

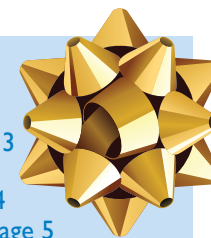
The Finish Line



Bourton Roadrunners

November/December 2011

Chairman's Message: Page 2
Park-Running by Susan Hunt: Page 2
Ewen's Race Reports: Pages 2-3
Committee Meeting Minutes: Page 3
More on Running Morals: Page 4
Message from our President: Page 4
New York Marathon by Tim Heming: Page 5
Some History for the Girls: Page 5
Coaching Corner by Dennis Walmsley: Page 6



Christmas Dinner

Saturday

December 17th



+ DISCO

at the Cotswold Way,
Bourton on the Water
£14.75 per head

Please let Shona know asap if you want to come - e-mail her on scrombiehicks@aol.com with your menu choices and please give her your cheque made out to Bourton Roadrunners before December 3rd

The Club Competition prizes will be awarded at the Christmas Dinner, so could last year's winners please return their trophies to Gill Carrick as soon as possible. Thank you.

Winter Vegetable Soup
sprinkled with chunky croutons

Warm salad of Prawn, Smoked Tuna
and Avocado

Local Game Terrine
Served with homemade Cotswold Way Chutney

Traditional Roast Norfolk Turkey
or Roast Beef
with all the trimmings and roast gravy

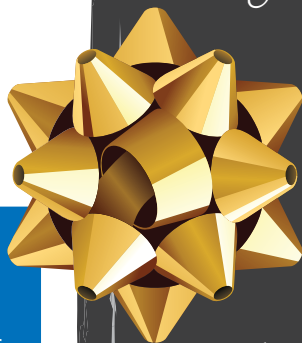
Salmon Wellington
with a Béarnaise Sauce

Home grown Spinach, Red Onion and Goat's
Cheese Tart
with a fresh tomato sauce

Christmas Pudding
served with Brandy Sauce

Winterberry Trifle

Profiteroles
served with a creamy Chocolate Sauce
and drizzled with Baileys (optional)



The new Committee and Officers for 2011/12

President:	Dennis Walmsley
Chairman:	Robin MacDonald
Vice Chairman:	Steve Edwards
Secretary:	Pauline Teague
Treasurer:	John Gibson
General Committee: Brian Hulcup, Chris Hartley, Gill Carrick, Lynn Spedding, Lynn Hudson, Richard Bufton, Jan Short, Ed Rozier	
Non-committee roles:	
Press Officer:	Ewen Smith
Entertainments Officer:	Shona Crombie-Hicks
Membership Secretary:	Lynn Hudson
Newsletter Editor:	Jo Lewis
Youth Development:	Chris Hartley & Richard Bufton
& Child Protection Officers:	Richard Bufton
County Representative:	Lynn Hudson
Overseas Trip co-ordinators:	Richard Bufton & Mike Smith
Club Competitions:	Gill Carrick
Team co-ordinator:	Ewen Smith
Club Equipment:	Richard Bufton
Honorary Auditor:	Richard Raddall

Please read the section on club
etiquette in the Committee
Meeting Minutes of page 3

Trial period at the
Leisure Centre
in January

Tinsel Run
December 20th
Get your baubles out!

Festive Social Event
Dec 3rd - see page 4



Chairman's Message

As most of you will know I took over as Chairman at the last A.G.M. The major topic of the meeting was the location of where the Club meets for training nights and for those who are unaware; the position is that the Football Club will be tried in November, December will be at the school and January at the Leisure Centre. Shortly after the end of January the Committee will formulate a method of putting the position to the members.

“It is time we all got back to why we joined the Club in the first place”

At this stage it is inappropriate to give an outline as we do not know how the trials will turn out. All I am prepared to say on the subject is that the method will be fair and open. The subject of the meeting place has been the main talking point for too long and it is time we all got back to why we joined the Club in the first place - that movement which involves sticking one leg in front of the other as quickly as possible - otherwise known as running! In the dark weather please take care when out training - vehicles usually suffer less damage than we do even if we are in the right.

