

The Finish Line



Bourton Roadrunners

February/March 2011

Bourton Goldsmiths' 10K

After a promising start to the morning the weather deteriorated badly once the race was underway. Winner Dan Robinson, although on course for a sub 30 minute for much of the race, faded a little at the end to finish in 30.08. Dan was still a comfortable 31 seconds ahead of Steven Naylor (Woodstock Harriers) with John Parker (CLC Striders) third in 32 minutes dead. First lady Rose-Ann Galligan of Gloucester AC finished in 35.08, 2nd lady home was Diana Moore of Headington, in 38.17, closely followed by our own Lucy Walmsley in 38.23, while Beth Wynn took first Junior Lady - in her first 10K - in 43:06.

Other BRR times were: Lewis Gray 35.23, Conor Shoemark 35.32 (PB), Tim Heming 36.53, Rob Humphries 43.16, Steven Woodley 52.25. (Provisional times)

Right: Winning lady Rose-Ann Galligan, below left: Beth Wynn, below right: Dan Robinson and Steven Naylor break away on the first lap, and inset: Lucy Walmsley, looking happy with her place as 3rd lady home.

More 10K pictures on Page 3



Chair's Message: Page 2

Silver for Norm at

Plock Court: Page 2

McCains UK XC: Page 2

10K Pictures : Page 3

A letter from Beaky's family: Page 4

Dennis's "Coaching Corner": Page 5

**Bourton
10K**

March Club Night Schedule

Tue 8th Normal runs - Normal facilities

Thu 10th Normal runs - Normal facilities

Tue 15th Industrial Estate Speedwork Session 7.30
Normal Facilities

Thu 17th Normal runs - no Changing at School

Tue 22nd Normal runs - no Changing at School

Thu 24th Normal runs - no Changing at School

Tue 29th Industrial Estate Speedwork Session 7.30
No Changing at School

Thu 31st No Changing at School

April

Tue 5th Normal Runs - No Changing at School

Thu 7th Intermediate 7.30 - Normal Facilities

Tue 12th Industrial Estate Speedwork Session 7.30
Normal facilities

Thu 14th Normal runs - normal facilities

Tue 19th Normal runs - normal facilities

Thu 21st Normal runs - normal facilities

Tue 26th Industrial Estate Speedwork Session 7.30
Normal facilities

Thu 28th Normal runs - normal facilities

Other key dates:

Glos 20M Sunday March 13th

Chedworth 10M Sunday April 3rd

Llanelli Marathon Sunday April 10th

London Marathon Sunday April 17th

Chair's Message

Congratulations to Ian Shoemark for organising a very successful race last week-end. Everyone seemed to enjoy it, despite the rain, and to be very happy with their times. Well done to our Bourton Club runners, in particular Lucy, who produced an excellent time, Conor for his pb, and Beth Wynn for winning Junior Woman in her first 10k. Also, many thanks to all the timekeepers, marshals, and general helpers without whom the race could not happen.

Rob Jordan came and filmed some of the Bourton 10k and a club night; his video will be on his web-site in the next few days at trackfieldandroad.tv. Might be worth a look!

Other than that, this month has seen the end of the X/C season at Plock Court, Lewis and Beth producing excellent times at the schools X/C, the usual suspects at Weston Tough Ten, and Steve back to his fortnightly marathons, including 3.04 at Malta this Sunday. The Industrial Estate and other speedwork sessions continue to be well attended, and there is a lot of groundwork (!) going towards the Glos 20 (the next Club and County series race), London and various other marathons in April.

“happy 60th Brian and Jonathon”

Happy birthday to Brian Hulcup and Jonathon Willson who both turned 60 on 3rd March, and Pauline, who was significantly less than 60 also on 3rd Mar (age undisclosed!).

“the tracksuits have arrived!!”

At last the tracksuits have arrived. If you have ordered one, it will be available at Club nights; if you haven't, we have a couple of each size available.

The next BRR Committee meeting is 7.30 on Mon 14th March. The main item on the Agenda is the children's sessions. Please let us know if there are any points relating to any Club issue which you would like raised.

Keep smiling and running...

