

The Finish Line



Bourton Roadrunners

May 2012

Marathon Bumper Issue

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LONDON & other marathons

This year's London Marathon saw some fantastic results for our Bourton runners.

Tim Heming was almost 5 minutes faster than last year with an outstanding run and PB of 2hr 54. Tim was first Bourton runner to finish. Next in for Bourton was Steve Edwards with another great effort - faster than he'd run in Dallas the previous week - he finished in 3hr 09.

Perhaps the run of the day was Claire Harrison for whom all that training and determination certainly paid off. In only her second Marathon she had an outstanding run to finish in 3hrs 30.

Andy McCoombes put in a fine effort and was oh so close to breaking 4hrs in 4hr 03.

John Gibson - once again as Hamlet - had an enjoyable day finishing in 4hr 17 with David Pyne not far behind him.

Meanwhile the weeks around London saw others take part in a variety of far flung Marathons.

PARIS

Ian MacDougall travelled to Paris for his first Marathon as a vet 50. What a brilliant result for Ian - 2 42 - running in with a fast paced group to achieve his best pace of the race in the last few miles.

WORCESTER

Not at his best, but still a respectable run for Nigel Frith at the Worcester Marathon in 3hr 45.

DALLAS

Steve Edwards made the long journey over to Dallas in the US where he finished 2nd vet 45 in 3hr18.

Taken from Ewen's report

Cotswold Leisure Centre is our new home

The recent vote for where we should meet has shown a majority in favour of the Leisure Centre. (See Chairman's Message page 2). Let's hope now that the past few years of unrest can be put behind us. The Leisure Centre seems - at least me - to be a welcoming venue with good facilities which gives us the visibility that we wanted when the move to the school was first proposed, but hopefully without the negatives and lack of availability that we've experienced over the past year or so. So if I can motivate myself enough to run at all, I'll see you there! *(Editor's Report)*

Impressive Marathon for Gill in Lochaber

20 minutes off your PB is not to be sniffed at, especially as one reaches the higher age groups. For Gill Carrick to finish the Lochaber marathon as 2nd vet 50 with such a massive personal best and her first result under 4 hrs is an amazing effort. 3 hr 44 minutes 16 seconds! What's the secret Gill? *(Tim's tips for 5 minutes off are on page 2, but 20 minutes - come on Gill we need to know!)*

Gill is pictured here with her trophy from an earlier victory in her age category, at the Blackminster half. Seems there's just no stopping her. *(Editor's Report)*



If you've still not paid your membership for 2012/13

YOU ARE LATE!

Download a form from the website or see Lynn Hudson urgently or you might find yourself no longer a member of UKA or Midlands Athletics.

*Don't forget our Half Marathon on June 16th
Gill needs marshals so PLEASE put it in your diary NOW!*

County Series

Here are the remaining races for your calendar

JUNE	3rd	RSE Fairford 10K
	16th	Bourton Hilly 1/2
JULY	21st	Bourton One Mile Challenge
	7th	AC Festival '7'
SEP	9th	Angels 10K
	23rd	Cirencester 10K
OCT		Stroud 1/2
NOV		Tewkesbury '5'

Reserve events :

short - 7 AC White Horse 5K event (July)

10K - BTL Cotswold (Nov)

Long - Glos AC 1/2

You get points in the 'open' category, and in your own 5-year age category. You need to have completed 5 races by the end of the year to be eligible, and anything up to 8 results will count. If you do more than 8, the best 8 count, so if you're not like Shona, and can count on 10 points (nearly) every race, do as many as you can, and you never know your luck!

Chair's Message

After a wonderful ski season I returned home and immediately started a very bad cold and cough which, 3 weeks later is slowly starting to clear up. I know several other members have been suffering and I hope they recover quickly, although do remember the dangers of running again too soon as the damage can be irreparable.

Norm Lane voted Life Member

I am delighted to announce that at the February Committee meeting Norm Lane was elected a life member of the Club in recognition of everything he has done for the Club since it was founded in 1981.

E-mail etiquette

It has become of concern to the Committee that an increasing number of e-mails are being sent out on a circular basis that do not relate to Club business but are expressing personal opinions. The Club database of members' e-mail addresses should only be used for the speedy circulation of club news, events, races etc and I should be grateful if all official Club business is sent out in future as BCC rather than CC - which appears to be the general trend at present. If any member has something which will be of general interest to members please send it to Pauline Teague who will arrange for its circulation. If she has any doubt whether it should be circulated she will consult the members of the Committee.

