

The Finish Line



Bourton Roadrunners

June/July 2011

Tenby Win for Dennis

On Sunday June 5th Dennis Walmsley and Steve Edwards took part in what Dennis described as one the toughest Marathons he'd ever taken part in - so steep that one section would have had steps! - the Tenby Marathon in Wales. Dennis powered on from the start and had a fantastic race victory by over 5 minutes - setting a new course record of 2 hours 41 min 44 sec. Steve had yet another strong run and

on this particularly hard course had a great result, finishing in 3 hour 6 min 19 sec -15th place overall and 3rd in his age group.

(From Ewen's Report June 7th and the Tenby Marathon Web Results)



Shona First Lady in our Humph's Hilly Half

A good turnout and breezy cool conditions set the scene for the 9th running of the Bourton Humph's Hilly Half in memory Steve Humphries. The ladies race was convincingly won by an impressive Shona Crombie-Hicks who took the lead from the start. Shona beat her nearest female rival by over 5 minutes, finishing in 1hr 23. 2nd lady was Dani Rasgaski of Stratford in 1hr 28 40 and 3rd Dawn Clark of Spa Striders.

In the men's race, a small leading group pulled away early on, but soon became only two athletes - our Mike Smith and Bournemouth's Stuart Fox. They powered away from the rest of the field and at the 5 mile mark Stuart made his move - beating Mike into second place in a fast 1hr 14 35. Mike was a comfortable 2nd in 1hr 16 45. Anthony Bailey from Almost Athletes was 3rd in 1hr 17 49. Ewen Smith was 9th and 4th vet 40 with a very impressive PB on a very hard course. He finished in 1hr 22 41, just ahead of Shona, having run the race with her for much of the way. Tony Goodwill finished in a very impressive 1hr 30 10 claiming 1st vet 50. David Hanson had a good run in 1hr 50 57. Ed Rozier just pipped Norm Lane to finish in 1hr 57 02, with Norm 1hr 57 16 scoring a maximum 10 points in the vet 60 county series. Niamh Shoemark was 3rd lady V35 in a very strong time of 1hr 39 24 and with Shirley Creed's 1hr 51 47 they and Shona took the ladies team prize. Cheltenham were the winning men's team. (From Ewen's Report June 21st)

Editor comment. All in all the race went well and has resulted in some very nice reports on the Runner's World website (see page 4), so well done to Gill and everyone who pitched in. I'd like to add a special thanks to John Gibson who had a long evening, accompanying the last 'runner' (well OK, walker), - Ranon doesn't exaggerate, I had to stop following on my bike as I had no lights. He took 3 hr 20 minutes, nearly 40 min longer than the last runner. Thanks John, that was above and beyond the call of duty! Thanks too to the timekeeper who stayed to record him cross the line.

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July

Tue 5th Ind estate speedwork 7.30

Thu 7th Intermediate (Aerospace cancelled)

Sat 9th Pilot 10m (County)

Sun 10th Evesham 10k (6/10)

Tue 12th Normal runs incl. Speedwork 7.30

Thu 14th Normal runs

Mon 18th Committee mtg; Questionnaires due in

Tue 19th Ind estate speedwork 7.30

Thu 21st Normal runs

Sat 23rd Bourton 1 mile (County)

Tue 26th Normal runs incl. Sp/wk **PHOTO at 7.30**

August

Tue 2th Ind estate speedwork 7.30

Wed 3rd Bugatti 10k (County)

Thu 4th Intermediate 7.30

Tue 9th Normal runs incl. Speedwork 7.30

Thu 11th Normal runs

Sun 14th Hooky 6 (6/10)

Tue 16th Ind estate speedwork 7.30

Thu 18th White Horse 10k

Please come if you can

Future dates for your diaries

6 Sept - Cirencester AC are joining us for a hill speedwork training session followed by pizza & chips at the Coach & Horses just round the corner

4 Sept - Bledington Cross Counties 10K - A new local race, run mainly on estate roads and bridlepaths, in aid of Muscular Dystrophy. Limited to 300 entries. www.cxc10k.org.uk

Chair's Message

So much has happened in the last few weeks that it seems a long time already since the Hilly 100! Beth Wynn had an excellent day at the Brewers Games, winning the 1500m in a pb of 5.15 just after a pb in the 800m too. 16 Bourton Roadrunners entered (and finished!) the Cloud Cuckoo; Lucy was 1st lady, and Mike'n'Ewen 5th'n'6th, and hardly anyone complained about the hills again (or did they!).

