

The Finish Line



Bourton Roadrunners

February 2012

What a lot of Medals!!

County XC Country Champs

Bourton Roadrunners did themselves proud at junior and senior level at the County cross country champs at Plock court on January 7th, bringing home a massive haul of medals from all age categories.

The under 11 girls gave us an excellent start to the day with a brilliant 1st place and individual gold for Felicity Darwent as well as 1st team place with Lucy Griffin 6th, Josephine Mustaars 10th, Beth Boydell 18th, Isobel Hartley 24th, Helena West 25th, Isabel Kiey-Thomas 26th and Emily Williams 29th.

Our under 11 boys had a great day with 8 year old Dylan Williams taking a fine bronze in 3rd place and the team also achieving bronze with Max Pinkham 8th and Marcus Kiey-Thomas 18th.

Under 13 girl Rosie Mustaars did well in 7th place as did Lottie Hartley with 10th in the under 15 girls.

Last off of the juniors were the under 13 boys with yet another outstanding performance. They walked away with the silver team medal as well as a fantastic individual silver for Tom Pinkham. He was well supported by team mates Tom Pudifoot 12th, Josh Grey 17th and Alistair Darwent 21st. A great day all round for our juniors and their proud coaches Chris Hartley and Richard Bufton.

Our seniors also had a good haul of medals even though we had a limited number of athletes on the day.

In the ladies' race college student Beth Wynn continued her strong season with 13th overall and a silver medal in the under 20 category. Not far behind and making her way back to form was Steph Lane in 14th. Strong running Ali Lane had another impressive run for silver vet 50, and the ladies' team finished in a creditable 6th place.

Dennis Walmsley led the men home and did particularly well against much younger opposition with 11th place and Vet gold. Tony Goodwill continued his impressive form for silver Vet 55. Norm Lane had a fantastic result considering his recent knee operation and picked up yet another Championship medal with Vet 65 silver. Mike Pudifoot put himself through his paces and should be happy with his well deserved 53rd place.

By Ewen Smith

County Road Race Series Awards

Bourton Roadrunners took home quite a haul of medals at the Gloucester County Road Race Series Awards ceremony in January. Our Ladies walked away with firsts in both the open team and the veteran team categories while our men took the male vet team prize. There were also many individual achievements: Mike Smith took silver in the open age group and gold in the vet 40 category. Ewen Smith won bronze vet 40, Tony Goodwill gold vet 50, John Raper silver vet 60 and Norm Lane bronze vet 65. In the ladies categories, Shona Crombie-Hicks took silver in the open and silver vet 40, Gill Carrick gold vet 50, Ali Lane bronze vet 50 and Liz Hulcup, after having an incredible season, won gold vet 55.

By Ewen Smith

Schools XC Country Champs

Our juniors have been once again doing us proud at the inter schools county cross country champs in Cardiff.

Rosie Mutsaars came an impressive 23rd in the girls under 13 race, Tom Pinkham was 26th in the under 15 boys and Beth Wynn 20th in the under 20 girls.

By Ewen Smith



Gloucester Marathon

by Steve Edwards

Going out strong at sub 3hrs 10min pace, I passed 4 miles in 29 minutes, then hit the wind - that slowed the legs down a little! Pace adjusted and now settled into a sub 3hrs 15 min pace instead, I put my head down and started to work through the miles. (Why sub 3:15? .. A future challenge perhaps!)

Halfway arrives, 1hr 35min, I'm going well, but know the tank is slightly emptier than normal at this stage due to the harder effort in the wind. A quick intake of energy gel and get my head down for the 3rd quarter of the race. The 20 mile sign appears at 2hrs 25min, time for another gel and then put the head back down for the final quarter, the toughest part of any marathon. Then finally 25 miles arrives and that final push over the remaining 1.2 miles to the finish begins. Can't forget those last 385 yards where races have been won or lost, barriers broken or missed. I cross the line in 3hrs 11min 51 sec for a top 10% finish but more importantly it's another one well inside the target time.