Yours
Gill Carrick



Weston Tough Ten

Only a fraction over a minute separated John Gibson and Ed Rozier in the Weston-Super-Mare Multi Terrain Tough 10. John got the upper hand, finishing in 1:32:43 with Ed, just recovered from injury, not far behind in 1:33:47, but both were soundly beaten by racing whippet Roger Woodley with a time of 1:26:22.



Gloucestershire XC Country League (Plock Court) - 5th Feb

Silver for Norm!

In spite of windy and trying conditions for the last of the cross country series at Plock Court, 67 year old Norm Lane showed how its done with a superb run, finishing just outside the top hundred and claiming yet another county medal (silver). He was well supported by Tony Goodwill, who put in a strong performance for 60th place and 4th Vet 50. Our only lady runner Susan Hunt, improving with every event, put in another fine effort.

The Bourton juniors also did us proud. Felicity Darwent had another good result, finishing 12th under 11 girl, and Isobel Hartley was 38th under 11 girl.

At the age of only eight years old, Dylan Williams had a fine run finishing 33rd under 11 boy while Daniel Bufton ran strongly for 52nd. Emily Dryburgh can be very satisfied with her 28th position in the under 13 girls, while ever improving Peter Marchant and Ben Darwent had great positions finishing 13th and 14th in the boys under 15 event.

IS THIS A RECORD?

There have been 5 BRR members who have won the Abingdon Marathon over the years, although strictly speaking Dee wasn't yet a member back in 1984. Mike has won twice so that's a total of 6 victories.

Quite impressive! I wonder if any other clubs can boast as many wins in one race?

Thanks to Dennis Walmsley for this information.

1984	Dee Tsakarisianos	3:08:47
1991	Steve Wheeler	2:30:09
2001	Dennis Walmsley	2:32:39
2001	Lucy Walmsley	3:06:25
2002	Mike Smith	2:26:26
2003	Mike Smith	2:26:12

Last Minute News:

McCain UK Cross Challenge Final and World Cross Trials

5th March: Dennis Walmsley was place 245th with a time of 42.55 in the very competitive senior men's race, Beth Wynn was 188th U17 girl - in a massive field of 260 runners - in 23:13 and Lewis Gray - ranked 39th in the MU20 group before the event, managed 107th place in 29:41, helping the Gloucestershire team achieve 4th.

Bourton 10K pictures

Left to right, top row: Tim Heming (where's your team vest Tim!), Steven Woodley, Lewis Gray, Conor Shoemark, Bottom row: Team Walmsley, Liz Hulcup and Jane bring up the rear and encourage the back runners, Rob Humphries, and bottom right, a very special competitor, Dennis Abbotts' daughter Keren runs in the vest given to her by the club, accompanied by her husband Andy. Well done everyone, and thanks to all those who helped out on such a miserable day, and a round of applause for Ian Shoemark for once again organising the event.



To the Bourton Roadrunners,

We just wanted to say thank you to you all for the funds raised for two great causes on Sunday. Steve would have 'grinned widely' to think that the owls would benefit from the race.

Steve loved running - he told me that far from tiring him out, it gave him the energy for life. I never understood this, but I know for him it was true, and whether it was travel, work or business ventures, ideas in general or of course practical jokes, he certainly had energy for it!

As a young boy Steve was already full of ambition and had a great love of life. He always had many hopes and dreams, ideas and plans - you couldn't move for 'projects' in our house. We could never keep up, but that didn't matter - he had enough energy and ideas for all of us!

How we miss his enthusiasm around the place, but he has left so many happy memories. Steve was a one off. He was a very positive person and did so much with his life, but I never saw him happier than when he was talking about conservation of our woodlands and wildlife. He absolutely loved wild animals and birds, especially owls - he made nesting boxes and gave them away free so that we could encourage birds to our gardens.

He rang me so excited one summer evening last year to tell me an owl had come to live in the owl box he'd only just put up on a telegraph pole. I realized then the extent of his love of wildlife, because he actually rang me instead of just texting - which surely must have been more expensive!.

It's funny how it was all the little things that mattered to Steve in the end, not the big ambitions, but all the everyday things like protecting the countryside and trying to encourage the preservation of wild birds such as the wonderful owl. So raising money for the Owl Trust through the Bourton 10K was so in keeping with the way Steve thought. I am also sure he would have been pleased to see money go to the Devon Air Ambulance, who were so quick to respond to his accident.

