

THE FINISH LINE



Bourton Roadrunners



A Bourton one-two at Gloucester 20

Bourton Road Runners were out in force at the Gloucester 20 mile road race on 17 March, which saw Mike Smith cruise to victory in 1.53.18 – four minutes ahead of the second place runner. Claire Harrison was also impressive as second overall lady and first LV35. Her 2.27.08 was a new PB and a step along the way to achieving a sub-3.15 marathon in London next month.

Steph Holton took a massive 12 minutes off her PB coming home in 2.27.16 and taking first in the LV45 category, while John Gibson stuck to his task well coming home in 2.34.05 and taking first place in MV55 – his first County victory for more than 15 years.

Darren Long ran another fine race coming 16th overall in 2.11.43 and other Bourton runners made the most of the cool, calm conditions recording the following times: Rob Humphris (2.41.51), Pete Scarrott (2.42.14), Nigel Frith (2.47.38), Chris Dry (2.47.42), Catherine Wheeler (2.53.24) Jan Short (2.53.43), Gill Carrick (3.00.27), Lynn Hudson (3.05.37), David Pyne (3.08.48).

report by Chris Dry

IN BRIEF

Half Marathon PBs for Gill and Jan

Another 10K best for Steph Holton

Emma & Victoria 20 minutes faster than last year in Bath Half Marathon

Pauline storms round Blackminster Half

Niamh Second Lady in Threshold Series

Dennis 1st V50 and Norm 2nd V65 in County XCcountry



10K runs smoothly, well done again Ian!

Susan's report on page 2



Welcome to new member Graham Lane

Chairman's Message

Thank you all those who helped with the race organisation at our recent 10K.

The continued success of this event, which is firmly established as an event of national importance, depends on members giving their time to make it happen and the speed with which the entry limit is reached is an indication of its popularity.

A special thank you must go to Ian Shoemark as Race Director who has seen the requirements of the public authorities increase since he first took on the job.

The spring marathons will be the focus of many members over the next few weeks and I hope that whichever event you have targeted the conditions are conducive of fast times.

The track season will be starting shortly and whilst I know most members are not interested in the stadium events I would like to encourage any member who has never tried track and field to attend at least one meeting - you never know it might be 'just your thing'.

Robin Macdonald

March 2013

Bourton 10K *Report by Susan Hunt*

The High Bridge Jeweller's Bourton-on-the-Water 10K took place in very cold but still conditions, which were definitely more suited to the runners than to the spectators. The popular race, which this year had sold out in record time, lived up to its reputation for a fast times and enthusiastic support, with strong representation from many local clubs. The race winner by a clear margin, was John McDonnell from Luton AC, in 30:45, with Dave Roper (Cheltenham and County Harriers) runner up in 31:35. The Ladies race was won by Joanna Emery from Cirencester AC in 36:42, with Beth Wynn (Cheltenham and County Harriers) 2nd lady in 38:00. Many Bourton Roadrunners were marshaling on the day but those who raced did their club proud. Dennis Walmsley was 1st MV50 in 34:42 (breaking the age category race record). Rob French (below left) continued to impress with 38:08, as did Brendan Caragher (below right) with 39:34. Claire Harrison was next in with 43:17 (not the sub-43 that she was aiming for; but a huge improvement on last year). Rob Humphris (bottom left) finished in 43:38 and Alan Gibson (bottom right) in 51:43.



COUNTY SERIES STANDINGS AFTER 2 RACES

MIKE SMITH leads the Men's Open category (and the MV40)

DENNIS WALMSLEY joint 3rd in MV50 (on only one race)

JOHN GIBSON leads MV50s

CLAIRE HARRISON 2nd in Ladies' Open - First in LV35

STEP HOLTON First in LV45

GILL CARRICK 2nd in LV50

LYNN HUDSON First in LV55

LIZ HULCUP First in LV60

CLUB AGE GRADED COMPETITION

In the lead 1: Steph Holton 2210.373 points 2: Gill Carrick 2156.570 points
3: Claire Harrison 2109.637 points 4: David Pyne 1819.279 points

Press Reports by Susan Hunt

FEBRUARY 18th 2013

Gloucestershire Country Cross Country Season

The final race of the Gloucestershire Cross Country league was held at Plock Court, Gloucester. With no Bourton ladies racing, it was once again left to the men to fly the Bourton flag. Conditions were muddy, making the 4 lap course a test of both physical stamina and mental strength. Dennis Walmsley put in an outstanding performance to finish 5th in the men's race and 1st Vet 50. Andy McCoombes returned from injury to finish a very creditable 111th. Norm Lane sprinted into 127th place and 1st Vet 65 and ever-consistent David Pyne ran a well-paced race to finish 131st. 3 Bourton men achieved positions in the overall final league results for the (extremely wet and muddy) season. Dennis Walmsley was 8th overall and won Vet 50 Gold, David Pyne was 98th, just one place above Norm Lane who clinched Vet 65 Silver.

