

THE FINISH LINE



Bourton Roadrunners



She's done it!

At her 9th attempt, Susan Hunt shook off her demons and posted her 1st sub 4-hour marathon. Read her race report on the autumn Shakespeare Runways event on page 5.

(with a little help)



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TINSEL RUN

THURSDAY 18 DECEMBER, 6.30PM

Zagreb roadrunners



Club-trippers (left to right) Lynn Hudson, Catherine Wheeler, Susan Hunt, Shirl Creed, Mike Smith, Steph Holton, Pam Parton and Gary Holton celebrate at the finish line of the Zagreb marathon. Read the full story on page 3

Club update

President's piece

I was one of eight people who started Bourton Roadrunners in August 1981. Our first President was a wonderful man who, like myself in one respect, loved all sport. I was invited to become our second only President after Jack Oakey's death at a grand 90 years of age.

Of course, I looked on this as a great honour and tried to emulate his style and great interest. This is a role which I shall continue to do as long as the Club requires me to.

It is lovely to feel that members have such faith in my interests and you can all be assured that I will continue to note everyone's results, actions, styles, performances, etc as I have since the Club started. I hope we can get back to the basics the Club matured into until a short while ago.

There has been a lot of upheaval and unsettlement moving from our long time base at the Football Club to the Leisure Centre. But it is an obvious place to be now - at the centre of Bourton's fitness area.

I believe the Club needs to move forward again now and will do everything I can to help bring back comradeship, companionship and friendship.

I don't believe it's necessary for me to write a column as President in every newsletter. My actions will generally be acted out just as a member.

Many thanks again

Norm

Chairman's message

As we move towards the end of 2014, I would like to take this opportunity of congratulating everyone who succeeded in achieving their running ambitions this year and also thank all those that contributed to the running of the club.

Looking forward to 2015, BRR is in the fortunate position of having core of people who are kind enough to volunteer their time and energy to maintaining the club's affairs, however I would like to encourage more people to get involved by simply thinking about how the club could perhaps be improved.

I realise that at the end of the day the majority of us just want to enjoy our running and being part of a successful friendly club helps us enjoy that sport even more. Therefore some of you might say everything is perfect as it is and that would be great to hear, but someone

may have an idea that just might make the club even more perfect!

As things stand the club has a healthy balance sheet which means we have the means to consider funding an idea that could benefit the club. Some of the best ideas of course are very simple and might not cost that much at all, if anything. At the end of the day, this is your club and the committee are here to serve you as best we can within our means so we would really like to hear from you.

In the mean time, on behalf of the committee I would like to wish everyone a very merry Christmas and a happy healthy new year, may you all stay fit and injury free and I look forward to seeing more club member success in 2015.

Best wishes.

Steve Edwards

AGM news

26 BRR members attended the AGM on 20 Oct, which received a report from outgoing Chairman, Robin Macdonald urging members to get involved to ensure the Club will continue to grow. The treasurer's report, which show the Club is in a good financial position, was presented by John Gibson in David Turnbull's absence. A copy of the accounts can be requested from Claire if required.

The Election of Officers resulting in the following changes to the previous committee.

President - Norm Lane

Chair - Steve Edwards

Vice Chair - Ewen Smith

Entertainments - Steph & Gary Holton

Honouree Auditor - Tim Rodger

There was a lot of discussion around subscriptions for 2014/15 including uncertainty about UKA affiliation rates. The Committee will decide on subscriptions in April when more information is available.

A discussion about club running times on Thursday proved to be an emotive topic that resulted after a proposal by Norm Lane to bring the timings forward on Thursdays only to 6:30pm for the short run and 7pm for the longer run.

For the ease of organising club competitions, members will be entered at the age they are from 1 January each competition year. This was proposed and agreed by all.

At the Committee meeting on 10 November, Deborah Raddidge, Debbie James, Ross Kent, Jason Corban, Jane Corban were all elected new member of the Club. We welcome them all.

Zagreb roadrunners!

An excited group of 15 Roadrunners boarded the minibus at 4am on October 10th, headed for Gatwick and then Croatia. In the check-in queue, it soon became clear who among the group had checked the weather forecast for Zagreb, with some in furry boots and heavy jumpers and others in flip flops and sunglasses.