Happy Running
Robin Macdonald
Chairman

Parkrunning by Susan Hunt

During my running “career”, I have come to realise that if I never practice running fast, I won't be able to run fast when it matters i.e. in a race. Sadly, I seem to lack the mental strength to run fast in training (unless I have Dennis Walmsley on my shoulder). So this weekend I decided to do a Parkrun event. Having other runners to race against and the knowledge that my time would be recorded for ever on the World-Wide-Web would surely be sufficient motivation to work hard.

I hit the Parkrun website the night before to register and check the previous weeks' results for the Leamington course to assess the risk of me coming last. Hooray! Free entry, only 5K (so over quickly), free refreshments afterwards, and plenty of people had run the course slower than I thought I could. I printed and laminated my barcode and eagerly awaited the 9:00am start.

Things looked different when my alarm went off at 7:00am to a foggy soggy Saturday. That familiar race-day feeling of “why am I doing this?” accompanied me all the way to Leamington.

At 8:30am I was the only person in the car park. Had I got the wrong day? Thankfully not; by 8:55am a further 93 runners had appeared as if from nowhere. These included lots of young lads and a man pushing a buggy (containing a large grinning toddler) with one hand and wrestling a jumping dog on a lead with the other.

The multi-terrain race started with one lap of the football field. For the first time in 3 years of racing, I was second lady as we went through the gate to run around the muddy paths of the Golf Course (though annoyingly, behind buggy man). My plan to “blast” the course went awry as the path rose above the car park and I realised that the name, “Observation Hill Car Park”, should have rung warning bells. As I puffed up the monster hill, I was passed by several ladies; but had the satisfaction of finally passing buggy man.

Race over, I handed in my finishing token and barcode for scanning, had a drink and met a running couple who spend all their weekends doing different Parkruns. The man had a camera stuck to his forehead. He explained that they watch the runs at home afterwards and then put them on YouTube (!)

By the time I got home, I'd had a text and email confirming that I had finished 43rd, 5th lady and 1st in my age category. Yippee! Even better, I discovered that the website results can be sorted by all kinds of criteria including Age Grade score. That was my favourite, as it made me 14th out of 94!

So my Parkrun adventure was a success. I'd had a hard workout, set a new pb, boosted my self-esteem, maybe appeared on YouTube - and it wasn't even lunchtime yet.

Ewen's Race Reports

25th October

We've had a mix of great results and disappointments over the last few weeks on the racing calendar.

At the **Blenheim 10km** Dennis Walmsley had his best result in some time after going out strong with the youngsters. On a tough course he came 5th and 1st vet in 43min 52. Mike Smith among others were solid if not at their best following the Jersey Marathon. Mike managed 7th position in 35min 45. Ewen and Shona continued their ongoing battle with Ewen edging out Shona in a close race. Ewen finished in 38min 24 with Shona close behind in 38min 29 - 3rd lady and 1st vet 40. Quicker and closer to those two was Lucy Walmsley in a impressive 38min 48.

Sarah 'consistent' Harper is having an impressive season, and had another good race with 40min 25. Niamh Shoemark - with yet another PB - was next in 43min 24 making up our winning ladies team. Ali Lane is running very strongly at the moment and again timed her race well to beat the 45min mark with 44min 51. Rob Humphries was close behind in 45min 23. Liz Hulcup was yet again Vet 55 winner in 46min 13.

Our other race finishers were Andy McCoombes 49min 02, an elated Steph Holton in a massive PB of 49min 19, Susan Hunt 50min 41, Shaun Marchant 50min 43, our new chairman Robin MacDonald in 56min 42, Lynn Hudson in 58min 07 and Gary Holton in 1hr 1min 59.

The **Stroud Half Marathon** saw some very mixed results. With a field of over 2000 runners Mike Smith had a decent run for 15th place and 2nd vet 40, but was disappointed with his time. Shona Crombie Hicks and Lucy Walmsley really shone on the day, with Shona a very impressive 4th and 1st Vet 40. Lucy, who hoped to beat 1hr 28, was extremely strong and powered her way to a very pleasing 1hr 25min 47sec and 2nd vet 35. Disappointed Ewen Smith and Tony Goodwill ran out of legs recording times of 1hr 28min 23 and 1hr 32min 33 respectively. Possibly the run of the day belonged to Nigel Frith who smashed 5min off his PB to record for 1hr 32min 53. Andy Peaston ran a steady 1hr 38min 15 as did Rob Humphris with 1hr 39min 30 and John Gibson 1hr 41min 30. A very disappointed Liz Hulcup was next in 1hr 47min 07, but she can be proud of her 2nd vet 55 place, and taking our ladies team to 3rd place. Then came more PBs for Gill Carrick 1hr 50min 59, Steph Holton 1hr 53min 03, Susan Hunt 1hr 53min 35 and Gary Holton 2hr 33min 29. A great effort by all.