Dennis kept his end up by winning the White Horse 5m then setting a new course record in the second Tenby marathon (I thought that day was hot until Boddington!) with Steve Edwards coming 13th. It was very exciting with Dennis in front accompanied by the lead motor-bike all the way, and them both being announced on the tannoy as they finished in the town.

Our best turn-out recently was for the Westonbirt 10k, with 30 BRR runners. Mike was 1st V40 and Conor 1st Junior Man. Andy Chapple is back to excellent racing form, Lucy was 3rd lady overall. It was Sarah Harper's birthday; she came 3rd Vet Lady. Beth Pudifoot was 1st Junior Lady and Niamh did a pb - and I, yes I, did a one second pb! You see, there's some hope for all of us!

And a new star in the making; Dylan Williams won the U10 boys 2k at Farnborough on 19th June in 8.20. Congratulations Dylan!

As I wrote in my e-mail, everybody helped to make the Hilly Half a very successful and enjoyable event. Richard Bufton (and Robin), Steve and Lynn Hudson, John Gibson and Jo Lewis, in particular, did a lot to help organise it, and after a few technical hitches, such as the start and finish having moved organically over the years, it was very exciting. Shona easily won 1st lady in 1.23.00, which was nearly a new course record, only beaten in 2007 by Wendy Nicholls in 1.22.18. Niamh and Shirley made up the winning ladies' team. Mike Smith was 2nd overall behind Stuart Fox from Bournemouth. Ewen did a pb (again? I think we need some verification of this!), Tony G was 1st V50, and Ed and Norm battled it out to the end.

Last Saturday saw the inaugural Sherborne 10k, very well organised by Mike Pudifoot's school. It was a very enjoyable event with all the kids around, such lovely weather (unless you're running!), and the warm-up which Laura Scarrott did with the kids and adults was good fun. Tony Goodwill can vouch for drinking Pimms after a race, too! It's very hilly through the Sherborne estate on paths and roads, and very hot! Mike and Sarah won their races. Den was 2nd, and Peter Marchant won the 2.4km fun run with a big lead in 10.18mins. Even Mike Hobbs raced! Good fun all round, and a possible 6/10 contender for next year?

Boddington marathon may not be in everyone's 6/10 choices next year; possibly not even for Steve Edwards, although, having finished 4th might just be too tempting, despite the 30°C+ conditions. Meanwhile Iain Harper chose a very different challenge in the 100 mile West Highland Way, which he completed in an excellent time of 28 hours.

Other than all the Kingham, Evesham Pilot, Bourton Mile etc. races coming up in the next month or so, I would just like to take this opportunity to point out a few other exciting events looming on the horizon:

The questionnaires are all printed and ready to be circulated; please let me know if you have not received one. Any feedback (especially positive and constructive) is welcome, preferably by 18th July, which is the date of the next Committee meeting.

On July 26th, Nat is once again prepared to risk the lens on her camera breaking, by taking the Annual BRR photo on the running track field at 7.30.

Then, on 6th September, Den is taking a Hill speedwork session with Cirencester AC, with Pizza and Chips afterwards in the Coach and Horses. Please come if you can!

I hope you enjoy your running in these lovely summer evenings!



Gill

South Cerney Sprint Triathlon

On June 11th, 4 Club members and one familiar ex Bourton Roadrunner took part in the South Cerney Tri, completing a 750m open water swim, 13 mile cycle then a 5k run. For Neil, Pauline and B.J. Teague and Sue Whitehill it was their very first venture into Triathlons, and they all did amazingly well.

Tri veteran Tim Heming was 10th in the Senior Men, Neil 5th in the Vets, Pauline 4th Supervet and B.J. 18th in the Senior Ladies. For all of the Teagues the run was a strong event and Pauline proved how important it is to be able to change outfits quickly, closing down Sue's lead following the swim with a speedy transition.