29 more to go.

500 sub 3:30 marathons equate to 13,100 x 8 minute miles (or better!)

THE TINSEL RUN

Richard Bufton & Chris Hartley awarded the Jack Oakey Trophy to Dylan Williams & Felicity Darwent (shown here receiving their trophies from Mary Hunt).



What the Elf are you wearing Steph? Along with Shirley Creed and Gill Carrick she got well into the Christmas spirit.

King Gill won the best fancy dress prize with her camel, who wobbled his way round the entire run.



Coaching Corner by Dennis Walmsley

It's a good time to talk about 'Recovery' isn't it?

Curry nights, Christmas, New Year parties... yes plural for some!! Lots to recover from! Well actually you probably think I'm mad or daft (no confirmations of that please!). Just when most of you are starting your spring marathon training what do I want to talk about recovery for - shouldn't that be afterwards? Well yes, but also more importantly you should consider the following if you want to do well - and **ignore it at your peril.**

That may seem a bit harsh but recovery is sometimes the hardest discipline of all. We all love running so much that we can't stop and want more and more of those endorphin highs, which are actually sedatives that block out the pain from damage. Every time you run, you damage your body. Your body repairs and improves your fitness / strength during your recovery period.

Recovery can come in different forms;

- a. Rest / sleep
- b. Nutrition / hydration
- c. Massage
- d. Runs

Sleep is self explanatory but this is most important, as this is the period your body recovers and improves most.

We'll talk about **nutrition and hydration** another day but for now it is sufficient to say that recovery-wise you need to replenish what you've lost and your body is most receptive to this within half an hour of training.

Massage can help with muscle stiffness and can be beneficial post race - even weekly for high mileage runners who do not have as many rest periods.

Running! how can that be a recovery?

Well you've heard of a recovery run and it IS exactly that - allowing some recovery while still running. During an effort or race your muscles tighten and get consumed by lactic acid. Running gently afterwards (warm down) eases off the muscle and the continued extra blood flow gets rid of the lactic acid, which if left, would create muscle stiffness. Running on stiff muscles the next day could cause an injury, so the importance of a warm down is that you can train more freely. This is equally true between reps when you are doing your speed work sessions.

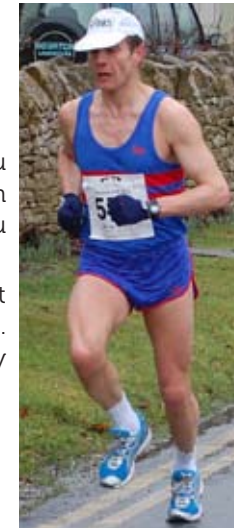
A schedule should include periods of recovery - say a rest day every week, and every 4th or 5th week include an easier week - which normally means just lowering your mileage. The day after a quality session should be a recovery run, except where you have built into your schedule a couple of days quality, which is fine as long as you have a longer recovery afterwards.

TOP TIP: Get a good sleep on the penultimate night before your target race.

(Quite often the eve of your race can be disrupted through anticipation and an early start).

True Quote: Less is More! (This is very relevant to your week leading up to a marathon).

If you have any questions about running, please email me at denwalmsley@yahoo.co.uk and hopefully I will put together a Q and A section in the newsletter.



A message from Claire Harrison

I am holding a music event in Lower Slaughter on Sunday February 19th to raise money for Help the Hospices who I am running the London Marathon for. It would be good to see some Road Runners there and maybe get some cakes to sell. It should be a great day and runs from 10 - 4pm.

My just giving site so that people can have a nosey is www.justgiving.com/claire-harrison-london2012

Will Arkell of Wreal Sports on Bourton Industrial Estate tells me he has discounts on some of his Asics Running Shoes in stock at the moment - Editor.

*Don't forget our 10K on February 26th
Ian and John need marshals
so PLEASE volunteer. Email
John@runnerduck.co.uk or
ianshoemark@hotmail.com*