1st November

Steph and Gary Holton are almost there in their journey of running 7 races in 7 weeks to fundraise for Parkinsons Disease. Sunday saw them compete in race number 6 at the 17th **Bupa Great South Run**. With 24000 other runners and a great atmosphere (despite the weather) for the worlds largest 10 mile race the pair were very pleased with a great run, finishing together in 1hr 44min. They have raised much needed £600 to date for the Parkinsons UK in Barnstaple and would be most grateful for any donations on the Gary and Steph page on Virgin Money Giving.com. A great effort and sacrifice from them both.

Our juniors dominated at the **Plock Court Choc Biscuit 1 mile** with some fast running and determination. Results: Felicity Darwent 4th, Lottie Hartley 7th, Alex Darwent 8th, Tom Hughes 9th, Isobel Hartley 10th, Ben Darwent 11th, Daniel Bufton 13th and Ellie Lewis 15th.

Newer members Jane and Alistair Gleghorn had a great weekend at the **Ascott-Under-Wychwood multi-terrain 5km** - Alistair finished 4th in 25min and Jane achieved a massive PB of 26min 39 and was 2nd lady. Watch out you seasoned runners.

Steve Edwards was particularly pleased to clock another marathon under the 3hr30 min mark with a time of 3hr 26min 35sec at the tough and challenging **Snowdonia marathon**.

Ewen's Race Reports - continued

8th November

The **Guy Fawkes 5 mile** was the final race in the Gloucestershire road race series for 2011. With final individual and team medals up for grabs the pressure was on. In perfect conditions and with a full field of 400 runners Bourton performed well with some notable results.

Mike Smith consolidated himself at the top of the county vet 40 standings and 2nd in the open category with 7th overall and 1st vet 40 in 28 min 39. Ewen Smith was next in 29 min 54, very closely followed by our runner of the day 15 year old Kieran Shoemark as 1st junior in a very impressive time of 30 min 04 sec (watch out Connor). Shona Crombie-Hicks did well with a muscle strain to pick up 1st lady in 30 min 12 sec. Sarah Harper continues to impress and finish in podium positions with a strong 3rd place in 31 min 40.

Others to complete were Ian Shoemark in 31 min 38, a strong run as he has not raced in some time, Tony Goodwill and Nigel Frith - both of whom have had great seasons - in 32 min 11 and 32 min 15. Brian Hulcup is back on the road with 36 min 02, John Raper was in among the county medals in 36min15, and Liz Hulcup continued her a superb season, running away with the county vet 55 title and the vet 50 race title in 36 min 25 and yet another PB.

Andy McCoombes finished in 37 min 20, and completing her and Gary's '7 races in 7 weeks' challenge, Steph Holton stormed home in 38min16. Susan Hunt and Gill Carrick both with PBs again in 38 min 31 and 39 min 36. Norm Lane earned his county medal with a tough injury-hit season and knee surgery next week, with a solid performance of 40 min 46. New member David Payne continues to improve in 40 min 55. Lynn Hudson steady as ever in 44 min 08, John Gibson and son Alan (in his first race) ended in a sprint finish, which was taken by Alan in 44 min 40, with Dad a few seconds behind. Good to see Shirley Creed back after long injury managing 45 min 17 and Robin Macdonald, who did well to finish after a fall at the start, completed in 45 min 42. Gary Holton finished it off for Bourton with the last of his 7 races in 7 weeks with a PB of 47 min 14.

Blackbridge XCcountry

Our juniors continue to impress with their commitment and enthusiasm with some great running at the 2nd Xcountry at Blackbridge.

Results: Under 11 boys team (4th); Dylan Williams (only 8 years old) 7th, Max Pinkham 16th, Charlie Donaldson 38th, Marcus Key-Thomas 39th and Alfie Dodridge 44th.

Under 11th girls 8th team; Josephine Mutsaers 20th, Beth Boydell 22nd, Isabel Key-Thomas 25th, Isabel Hartley 29th, Emily Williams 37th and Ellie Lewis 45th.