Tim Heming Swim 14:55 Transition 02:13 Cycle 40:49 Run 21:36 Total 1:19:33

Neil Teague Swim 16:37 Transition 02:08 Cycle 41:35 Run 24:06 Total 1:24:26

Pauline Teague Swim 18:06 Transition 02:18 Cycle 49:46 Run 28:34 Total 1:38:44

Brittany Teague Swim 21:28 Transition 02:11 Cycle 50:51 Run 26:50 Total 1:41:20

Sue Whitehill (Bourton Cycles) Swim 17:10 Transition 03:24 Cycle 52:12 Run 44:48 Total 1:57:34



Pauline finishes strongly and below, Neil after his run.



Above and right: the girls model their attractive swimhats, BJ and Tim start their runs.

Race Reports *by Ewen Smith*

May 31st Report

"Great Results on the Track for Beth" Beth Wynn stormed to victory at the prestigious **Brewers Games** 1500m at the Prince Of Wales track this week. She took the title by a clear 15 metres in a PB of 5.15.5sec and this just two hours after a close 2nd in the 800 metres in another PB of 2.28sec.

Also out racing in preparation for his upcoming marathon was Dennis Walmsley who recorded his first race victory in some time. At the **White Horse 5 mile**, after a competitive first two miles, Dennis powered away to record his victory in a fast 27.36.

June 7th Report

On Wednesday June 1st it was the infamous **Cloud Cuckoo 5.5 mile**. An extremely tough course, where Mike Smith led the way for Bourton with 5th place and 1st vet 40 in 35.32. Next was Ewen Smith in 37.48.

"Lucy first lady at Cloud Cuckoo" Back to form, Lucy Walmsley had a great battle to hold off her rivals, finishing 1st lady. Tony Goodwill was strong in 40.45. Sarah Harper had a great race as 5th lady and 3rd vet in 41.52. Other Bourton finishers were Nigel Frith 44.17, Rob Humphries 46.30, John Gibson 47.03, Norm Lane 2nd vet 60 in 49.18 sec, Liz Hulcup 49.55, Ed Rozier 50.08, Andy McCoombes, back after long injury managed 50.47, Susan Hunt 50.59, Steph Holton 52.58, Gary Holton 58.11 and Robin MacDonald recovering after illness finished in 58.23.

Monday 6th June saw a great club attendance at the **Westonbirt 10 km**, with Bourton having 30 runners on the starting line. With over 800 entries Bourton had some excellent results on a perfect evening for racing. Once again Mike Smith led the way for Bourton with an impressive time of 34.01. In an exciting battle he was just pipped into 4th, but was a well deserved 1st vet 40. Conor Shoemark, even with a lack of racing did well to hold off Ewen Smith and finished 12th overall and 1st junior in 36.22. Ewen was 13th and 3rd vet 40 in 36.44. Back from a year of injury Andy Chapple was brilliant in 38.17. Lucy Walmsley continues to impress taking 3rd lady in 38.32. Tony Goodwill was again strong and so close to the 40 min mark in 40.24. Now recovered from his back injury Nigel Frith had a particularly strong run in 41.10. Birthday girl Sarah Harper ran her best in some time in 41.25 coming home as 3rd vet lady.

Other finishers on the day were Andy Peaston 42.10, Beth Pudifoot - 1st junior lady - 43.07, Rob Humphries 43.49, strong running Niamh Shoemark in 43.59, John Whitehill 44.40, a brave Beth Wynn with a leg injury was 2nd junior in 45.37. Racing back to fitness Andy McCoombes finished in 46.40, quicker and stronger each race, while evergreen Norm Lane was impressive in 46.50.

Always in the prizes 1st vet 55 Liz Hulcup recorded 47.46, John Gibson 48.29, Susan Hunt 49.22, Ed Rozier 49.26, Esther Phipp 49.50.