If any member has an item for discussion they should contact any Committee Member who will raise it on their behalf at the next meeting. If in extreme circumstances they feel no Committee Member could handle the item satisfactorily they should contact me as Chairman and I shall arrange for the member to present the matter to the Committee direct, after the which the Committee will discuss and communicate the outcome as soon as possible.

The Club Vote

As you will all know the vote on where the Club meets has taken place and the voting result has been circulated but in case any member has not seen the outcome it is below.

Round 1 Bourton Leisure Centre 28
New School Sports Hall 19
Football Club 12
Spoilt Papers 2

Round 2 Bourton Leisure Centre 35
New School Sports Hall 23

Finally, I should be grateful if all members who wish to take photographs in the Leisure Centre obtain permission to do so in advance as this is one of the conditions of use.

Robin Macdonald, Chairman

How to knock FIVE minutes off your marathon PB

By Tim Heming

Yes, nearly FIVE minutes. Almost 300 seconds. Two-thirds of a mile. That bit from Big Ben to the Mall.

That's how much time I took off my PB in the Virgin London Marathon - and, as the noisy blighter on the tannoy wouldn't shut up about, I still only just beat professional celebrity athlete Nell McAndrew.

In the grand scheme of things, whether you run 2:54, 2:59, three hours and change (Ewen) or four, five or six, it doesn't matter a jot. Most people in the real world (and at least one of my daughters) quite rightly do not give a damn.

Missing the Olympic qualifying standard by a mere 42 minutes isn't going to see me back there in August either - although, as Lee Merrien proved, a well-orchestrated Facebook campaign might just swing it.

But then, this is a Running Newsletter, and probably one of the few mediums which could tolerate - or even indulge - a PB improvement seminar. So, with the prior knowledge we'd all love to chip five minutes off our own PB next time (actually, every time) we run, I've decided to divulge the bits that I think made MY difference:

1. TRAINING - I finally accepted preparation will be 'sub-optimal'. As a journalist, work shifts can go round the clock, as a dad, there are higher priorities than running. A planned 70-mile week can quickly turn into a frustrating 20 miles. The key was not to get hung up about it but make every session count. Loose goals were to run long once a week and hard (either through intervals or tempo) twice. Any training of intensity was done on a treadmill, not everyone's first choice, but an invaluable asset when you are training alone. Once the daps are on it was 'Relax. Enjoy. Focus.'

2. REST - Training tired has its place, but the body only rebuilds in the downtime. By making myself miss occasional planned sessions, a higher quality could be attained the following day. I just had to learn to stop beating myself up about being an odious lazy toad..

3. WATCH OUT - I made the conscious decision not to be a slave to my wristwatch and run to feel. It was slightly unnerving going through Mile One and not knowing the split but thereafter trusting in my training pace made for easy miles and an enjoyable race.

4. TOP FORM - We learn to skip along lightly as a child, then put on a pair of shoes and it all goes wrong. Previously, I'd term myself an 'aggressive heel striker' but over six months I have started to adapt my gait, quicken my strides and tighten my tummy. It meant London was a deliberate mixture of mid/front foot and rear foot running, the effort switching from the calves to the quads, but tellingly keeping all the muscle groups fresher for longer.

5. HOLDING BACK - Yes, I felt I could surge at every mile marker up to 22 but the tale of the splits (1:25:52 out, 1:28:19 back) shows it was the right strategy. The biggest boon of keeping an even - or even negative - split is a mental one. According to the official website I overtook 110 runners in the last 7km and only 14 went past me. The mind always gives up before the body, and picking people off is a wonderful mental stimulus.

My final point isn't included in the five above because it happens every year, but it is one of the most important and deserves a mention. It's the constant and invaluable support of the kids and mum and dad, who come up to London and stand and cheer on at Mile 14 and Mile 22.

**As a post-race aside, I decided it would be fun to gatecrash Virgin's post-race party at Planet Hollywood... I've never seen air stewardesses so keen to point out the Emergency Exits.*

Brighton Marathon

The sun shone but the day was cool for this year's Brighton Marathon and apart from an inevitable sea breeze on a course that is mainly along the seafront, conditions were excellent. The race was won in 2.12.03 by Kenyan Peter Some, but Bourton Roadrunners all came well placed in a field of almost 9000 finishers.

