

THE FINISH LINE

Bourton Roadrunners

County Awards for Bourton Roadrunners

Shona Crombie Hicks, David Turnbull, Claire Harrison, Kate Krzyweic and Graham Lane receive their Awards with Lynn Hudson



At the annual Gloucestershire road race awards, Bourton Road Runners despite being the smallest club in the County took more than their share of the awards. The ladies shone through winning the Open and Vets team trophies. Individual prizes winners were as follows:

Ladies

Open and Vet Champion Shona Crombie Hicks, Vet 35 champion, Claire Harrison, 2nd Vet 35 Kate Krzyweic, Vet 45 champion Susan Hunt and 3rd Vet 55 Ali Lane.

Men

Darren Long 3rd Vet 40, Ewen Smith Vet 45 champion, Graham Lane Vet 60 champion and David Turnbull 2nd Vet 65

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[RACE REPORT: Linda Franks 5 mile on the 24th January 2016](#)

Almost Athletes hosted the first race of the season and saw Bourton Roadrunners off to a flying start with some impressive results. Leading Bourton in was Chris Krzywiec in an impressive PB of 28 minutes 24 seconds and 7th overall. Darren Steady Long was second in with a time of 31 min 19 sec.

There was a host of lady finishers with Steph Lane returning to form in 32 min 22 sec and second lady. Kate Krzywiec was next for 3rd lady Vet 40 min 51 sec closely followed by Claire Harrison as 2nd lady 35. The trio also won the ladies team prize.

Other Bourton members were Susan Hunt 36 min 34 sec who took 3rd lady 50 beating Ali Lane by a whisker in 36 min 36 sec, but claiming lady vet 55 champion. Margaret Hollamby came in strong at 36.47

Brian Hulcup ran a strong race in 37 min 41 sec for 3rd vet 60, Liz Hulcup followed hubby Brian in 38 min 58 sec and 2nd lady 60.

Kerry Lee Taylor despite needing lessons in how to tie her laces (twice) came in at 40 min 01 sec. Linda Edwards 41 min 38 sec and Gill Carrick 42 min 19 sec finished the field for Bourton.



**Determined Ali Lane on good form to win lady Vet 55
Champion**

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RACE REPORT: Staverton 10 mile on the 31st January 2016



Susan Hunt and Graham Lane Still smiling after the first lap

In the second race of the AAA Gloucestershire road race season Ali Lane showed her class as she powered her way yet again to the vet 55 champion in an impressive 1hr 17 minutes 33 sec at the Staverton 10 mile. Ali remains unbeaten for the season so far!

Chris Krzywiec continues to improve with each race and was again 1st Bourton runner in another PB and 11th overall in 59 min 23 seconds.

On his way back from numerous injuries Nigel Frith was pleased to record a fast 1 hr 8 min 54 seconds. Preparing for their next marathon Lucy Walmsley and Claire Harrison both used the race well for strength and speed to record 1hr 9 min 25 sec and 1 hr 10 min and 42 sec. Kate Krzywiec following closely behind at 1 hour 11 minutes and 31 seconds.

Graham Lane was happy with 1 hour 19 min 27 sec and was pushed on by Susan Hunt 1 hour, 19 minutes and 31 seconds.

Linda Edwards continues her battle again with Gill Carrick edging ahead with a very close margin, Linda in at 1 hr 28 min 39 and Gill 1 hr 29 min 32 sec.



Kate Krzywiec and Claire Harrison



Lynn Hudson and Darren Davidson as back runners gaining valuable training miles

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[Not the Roman 1X \(12k\)](#)

Susan Hunt and Linda Edwards headed off to Stratford for the 12k hilly race. After Flying around Susan came in at 58 min 38 seconds and 4th Vet 50 and Linda followed with a time of 1 hr 7 minutes.

[Castle Combe 10K](#)

Claire Harrison battled with the elements to finish as 3rd lady in a time of 42 minutes at the Castle Combe 10k



[Slaughters Valentines 10K](#)

Claire Harrison above organised the first Slaughters Valentines 10k. The event was a great success and there was good representation from from Bourton Roadrunners both running and supporting Claire.



