international runner - what jet lag!

Beth Pudifoot has won the Under 17's in the Cross Country Series finishing as County Champion, and Corrie Cox took silver in the Under 15's County Champs. Steph, Brittany Teague, Ellie Pudifoot, Beth Pudifoot, Beth Wynn, Corrigan Cox and Lewis Gray have all been selected for the Inter-Counties Cross Country with Conor Shoemark and Jake Launchbury as reserves - onwards and upwards Bourton Juniors!

The Committee are continuing to work hard in the background (trying to follow the younger club members' success in moving the club forward!) acting on a number of the points raised from the Contact Sheet short questionnaire. Following on from Lynn Spedding's hard work Bert Jess deserves a pat on the back for securing the Club's new Cross Country tent and negotiating hard with a number of kit suppliers for the Club's new track suit. The tent has been very well received (almost gratefully received – something to do with the typical weather at Cross Country events?!) with a terrific number of Club members also signing up for the new track suit. Ali has been busy liaising with Bud Baldero (one of the Country's top running coaches) and also finalizing the questions for the Club Quiz evening.

The club has been challenged by Cirencester to a 'mob' match on Sunday 25th July where Tony Curry is organising a 5 mile trail run in Cirencester Park in aid of a prostate cancer charity – on behalf of the Club the committee have accepted the challenge so.....bring it on Ciren! Step by step the committee through its collective efforts is managing to tick a number of items off the list printed in last month's Finish Line, which I sincerely believe with your help will move the club forward. Here's to the lighter evenings.

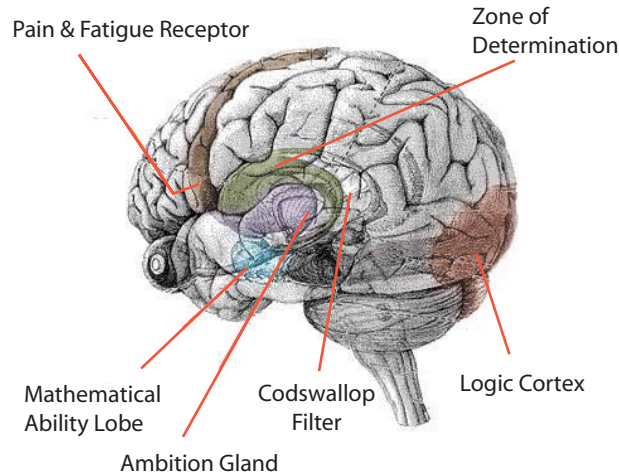
Rob Edwards

One club: your club which is our club

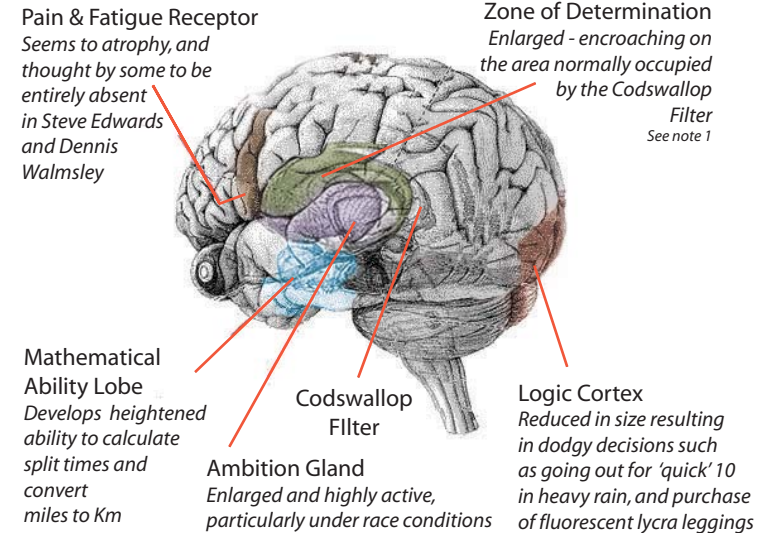
Runner's Anatomy - Part 1. The Brain

Studies have shown that in the frequent runner, especially those who train and race over longer distances, certain physical changes within the brain can be commonly observed. This goes partway to explaining unusual patterns of behaviour often exhibited by sportspeople.