Pete Scarrott was 986th in a time of 3:34:10. and Rob Humphris, who was ahead of Pete for the first 17 miles, suffered from a bad foot in the closing stretches but still achieved 1360th place and a time of 3:41:58. Susan Hunt beat her previous PB by 2 minutes with 4:11:30, and another local Bourton runner (although not a member) Guy Stanton took over 10 minutes off his time from last year with 3:51:28 on very limited training - in fact he says his total mileage in the run up to the race was only 96 miles - less than Dennis has been known to do in a week!

Photos by Jo Lewis and Gary Holton

Editor's Report

Pete looking determined at mile 25



"No publicity if I win please!"



Rob at 4 miles, and Guy doggedly sticking with him



Susan still looks strong at 13 miles



Pete, and Shirl disguised as Lucy...or is it Lucy disguised as Shirl? at 4 miles

Snippets

Ed Rozier is off to Tewkesbury on Sunday for his 100th Half Marathon. Good luck Ed!

The Hilly Hundred Relay's also this Sunday. An early start in Stratford for the leg one runners. Later legs come through down the steeps and along Lansdowne and out through Upper Slaughter to Lower Swell via Ballerina if you want to cheer our runners on.

Member Caroline Ball is now a qualified Sports Massage Therapist and does treatments either in Cirencester or as a home visit. If anyone is interested her e-mail is caroline882@btinternet.com

A few weeks back I received this on an e-mail from 2012 ticketing (yes those bastards who wouldn't sell me any good tickets). Anyone want to give me a hand suing them for use of our club identity?



The Chedworth two

With all eyes on the Gloucester 20, it was left to two MV45s to fly the BRR flag at the Chedworth Roman Trial on 18 March.

With the ground soggy in parts over the 10-mile multi-terrain course, Andy Chapple came in 18th overall and 5th in his age group with a very respectable 1:07:10. Chris Dry, competing in only his third event, came a little further down the field in 1:32:57.

"If you had told me a year ago that I would be carb-loading on a Saturday night to prepare for a 10-mile run the following day, I would have laughed at you while I pulled the cork from another bottle of red wine", said Chris. "It's amazing what can happen with a shift in attitude together with the support and camaraderie of the good people at Bourton Roadrunners".
(from Chris Dry)

A thank you from your editor

I feel very honoured to be awarded the Steve Humphries Trophy for my attempts on this newsletter, and would like to thank everyone who voted for me. It was certainly a surprise, as it also was to find out just how scheming and devious our beloved President can be. I know (now) of at least three secret attempts made by him to persuade me, unwittingly, to turn up at the Club on Tuesday night. Let this be a warning to us all, if Dennis starts contacting your friends out of the blue, and you get random requests by text message (Shirl, you know I can't keep up with Pam so I should really have been more suspicious when you asked if I'd go down and run with her) then BEWARE. Some plotting may be afoot.

Anyway I was pretty unprepared but now I am over the shock I would like to say that the newsletter would be nothing without regular contributions from people like Tim, Dennis, Susan, Ranon and of course Ewen feeding me all of the race results. So thank you to you all.

It feels particularly poignant to be awarded this for carrying on something started by Steve himself. I am so glad I never had to hand write it, as none of you would be able to read a word, and I would certainly take up more sheets of paper than Steve did. Newer members won't remember but Steve had the smallest writing known to man and could get the entire minutes of a committee meeting, in capital letters, onto one side of A4. And in those days committee meetings were LONG! The newsletter has passed through several capable hands since Steve gave it up, Ali Lane and Gill Carrick to name a couple, and although it has had lean times and busier ones over the years it is good to know that it is still valued as a means of communicating club achievements.

Dennis found a copy of Steve's first typed (by Ali) newsletter from 1994. If anyone else has old copies I'd love to see them as it would be fun to reprint some of the news from 20 or even 10 years ago. I was pleased to see how many people that are still members today were mentioned in that issue from '94. Tony Goodwill, Sue Cash (Whitehill), Robin MacDonald, Jane Teague, Ali Coldrick (Lane), John Gibson, Roger Woodley... I was a fairly new member then (although obviously not a newsworthy one), and I know that as a club we have a very good record of maintaining members for the long term so many names would still be familiar.