Mad Dog 10k Southport

Steph Holton reaped the rewards of the hard work she's put in over the winter, when she ran in the Mad Dog 10k, held in Southport. Steph whizzed round the course in a lifetime best of 45:29.

Threshold Winter Series 10k Race 5

At the fifth and final race in the Threshold Winter 10k Series at Ilmington, freezing fog meant that competitors battling up the 3K hill climb couldn't even enjoy the view from the top. Bourton were represented by Niamh Shoemark and Susan Hunt. Niamh had steadily improved her time in each of the previous races; but was uncertain whether completing a 16 mile marathon training run on the eve of the race would prove to be the ideal preparation for such a gruelling course. She surprised herself by finishing in her quickest time yet (48.06) for 1st LV45 and 2nd Lady overall in the series. Susan was relieved to finish in 52:31.

MARCH 12th 2013

Great North West Half 23rd February

Jan Short took on the Great North West Half in Blackpool. She was jubilant to discover that her marathon training had paid off, as she recorded a PB of 1.44.13. Jan claims to be living proof that you can improve your running with only 3 runs a week (presumably provided that you fill the rest of your week with bike rides, spin classes, swimming etc).

Bath Half (March 3rd)

The Bath Half attracted an entry of 12,000 runners, plus 1000 in the fun run. The course organisers claim that it is "flat and fast" (how many times have we heard that!). My step-daughter, Georgie, had decided to give it a go, having been inspired by seeing me run in last year's Brighton Marathon (she hopped on a train after supporting me at the

half-way point, so never saw the state I was in by the time I finished). Of course, I seized the chance to run it with her, and being "the expert", I offered to pace her to a sub 2 hour finish. We decided to go the whole hog and enter Christopher and Edward in the fun run too.

Race morning was very very cold indeed, and the crowded start area meant that my warm-up involved jogging on the spot whilst queuing for the loo and bag drop. I happened to bump into fellow Bourton runners Emma Pinkham and Victoria Davidson. It was difficult to tell whether they were terrified, frozen or both as they explained, through chattering teeth, that they were back for a second year.

Georgie's race number was colour-coded to ensure that we started right at the back of the pack so, minutes after the gun sounded, we were still shuffling along wearing a couple of Mick's old jumpers to stop hypothermia from setting in.

The race is a two lap course. After a too-slow start, we eventually warmed up, ditched the jumpers in a skip and began to enjoy ourselves. We ran each mile quicker than the one before, as it gradually dawned on me that Georgie, despite having only been running for a few months, was finding the pace perfectly comfortable (probably because she shares Mick's genes and not mine). So we finished well ahead of our target time in 1:54:43. We were, however, lapped by the speedy Kenyans who were leading the race (if I had known then that Darren Long was running, I'd have half expected to see him lap us too).

Many hours afterwards, I checked the results and realised that Darren had flown the Bourton flag with an impressive 1:22:26 in 216th place. Emma Pinkham and Victoria Davidson had both made astounding improvements over their performance last year, knocking over 20 minutes off their finishing times. Emma finished in 1:56:38 and Victoria in 1:57:15. We were pleased to discover that Edward had paced his much smaller brother Christopher to a top 25% place in the fun run (although he couldn't resist sprinting ahead and beating him to the line).

Blackminster Half (March 10th)

The Blackminster Half took place in bitterly cold conditions. It is the second year of this event, over an undulating course which includes a significant hill at mile 12. Neil Teague led the charge for Bourton, finishing in 1:40:46. Hot on his heels was Pauline Teague, reaping the rewards of her triathlon training as 2nd FV50 in a fantastic 1:41:59. Next in was speedy Gill Carrick, with a superb PB of 1:47:31. David Pyne and Ed Rozier also ran well, finishing in 1:53:23 and 1:56:51. Alas, competition was tough and there were no trophies to collect; but this was actually a blessed relief because it was so cold that no-one wanted to hang around for the presentation anyway.