The 'normal' brain



The Runner's brain



Note 1: The restricted function of the Codswallop Filter results in suspension of logic - exhibited as behavior consistent with ability to accept nonsense as truth, e.g. to believe Norm (and therefore speeding up) when he shouts 'you can catch them' near the end of a race even if the next runner is 400m ahead with only 600m to go.

January Committee Meeting in Brief

- Football Club request for financial support to redevelop the changing rooms presented formally, with all finances explained. Total cost around £172K. Money already granted from the FA, Parish and Cotswold District Councils, with Youth Football and the Football Club between them putting in £42000. Shortfall is £4-5000 and this is the figure requested from Running Club.
- Tony Goodwill unable to direct the Hilly Half this year.
- Ewen Smith is Ladies team captain!!
- Gill Carrick takes over as Child Protection Officer short term.
- John Gibson arranging presentation of replacement £1100 cheque to Winston's Wish from last year's 10K.
- Bert exploring personalised club kit.
- Ali arranging a track session with Bud Baldero.
- Ali organising a quiz night

“The trouble with running is that by the time you realize you are not in shape for it, it is too far to walk back”
Anon

**Don't forget...
Our 10K on February 28th
PLEASE MARSHAL!**
(contact John Raper - john@runnerduck.co.uk)
If you are running remember you need to supply an adult, non club member to marshal on your behalf.

Age Related Trophy Rules - the Mystery Unveiled!

While at first glance the rules may appear complicated (perhaps because of the size of the numbers in the calculation) they are actually very straightforward.

To qualify you must:

Complete 3 races over 3 different distances for road or track or a combination of the two.

The distances for road are 5K through to 100K and for track are 50m through to 10K. As the races can be any race over an acknowledged distance with a measured course you must let BRR (Ali – at the moment) know which races you would like to be included, providing proof of your time for that event.

Simple.....almost – now for the calculation!

As an example, if you are a female runner aged 48 and you run a measured road 10K in 48:32 first your time of 48.32 is converted into seconds: i.e $48 \times 60 + 32 = 2912.00$

The current **age related tables** used by BRR (available upon request) show a **'factor'** of 2005.10 for a female runner of this age for this distance. These tables are based on the best world times achieved for the relative gender and age.

The **'factor'** (2005.1) is then divided by your **total time in seconds** (2912) to show your percentage achieved vs the world best:

$$\frac{2005.1}{2912} = 0.688 \quad (68.8\%)$$

The figure of 0.688 is then multiplied by 1000 to get to the points awarded for that race:

$$0.688 \times 1000 = 688 \text{ points}$$

Simples!!! Age Related Trophy - Go for it!

running
@
the web

For a guide to target times and points visit

<http://www.runningforfitness.org/calc/rp.php>

Complete the Race Time Predictor and then multiple the Age Graded percentage by 10 to provide you with an indication of the points you could receive eg $68.8(\%) \times 10 = 688$ points. The Race Time Predictor is also an excellent tool for a pacing strategy to reach your desired time for a recognised distance.

Bill was a dedicated runner. He spent his weekends pounding the roads in all weathers. One Sunday, early in the morning, he went out as usual. It was so dark, cold and wet that he decided to go back to his house. He came in, went to his bedroom, undressed and laid next his wife.

"Really terrible weather today honey," he said to her.

"Yes," she replied "but my idiot husband still went running!"

Gold for the Boys!

The Bourton Under 17 Boys have been going from strength to strength this season, and the top quality team excelled themselves in the last of the Gloucestershire League X/C races at Pittville. Lewis Gray was 5th in 19.21, Conor Shoemark 6th in 20.04, and James Outhwaite 9th in 21.27 for the team to take gold.

The Under 17 Girls needed one more runner to make a team, but Beth Pudifoot and Beth Wynn gave superb performances in 1st (19.46) and 6th (21.30). Eva Shoemark - only 8 years old - and just 2 weeks after finishing 1st girl in the 2.1 mile Linda Franks run - led the Bourton Under 11 Girls home with 16th place in 7.57, followed by Felicity Darwent 27th (8.38) and Laura Heming 36th (9.42).

In the Under 11 Boys Tom Pudifoot crossed the line in a strong 9th position in 6.58, followed by Alex Darwent 33rd in 8.11 and Daniel Bufton 48th in 9.26.

