

The Finish Line



Bourton Roadrunners

August/September 2011

Bugatti 10K - 1st for Sarah, 2nd for Mike, Wine for Gill!

Mike Smith 35.49 2nd man 1st V40
Tony Goodwill 41.35 2nd V55
Sarah Harper 42.22 1st Lady
Rob Humphris 45.17
John Raper 48.42 3rd V60
Liz Hulcup 49.50 1st LV55
Norm Lane 50.02 3rd V65
Gill Carrick 50.09 1st LV50
Jan Short 50.59 3rd LV50
Shirley Creed 52.33
Steph Holton 53.50
Lynn Hudson 58.38
Gary Holton 62.51

*Times taken from the Power of 10 Website
Photos by Nat Lane*



L-R Mike Smith, Tony Goodwill,
Rob Humphris, Sarah Harper,
Liz Hulcup



**Hooky 'Beer'
Race Page 3**



**Club Photo
Page 4**



See page 5 for important
information about our venue
- Vote at the AGM Monday
17th October

Chair's Message: Page 2
Steve Edwards Olympic Storyteller: Page 2
Evesham 10K & Hooky 6 Race reports: Page 3
The Mike Smith Section: Page 3
Club Photo: Page 4
XCOUNTRY Dates: Page 4
Our Future - Questionnaire Feedback: Page 5
Bourton 1 Mile Page 5
Coaching Corner: Page 6
6 from 10 Update: Page 6

September

Thu 1st Trial evening at Football Club see pg 5
short & intermediate then drinks in the bar

Sun 4th Angels 10K and Bledington 10k

Tue 6th Ciren Ac to us for hill speedwork session
followed by pizza and chips (£3.50) at Coach and Horses

Thu 8th Usual short and long runs

Sun 11th 'Step Out for Sarah' 10.8m walk/run

Tue 13th Short run and Ind Est Speedwork

Thu 15th Usual short and long runs

Sun 18th Cirencester 10K

Tue 20th Short run and Speedwork

Thu 22nd Usual short and long runs

Tue 27th Short and Ind Est Speedwork

Thu 29th Usual short and long runs

29th Sept to Oct 3rd - Club Trip

October

Tue 4th Short run and Speedwork

Thu 6th Short run and Intermediate

Sat 8th Farm Park XCOUNTRY

Sun 9th Moreton 10K Mob Match with Cirencester

Tue 11th Short run and Ind Est Speedwork

Thu 13th Usual short and long runs

Sun 16th Blenheim 10K

Mon 17th AGM 7.30pm Victoria Hall

Tue 18th Short run and Speedwork

Thu 20th Usual short and long runs

Sun 23rd Stroud Half

Tue 25th Short run and Ind Est Speedwork

Thu 27th Usual short and long runs

Chair's Message

BACK TO THE FUTURE?

In this newsletter there is a letter from the committee about the possibility of returning to the Football Club. hopefully the letter is self-explanatory, so I won't repeat it here, but we would be glad if you could give the matter some thought and discussion, and be present at the AGM on October 17th, 7.30pm at Victoria Hall, or ask/e-mail me and I will arrange for proxy votes for people who can't be there.



Beaky will be there in genes and spirit!

It's a year now since Beaky died. Neil has planted the tree we all contributed towards, and I thought it would be good if those who would like to went there on a long run starting at 7pm through Pinewoods and up to his field, and back through Cold Aston; about 7 miles. This Thursday 25th August would be the closest to the day he died (28th August). It's good that Jason and Catherine are coming on the Club trip to continue the family tradition; at least Beaky will be there in genes and spirit!

This month has seen the Bourton 1 mile, Bugatti 10k, Hooky 6 and the White Horse 5k races all featuring in the 6-from-10 and/or the County race series. Ewen Smith and Sarah Harper are well in the lead in the 6-from-10 at the moment, Dennis, Mike, Shona and Liz contesting the Age-related, Ewen, Mike, Tony G and Norm are well representing BRR in the County, and Shona, Niamh, Shirley me and Liz in the Women's table, but we need lots more people to make up the 5 min or 8 max to sweep the board!. Lots more detail on the runnerduck web-site (County) and our BRR site (6-from-10). This month has the Angels 10k and Cirencester 10k both featuring in the Competitions, so hope to see you there.

Ewen did brilliantly at the Isle of Man marathon at the week-end and took another 4 minutes off his pb to finish in 3.01, and Mike won the half marathon in 1.15. Much marathon training is underway for the Club trip to Jersey at the end of September, which isn't long to wait now, and is bound to be great fun!