At airport security, it also became clear who had checked their hand luggage and who hadn't, as a World War 2 bullet casing was discovered in Susan Hunt's handbag and confiscated by officials.

Zagreb was basking in a 26 degree heat wave, so a happy 2 days was spent hydrating in street cafes, planning race strategies and speculating about how rigorously the 5 hour marathon cut-off would be enforced.

Race day dawned. The support crew (Pete Scarrott, Mike Pratley, Mick Hunt, Ewen Smith, Tim Rodgers, Mike and Teresa Burton) took up their positions. Mike Smith, coming back from injury, had been tasked with pacing Susan Hunt to a half marathon PB, so for the first time in his running career, he lined up with the masses behind the elites. Lynn Hudson is not a fan of running in the heat, so was glad to be doing the half. Steph Holton and Catherine Wheeler were hoping that the race would deliver on its promise of a "flat and fast" marathon.

Gary Holton and Pamela Parton had spent many weeks under the experienced wing of Shirley Creed, who had been patiently and cheerfully nurturing them in the art of marathon running ahead of their race debut. Gary was apprehensive having lost several weeks of training due to injury. They cautiously took their place at the back of the field (oblivious that they were so far back that they were actually in the starting pen of the 5k race).

The race unfolded with the drama typical of a club-trip. Susan managed to maintain a pace that she had previously only dreamed of for 12 miles, before she began to crumple (Mike hadn't realised that "pacing" Susan would include holding her up for the last mile). She rolled over the finish in 1:41:15 (a 2 minute PB). A shocked; but undeterred Mike then joined Catherine and Steph for the second half of their marathon. Meanwhile, Lynn finished the Half in a triumphant 2:04:19.



Shirl Creed

Gary's decision to start the marathon had been a brave one; but sadly at around halfway he had to make the tough decision to postpone his debut marathon finish for another day.

Meanwhile, Steph and Catherine struggled with the unrelenting heat and mentally tough out-and-back laps; whilst their chaperone, Mike, only reported discomfort in his little finger from holding Steph's drink. Happily, the training miles they'd banked on their long evening runs paid off, and they both finished smiling: Catherine in 3:40:52 and Steph in 3:47:05 (beating Mike in a sprint finish).

Shirl's mission was to deliver Pam to the finish within the race's 5 hour cut-off and, thanks to Shirl's perfect pacing and Pam's grit and determination, they cruised over the line (wrapped in their national flags) in 4:55:11 and 4:55:10 respectively.

The prize-giving ceremony revealed that Susan, Lynn and Steph had all come second in their age categories, for which they were each awarded a plastic 'clapper', a cap and a can of Red Bull. At the celebratory dinner, the Dennis Abbotts trophy was jointly awarded to Shirl (ace -marathon coach) and pupil Pam.

Race reports by Susan Hunt

25 September 2014

Steve Edwards completed marathons 651 and 652 at Nottingham and Bournemouth, both in under 3 hours and 15 minutes. He finished the **Robin Hood Marathon** in 3:14:20 and the **Bournemouth Marathon** in an impressive 3:10:34 (3rd V50). He is now just 14 marathons off his next target: 300 sub 3:15s.

28 September 2014

Bourton Roadrunners, Debbie and Darren Davidson (with daughters Bethany and Rosie) and Neil and Pauline Teague completed the last race of the **Castle Triathlon Series**.

Over the Series both Pauline Teague and Debbie Davidson each came first in two events and second in another for their age-group categories. This resulted in them both being crowned overall series winners for their age groups. Congratulations on an inspirational achievement.



Inspirational winners Debbie Davidson and Pauline Teague. Read Debbie's full story of the Castle challenge on page 6

25 October 2014

A hardy group of 5 Bourton Roadrunners chose to tackle the notoriously tough and beautiful **Snowdonia Marathon** (aided by an equally hardy support team).

Race day brought the inevitable wind and rain; but the Bourton contingent took the weather in their stride, with all performing incredibly well.

Lucy Walmsley fought a battle at the head of the Ladies' race. Despite the lead lady quickly establishing a 2 minute

lead, Lucy managed to close the gap to under a minute for a period. After a gruelling fight, Lucy finished second lady in an outstanding 3:11:34.