I am almost inspired to get my one other trophy out to sit alongside the cup. (a trophy 'won' probably 20 years ago for a mini triathlon - awarded if I remember rightly for being the only girl to do the whole course). Still it's the only other thing I've won, unless you count the team award in the Regent Squash Club Mini Olympics with Tony and Lynn Spedding in the very early 90s, and a colouring in competition when I was about 7. Sadly though I haven't the foggiest where it is.

So, on with this issue. You lot keep on getting out there and making news please. Jolewis
PS Have also got this issue out quicky before Gary e-mails me some embarrassing photos of the presentation that I may feel obliged to heavily retouch before printing

Ewen's Reports

April 9th

Our runners have taken part in a number of events across the different counties over the past few weeks with some inspired running and results.

Andy MacCoombes is stronger each week with a strong run at the Gloucester 20 in 2hr48min15. Steady Ed Rozier has yet another half marathon under the belt at Taunton in 1hr 52min11. Our much improved and ever smooth Steph Holton has yet another PB, this time at the Reading Half Marathon. Almost back to full strength but running the Forest Of Dean Half with a bad cold was Andy Chapple who still managed a great result of 1hr28min.

We had some great results at the Cotswold 10km in Temple Guiting with up and coming Cal Winwood running a superb race to finish in 2nd place in 36min45, a full minute ahead of the third placed runner. Susan Hunt had a good solid run in 51min27 in preparation for the Brighton Marathon. Lynn Hudson - back to some good form - was 1st vet 50 in 53min32.

Marathon Man Steve Edwards was at it again and is now only 19 marathons away from his world record goal of 500 sub 3hr30min marathons. His latest races after coming back from 3 weeks off with injury were Taunton in 3hr20min42 (where Roger Wodley and Ed Rozier ran the half marathon, see pictures right), Enigma in 3hr21min20 and Hull in 3hr16min03. All being well Steve should have the record in the bag by early August.

May 7th

Various distances have been run over the past few weeks in some pretty rough weather.

Tony Goodwill and Ian Shoemark braved the Milton Keynes Marathon in very wet conditions with the course being made slightly longer near the finish to avoid deep masses of water. Both performed remarkably, with Tony finishing in a very pleasing 3hr13 and Ian a respectable 3hr27 having battled with

cramp over the last 4 miles.

Liz Hulcup continued her winning ways as 1st vet 55 in the Highworth 5 mile, only missing her PB by 6 seconds in 38min36. Brian had a solid run in 37min03.

Andy Peaston took part in the Stratford Half, although the full marathon was cancelled due to flooding. Andy was not disappointed with his performance of 1hr38.

May 14th

At the Moreton Fire College 10km the runners were put through their paces in tough, rainy windy conditions. A fair number braved the day with much needed funds being raised for The Antony Nolan Trust. Lucy Walmsley had a great run and was 1st lady and 10th overall in a time of 40min 33. Steph Lane, who is stepping up her training and speed work, had a very solid performance as 2nd senior lady in 42min45. Ever improving and smooth running Steph Holton was 2nd vet 45 in 47min45. Our triathlete Chris Dry was happy with 48min30, closely followed by David Hanson in 49min17.

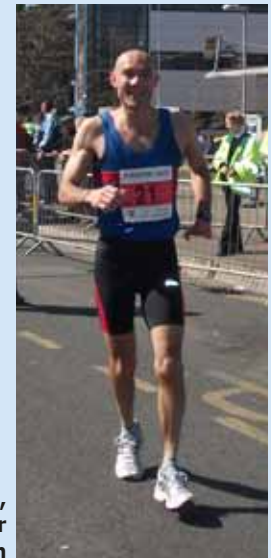
Shona Crombie-Hicks was in great spirits after her valiant performance in the Belfast Marathon. Dogged by injury and illness in the month leading up to the event Shona battled on and although she found it tough going in the final 6 miles she still managed a very creditable 4th place and 1st Briton.

