

THE FINISH LINE

Bourton Roadrunners

December 2016

A Word from our new Chairman, Chris Dry



Looking forward ...

At our annual dinner and awards, so expertly arranged by Steph and Gary, we had an opportunity to reflect on our individual achievements, team performances and club activities over the past year. It's clear - to me at least - that we have a lot to celebrate and deep-rooted foundations that make BRR a significant part of the local community as well as our wider running fellowship. It's also clear that there's work to do so that we realise the full potential of the club. I think this falls into 3 main areas.

1. While we might always be a small club, we need to grow our membership. We all have a job to do here so please don't miss an opportunity to talk to people about the benefits of running and how being a club runner enhances these benefits many times over.
2. To grow, we also need to be sure that we're set up as an inclusive club that can offer something for everyone. We want to be able to welcome people who are contemplating getting off their couch to do their first park run as well as those who want to compete at club and county level and beyond. If we're clever, we'll have an approach that encourages newcomers to compete in events and become properly part of "team Bourton". Your committee will be discussing this further and Margaret's recent email requesting team managers is one area that we'd like to strengthen immediately. I do hope you'll consider this and we get this going early in the New Year.
3. Related to both of the above, we need to review how we communicate - both to promote the club to attract new members and to make sure existing members are getting the latest news, information and gossip in a way that suits them. Thanks for John Gibson, we have an excellent website and we've been fortunate to have over recent years to have consecutive newsletter

editors who've dedicated themselves to compiling race and other reports for our delight. However, whether we like it or not, our communications habits are becoming more immediate and grounded in social media channels. The club already has these but there isn't an organised approach to what goes where and who does what. To help with this, a small group of the committee (Alan Thomas, Graham Lane and Chris Hartley) are going to work with John Gibson to see how we can improve things. Please let them know if you have any ideas.

One final point, the committee you elected in November is fully dedicated to moving the club forward and to supporting you as members. If you have any questions, comments or suggestions, please don't hesitate in letting us know. We're here to serve you. All Committee members are listed on our Website.

I wish you a peaceful festive season. 'Tis the season of goodwill to all and, for me, organising next year's cricket fixtures!

Chris

BRR FORTHCOMING SOCIAL EVENTS

Bourton Roadrunners Tinsel Run
20th December at 7pm
Meet at the Leisure Centre



Don't be shy come along in your festive outfit for a short run. Prizes for the best dressed female and male. Join us for a drink after in the Kingsbridge pub

Efforts:

Graham will be organising some 'fun effort exercises' at 6.30pm meet at the leisure centre before the tinsel run

HANDICAP 5M

From Norm & Ali's House – The Lake House, Rissington Road, BotW. GL54 2DT
Arrive at 2 p.m. to set handicaps for 2.30 p.m. start. Free to enter.

Soup and Cake to follow

Text 07808531906 or email alison.lane@macace.net for details

Award to the Winner on the Day (anyone can win!)

Bacon Butty Run

5th February at 10am run, 11.30-12. Non runners can join us for a bacon butty.
Meeting Point 'a pub in the North Cotswolds TBC'

Quiz Night

7th March at 7.30pm Venue TBC

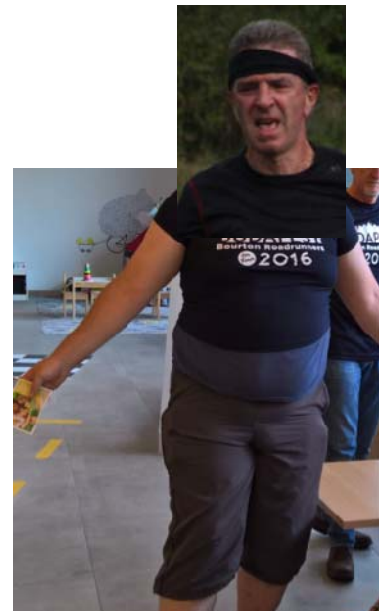


For Susan, writing poetry is like a walk (run) in the Park ... in fact 100 of them!!

Coaching Corner

Why training, what training?

The simple answer is that specific exercise increases capacity to perform specific exercise. The key word



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is

specific. Lift weights and you'll likely gain muscle and be able to lift more weight or lift the same weight more often.

So the training at BRR is about specific bodily adaptations. The adaptations that occur through run training are many and various. Muscular improvement you'd expect, but heart, lungs, blood, bone, and a bunch more, are all vastly changed through prolonged training.