Lucy Walmsley - outstanding at Snowdonia

Steve Edwards finished his 654th marathon (and his 17th at Snowdonia) in 3:23:46. Claire Harrison set off purposefully and maintained her pace over the steep ascents and descents to record 3:40:06 for her 10th marathon.

Nigel Frith ran a strong race in 4:03:41. Susan Hunt was pleased to finish 21 minutes quicker than in last year's race in 4:12:10.

26 October 2014

The following day, the 33rd **Stroud Half Marathon** provided an opportunity, closer to home, to test fitness and earn valuable end-of-season points in the club's "6 from 10" competition, being the penultimate race in the series.

Shona Crombie-Hicks was second Lady in 1:22:57 (moving her into 2nd place in the club Ladies' open category). Darren Long finished in 1:26:07 increasing his lead in the club's Men's competition. Brian Hulcup's 1:45:02 puts him on equal points with John Gibson in the MV60s.

Chris Dry (1:48:54), Dave Turnbull (1:50:15), Liz Hulcup (1:52:55 and 2nd LV60) and Lynn Hudson (2:01:22) continue to reign in their club categories.

Shirley Creed had aimed for a sub-2 hour finish, and cruised home in 1:59:19, with Linda Edwards finishing in 2:07:21. Catherine Wheeler also took part, disguised as a

"normal" person and coaxing a friend around her first half marathon (which still earned her county and club points).

28 October 2014

Steve Edwards completes Enigma 3 Lakes Day 1 in 3:17 for 3rd place.

29 October 2014

Steve Edwards completes Enigma 3 Lakes Day 2 in 3:24 for 3rd place.

30 October 2014

Steve Edwards pulls out of Enigma 3 Lakes Day 3 as Teresa is not well.

5 November 2014

The Guy Fawkes 5, organised by Tewkesbury Running Club, drew an entry of 13 Bourton Roadrunners. It was the final race in the season's club 6 from 10 series, and the penultimate race in the County Road Race Series.

Shona Crombie Hicks was 2nd Lady, in 30:11. Next in for Bourton was Ian Shoemark (31:55), with Niamh Shoemark finishing 1st LV45 in 33:29.

The head-to-head of the day was between Brian Hulcup and John Gibson, the winner of whom would also win the MV60 club series category (as both were on equal points prior to the race). In a dramatic battle, the two fought side-by-side up until the 4 mile marker, when Brian kicked on to snatch not only the club title; but also the race MV60 prize, in 35:14.

Susan Hunt was next (35:55), followed by Steph Holton (37:01), Chris Dry (39:06), John Gibson (39:11), Dave Turnbull (39:36), Liz Hulcup (40:22), Lynn Hudson (44:55) and Shirley Creed (45:27).

8 and 9 November 2014

Steve Edwards ran back-to-back marathons at the Enigma Fireworks Double finishing 1st in 3:18 on day 1 and 3rd in 3:22 on day 2.

16 November 2014

The **Autumn Shakespeare Raceways** event at Long Marston is held twice-yearly, raising funds for Kids Run Free, and offers the unique opportunity to race over a range of distances, all from the same start line. Runners complete the number of 5k laps appropriate to their event, ranging from 1 lap for the 5K to 8 and a bit laps for the marathon.

It's not pretty; but it is flat and potentially fast (if it isn't blowing a gale). It also boasts the squeakiest short stretch of smooth tarmac on the planet (a drag-racing strip). And where else can you run a marathon or half marathon with friends and family for company for the

first few kilometres? The laps include numerous switch-backs which give lots of opportunity to wave to club-mates and see how many runners are slower than you.

Debbie Davidson was undertaking the Half Marathon, with daughter Rosie running the 5k.

Susan Hunt was attempting to break 4 hours for the Marathon (again) with son Christopher and hubby Mick running the 5k.

Steve Edwards was also running the Marathon and hoping for a sub 3:15 with the goal of 300 now tantalisingly close.