Under 13 boys team (7th). Tom Pinkham 11th, Josh Grey 29th, Alistair Gleghorn 38th, Alex Darwent 39th and well done to Alex Baxter in his 1st race in 51st.

Under 13 girls: Great result for Rosie Mutsaers in 10th and Eva Shoemark in 29th.

Under 15 girl Lottie Hartley had a fine run for 17th.

Steve Edwards continues his Marathon quest and was this week at the **Rutland Water Marathon**.

On a scenic and challenging course Steve did particularly well for 15th place and 3rd vet 45 in 3hr 13min 25sec.

Well done Gary and Steph!

On not only completing your '7 races in 7 weeks' challenge but clocking up a fair few PBs along the way!

Gary and Steph are pictured here after the Bupa Great South 10mile race



Minutes of BRR Committee Meeting held 12th September

Present: Chair Gill Carrick...John Gibson, Lyn Hudson, Jan Short, Steve Edwards Liz and Brian Hulcup, Pauline and Brittany Teague. Apologies: Ewen Smith

Minutes of last meeting agreed as being a true record.

Matters arising:

Football Club: Thursday the runners met at the football club for a trial run so members could have the opportunity to use the new shower and changing facilities. Many members took advantage of this and the general feedback was good including the choice of runs although car parking and the single road access did raise a few issues. On the whole positive. We discussed this and Brian suggested that maybe it would be a good idea to go to Brian Hall (football club chairman) about the possibility of having a month's trial at the club to get a more balanced view, thinking that during the winter months is the more difficult time with lighting etc. Once we have achieved this we could then have an EGM (after the AGM) to have an in-depth discussion with all members of all possible options. We also had further news regarding the new school hall which sounded promising until the costs, which are as follows: £20 for locking and un-locking and £26 per hour hire charge which would incur a total cost of £72 per night. This realistically would price us out. We did discuss the fact that Cirencester have an agreement with Cotswold Leisure where they pay a fixed sum which gives them full use of the centre. Because Bourton Leisure centre is smaller this sort of arrangement may not be possible but we did later discuss the possibility of approaching them to see if it would be possible to put our notice board on their wall if we do stay at school. Obviously this would rely and the incoming committee being prepared to carry this forward, after a general discussion it was agreed to proceed.

Richard and Chris will be asked about the youth and their intentions for youth training during the winter months. We believe there preference would be the school in the summer and football club in the winter because of the safety issue and the flood lights. We will ask them if this is the case. Obviously the main issue with the youth is safety first.

AOB.

Mob match with Cirencester at the Moreton 10k, 9th October. Apparently the Cirencester members are subsidised by the club, which repays them £5 of their entry fee to encourage runners. After a discussion it was decided not to offer this to our members.

Lyn Hudson received a letter from a ciren member saying how much they enjoyed the Hill session with Dennis.

New Members : Chris Day and Michelle Malcolm.

Christmas Meal Venue: It is generally the rule that every couple of years we change our venue for the Christmas meal as we are ever growing. The numbers are increasing year on year, so we are needing bigger venues so we are all going away and hopefully finding and enquiring about xmas menus... venues mentioned were the Golf Clubs at Naunton and Wychwood, and the Cotswold Gateway in Burford. We will get sample menus and e-mail committee.

AGM: With the AGM nearly upon us Nomination slips/letters will go out to the membership. Gill Carrick is intending to stand down as Chairperson..(VERY SAD NEWS, SHE HAS DONE A FANTASTIC JOB.) Pauline Teague standing down as Secretary. Hopefully these posts will be filled by enthusiastic members... so start asking possible replacements.

Both Pauline and Gill hope to stay on as committee members.

Victoria Hall has been booked for 17th October 2011 at 7.30pm

Running Club Etiquette: With so many new members they will not know all the routes we take for granted so we all need to be aware and make sure that no runners are left to run alone, (new members or not). Let's make a special effort to go back for those at the back, let's bring back the shepherding system. Recently on a cross country run three runners (not new members) did not know the route and lost touch with the group, took a few wrong turns and eventually arrived back at the school only to find other runners had left for home. This is not the way we like to be, we should always be aware of who is running and the faster runners should take note of who they go by so that they can be sure that these slower runners arrive back safely. It was always a good way of getting an extra mile in by going back for the back marker so that all runners finish the run together, having a warm down and chat - the perfect way to end a run. So please be aware and educate all runners to go back for the back marker as soon as you finish....because one day that back marker could be you!