Chris Krzywiec Race Winner came in at 36.34 followed by Andrew Evans 47.09, Chris Lomax 49.08, Debbie Davidson 50.06 and Gill Carrick 54.40.

Coaching Corner

At the time of writing this, all London bound marathon runners should be well into the 3rd week of a 12 week schedule, and those heading for Edinburgh will have another two weeks before starting theirs.

You may question what you are doing and if it is right. The main thing is to believe that it is, so that on race day you don't doubt yourself and you will run with confidence.

Of course you can always seek advice from a coach or experience runner and they will tell you the truth!

Everyone's training may vary slightly but there are some basics you should know and this is what I will set out below;

Normally one would have a 16 week build up, the first 4 weeks providing a base fitness ready for your 12 week schedule to include a gradual build up of mileage of about 10% , which will allow your body to adapt without a big risk of injury or poor performance from over training. This increase in mileage should be over the first 10 weeks of your schedule and incorporate a slightly easy week on the 5th or 6th week to allow for a little recovery and adaptation. The 9th or 10th week will be your highest mileage with an ease down in week 11 (reduce by half if on high mileage 70-120m or one third of doing 45-60). The 12th week should be the same mileage as the 11th week but including the marathon race.



SPRIT OF THE MARATHON

A weeks training may differ depending on your ability;

First Marathon (Novice)

Your main aim is to complete the distance so your focus should be time on your feet. Your week should include one long run, one speed session, one run at marathon pace, and one or two days rest.

45-65m highest week.

Club Runner

Aiming to run a PB or SB or just as quick as you can! Your week should include one long run, one or two speed sessions, one run 5-8m at marathon pace, and one days rest (not wk 9 & 10). A half marathon or 20m race week 4-6 weeks before the marathon and a 10k the week before.

55-80m highest week

Elite Runner (sub 3:15)

Aims could be a PB or race win or qualification. Your week should include two long runs, the second being about two thirds of your longest. Two speed sessions, one with long Reps and one with short reps. One 8-10m run at marathon pace and your rest day would consist of an easy short run.

Races as practice is essential.

65-120m highest week

This is only a guide as everyone is individual and age, experience and ability differs tremendously. Although over distance is sometimes practised as a general rule the longest run should be about 20 to 22 miles. Build the long run up to that distance increasing by up to 2 miles a time and running each distance at least twice.

Practice running uncomfortably so you can run uncomfortably comfortably!

Dennis Walmsley

Rock and Roll 10k Steph does us proud in Arizona!

Well it would be rude not to!

Whilst Gary and I were away in Phoenix , Arizona we noticed there was a race scheduled for the first Sunday of our holiday. So we, plus one of our friends Heather entered the 'Rock and Roll 10k'.

Jet lagged, we waited patiently for the taxi to pick us up so that we could be at the start in plenty of time. Twenty minutes later still NO taxi, Arrrgh! The second taxi ordered arrived and on route the three of us, in cramped conditions in the back had to strip down to our shorts and vest. The taxi driver eventually found the way to the start and after several attempts due to the closed roads. After queuing for the toilet, this left no time for a warm up at all, except a quick dash straight to our starting pen or 'corral', Gary pushed me through the gap in the barrier. I thought I was going to get stuck in the railings halfway and end up watching everyone run off into the sun! Made it just in time for the starting gun to go off. Gary was in Corral 3 and Heather in 2, so they had an extra couple of minutes as each pen was set off at intervals.

The 3000 10K runners were mixed in with the half marathoners for the first mile or so, but it didn't feel congested at all as we were running along one side of a 6 lane highway. With blue skies and bright sunshine, we ran round the slightly undulating course to the last mile where they threw in a long, slow 'up' (don't you just love those?) but encouraged by the university cheerleaders, it wasn't far to the finish. Gary started off the year in style with a PB of 51.10 and is on course for his 2016 goal of sub 50. In the old biddy category I was 1st LV50 closely followed by our friend Heather in 3rd place.

In true American style we picked up our large heavyweight medals and enormous goody bags then spent the rest of the day enjoying the 'Rock n Roll' part of the event and just relaxed listening to live music performed by local bands.