In the early stages of the race, the 5k Hunt duo found themselves briefly running alongside Steve (equivalent to



Christopher and Mick Hunt help to pace Steve Edwards on his 659th marathon

finding yourself driving alongside Lewis Hamilton on the M6?), before Steve purposefully accelerated off into the distance. Suitably inspired, Christopher and Mick stormed to the finish in 6th and 7th place overall, with Rosie Davidson hot on their heels in 8th place (in 23:09, 23:07 and 23:20 respectively).

In the Half Marathon, Debbie Davidson looked extremely comfortable (maybe because she is used to swimming a lake and cycling up a mountain as a warm-up to her run). She was delighted to run a personal best time of 1:43:47.

The Marathon course included 41 hair-pin bends, which Steve and Susan must have taken rather too wide, as both their Garmins recorded that they ran almost half a mile over the standard marathon distance. It was Steve's 659th marathon and he finished in 3:11:08 (his 288th sub 3:15 race).

It was Susan's 9th attempt to break 4 hours in the marathon and she was the happiest person on the airfield when she finished 5th Lady in 3:49:21.

The Castle challenge

At the end of the 2013 triathlon season, the Teagues (Neil and Pauline), the Davidsons (Darren, Deb and daughters Bethany and Rosie) decided that they wanted to take on a triathlon challenge in 2014. Back in September 2012, Deb had done The Hever Castle Triathlon in Kent, which was the last of a series of five triathlons. She was impressed with the size, organisation and beautiful course and was keen to do the whole series. Having researched the series, they all decided that this would be their challenge for 2014. Booking early gave them a substantial discount, which was great but also meant they could start to plan a training schedule for early in the New Year. Here, Deb describes the experience.

The Castle Series is, as the name suggests, a series of triathlons that are set in some of the most beautiful castles. There are five altogether and they take place each month throughout the summer starting in May in Southern Ireland at Lough Cutra Castle, County Galway, followed by Cholmondely Castle, Cheshire and Castle Howard, Yorkshire. The August event is held in France, at the most beautiful Château de Chantilly and finally the last one is held in Kent at Hever Castle at the end of September. The events are very family orientated, with distances to suit all ages and abilities. Saturdays are generally for the children's races and shorter adult distances, with Olympic, and half iron distances raced on the Sunday.

The Davidson children, Bethany and Rosie, were close enough in age to be in the same category and decided to race as a relay team for the first four races. Rosie was nervous of open-water swimming but a strong runner while Bethany loved the open-water swimming but felt the run was her weakest discipline. They decided that Beth would swim all four, they would take it in turns to cycle, and Rosie would run them all. However for the final race they decided to race as individuals, against each other! Rosie spent the summer joining us weekly at South Cerney lake to gain her confidence in the open water and Beth put her trainers

on and pounded the pavements through the summer holidays.

By September they were both much more experienced and confident and ready to take each other on at Hever Castle. Beth felt sure she would beat Rosie in the 300m swim and started at the front, Rosie had played it safe starting at the back of the pack to prevent getting swum over, however she had a great swim and came out only a minute behind Beth. Rosie had a quicker transition than Beth and was out on the bike first, however Beth was on a road bike and soon caught Rosie on her mountain bike over the 8km course, enabling her to start the 4km run ahead of Rosie. Beth's lead didn't last though and after a fast run for Rosie she crossed the line ahead of Beth, cheering her sister on over the finish line.

All of us adults decided to book up for Olympic distances at each of the events except for one, as we wanted to do a half iron distance. In the Castle Series this is known as The Gauntlet. We decided we would do The Gauntlet in France.

The training

As The Gauntlet would be at the end of August, we followed a half iron distance training plan that would fit in with this date and used the Olympic distance races as part of the training schedule.



Beautiful courses make the Castle Series locations great places to swim, bike and run



The schedule I followed incorporated three training sessions for each discipline every week, with one rest day. Most weeks this involved a shorter, sprint session for each discipline, a short but hilly session for both the bike and the run and a long distance session for each discipline, incorporating a short run straight after the long bike ride, known as a brick session.

The swim

All of the Olympic swims were 1,500m and took place in the castle lakes. Although we were all used to open-water swimming at South Cerney lake, we had a few new experiences. In Ireland we swam in a peat lake. That that meant the water was so dark you couldn't see anything beneath you, which makes it psychologically very hard putting your head in the water, as all your senses tell you it's dirty although obviously it wasn't and had passed all water safety standards.