Jo Lewis will be asked to put a few words in the news letter regarding this.

John Gibson (treasurer) has received a letter from the **Barn Owl trust** to whom we sent a donation in memory of Steve (Beaky). They have said that they are going to have a plaque with Steve's name placed in a special garden.

Banking: John has been having ongoing problems with Lloyds Bank regarding the mandates for signatories. After many phone calls and visits to the bank this has now been sorted. Well done John.

Meeting Closed at 9.15pm

Next meeting to be decided after the AGM on the 17th October 2011 at Victoria Hall.

A word from our President

I must say, it is an great honour to be voted in as your president and I thank you for the encouragement I have received.

Bourton Roadrunners is a special club to me and I have never wanted to run for any other. Without the support of this friendly club, something that some other clubs seem to lack, I may have not achieved as much in my running career. That sounds like it's over now, especially becoming president, as that means one must be really old! However, there is more to come.... hopefully! (Brazil World Masters Championships 2013!)

I have represented England 6 times, Great Britain 5 times, have been the 50k England AAA Champion, British 100k Champion twice, British Masters Marathon Champion and World Masters Champion at 100k and Marathon. I believe having achieved those things makes me a good ambassador for the club, but only if I represent the club in a manner not bringing it into disrepute, be honourable, sportsmanlike, obey rules, be supportive... and get completely plastered at the BRR Xmas dinner!

I think the club is in a good place at the moment. It is not the old club that some of us knew and loved, but it is a changing club that we still love, with a lot of new members, and although we are not quite settled at a venue yet, the club has still lots to offer and we still punch above our weight in lots of races.

Wherever we end up, I for one will be supporting it there.

Dennis Walmsley



Remember Tim's question about whether it was right to let runners who'd taken a wrong turn regain their places in a race? Well here's one response, and a story of someone with quite opposite morals!

Dear Tim,

Clearly the 'fine runners' who just got pipped to their destined racing rankings - ie 2nd, 3rd etc, are unaware of the first and most important rule of running's nemonic (I don't even know if that's the right word or whether it's spelled correctly, but then you're only a Sun journo.) PPPPP - the five Ps - Poor Preparation makes for Piss Poor Performance!

So stuff 'em; that'll teach 'em to read the map before they start... Who ever heard of Dennis Walmsley winning the Snowdon marathon 'cos the bloke who was two minutes in front took the wrong turning? Well I have actually, but Dennis took the trophy proudly and the eventual 2nd bloke didn't even snivel - he knew it was his fault

This is Lynn's opinion on any moral dilemma, but I'm going to tell Tony it's his opinion as well...

Rob Sloan, aged 31, took third prize in the Kielder Marathon on Sunday 9th October with a time of 2.51.01, but was later disqualified when fellow bus passengers grassed him up, telling officials that he'd done 6 miles on a spectators' bus. He got off the bus half a mile from the finish, hid behind a tree until the 2nd place runner passed then rejoined the race to claim 3rd prize.

From the Sun report on Wednesday Oct 12th

Welcome new members
Gal Winwood,
John Mutsaers and
Paul Gunn

Nominations please for the 6 from 10 series races for 2012 to Gill Carrick
simpson@simpsoncarrick.demon.co.uk



Saturday December 3rd- 5K Santa Run then an evening Indian meal IN SANTA SUITS!

All in a great cause - for dogs who help people - the 5k fun run is in Cirencester Park on Saturday 3rd December at 11am. All we have to do is pay £12 to enter and we get a Santa Outfit, mulled wine & a mince pie!!! They want as many of

us as possible and are waiving their request for £50 sponsorship money for us club runners. I thought us all dressed in our Santa outfits would be a lot of fun!

If you would like to run please complete and send in the entry form that's been e-mailed round. I have also organised a meal at Saffrons in Bourton at 7pm the evening of the race and the wearing of santa outfits is compulsory! There will be a set menu at £12.50 per person for adults & £10 per person for under 16s, we can bring our own drinks so there is no extra cost for alcohol and the service charge is included in the price.

Please e-mail me on scrombiehicks@aol.com before Thursday 24th November if you want to join in.

I hope you can take part.

Shona.



You too could look like this!!

New York, New York.....