Also, two local events are being held which you may well want to support; the 'Step out for Sarah' run/walk for Kate's Carers in memory of Sarah Painting (Pulham), is a 10.8 mile circular route from Moore Health Centre on Sept 11th; you can get entry forms from the Health Centre. Liz Hulcup works there, and says you need to pre-enter so that they can get the food quantities right at the end! Sounds like one for Rob Humphris! Also, Bledington are organising a 10k on 4th Sept in aid of muscular dystrophy, but it's on the same day as the Angels race.

More about the cross-country series elsewhere in the newsletter, but Den is organising the first one on Oct 8th at the Farm Park. It would be great if we could make a bit of an effort to turn out in force at the cross-country this year. We used to be well-represented in it, and do very well, and it's a good opportunity for the kids and adults to run together.

Happy running!

Gill

Steve Edwards - Olympic Storyteller

Steve has been appointed one of only 100 official 2012 BT Storytellers, announced at a press conference by Seb Coe and Daley Thompson, and got inside the new Olympic Stadium. (At least you got in there Steve, unlike most of us who didn't get tickets!). He will report on the run up to the 2012 Olympics from his own perspective, and those around him. To this end, he would like to hear from any of you with aims and ambitions for 2012, and specifically have your answers to the following

- 1) Which particular events you are looking forward to in the games?
- 2) Who your favourite sportsmen/women are who are likely to be competing in the games?
- 3) Which sportsmen/women past and present that have inspired you?
- 4) What you might/will be inspired to do in 2012 to help celebrate and remember the year 2012 in years to come.



Steve Edwards with Sebastian Coe and Daley Thompson at the Storytellers' Launch, and inside the new Olympic Stadium



Please send all your PBs to Liz Hulcup

She is compiling the club records, and she can't include you if she doesn't know what you've done! She needs details of where and when you achieved the PB and what age group you were in at the time. e-mail her on lizhulcup@aol.com

Hooky 6 by Ewen Smith

August 16th Report

“Shona 2nd Lady and Liz wins 1st Vet 55 ”

A good turnout of Bourton Roadrunners took on the Hooky 6 mile with a quality field of athletes. Conor Shoemark continues to impress in 35min 59 as our first runner in 21st and first junior. Shona Crombie-Hicks had another strong run as 2nd lady in 36min 26, while Lucy Walmsley continued her form as 3rd vet in 39min.

Andy Peaston and Nigel Frith performed well in 40min 34 and 41min 10 respectively. Niamh Shoemark had a great run in 41min59 securing Bourton the ladies team prize. Steph Lane easing her way back had a solid run in 42min 54. Other finishers on the day were Rob Humphris 43min 23, Norm "evergreen" Lane 46min 35, Liz Hulcup 1st vet 55 47min 03, Susan Hunt 47min 52, relaxed Steph Holton 48min 36, Gill Carrick running so much stronger 48min 38, improving Esther Phipp (watch out the rest of you) 50min14, on the way back Lynn Hudson 55min 34 and a good effort by Gary Holton for 59min 30.



Hooky 6, L-R: Norm Lane, Conor Shoemark, Steph Holton, Gill Carrick, Lady Vet 50 winner Liz Hulcup, Shona Crombie-Hicks, Lucy Walmsley

Photos by Nat Lane

The Mike Smith Section...

Isle of Man Victory For Mike

Mike Smith recorded his first "International" victory at the Isle of Man half marathon in tough and windy conditions. Mike used his experience and ran a tactical race, timing his sprint finish to perfection in a winning time of 1hr 15min 42.

Club mate Ewen Smith took part in the Marathon and once again came close to breaking the 3 hour mark. He had a good run finishing 6th and 2nd vet 40 in a PB of 3hours 1min 57sec.

From Ewen's Report August 16th

50th win for Mike!

Mike Smith won his 50th career victory in style with an inspired win at the Pilot 10 mile. In great running conditions and well supported by coach Norm Lane, Mike ran his best 10 mile since 2004 with an impressive winning time of 55min55sec.

Pushed all the way by a runner less than half his age the 43 year old pulled away with 300 yards to go to win by 9 seconds. Mike also claimed County gold and was well supported by team mate Ewen Smith, who achieved another PB - 4 minute off his previous best - in 1hr and 24 seconds, for 8th place.

(From Ewen's Report July 12th)

Come on Mike, you can do it in Jersey!

OUR LADIES CLEAN UP AT EVESHAM

Bourton members all performed incredibly well at the Evesham 10km, with our ladies in particular cleaning up at the prize giving. On a hot day and on an undulating course Conor Shoemark was our first runner home with a strong run in 36min 47sec - breaking the junior record by 13 seconds and finishing 8th overall.

Shona Crombie-Hicks was next, in solid form finishing 2nd lady and 12th overall in 37min 23sec, narrowly beating race rival Ewen Smith who was 13th in 37min 36sec. Consistent Sarah Harper was 3rd lady with another good performance in 41min 04sec.