In Cheshire we had to swim one lap of the lake, get out and run along the pontoon, before getting back in and swimming another loop. For me the split was a great opportunity to correct my leaking goggles! The Yorkshire swim was great but had a long run to transition up a very steep hill, which certainly had you warmed up by the time you got to your bike! In France, being the half iron distance, the swim was 1,900m in the Grand Canal, a tributary of the River Oise, following the swim we had to climb several flights of stone steps up to the transition area next to the impressive and very grand Château. Finally at Hever Castle we not only swam in the lake but then swam into the river, following it until rejoining the lake again.

The bike

All the bike courses are on open roads, often through areas of outstanding natural beauty. The scenery is so beautiful and varied it makes it difficult not to get distracted but to maintain focus and race! All the bike routes were challenging, some because of the hills and others because they were quite technical. For example Hever Castle in Kent was technical because not only was it very hilly but there were very few long stretches

of road but instead lots of road turnings, that meant slowing and having to regain pace again. In France we had to remember to cycle on the right hand side of the road. This had worried me before the race but actually when racing it wasn't difficult to remember which side of the road you were meant to be on. All of the races were non-drafting but in France the officials were out on motorbikes, ensuring this rule was obeyed and awarding 4 minute penalties for anyone caught drafting! The French bike course was 90km for the gauntlet race, and although the longest it was by far my favourite. It was a very fast course and unlike the UK, in France the police stop the traffic and the race takes the right of way, which made for exhilarating racing.

The run

Once off the bikes the run section was within the castle grounds. The Olympic distance was 10km and 21km for the Gauntlet race. Each race varied between flat and hills with different terrains; tarmac, tracks, woodland and fields! Running mostly on roads, cross country was not my strength and soon became a crucial part of my training plan.

The Castle Series draws a great field of competitors and offer substantial prize money for the elite. Being able to chat and race with such experienced triathletes was great and everyone was so friendly and encouraging, whatever your ability, the focus is definitely on making sure everyone has a fun race. However prizes are not only awarded to the elite; there are medals for every finisher and age group prizes too. Being a series, if you compete in three or more events you also get a chance of winning the series. Both Pauline and I won two of our events and came second in a third event, this meant that we also won the series for our respective age groups.

This experience has not only taught us so much about triathlon but has also allowed us to visit some outstanding and beautiful places. Being able to share this experience with our friends and children made it all



Bourton Roadrunners

Juniors

Cross country by Richard Bufton

Round 1 Cotswold Farm Park 4 October

Bourton juniors had a tremendous turn out and they all ran very well. The course is very demanding with lots of ups and downs, and twists and turns so its very hard to get any rhythm or flow. All the races in all age categories were much higher in standard and numbers this year, a record turnout yet again.

The **Under 11 girls** took the race by storm with some outstanding runs and great team work. Isobel Barnett was first in for the club after having a great battle with fellow team mate Lauren Farley Isobel just won with a good dip on the line in 4th with Lauren 5th. Hot on their heels was the ever determined Helena West in 7th, I would not like to get in her way! Next in was Cadence Muschamp who perhaps started a touch fast but recovered well to finish 12th a good learning curve for her and with more experience will make great improvements. The Bourton girls then all streamed in well all very close to each other, Ella Davies in 16th, Annabella Tallis in 30th, Abbi James in 39th, Isobel Nevins in 40th, Abigail Barnett in 44th, Alice Brown in 45th, Isabella Morriss in 47th, Maria Watkins in 49th, Isobel Dennett in 53rd, Celia Darwent in 54th, Ella Rose Lane-Gregory in 58th, Tara Andrews in 61st, Erika Creed in 62nd and Maya Andrews in 65th. There was only a few minutes dividing our girls in this very fast and competitive field.



Under 11 girls at the Cotswold Farm Park

In the **Under 13 girls** race Lucy Griffin made a fantastic start to the season with a very strong run to finish 2nd and I am sure as the season goes on and she will get stronger and take the top spot. Bethan Powell moved up

this year and she entered this category with bang to take 6th spot; a tremendous start in this tough age group. Josephine Mutsaars also had a good start to the season flowing over the difficult ground to finish 9th. They were well backed up by two more newcomers in the category, Isabel Kiey-Thomas in 22nd and Emily Field in 27th a very strong team. In the league they are 2nd team.