I'm not the first to start spreading the news about the New York Marathon. Given it was first run in 1970, I'm actually about the 700,001st, but the story stays the same: the New York City marathon is an exceptional experience.

Having run London for the first time in 2008, New York has always been the one big city race I wanted to tick off. Securing an automatic qualification as a male, mediocre, jobbing, club runner isn't so easy, and from next year it will become a whole lot tougher - a sub 2hr 45min marathon the ask.

But alongside 46,999 others, I had my spot for 2011, sourced some cheap-as-I-could-find flights, a friend-of-a-friend to put me up in Brooklyn and headed off from Heathrow on Thursday night hoping an ominous sore throat wasn't going to develop into something more sinister.



If the course could best be described as 'lumpy' the trip itself had considerably more ups and downs. I arrived in Brooklyn at 3am on Friday morning, jet-lagged. There was no-one there to let me in. The bank stopped my card. My phone packed up. Accommodation was a 24hr party house. My cold got worst. Race day arrived and I wasn't sure if I'd be able to run the first mile, let alone 26.2 of them. What are those five Ps again? Poor Planning Produces Poor Performance. (I think I might have left a P out, but it's a family newsletter, right?)

However, a combination of hitting the hay at 3pm the previous day, the beautiful fall weather, the pre-race adrenalin of a World Marathon Major, the grace of God, and some sheer bloody mindedness got me through. I've run eight marathons, but never an easier one. I saw the five boroughs of New York. I crossed the line 2hrs 59mins 5sec later and I learnt plenty of lessons.

Here are just a few tips:

- 1) *If you enjoyed running the London marathon, then you'll love New York. Yes, it's an early start (I was up at 4am) but the long build-up, catching the subway, the ferry to Staten Island and a bus to the starting pens, is all part of the atmosphere.*
- 2) *There is far less fancy dress on show than in London, but it is more of a multicultural experience. Runners travel from all over the world, so take the chance to chat with them. They all speak English and you might find yourself invited to run next year in Boston or the 'Comrades' in South Africa.*
- 3) *Rather than just return to your hotel after the race - if the body is willing - head back out on to the course and cheer in the slower runners. Every aspect, shape and size of human life could be found in the last 800 yards through Central Park. To watch those struggles can be both empowering and humbling. You quickly gauge who's having the best and worst days of their life, when to holler support and when to stay a little quieter.*
- 4) *Headphones. With an estimated 2million out to support you... just why?*
- 5) *Friends as pacers. Don't - there are way too many of them on an already overcrowded course. People need to self-police this and understand it's a personal battle and achievement for those in the race. It's must also be a little demeaning for the numberless being crudely rugby tackled by US marshals as they hit the final corner.*
- 6) *And remember those five Ps!*

by Tim Heming

A bit of history for the girls...

We all take for granted now our right to attempt the 26.2 mile course, but I'm not sure how many of you realise that competitive Women's Marathon running is a fairly recent phenomenon.

Although as far back as 1918, Marie-Louise Ledru is credited with being the first woman to run the distance in the Tour de Paris marathon in a time of 5 hours and 40 minutes (which incidentally earned 38th place!), and British woman Violet Piercy holds the first official IAF Women's Best Marathon time from 1926 with 3.40.22, over a time trial on a course that was only 35.4km, women didn't enter marathons in those days, and few people thought they should!

In 1966 when American Bobbi (Roberta) Gibb applied to enter the Boston Marathon, she received a letter from the race director, Will Cloney, informing her that women were not physiologically capable of running marathon distances and that under the rules that governed amateur sports set out by the AAU, women were not allowed to run more than a mile and a half competitively. She ran anyway, jumping into the field mid-pack after the starting gun was fired, running in nurses shoes because at the time women's running shoes weren't available. She finished in three hours, twenty-one minutes and forty seconds and was congratulated by the Governor of Massachusetts. Her time was however 'unsanctioned'.

The following year, 1967, Katherine Switzer managed to 'officially' enter the Boston Marathon through some clerical error which failed to record her sex. She made the headlines when one of the race directors tried to forcibly remove her from the field (see pics on right), but her boyfriend managed to protect her, shoved race director into touch, and kept her in the race which she finished in 4.20. Bobbi Gibb once again ran and finished almost an hour ahead of Katherine. Retrospectively, Bobbi is now recorded as the ladies' winner of the Boston marathon in 1966, 67 and 68 even though she was never an official entrant. Eventually, in 1972, women were officially allowed to enter the Boston Marathon. These brave women challenged the world's perception of women's stamina and ability. Because of them and others like them, we now have Paula Radcliffe with a world record of 2:15:25, and our own opportunities to run wherever, and for just as long as we like!