"Gill P.B.s after 4 years!" Our Chairlady Gill made a fantastic effort to beat her PB from as far back as 2006 by 1 second in 49.52, while ever improving Steph Holton pipped Shirley Creed on the line. Both recorded 50.04. Ali Lane battled with recurring injuries to finish bravely in 50.14.

"P.B. for Chris Lomax" A happy Chris Lomax put in a PB in 50.36. Dave Marchant recorded 51.08, Robin MacDonald 56.14, Tom Pritchard 56.21 and Gary Holton - now always under the hour and getting quicker, finished in 58.53.

June 21st Report

On Sunday morning young Dylan Williams ran his socks off to win the boys under 10 2km race in Farnborough in an outstanding time of 8min 20sec and with many older boys in the race finished an impressive 2nd overall.

His Dad Roy enjoyed the senior 12km race and is still busy recovering.

Bupa London 10k

On May 30th, Ian and Wendy MacDougall, Ed, Clare and Jemma Rozier, Jo Lewis and John Gibson took part in the Bupa 10K.

In warmer than expected conditions the race was run over part of the expected 2012 Olympic marathon course. As ever the event was well organised and we all enjoyed it (well I can't speak for Ian and Wendy, but the rest of us did - especially Wetherspoons afterwards). With the out and back course, it was great to be able to have the chance to see winners Mo Farah and Jo Pavey, (or it would have been if I had looked up in time as they shot past, I didn't even see Paula Radcliffe!), I did wake up in time to give Ian a good cheer as he stormed past on his way to 4th place in his age group in 36:18. John Gibson finished in 15th in his category in 46:08, Wendy in 52:01, Ed running with Jemma crossed the line in 1:00:27, Jemma, after having to tie a shoelace, recorded 1:00:28, an improvement of 12 seconds over her run last year. Clare - 24 seconds faster than last year - finished in 1:02:07 and Jo was pleased to finish in the top 50% of her age group (which isn't saying much sadly) managing 1:03:43



Hilly Half Pictures



"Great support from the locals, and a lovely finish in Bourton made for a brilliant race! Looking forward to 2012 already. All around, v. good atmosphere, beautiful scenery, interesting course and excellent support. Recommended."



"Very good value, even at £13 on the day entry it felt like a bargain. T-shirt seems good too. Thanks to all the marshals and to Bourton Roadrunners for setting up the event."



"I ran this for the first time this evening and loved it. Great organisation, amazing marshalls and beautiful views. What more could you want? Congratulations to Bourton Roadrunners for a fantastic event and thanks to everyone who gave up their saturday evening to support those of us that ran"

"As usual an excellently organised run and at a very reasonable price. Love the atmosphere, hate the hills (but still keep coming back!) Only downside was my poor time. Who needs the big city runs, these win hands down, back next year, well done Bourton RR"

"Greatly enjoyed this race, very friendly,"

Quotations are from Runner's World Race reports

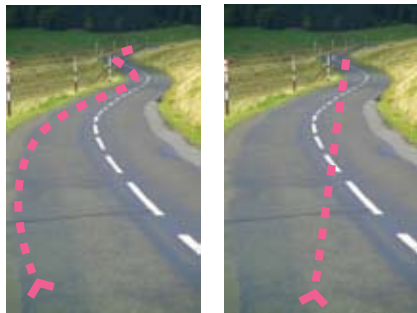
Coaching Corner by Dennis Walmsley **Bang!** ... no you've not hit the wall, that's the start of the race. Here I hope to cover a few tactical and psychological points through your journey to the finish.

So whatever the distance, you will be looking for that first mile or kilometer marker so you can reassure yourself that you have got your pace judgement right. You should be realistic in what time you can achieve and try to maintain consistent mile times to reflect it. Of course this does not always happen as one can go too fast due to the adrenaline pumping because of crowds cheering you on, music, your own eagerness to get going or being dragged along by the fast pace of other runners. That first mile may seem quite easy but you can still be going too fast, it will hit you later! Having said that, don't think your race is doomed. because it isn't - just be conservative in your running and if tiredness does hit you early, just keep relaxed but don't give up, one can go through a bad patch and recover to speed up again towards the end, but you have to remember to speed up as it is so easy to get locked into the pace you had slowed down to.