The **Under 15 girls** raced with the Under 17 girls. All our girls this year are new to this age group so a tough day was ahead on a long and difficult course. Niamh Powell put on a master class of how to run a race. After the first small loop she was half way down the field so she could gage this new group of runners. She then started to pick them off one by one and by the time she got in the field to do the last 800 meters, she was up to third and gaining fast. With 400meters to go she hit the front and won by nearly 20 seconds. A perfect race, she not only beat all the under 15s but all the under 17s as well. She is a good role model for all our younger runners. If you train hard with patience and determination you will get the rewards. Niamh was also well backed up by all our under 15 girls with very strong runs from Koumi Ikeda in 20th, Charlotte Foster in 23rd and Gabby Jones in 24th as their stamina grows they will work their way up the field. In the team league they are 6th.

Once again the **Under 11 boys** field was very competitive. Kan Ikeda lead the way for the team in a very good 5th working his way through the field well. Plenty more to come there. Louis Mutsaars is so consistent now, always battling at the front of the field and got a very good 11th today. Close behind was the ever improving Findlay Morriss in 16th and the other boys packed in well to give a very strong team performance, as with the girls only a few minutes between them all. Lysander Tarrant 24th, Beau Griffin 28th, Dicken Tilley-Loughrey 35th, Finley Davies 40th, George Quli 42nd, Connor McGuinness- Dean 49th, Clay Andrews 50th, Jago Tarrant 56th, Alfie Griffin 58th, Christopher Hunt 61st, George Farley 66th, Jacob Herbert 65th, Sean Farley 72nd and Edward Jones 74th. All fine runs on this tough course. In the team league the boys are 3rd, 9th, 14th, 16th, and 19th.

The **Under 13 boys** were all new to this category so a real challenge for them that they rose to. Dylan Williams had a good battle with team mate Josh Angus with Dylan just winning on the line by a few seconds in 17th and 18th

respectively. Very good experience for the boys. Aden Corban had a fine run in 34th and Thomas Wood battled round well in 41st, plenty more to come as these boys get stronger. In the team league the boys are 5th.

Round 2 Malvern 1 November 2014

This is one of the most demanding courses in the league over the undulating terrain of Malvern Common. Again the juniors again turned up in numbers with 37 members taking part.

The U11's course was longer than usual at approximately 2km long and with the undulations, and long up-hill finish, was extremely tough, especially for this age group with several seven and eight year olds taking part.

The **Under 11 girls** again did extremely well with the A team coming 2nd with Helena West 7th, Isobel Barnett 8th and Lauren Farley 9th. They all pushed each other hard with Helena finally coming out on top on this occasion. There was a very gutsy run by Cadence Muschamps who has had a long period of illness and despite a major lack of training, still managed to come 14th and leading the B team home in 6th. She was well supported by Abigail Barnett 25th and Annabella Williams 26th, both girls being only seven years old, which is extremely impressive. The C team was only three places behind with very good performances from Celia Darwent 28th, Isabelle Morriss 30th and Ella Rose Lane-Gregory 36th. These girls were well supported by Isabel Dennett 41st and Erika Creed 44th.

managed a creditable 8th place. The C team managed 11th place with James Mace 37th, Christopher Hunt 40th and Jacob Herbert 48th. The D team were 14th supported by Jago Tarrant 51st, Charlie Astor 55th and George Farley 56th. They were well supported by Sean Farley 59th who has just joined the club a 7 years old.

The very talented Lucy Griffin won the **Under 13's girls** race with another very controlled run and was pushed all the way by the outstanding Bethan Powell who has only moved up to this age group this season. They were both nearly 30 seconds ahead of the third placed runner. Josephine Mutsaars ran her best race so far with an excellent 5th place bring the A team home in 1st place, 9 places in front of 2nd placed Cheltenham. They were well supported by new member Emily Field 21st who is getting better with each race, with another fine display.