Nigel Frith, who flew off at the start in his home town is getting ever closer to the 40 minute mark in 41min 28. Steph Lane - training and racing back to fitness - made up our ladies winning team in 43min 06.

A great club turn out saw many other good finishes: Andy Peaston 43min 46, Rob Humphris 43min 58, Niamh Shoemark 44min 48.

Getting quicker each week Andy McCoombes recorded 46min 12, John 'Steady' Gibson 46min 30sec, Norm Lane - targeting 50 min - did 49min 46, Liz Hulcup was 1st vet 55 in 50 min, just at the line ahead of Jan Short in 50min 01, Shirl Creed 50min 46, ever improving Esther Phipp 51min 04, Steph Holton in 51min 58, Ed Rozier 52min 29, Robin Macdonald 58min 46, Gary Holton 1hr and 53sec and Lynn Hudson 1hr 1min 22sec.

(From Ewen's Report July 19th)

2011 CLUB PHOTO



It's X Country Season again soon!

October 8, 2011 at Cotswold Farm Park, Guiting Power, hosted by Bourton RR

November 5, 2011 at Blackbridge, Gloucester hosted by Gloucester AC

December 10, 2011 at Cheltenham, hosted by CLC Striders

February 11, 2012 at Tewkesbury, hosted by Tewkesbury AC

Gloucestershire County CC Champs - January 7, 2012 at Plock Court, Gloucester, hosted by Severn AC

Contact
Dennis Walmsley if
you can help
please

Questionnaire Feedback and Our Venue

We received 11 out of 85 questionnaires back with comments/suggestions about the present state of affairs. Some people are very happy with the School as our venue; some people have joined us since we moved, and so have nothing with which to compare it, but it was the main area of complaint in the feedback we received - problems with access, not being able to use the new sports hall, problems with the notice-board, no loo paper, feeling unsafe in the women's changing room etc. The Committee considered alternative venues; we felt we needed to be in Bourton (because that's our name and history), and could only think of the (newly-to-be-revamped) cricket club, or the Football Club as realistic alternatives. The Cricket Club will not have suitable shower facilities etc even when it has been completed, so we met with the new football club committee to see on what terms they would be prepared to accommodate us.

The Football Club Committee included Brian Hall (chair), Rob Humphris (treasurer), Carol Teece (secretary). If we return to the Football Club, we would need to pay full membership as before for all runners (except that couples only need one membership, 65+ are half-price, and under 18's don't pay). This would cost us about £1,300, as it did previously, and as the school has done (school will be £13.50 per night from September; not available 4 nights next year; 100 nights @£13.50=£1,350). We would all be full members of the Football Club, and, as such, could vote at the AGM for the cost of the next years membership. Their only proviso is that we have a BRR committee member on their committee, which we agreed would help to improve communication. They are happy for us to have an external notice-board and we could have a 'mobile' or permanent dry-wipe board with the route/s on. we would be able to use the loft above the changing rooms for 'long-term' storage (eg; Hilly Half or 10k stuff), but could buy and erect our own container/shed behind the present garage if we need storage with better access. The changing rooms would be available every day of the week except when in use by the footballers (NOT just Tuesday and Thursday evenings); the only times they anticipate Tuesdays and Thursdays being a potential problem is at the end of the season if bad weather has caused matches to be re-arranged. We propose that BRR have a 'trial' night based at the Football Club, on Thursday Sept 1st, which would be "short + intermediate" night, and we could try out the showers, and go for a drink/nibbles afterwards. This would enable everyone to see how it works in practice, especially the new club members. It does have the potential pitfall that Mr Scarrott may wish to re-enter the official ranks of our membership, having been the only member to have abstained whilst we are based at the school.

We are NOT trying to persuade people to move back there; we ARE trying to give everyone the best information we can about the alternatives available. We are intending to have a written vote at the AGM, on Monday 17th October at Victoria Hall, 7.30pm, where people can discuss it, vote on paper, and then the votes be counted in front of everyone. Any member not able to attend is welcome to a 'postal' vote.

The next Committee meeting will be on 12 Sept and we would welcome your constructive feedback/opinions about any aspect of the alternatives.

Gill Carrick on behalf of the committee

Bourton 1 Mile times

(from Run Britain Rankings Website)