Coaching Corner

Since my presidents piece in the last newsletter the count has gone up to 29 Bourton Roadrunners that are training to take part in a marathon this April - although there have been a few drop outs already!

Sadly I am one of them. You are probably now in the highest mileage weeks of your training before London marathon which most are doing, so it seems only right that I should make some comments, observations, advice or words of encouragement with regard to this.

NOW CONCENTRATE...

I will undoubtedly repeat things I have said before but then I consistently see people making the same mistakes over and over again. On Tuesday speedwork sessions I will often repeat things I say and most of it is to constantly remind you of your style, mindset, tactics or effort in the hope that it will become second nature and automatic. When you drive your car, you probably don't think about clutch in, gear change, clutch out etc., you just do it sub consciously.

Concentration can be one of the hardest things to do (well it is in my case!), I expect we have all found ourselves drifting at one stage or another thinking about other things, "Mmmm! wonder what's for tea tonight?". This month's "True Quote" has definitely been said but it can be open to interpretation! Practice of a repetitive action will make it 'normal', i.e. you shouldn't have to think about it too much, and you will be doing it to the best of your

ability - but not necessarily to text book perfection. Good focused practice will of course perfect whatever you are practicing. (just to confuse you more!)

STRIKE A BALANCE...

Doing well in a marathon is greatly dependent on training, but your lifestyle can have a massive influence, especially at times of intense training. There is no point in using up more time running if it is at the expense of sleep or time spent eating proper meals. If life becomes a rush and you are stressed to get your run in then something has to give. Even chill out time is important, your mind needs a rest too. This period of training will see your immune system at its lowest so any other stresses will be sure to contribute to a possible breakdown.

LISTEN...

Listen to your body and take action early if there are any signs of injury or illness. Better to miss a few days running early on than keep pushing and break down totally before or during the marathon. With regards to food, make sure you eat well. Your body is more receptive to food within a half hour of training, so eat then and this will help you to recover more quickly and thus train harder.

Sleep! This is when your body recovers get a lot of it!

Good luck to you all, the challenge is getting to the start line!

True Quote: (or not so true!)
Practice makes perfect.

Top Tip: Take a bottle of recovery drink with you to have straight after training.



Bourton Roadrunners Juniors

FEBRUARY 19th 2013 by Richard Bufton

Final Gloucestershire Cross Country League on the 2nd February 2013 at Plock Court, Gloucester.

The last league race took place in very muddy conditions after all the snow and rain. Once again all the juniors put in fantastic performances to end a very successful season for everybody.

In the Under 11 Girls race Lucy Griffin had another very strong run working her way up the field well to finish 3rd in 5mins 30. She was very closely followed by Josephine Mutsaars in yet another consistent run in 5th in 5mins 39. Bethan Powell ran very well again to finish 7th in 5mins 48, these three were 2nd team on the day. They were well backed up by Helena West in 25th in 6mins 9, Molly Hughes in 29th in 6mins 24, Kate Edgerton in 31st in 6mins 33, Libby Herbert in 38th in 6mins 50, Emily Williams in 45th in 7mins 28 and Isobel Nevins in 46th in 7mins 29. Most of these girls will be still in the Under 11 next year and being that bit older and with the experience gained this year they should all have a very successful season next year.

UNDER 11 GIRLS TAKE TEAM SILVER AND BOYS BRONZE

In the overall league Lucy Griffin won the individual silver medal and Josephine Mutsaars the individual bronze medal and with Bethan Powell they won the team silver medal.

In the Under 11 Boys race Dylan Williams led the way again for the Bourton Boys, he found the conditions very challenging but had a good run in 16th in 5mins 39. John Nevis had his best run of the season to finish 19th in 5mins 45. Elliot England also had a fine run as he improves race by race to finish 22nd in 5mins 49, these three were third team on the day. Max Pinkham had a great battle with Elliot but was piped on the line in a fine 23rd in 5mins 49. Charlie Davidson ran very well today to finish 36th in this very competitive field in 6mins 14, they were well backed up by the improving Henry Bell in 40th in 6mins 19. Also like the girls most of the boys will be in the U11 next season so they have great prospects if they all carry on training hard. In the overall league the boys' team won the bronze medal.