Maybe you've gone off too slow, well don't try to make it all up in the the next mile, what has gone has gone but you can make some time up averaged over the whole race and be confident that you should be able to increase your speed towards the end (where those who went off too fast generally lose time!)

The best place to be is in a group running at your pace. Let them do the work and they can pull you through bad patches. Running on your own (in no mans land) is hard work and you'll have to take on the wind so TUCK IN. You may feel the pace is too slow, but check your time - it can be very deceptive. It may even be a little faster than you'd planned but if it's not too excessive it may bring you on to a PB! - a gamble worth taking as no mans land is lonely hard work.

One of my frustrations is seeing runners go the long way round (unless they are my opponents!). Unless otherwise instructed or it is unsafe to do so, always take the shortest route. This seems common sense but lots of people don't do it!



Which route would you take? Look ahead of you and take the straightest line.

Always get to the front of a group just before a water stop to give yourself a clear run to pick up a drink and take the earliest available - you may want another if it's hot, or because you dropped the first one! Being in front also allows you time to slow down slightly to make sure you actually get the water in your mouth and not up your nose! Be last to get it and you will find yourself playing catch up and maybe missing a break away from the lead of the group (this could be you!). It's the perfect time to go when everyone else is concentrating on getting their drink. I have been in both situations and know which I prefer. If people are handing out water, be clear about your intentions. It is very offputting if they withdraw their arm just as you go to grab a drink.

...so it's half way through and you find yourself in that battle situation with your fellow club member or age group contender, there are serious points available or a medal to the victor. You might be thinking this hurts and you can't hang in! Not if you have positive thinking! Try

talking to them and they may think you are running easy even though you know you are flat out. If the words don't come because you'll pass out if you miss a breath, try getting just ahead in the hope that will break them and they may drop like a lead balloon, but if this doesn't work be assured that if they were feeling better than you then they would be well ahead, so if they're not then they're probably hurting as much as you are!

There are many mind games to help you achieve, for example;

1. Count the mileage down not up. i.e. In a marathon rather than saying you have done 19 miles, say you have 7 miles to go. That way the number can only get smaller!
2. If you are on target for your best time, don't change your pace, just keep saying to yourself 'keep doing what you are doing'.... and keep doing it!
3. When it's hurting tell yourself it's got to hurt to do your best so you must be running well!
4. Count your steps up to 100 and repeat (I've not tried this but apparently Paula has!)
5. That runner so far ahead of you is either going to beat you or blow up! so don't worry about them.
6. I'm doing well for my age!

The end is near..... no not your running career but the finish of the race! If you haven't broken your opponent yet don't panic, two people of the same ability may only be a second apart and although it's nice to have a comfortable lead it might not happen until the last 10 metres, so be ready, and if you followed last month's advice then you will know exactly when to go for it!

True Quote: Nobody ever remembers who came second! Top Tip: Never look behind, it's a sign of weakness!





The Ranonymous Runner

After weeks of excited anticipation, the wait is finally over. No, it's not whether the ordered tracksuit is the right size, it is the outcome of the Olympic ticket application. I secured a third of my requested seats. Sadly, I didn't get the 100m final. There were millions of applications – most of which were from other male 100m competitors. Securing a ticket for the arena is probably the closest many of them will actually get to Usain Bolt. I cleverly tried to get tickets for the most dangerous and therefore least popular event – the preliminary rounds of the javelin, but over half of those seats were allocated to St Johns Ambulance personnel.

Well done to the club for another successful Humph's Hilly Half this year, even though it nearly became a two day event, during which the back marker cyclist had to come in for lights to be fitted. Next year's timekeeper should also bring a calendar. Congratulations to Shona who won the ladies race and led the BRR ladies team to first place. An advantage of Shona Crombie-Hicks is that she only needs one other female runner to make up the team of three.

The club's renowned race organisation will be evident at a new local race, the Sherborne School 10k. BRR has been happy to provide the school with signs. If they enjoy that, then I am sure we can lend them other Mel Gibson films. Actually, I am not sure why this race needs extra support given that it is organised in association with The National Truss. The good news is that if there are any runners who cannot complete the course, they can come in on Monday lunchtime and complete it in their own time.