Then we were off to the Aviator 4 mile with again some impressive running from our athletes. Andy Chapple is back almost to top form with 6th place and 2nd vet 40 in 24min07. Ali Lane is back on the racing circuit (which certainly has missed her) with a fine performance and 2nd vet 45 in 28min23. Steph Holton was hot on her heels as 3rd vet 45 in 29min05 and after her Marathon success Gill Carrick moves back to the shorter races with a strong 30min08. It's great to see Norm Lane back after a long illness. Still not fully recovered he managed a strong 32min08. Lynn Hudson was not far behind in 33min08.

As the season continues it was great to see a few

more athletes in attendance at the Linda Franks 5 mile. Again Andy Chapple led the way for Bourton in 6th place as 1st vet 45 in 31min04. Regular and steady Tony Goodwill was 2nd vet 55 in 32min16. Steph Lane continues to strengthen and impress as 1st senior lady in 32min51. Andy MacCoombes' regular racing and training is paying off as he finished in 34min45. Steph Holton and Ali Lane had a battle right to the finish with Steph pipping Ali on the line. Both were in the prizes again with Steph 2nd vet 45 in 36min39 and Ali 2nd vet 50 in 36min41. David Pyne continues to improve with 38min13. Gill Carrick's speed is improving as she finished in 38min24 and Norm Lane was again impressive with 40min05. Lynn Hudson was happy with 41min58 and after 6 months off Gary Holton is glad to be back with 50min42.

Pictures: Steve Edwards, Ed Rozier and Roger Woodley in Taunton





Coaching Corner (plus a bit of science!) by Dennis Walmsley

This edition of coaching corner is a bit random so please excuse me for having no theme.

As an athlete or coach we should always be learning and listen to new ideas, not necessarily agreeing, but at least keeping an open mind. An athlete can learn from a coach especially as they have an objective view as opposed to the athletes subjective view and a coach can learn from each athlete as they can be very different physically and mentally.

I don't believe everything I read or hear. Sometimes science or results can back things up, but occasionally it might be just a gut feeling or instinct that says something is right, but then this would eventually have to be backed up by results or comparison.

Sometimes one knows stuff but then finds another way of expressing it which may reach someone who hadn't thought about it that way and then understands it also!

If you weren't confused before, you should be now! and hey, even if you don't learn anything from this article then 'amused' will do, or failing that 'bemused' - it might get you thinking!

Here are a few things I came across in just the last couple of weeks which I would like to share with you;

This table shows how you should feel in certain conditions.

Zone	1	2	3	4	5	6
PACE	Recovery	Easy	Steady	Tempo (Threshold) 10k	Intensive Aerobic Intervals 5k-3k	Speed Endurance Anaerobic speed reps > 1500m
PERCEIVED EXERTION	Very Easy	Easy	Comfortable	Uncomfortable	Very Stressful	Maximal
BREATHING REFERENCE	Very easy to talk	Easy to talk	Okay to talk	Hard to talk	Cannot talk	N/A

The last two columns 5 & 6 relate to the speedwork we do on Tuesday club nights, in my opinion 5 being reps of 3 - 5 mins and 6 being reps of 1 - 2 mins.

Are you working hard enough? ...or even slow enough!

No tenuous link into the next subject lets just jump into it;

"It's Isotonic, it's Hypertonic, it's Hypotonic..... Go grease lightning, go grease lightning" Well it might make you do that but what on earth is it?

Isotonic drinks have the same concentration of carbohydrate and electrolytes as the body's own fluid so are considered to have the same osmolality and are therefore absorbed quicker than water.

Hypertonic drinks have a greater concentration of carbohydrate and electrolytes than the body's own fluid and are therefore absorbed slower.

Hypotonic drinks have a lesser concentration of carbohydrate and electrolytes than the body's own fluid and are therefore absorbed quicker.

In simple terms (I can do simple!) and my interpretation, if you want rapid hydration use Hypotonic but be careful not to dilute the body's electrolytes.

If you want to maintain fluids and energy use Isotonic and for a slow release energy drink use Hypertonic.

Electrolytes are molecules such as sodium and potassium (known as "ions") which have an electrical charge and move to allow muscular contraction.

True Quote I heard this quote on an advert this week and thought that it was positive thinking. **Impossible is two letters too long!**

Top Tip: Carry a black bin liner in your bag so that you can cut a head hole in it to use as a mac while waiting for the start of a race and then discard it as the gun goes, or alternatively put your wet kit in it afterwards!