Corrigan Cox had an excellent run in the Under 15 Girls for 4th place in 21.05, while Charlotte Hartley was the only Under 13 Girl, finishing 29th in 16.33.

In the Under 13 Boys Peter Marchant took in 28th place 15.25, followed by Finn Shoemark 30th in 15.44.

Steph Lane and Brittany Teague were our only representatives in the Senior Ladies finishing 2nd and 23rd in 23.22 and 26.06 respectively.

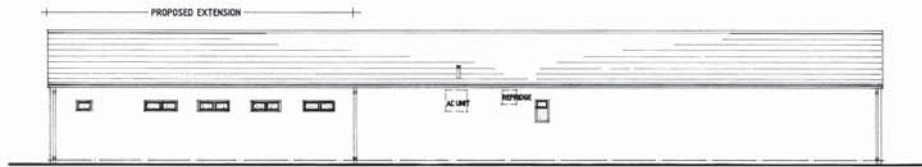
Fortunately the Senior Men managed to field a team, headed by Dennis Walmsley in 19th place in 33.51, followed by Ewen Smith 58th in 36.50, Tim Heming 62nd in 37.26, Chris Hartley 97th in 39.49, Neil Teague 118th in 42.08, Norm Lane 135th in 43.53, Richard Bufton 137th in 44.15, and Chris Bence 163rd in 52.02, earning them 7th veteran team.

The 6:00 pm run on Tuesdays is now official.

This additional run is now a formal club run until further notice - and everyone is welcome to attend. With the London Marathon in mind the availability of 3 runs on a Tuesday gives those members who are training for longer races the chance to run with company for a longer distance on Tuesday nights by combining all three runs.