I was encouraged this week by the announcement by the government of their withdrawal of support of weekly collections of rubbish. Does that mean that I don't have to do efforts each Tuesday? I have been saddened that, on the few occasions I have attended, neither Mr or Mrs Lane have been there to run the sessions, even though, in this newsletter, the evening is often advertised as Normal runs.

Finally, it is great to see some club members venturing into the world of triathlons. The club may have to consider what Cirencester Athletics Club has done by incorporating the triathletes into the club name. So can we look forward to a new club in the near future - Bourton Roadrunners And Triathletes?

If so, best wishes and happy running, swimming and cycling from a fellow BRAT,

Ranon.

Race Reports by Ewen Smith

June 28th Report *"Some great running and results for our club members over an extremely hot and challenging weekend"*

The first running of the **Sherbourne 10km** took place on Sunday June 26th, which athletes complimented for the great organisation. The well designed but really tough scenic course was a challenge for athletes of all abilities. After a fast start the runners settled into their running with Mike Smith and Dennis Walmsley taking control. Mike took the lead from around the 3km point and powered on to beat his old rival with a really strong run on this tough course. Mike's winning time was 36.35 and it was his 49th race victory. Dennis was a comfortable 2nd in 38.04. Ewen Smith 6th in 40.10, Andy Chapple well on his way back was 8th in 40.59 and Mike Hobbs 15th in 43.14. Another good run from Tony Goodwill as 2nd vet 50 in 44.15.

"Mike Smith's 49th race win, and Sarah Harper was the ladies winner"

Sarah Harper took the first lady's prize, running in great form well ahead of the ladies field in 44.29. Other runners for Bourton were Kevin Ball -51.11, a fine effort from Louise Pudifoot as 1st vet 45 in 51.40, improving David Hanson 52.32, Susan Hunt 54.14, Esther Phipp 54.45, Gill Carrick 55.59 and David Marchant 57.14.

Our juniors performed particularly well in the 2.4km fun run with Peter Marchant as race winner in 10min18. Tom Pudifoot ran a brilliant 3rd place and Lucy Griffin only 8 years old was 10th. Also running well were Charlotte Hartley 12th, Isobel Hartley 18th and Ellie Lewis who has only been running for 3 weeks in 46th place. Over 100 runners took part.

The previous week *"Iain Harper took on the gruelling nearly 100 mile West Highland Way"*. Over road and rugged terrain where runners carried their own water and food Iain performed admirably to finish in just over 28 hours.

Boddington Marathon Report from Steve Edwards

With an 11:15 start time, the temperature had already reached the high 70s when over 100 athletes lined up to run the Boddington Marathon. Steve wasn't especially looking forward to the race because of the hot conditions, but a pulled back muscle the day before meant the next few hours were going to be even more uncomfortable. After just 2 laps of the 12 lap race, runners were starting to drop out as the temperature began to rise. As each lap went by, more runners were dropping out but Steve was working hard and at the 10 mile point seemed to be going okay at around 3:10 pace. However, by 15 miles he had slowed to 3:15 pace and was getting slower! By this time around 30 runners had already dropped out of the race and many more were either walking or had stopped for a rest! Steve had never witnessed this kind of situation in all his years of running.

With no shady respite anywhere, the exposed country lanes were beginning to feel like an oven and after 20 miles Steve felt he was losing co-ordination and had to slow even more. The last 10k seemed to take an eternity, he was reduced to a survival shuffle and the only thing now on his mind was fighting for another sub 3:30 finish towards the record. It took him 55 minutes to do the last 10k but he finished in 3:24:37, job done and total relief. He hadn't felt as exhausted after a marathon for a long time, he consumed 3 litres of fluid during the race but still lost 5lbs in weight! Apparently temperatures had reached 90 degrees and over half the field had dropped out. Considering this is a flat course, the winner did 3:07 and only 4 runners broke 3:30, Steve was 4th! says it all really. A nice consolation was being credited with the 1st Vet award and some shopping vouchers. The greater reward though was a successful 458th sub 3:30 out of 532 marathons in total.