4:55	Mike Smith (8th place, 1st V40)
5:09	Ewen Smith
5:19	Mike Hobbs
5:31	Shona Crombie-Hicks (1st lady)
5:48	Tony Goodwill
5:50	Sarah Harper
6:07	Peter Marchant
6:10	Dylan Williams
6:26	Ben Darwent
6:39	Brian Hulcup
6:45	Norman Lane
6:47	Jan Short
6:55	Charlotte Hartley
6:56	Stephanie Holton
6:56	Sophie Gleghorn
6:59	Felicity Darwent
7:02	Shirley Creed
7:08	Gillian Carrick
7:11	Daniel Bufton
7:12	Richard Bufton
7:23	Robin Macdonald
7:38	Isobel Hartley
7:41	Beth Boydell
7:50	Alastair Gleghorn
8:03	Gary Holton
8:32	Marcus Kiey-Thomas
8:50	Isabel Kiey-Thomas
8:50	Daryl Kiey-Thomas
8:59	Eleanor Lewis
9:23	Amelia Lewis
9:34	Annabella Williams
10:10	Celia Darwent
10:11	Melanie Darwent
11:03	Phoebe Guilliband
11:18	Lilly-Anna Walmsley
12:04	Dorcas Guilleband
20:28	Arthur Hanson
20:28	Fiona Hanson
20:28	David Hanson
21:46	Bertie Walmsley

Well done all!

Coaching Corner by Dennis Walmsley

Hooray!!

The race is won/I beat that other person/I PB'd... I scored more club points/I ran further than I've ever run before

😊 THE HIGHS

So you are high as a kite, 'bring it on' you can beat anyone... well that might be so but don't get too cocky or you'll end up with egg on your face and be in the miserable club when your thrashed next time! Feel free to congratulate yourself and maybe be slightly smug but don't expect fanfayres and to be given the key to the village because, while others will be pleased for you, running is a fairly selfish sport in that most people will be more interested in what they are doing themselves. Having said that, everyone likes to hear of successes and it can spur them on to do the same.

Now you have had success, reached your goal, done your best time, don't be complacent. If you believe you can rest, sit back, ease off and think that you will retain the same level of fitness... you're deluded. Unless you are thinking of retiring, after your well earned recovery period you should resume your normal training and maybe even increase it to the next level.

Actually I felt awful, PW'd, got beat by everybody and got nil points!

☹️ THE LOWS

The rubber lip is out, The toys are out the pram, you want to jack it all in and you don't want to ever see another pair of running shoes! 'Never again!' How many times have I heard that said? I suppose it's like child birth though - you soon forget the pain and do it again, not that I know anything about giving birth! (I've had pretty bad tooth ache though). Sorry I digress. The excuses are building up. I'm not going to list them because there shouldn't be any. If you didn't do enough mileage, didn't hydrate, eat enough or the weather wasn't to your liking then maybe your expectations were too high. Put it behind you and look to the next race, learn your lessons why it was a bad experience. 'All that training, time and effort gone to waste' I hear you say! Be confident that if you have been running well until the race, then you haven't completely lost your fitness, it was just a tactical misjudgement or a blip in wellbeing! Pick yourself up, get back on your horse and ride again! (you would be quicker on a horse!!)

The mind is a powerful thing that you need to harness and use to your advantage. Have you ever noticed two people of similar ability finishing neck and neck where the winner is parading around afterwards and the loser is in a collapsed heap on the floor. That's the euphoria of winning versus the disappointment of losing, yet probably no difference in effort. I once had a bad run (for me) in the London marathon... actually I had quite a few bad ones but anyway, this particular one my chin was scraping the floor afterwards. Then at the meeting place someone came in about an hour after me and broke open the champagne. It made me re-evaluate what I had achieved, reminding myself that there were probably 40,000 other runners behind me who would have loved to have finished as high up as me. Whilst it didn't make me completely happy about my run, I wasn't about to give it all up either.

You are only as good as your last race, but whether it was poor or superb, believe in your ability to improve especially if others believe in you.

Top Tip: Learn from your mistakes and always look on the bright side (you know a song about that!) **True Quote:** Don't rest on your laurels!

6 from 10 summary - Men

Ewen Smith leads the Men's Open category with 45 points from 5 races.
Followed by Nigel Frith with 40 points from 6 races
Ewen also leads the Mens' V40 with 47 points. (Again Nigel is in second)
Gary Holton leads the V45 with 44 points from 5 races.
Rob Humphris leads the V55 with 47 over 5 races. Tony Goodwill is 2nd with 30 from 3 races.
Andrew McCoombes leads the V55 with 39 points (4 races). John Gibson is on 38 (also 4 races)
Robin MacDonald & Norm Lane lead the V60 and V65s respectively
Conor Shoemark leads the Junior Men

6 from 10 summary - Ladies

Lucy Walmsley leads the Ladies's Open category. (38 points 4 races).
Sarah Harper chases with 35 points also from 4 races
Lucy also leads the V35s with 40 points. Esther Phipps has 28 from 3 races
The V40s is led by Sarah Harper (38 points). Niamh Shoemark chases with 35 points (both 4 races)
Susan Hunt is 5 points ahead of Steph Holton in the V45s (49 & 44 points. Both from 5 races)
V50 leader is Gill Carrick (3 races 29 points)
V55 - no surprise - is led by Liz Hulcup (40 points 4 races)
Junior Ladies' leader is Beth Pudifoot