The **Under 13 boys** continue to hold on to third place in the league with another third place at Malvern. Dylan Williams 10th is again starting to show his true potential with a very fine display as does Josh Angus 16th, who just keeps getting better with every race. New member Jake Astor 21st, ran impressively in only his 2nd race for the club. These three boys were well supported by Aden Corben 33rd and Thomas Wood 42nd. All these boys have only just moved up to this age group, so very well done.



Under 11 boys at Malvern

The **Under 11 boys** were supported in numbers with the club managing to put together four teams in this round; very impressive. The A team was led home by Louis Mutsaars 5th in one of his best performances so far, closely followed by Findlay Morriss 8th with another very impressive run. Beau Griffin 18th was 3rd runner home at only eight years old, the team managing 4th place. In his first major race for the club Finn Watkins did extremely well for 20th, closely followed by two eight year olds, Lysander Tarrant 27th and George Quli 31st. The B team



The Under 15 girls line up at Malvern

After a fantastic performance at the Farm Park, Niamh Powell continued her domination in the **Under 15 girls** race winning again, with the 2nd placed girl over 45 seconds behind! She was well supported by Rosie Mutsaars 8th, who has not raced this distance for some time and will certainly move up in the coming races as her stamina improves. Gabby Jones 12th led the A team home in 1st place and was well supported by Charlotte Foster 13th. Both Gabby and Charlotte moved up an age group this season and both runners are improving with each race and adjusting to the longer distance.

Coaching Corner

by Dennis Walmsley

Welcome back! We've had a long lay off! Apathy, enthusiasm, lack of time, illness, injury or whatever reason or dare I say... **Excuse!** We need to pick up the pieces and start again. That's enough about my article!

If that sounds like you or actually you may be training quite hard but are you getting the results you deserve? No! Then you probably need to go back to basics and start again.

Ask yourself a few questions.

Q1. Am I really training hard or smart enough? **A.** Well I don't know do I!...Have a look at your training and a common problem is that one trains well, gets to a great standard and then eases back believing that they will maintain the level they have risen to. **You Wish!**

As a result of this you will also miss out on the benefits of compounded interest in your fitness. i.e. If you had a savings account and didn't put as much away, you will have less than you could have had and what's more, inflation (age) will see it worth even less! You need to remember what training got you there and get back to it. Oh! And just to clarify, I don't mean if it was 10 years ago! You are probably too old now and need to totally rethink.

Q2. Am I injured? **A.** There's an interesting question if I do say so myself and one that could have a controversial answer. So just to cover myself... please seek medical advice... **twice!!!!** There are too many people that have no medical background who think they know it all when in fact actual medical persons quite often can get it wrong. Leave it too long to be diagnosed and the problem could get worse or at least prolong a come back. A general rule of thumb would be that if the pain is sharp then stop, if the pain is dull and gets worse as you run then stop but if it eases off then carry on.

If you cut back your training every time your legs ache then how are you ever going to improve? Sorry that's another question! Don't use that as an excuse, If it doesn't hurt then you are probably not training hard enough and if you can't stand pain then your in the wrong game! Having said all that we all know that coming back from injury should be a gradual process and cross training can help keep those fitness levels up.

Q3. Have I got the time, energy, desire or enthusiasm and motivation? **A.** Whether you have to work all the hours, have family commitments or have no like minded friends, you can still improve. **No like minded friends!** What's that got to do with anything? Sorry that's another question! Well motivation has to come from somewhere. Remember the reason you joined the club. It wasn't because you wanted to help other people, it was because you needed that camaraderie of other people to motivate you but also inadvertently you were also motivating others. This leads me to divert into a plug about supporting Club times because if you do remember looking back, would you have kept on coming if there was only a small group or only runners that were too fast or too slow?

Damn! That's another question! The depth of ability in a club keeps more people connected, always someone in front and behind not too far away. It can create company even though not next to each other, competitiveness and camaraderie and best of all **Motivation.**

Time is an issue for lots of people so use it wisely, so for all the above and above that and your future plan go back to what works and the basics.

The Basics Your weekly mileage should include a long run, a medium run at threshold pace, recovery runs and probably most important of all... **SPEED WORK:-)**

Nobody will admit to enjoying speed work but if you want to get faster in races then sorry... you'll have to get fast in training. (7:30 Tuesday evenings)!

"Some want it to happen, some wait for it to happen and some make it happen"