Welcome to new member Bernadette Niemand

Proposed Changing Room Improvements



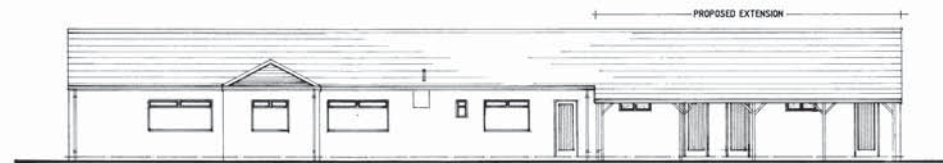
REAR ELEVATION



SIDE ELEVATION



SIDE ELEVATION

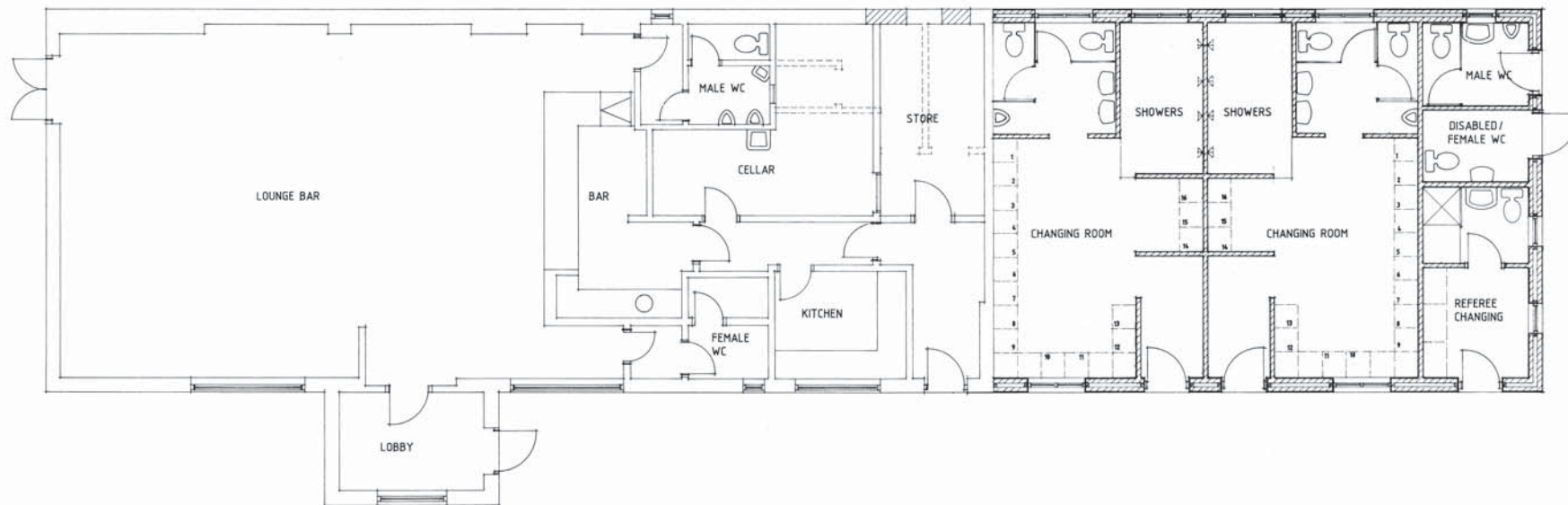


FRONT ELEVATION

As you are all probably aware, there are plans afoot to update the changing room facilities at the club. This involves a major rebuild of the changing room and storage areas.

The plans here show the proposed layout. Work will commence this summer.

Watch this space for how this will affect Tuesday and Thursday evening runs.



Club Members Up Close - Ali and Nat Lane

Some members of BRR have known each other for what seems like a lifetime, while others are more recent and just working out who's who. Whether you're old or new here are some things you may or may not already know about...



Ali - Ali has in the past held the position of Club Secretary and has been our (excellent) Press Officer now for many years. This year she is also Entertainments Officer and Club Competitions Organiser.

- Ali is 51, married to Norm and has two daughters, Steph and Nat.
- She was born in Blakeney in the Forest of Dean (so disproves the reputation the Forest has producing breeding idiots, unless her 'profession' leads you to believe otherwise).
- Ali has been a member of Bourton Roadrunners for 23 years and claims that her profession is 'Dogsbody to Norm'.
- For her first ever race Ali took part in the Bourton 10K
- Her proudest running achievement ever is coming 2nd to Steph in the 2008 Wolverhampton Half Marathon - and future ambitions: 'I would just like to get back to where I was before my knee injury'
- Ali's favourite training run is the Slaughters Cross Country
- When asked if there was a race she wished she'd never started she said 'many', but in particular the Gloucester 20 last year, and that she suspects a few others also wish she hadn't too!
- If she could go anywhere in the world Ali would go to Easter Island
- The non-running achievements Ali is most proud of are Steph and Nat
- Her favourite book is 'Angels and Demons' and favourite film 'Ray'.
- Ali loves Lobster and Hotel Chocolat chocolate (so if you want a nice write up in the press...)
- Her other interests include playing the drums/piano, painting, films, books, theatre, and music

... and Nat - a cheery face seen supporting at many races over the years!



- Nat is 14, was born at Hill Barn, and is single (always has been she says)
- Her profession is 'Cotswold School Celebrity'
- Her proudest running achievement is winning the egg and spoon race in reception class
- When asked if there was a race she wished she'd never started she said 'all'

- Nat's favourite training run is 'the fish and chip shop and back'
- She says her greatest non-running achievement is winning an argument against her Dad Norm (now that is an achievement Nat!)
- Her favourite book is 'Noddy' and favourite film 'The Philosophers Stone'.
- Nat says she loves all unhealthy foods
- If she could go anywhere it would be Miami
- Her other interests include music, driving, art ... and sleeping!

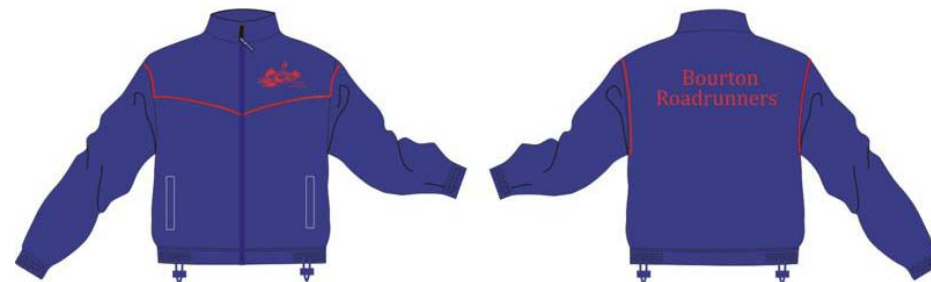
NEW CLUB TRACKSUITS

To order a club tracksuit contact Bert Jess: 01285 720 248 Honeyfurlong@btinternet.com

The tops are royal blue with red piping and the bottoms are plain royal blue. Both the logo and name on the front left breast and the name on the back are embroidered. The material is a soft touch microfibre and is cotton lined.