ROSIE MUTSAARS WINS 4 OUT OF 4

In the Under 13 Girls race a special mention must be made of Rosanna Mutsaars who won every race in the league to finish with 4 points. This is a wonderful achievement which is very rarely done, she is the only person in both the adults and junior sections of Bourton Road Runners to have ever done this and only a handful have achieved this in the county.

On the day Rosanna dominated the race from the gun and pulled away in the second half to win well in 8mins 46. Felicity Darwent once again showed real determination to battle her way into 2nd place in 8mins 55, this is her first season as a U13 so potentially great things ahead for next year. They were as ever backed up by the very gutsy Gabby Jones who gives her all in 11th in 9mins 44, these three were 2nd team on the day. Isobel Hartley battled round very well considering her bad cold to finish 27th in 11mins 22, like Felicity this is their first year in this category so they all did very well and we look forward to next season.

UNDER 13 GIRLS TAKE GOLD

In the overall league Rosanna took the individual Gold, Felicity took the individual Silver and with Gabby they won the Gold team award.

In the Under 15 Boys race once again it was very competitive field and by now the course was very well churned up. Alfie Howells-Smith has his best run of the season to finish 3rd in 17mins 51 a great achievement in tough conditions. It was good to see Peter Wood back to his old self after illness to do justice to all his hard training of late & finish well up in 5th in 19mins 16. He was closely followed by Joe Salf who has also been training hard and he was rewarded today by an excellent 6th in 19mins 23. These three were first team on the day. Alex Barter battled round very well today to finish a solid 11th in 22mins.

BRONZE FOR U15 BOYS

Overall in the league the boys won the team Bronze medal and again this is their first year in this category so a great achievement and plenty more to come next season.



L/R Felicity Darwent, Gabby Jones, Isobel Hartley and Rosanna Mutsaars.

MARCH 12th 2012 by Chris Hartley

The Primary School Cross Country Primary School finals took place at St Edwards Junior School in Charlton Kings.

The course is extremely tough with a long steep climb that many children found difficult. Being quite muddy made it even more demanding on the day. As usual our Juniors performed extremely well.

Lucy Griffin and Josephine Mutsaars excelled, both winning medals on the day, Lucy for managing 3rd and Josephine for being the best placed North Cotswold runner outside the top three in 6th. Bethan Powell again performed well with another excellent run for 7th running for the Cirencester District. Ellie Edgerton, one of our youngest runners, had one of her best runs to date managing 27th, with sister Kate running strongly for 31st. Molly Hughes did very well for 56th and Isabel Kiey Thomas, 83rd did extremely well even to make the finals after missing training for well over a month suffering from a chest infection.

Max Pinkham ran extremely well for 22nd and is starting to show the form he was in earlier in the season. Max has also been suffering from the winter colds. Louis Mutsaars managed a very good 54th, with more regular training, he could certainly follow in his sisters footsteps and be



Bourton Roadrunners Juniors

MARCH 12th 2013 by Chris Hartley (continued)

a top runner. Charlie Davidson did extremely well to make the finals after finishing 21st in the first round of the trials in February and to then manage 67th in the finals was a major achievement.

The North Cotswolds Girls Team that the majority of our members run for managed 3rd overall. It's a shame Bethan was out of the area otherwise they may have finished higher. The Boys team managed 6th. All our members did extremely well as with eight districts; Cheltenham, Cirencester, Forest of Dean, Gloucester, Wotton and Dursley, Stroud, Tewkesbury and North Cotswolds all competing, over a thousand children started the competition. From what I understand this course will be used for the next two years for the Primary Schools Finals so any juniors taking part next year will certainly benefit from hill training as will any juniors taking part in the North Cotswolds Schools Trials, those of you at the Cotswold or Chipping Campden Schools.

The Inter Counties at Birmingham is the top cross country event with the country's top County runners taking part.

The level of competition is extremely high with sometimes over 300 runners in each race and all races televised on Sky. We originally had three runners taking part but Alfie Howell-Smith - who has been suffering from a bad chest infection - was very disappointed to have to pull out. Joe Salf was called in last minute as a replacement. Felicity Darwent was torn between this and a major swimming tournament. The two runners who competed did extremely well over a very demanding course that was made even harder by thick mud that got worse with each race. Joe Salf ran first in the U15 boys and with such tough competition did extremely well to manage 284th. Niamh Powell showed her class with a brilliant 150th out of 300 runners, a fantastic result as she only started with the club during the early winter months. The result of hard training and a very gutsy performance on the day.