Editor





Coaching Corner by Dennis Walmsley

This series of articles is covering a lot of information that is basic, and that you may already know...

But do you practise it? Do you need reminding?

'Some of it' to both, I would say, but which bits? Well if you are reminded enough then it should become like second nature. So on a Tuesday night speed session when I say the same old things over and over again and you think I'm just being repetitive, (or not, because you've forgotten last week already), then just remember that running IS repetitive. You put one foot in front of the other and then the other foot in front of that and then repeat a few hundred times. So speedwork, now I'm on the subject.... I can feel everyone covering just like Tuesday nights!

Don't think I haven't noticed one or two - or more - trying to hide behind someone else trying not to catch my attention in case I pick on them, which means having to work hard. Well I guess no one likes to push themselves hard, but everyone should feel a great sense of satisfaction after having done it.

Having said all that, it can't be all that bad as there have been quite a number doing the sessions. Since introducing the industrial estate sessions every other week, this has become popular due to the shorter run and being able to do as much or as little as you like. Also having a larger group spurs everyone on to work harder and longer which makes it easier.... doesn't it!

Speedwork is what is says on the box, working to give you speed, but it is only part of a carefully planned schedule to give you results - an essential part though. Tuesday night sessions are designed for group participation, for mixed abilities, and may be specific to some of the races that most of the club might

be doing - but maybe not specific to some individuals. One should be able to tailor their own training on other nights around this, however if anyone needs individual specific requirements on the night this could probably be accommodated.

Have I sold it to you yet? Well let me tell you some of the things we do and then you really won't want to come!

Normally we will do a 5 to 7 mile run, which includes a warm up and warm down, with around 18 minutes worth of speedwork (less if you're new, injured-ish or just lazy). This will be broken up into various ways for: **pure speed**, i.e. short effort, long recovery, **endurance speed**, i.e. long effort, short recovery, or **tactical speed**, i.e. fartlek.

Tactical speed!! 'what on earth's that' I hear you say! Well in my books it's at the start of a race to get in a good position, or at the end to out-sprint someone, or in the middle to out-manoeuvre someone i.e. to get to the water station first or hang on to someone who has put the boot in etc. So with all this in mind you can expect to run fast in bursts of 15 seconds or up to 5 minutes, but most of it revolves around 1 and 2 minutes, normally with equal recovery time to effort time, but not exceeding 2 minutes recovery unless between phases (a group of efforts).

Are you confused yet?... because I am, and I thought I knew what I was talking about! There is quite a variety so that it keeps everyone stimulated and keeps it fun... sort of !

Now what was that other word I used... oh yeah, "**Fartlek**" No I'm not being rude - it is the term given to speedwork of 15 seconds to 1min 30sec, randomly exercised with random recovery, designed to practise variation in speed when you're not expecting it.

At the end of the day it is up to you if you want to get faster - or even not get slower so quickly because you are getting older - the opportunity is there.

I know this seems more like an advert, but hopefully you will have picked up a few things, and if it encourages more people to join in then that can only be good for all of us. Next time I will talk about recovery and that does mean from the Xmas dinner!

Top Tip: To achieve success you need the 3 D's... Desire, Dedication and Determination (and Dennis of course... oh that's 4!)

True quote: "The real purpose of running isn't to win a race, it's to test the limits of the human heart". (Bill Bowerman)

Finally, a coaching tip from a top athlete - courtesy of Tim Heming: "I was at the British Triathlon Annual Award dinner on Saturday night and Steve Backley was the main speaker.

He won an Olympic bronze followed by two Olympic silvers. The triumphs were the silvers, the bronze a product of complacency when he was at his peak so early in his career. The silver in Atlanta in 1996 was probably his greatest feat on the global stage.

Injured in the run-up to the event, he had hired the hypnotist Paul McKenna as a sports psychologist. McKenna simply encouraged Backley to visualise his dream... 'See it, feel it and trust it'. So next time you are aiming for a PB, picture it in your head first and then just believe you are capable of it. Easy, right?"