Price for adults is £39 + VAT, Juniors £36 (no VAT applies).

For more info visit www.shinto.co.uk to see pictures of other tracksuits from the same supplier.



TRACKSUIT JACKET & PANT SIZE CHART														
DESCRIPTIONS	Youth sizes							Adult sizes						
	Y2XS	YXS	YS	YM	YL	YXL	Y2XL	XS	S	M	L	XL	2XL	3XL
JACKET SIZES														
To fit chest size - basically if you lay a garment that you are already comfortable with size wise flat on the floor, the measurement across the chest will be half the figure shown.	30"	32"	34"	36"	37"	38"	40"	42"	46"	48"	50"	52"	54"	56"
PANT SIZES														
elasticated waist band (before stretching) - basically if you lay a garment that you are already comfortable with size wise flat on the floor, the measurement across the waistband (non stretched) will be half the figure shown.	14"	16"	18"	20"	22"	24"	25"	26"	27"	28"	29"	30"	31"	42"
outside leg length including waistband	25"	27"	29"	31"	33"	35"	37"	39"	40"	41"	42"	43"	44"	45"
inside leg length	19"	21"	22"	23"	24"	26"	27"	28"	29"	30"	31"	32"	33"	34"

Refreshments Needed for the 10K
So please get your aprons on, get baking, and drop your cakes or savouries off at the Victoria Hall before the race!

Did you know?
A 1 mile run = Approx 100 calories = 135mml glass of dry white wine or less than half a pint of lager

And:
There are apparently 76 pubs along the London marathon route. So you could put in SO many more calories than you expend...

Tough Ten



Roger Woodley and Ed Rozier show off their hard earned drinks coasters after completing the Weston Super Mare Tough Ten on February 14th. (Roger beat Ed by 3 minutes).

I just hope they remembered Valentine's day before they left home that morning or things may have been even tougher when they got home to Trish and Clare!

Race Reports

If you take part in any races as a Bourton Roadrunner other than 6 from 10 races, or indeed any races where Ali isn't there, please could you let her know so she can include you in her press releases. Her e-mail is ali.lane@ukonline.co.uk thank you

A Message From Lynn Hudson Membership Secretary

Dear club member,

It's that time again when club membership is due for the current year (1.04.10 – 31.03.11). As you will see from form alongside, the rates are £18 (individual), £25 (joint/family) or £9 (concession).

Please print out this form, fill it in, and send a cheque made out to 'Bourton Roadrunners', to me at **Harvee, 23 Huntsmans Meet, Andoversford, GL54 2AA**. I will also remind you by putting a notice on the board and leaving copies of the renewal forms down at the club for those without e-mail.

Alternatively, I am down at the club most Tuesdays and Thursdays at around 7.30pm so if you do either run you will see me. There is no excuse!

Renewals are due by 1 April 2010 so there is no time to waste. Please ensure that your payments reach me by the end of March, and if you do not want to renew please let me know immediately. If you have any questions, please let me know

Best regards,
Lynn

Lynn Hudson
Membership Secretary
Bourton Road Runners
T: 01242 820920

APPLICATION FOR MEMBERSHIP 1st April 2010 to 31st March 2011

Annual fees - Individual £18 Joint/Family £25 Concession(OAP/Student) £9

INDIVIDUAL/FIRST FAMILY MEMBER

Surname _____ Forename _____

Address _____

Postcode _____

Telephone _____ Email _____

Date of Birth _____ County of Birth _____

Ethnic Origin _____

Previous or Current First Claim Club _____

If resigned, please give date _____

All members participate at their own risk and the club will in no way be held responsible for any injury or illness incurred on club nights or for any property lost or damaged in the changing rooms.

Signed _____ Date _____

SECOND FAMILY MEMBER

Spouse/partner

Surname _____ Forename _____

Date of birth _____ County of Birth _____

Ethnic Origin _____

Previous/other club _____

Date Resigned _____

Children's names _____

Children must be under 16. Please fill in a separate Green Junior Membership Form for each child. Ask Lynn for forms.