With thanks from Steve's sister and brother

Sue and Mike Wheeler



DEVON AIR AMBULANCE TRUST
Registered Charity No. 147798



Coaching Corner by Dennis Walmsley

I've just got in from my 16 mile run, soaking wet and very cold, after having rushed to Cheltenham hospital and back (Bertie's fine now but a worry at the time), and supporting my wife (and others) in the Bourton 10k. I've been up since 4am so I'm feeling tired and run down. I'm not saying this to appear righteous - I nearly didn't get out the door.

I do **feel** righteous of course, but my point is that I saw a couple also running late on Sunday afternoon after having marshaled for the 10k in cold wet conditions. Now, even though I caught the male partner (who shall remain nameless) walking for the second time in 2 weeks at the same place, I was still very impressed that they got out at all in the horrid conditions at the end of a day.

It just goes to show you can do anything if you put your mind to it. I don't know if they ran because they wanted to or because they had planned to because of a routine or schedule. Surely it must have been the latter because, let's face it, who actually **wants** to go out in the freezing cold rain!

Which leads me into this month's topic; Routines, Plans and Schedules.

Whatever you like to call it, a plan will give you a clear route to where you want to be. It will hopefully guide you through an injury free routine, improve your ability and achieve a set goal. It will give you motivation, enabling you to focus on your target and have control over your training.

A schedule can be as simple as a routine for a week repeated over many weeks, a plan for the coming year(s) or more often, a training plan for a specific race.

Everyone is different, in ability, lifestyle, targets, etc., therefore one plan does not fit all, so schedules from magazines should be taken as guides only.

Your plan for the coming year(s) may consist of different types of running, training or races according to the seasons, or long term targets like championships, a specific race or a change of age group category.

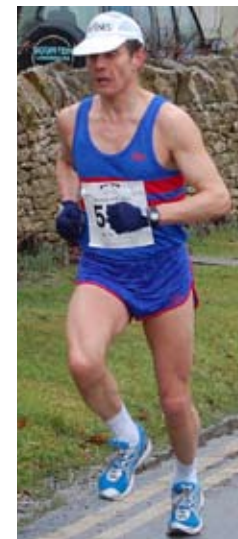
Below are two simple examples. I have put in a few suggestions for notes and you may wish to add in a row so that you have a.m. and p.m sessions. You also might want to add gym work, stretching or anything else that's relevant.

For a race schedule, put together 6, 8, 12 or however many weeks you want as your build up, and log in the races you want to do. Start with your target race and work backwards from that: e.g. if it is a marathon target race you would probably look to do a 10k race the week before, a half marathon 3 to 4 weeks before, or a 20 mile race 4 to 5 weeks before. You will start to build up a picture of your schedule and can add in your regular runs and rest periods to fit in.

Working out the content of a schedule can be daunting, but you just have to get something down on paper, then you have something to work on. It's not set in stone, you can adjust accordingly.

If you formulate a schedule, it's a good idea to let someone else look at it. They will have an objective view on it as opposed to your subjective view, which may be swayed by what you feel like doing, rather than what you ought to be doing! Remember there are a few coaches in the club, plus many more runners with experience that would willingly help you, so do ask. That's the benefit of clubs, there's a wealth of knowledge there, and others have made mistakes (and learned from them), so they can help you avoid the same errors!

The very least you should do is keep a diary so that when things go well or badly you can look back and maybe find out the reasons for your success or failure.



Weekly Training Schedule

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday	Total
w/c March 14th	Run 4m	Club Run Speedwork 6m	Cross Training	Club Run 7m	Rest	Fartleks 6m	Long Run 12m	35m
Notes: of how your felt, the weather, what else you did and so on	Wet, Slaughters Loop 32 min Felt good	Hill reps Went well	Swam 40L Steady Cycle 10m	Ballerina Felt tired	Had Massage		Huntsman's 109:30 steady comfortable	

Yearly Training Schedule

Month	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Notes			X/C Champs				Track Champs			Marathon		

Top Tip: If you miss part of your schedule, you missed it! Don't try and make it up elsewhere, only minor adjustments should be made!

True Quotes: Fail To Plan, Plan To Fail! ... and... Poor Planning Prevents Performance!

	Strength Training
	Speed work
	Stamina Training
	Rest