There is a huge amount of scientific material that gives advice or results of research on training and effects. Google "physiological adaptations to anaerobic / aerobic training" and you'll get 26 million hits. Additionally there are Google "scholarly articles" and books that have enormous scope and depth.

In our training sessions at BRR we believe the main idea is variety, mixing intensity and duration with different recovery times and methods. This approach is intended to provide the best improvement for all of us. We're all different, from the atoms up. So our individual responses to training can be very different.

Something we also like to bring into sessions is strength and stretching. The strength notion is maybe an obvious one for runners. But stretching? OK, if you're as stiff as a board you're going to run like C3PO, who can barely walk straight. (Google C3PO if this doesn't ring any bells). The more agile and flexible we are the better. So we advocate gym sessions and yoga for strength, for flexibility and for agility. There is an injury prevention element in there too.

Each BRR efforts session has specific goals in mind. We suggest training with differing intensity, duration of intensity, and different recovery options to get a good mix of bodily adaptations.

Enjoy the mix!

Margaret, Graham & Alan

Sorry about the photo Alan! To all readers – of course this isn't Alan's body, but I couldn't possibly say who's it is!! Damn, I knew I should have done those efforts....

The 2016 Race Series Culminated at Eynsham with awards presented as follows:

BRR Awards 2016

(All awards were presented at the Christmas dinner on Dec 10th except the Steve Humphries cup which will be presented at the Tinsel Run next Tuesday, 20th December)

Chairmans Cup: Linda Edwards

Age Related Competition: 1st Margaret Hollamby, 2nd Ali Lane, 3rd Rowena Verity

Dennis Abbotts plate (Club Trip): Mike Smith

6 from 10 Awards:

Men Open: 1st Mike Smith, 2nd Darren Long, 3rd Graham Lane

MV40: Darren Long

MV45: 1st Mike Smith, 2nd Chris Lomax

MV50: 1st Chris Dry, 2nd Gary Holton

MV60: Graham Lane

MV65: Dave Turnbull

Ladies Open: 1st Steph Lane, 2nd Rowena Verity, 3rd Ali Lane

Ladies U/18: Rosie Davidson

LV50: 1st Rowena Verity, 2nd Susan Hunt, 3rd Steph Holton

LV55: 1st Ali Lane, 2nd Gill Carrick

LV60: Lynn Hudson

To be in with a chance of winning one of these trophies (but more importantly a bottle of wine!!), you need to do at least 6 of the races below to qualify for the 2017 Race Series Competition:

Oxford 10k	22 Jan
Glos 20m	19 Mar
Berkeley 10k	May
Sherborne 10k	25 June?
Headington 5m	August?
Cirencester 10k	24 Sept
Blenheim 10k	Oct 22?
Guy Fawkes 5m	Nov 5?
Eynsham 10k	Nov 26?
Any marathon	

Reserve; Compton Verney Half 2nd July

Hilly Half is 18th June

Gary Smashes his PB at every distance in 2016

That determined look says it all! At Eynsham Gary capped off a superb season with his final PB of the year. He really was the most improved Club runner of the year.



Message from Ali

Thank you to all of you who contributed to this Newsletter. There is so much content that I haven't added all the Press reports because it would just be too long. Hopefully you will have read these in the paper at the time. As I write the Press reports, could I ask a favour that if any of you do a race I am not at, please let me know about it and any additional info, e.g. PBs, PWs, stopped for a cup of tea during the race, etc. to bring a bit of life to the reports. I will add my email here to save bothering Margaret every time - alison.lane@macace.net

At this busy time of year I'm sure many of you get sick of cooking and entertaining and I just wanted to share this surprisingly easy recipe for when you have guests planned. It's important to let your guests know what you are intending to cook, for allergy purposes of course.

1 lb Liver, 1 lb Prunes, 1 lb Pickled Cabbage, dash of Tabasco Sauce
Stir in together and bake for 1 hour.

Once you have shared this delight you can be pretty sure that your guests will then quickly invite you round to their house instead on the pretext that they can't get a babysitter (even if they have no children) and you can then have a relaxing evening without any work!

Memory Corner

Nice to see how some of our current members haven't changed in 25 years.



L-R Owen
Thomas,
Norm Lane,
Tony Goodwill

Then, there's
the shock
discovery that
Dave Turnbull is
actually a
Russian Spy who

won a Nobel Peace Prize!

Brexit News

Leaving EU is a disaster, Nobel scientists warn

Tom Whipple Science Editor



Michael Kosterlitz said he could renounce his British citizenship if Brexit goes ahead



But then he has always been the master of re-invention!!