MARCH 13th 2013 by Chris Hartley

Spar Medals for Junior Cross Country Achievements

Our Medal presentation for the Junior Cross Country Competition took place at the Leisure Centre with twenty six members winning medals in comparison to sixteen members last year, almost twice as many!

Norm Lane presented the medals which were kindly sponsored by Spar.

WINNERS THIS YEAR WERE:

U11 Girls. 1st Lucy Griffin, 2nd Josephine Mutsaars, 3rd Kate Edgerton. Runners up; Isobel Kiey-Thomas, Molly Hughes, Helena West, Ellie Edgerton, Laura Heming, Libby Herbert, Emily Williams & Isobel Nevins.

U13 Girls. 1st Rosie Mutsaars, 2nd Felicity Darwent, 3rd Gabby Jones. Runner up, Isobel Hartley.

U11 Boys. 1st Dylan Williams, 2nd Max Pinkham, 3rd Charlie Davidson. Runner up; Elliot England, John Nevins, Henry Bell and Daniel Bufton.

U13 Boys. 1st Marcus Kiey-Thomas.

U15 Boys. 1st Alfie Howell-Smith, 2nd Joe Salf, 3rd Alex Barter.

TWO NEW TROPHIES FROM SHONA

This year we were kindly donated two trophies from Shona Crombie-Hicks, our top lady runner who has won many competitions and even ran for Scotland in the Commonwealth Games. She presented the trophies to the top girl and boy runner in this year's competition - Rosie Mutsaars and Dylan Williams.

SPECIAL PLAQUE FOR ROSIE

One of our Junior Members managed to be the first Club Member, including adults to win all four races in the Gloucestershire Cross Country League, a fantastic achievement. Our Chairman Robin MacDonald presented a special Plaque to Rosie Mutsaars to commemorate this achievement.





Bourton Roadrunners Juniors

MARCH 22nd 2013 by Richard Bufton

On the 16th March at Plock Court Gloucester a number of Bourton Road Runners Juniors took part in a Cross Country Event for schools.

1,2 3 FOR BETHAN POWELL, LIBBY HERBERT & ISSY KIEY THOMAS!

In the girls' race Bethan Powell is going from strength to strength as took her first race victory by winning the year 5/6 race and I am sure there will be plenty more victories to come. She was closely followed by Libby Herbert in 2nd as all her hard winter training is now paying dividends with a fine run today. It is good to see Issy Kiey Thomas racing again after a bad cold with a very encouraging 3rd in the same year race.

FIRST FOR ISSY HARTLEY

Issy Hartley also had a good race today as her fitness improves to win the year 7/8 race she has also been struggling with a winter bug.

ROBBIE WOOD AND MARCUS KIEY THOMAS 3rd & 4th

In the boys race it also good to see Robbie Wood back in good form in a very competitive year 7/8 field as he finished an excellent 3rd closely followed by one of his best races to date Marcus Kiey Thomas in 4th.

NIAMH POWELL STORMS TO A WIN IN ADULT RACE

After this race there was the County 4k Cross Country Championship and after her excellent performance in the Inter counties Niamh Powell ran in the adult's race. She was by far the youngest in race and she took the race by storm to collect the Gold medal in the U17 category and won the race overall, a very impressive run.

SILVER FOR PETER WOOD

Also in the adults race Peter Wood ran very well as his hard consistent training is paying dividends, in a strong field Peter won the Silver medal in the U17 category and also won part of the Gold winning team, a very successful day.

ROSIE DOES US PROUD IN THE ENGLISH SCHOOLS CHAMPS

Also on the same day Rosie Mustsaars was competing in the English Schools Cross Country Championships she finished an excellent 222nd.



Conor rides at prestigious Cheltenham Festival

Conor Shoemark leads the field again, for a while at least - but this time on four legs in the CGA Foxhunter Steeplechase on Gold Cup day at Cheltenham. Riding Creevytenant, trained by Fergal O'Brien, he held his lead until the fourth last fence in an exciting race. It wasn't destined to be a win for Conor this time though, unlike a previous outing on the same horse at Musselburgh in February (inset pic), where they won by a massive 22 lengths.

Editor: Info from <http://www.attheraces.com/>

I need your news!

If you have any news you think would be of interest to members - running related or otherwise, if you see any interesting snippets in newspapers, take part in anything unusual or have taken photos at any of the races, please send them to lewis_jo@btinternet.com, or if you are not an e-mailer, drop them in at 48 Roman Way.