Some of you may have heard of the race, Rock n Roll series (5K,10K,Half and Full marathon) as they are all over the USA, however you don't have to go that far to take part as there are 2 additional ones:Liverpool and Dublin! They are well organised with music at many points around the course and on a main stage at the post race concert, plus they give out great goody bags and large 'bling medals'. A bit on the pricey side to enter, though for us it was an opportunity not to be missed and well it would be rude not to!

Steph



Steve's marathons continue with a solid start to 2016



Steve in sunny Madeira left (3rd Vet) & Milton Keynes below 1st



2nd place at the good, the bad and the Ugly Marathon

Steve Edwards adds another Seven Marathons to take the total to 717.

- 2nd January Enigma Winter (Milton Keynes) – 3:22
- 17th January Tarragona (Spain) – 3:17
- 24th January – Dymchurch – 3:18
- 31st January Funchal (Madeira) – 3:19 – 3rd V50
- 6th February Enigma Quadzilla (Milton Keynes) – 3:27– 1st Place.
- 12th February Charles Darwin (Shrewsbury) – 3:09 – 3rd place.
- 21st February– Good, Bad & Ugly (Deal, Kent) – 3:17 – 2nd place.

January Muddy Butty Run



Steph and Gary having done a recky of the route a couple of days before and putting out a warning that those taking part will most definitely get wet and muddy, all 18 hardened runners turned out for the MUDDY BUTTY RUN.

We all ran together for the first part of the run which was across water-logged flooded fields and along deep muddy bridle paths. All 18 continued on, even at the risk of getting 'trench foot' or at the very least losing a shoe with some opting to tackle the gullies straight through the middle and others choosing to creep and balance round the edge. With several near misses of falling flat on our faces, poor Susan was the one who came closest to kissing the ground, followed by Chris Dry. (Sorry folks no photos available) Gary provided Jelly Babies half way which kept us going through yes, more mud! After 5ish miles we eventually came to a road and for the last few miles we were able to speed it up and get warm.

On our return Neil and Darren warming by the cozy fire with grinning faces were peering out of the pub window, of which at this point it was raining, so I do declare they may have had the last laugh!

On entering the Fox we were welcomed back by landlady Carol with towels to dry off and the well earned bacon butties and flowing tea/coffee.

It was a good fun, a little different and it made a good social run with lots of laughs!

Steph and Gary

Quiz Night At the Wellington

31 BRR's and friends turned out to participate in the Quiz Night. This event gave the legs a rest and tested the old grey matter. Graham Lane our Quiz Master for the evening, kept the show going. After 3 rounds of questions plus a picture logo, photo recognition and a Dingbats round, we stopped for chips and a well earned rest! At this point we celebrated Mike Smiths and Neil's birthday (neither look a day over 55) with Ali's delicious chocolate Brownie cake.

8 teams continued to battle it out (not that we are competitive at all) to the very last, with the end results being very close indeed. 1st "Pheidipeddes Philistines" (Chris Dry, Chris Lomax, Ed and Callum) with 80.5 points 2nd 'Four in a Bed' (Neil and Pauline, Debbie and Darren) with 78.5 points 3rd 'RAGS' (Rowena, Andrew, Gary and Steph) with 76.5 points Again, another evening where a good time was had by all and a special thanks to Graham who did an excellent job as our Quiz Master.

More Social Events For Your Calendar

Details to follow for all events!

- BURFORD BUTTY RUN Multi-terrain.
- FISH N CHIPS on the green 17/07/16 - don't forget after Norm and Ali's Mile Race whether you are racing, watching or marshalling, we will meet on the green for what has almost now become a tradition!
- A 'WHO'S DUNNIT' TREASURE HUNT followed by eats/drink. We are looking to organise this for one evening in the summer
- ROUNDERS 'n' BIG PICNIC
- SKITTLES REMATCH 'v' Almost Athletes - Can we hold on to our trophy?
- HASHING with Cotswold Hash House Harriers - just waiting for a suitable one to come up over this way

BIG Thanks to Steph and Gary for organising these events.

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Gloucestershire Amateur Athletics Association Road Race Series 2016 Events

If you are not familiar to the Gloucestershire AAA road series please ask club 'expert Lynn Hudson'. Below are a list of races within the series that Glos AAA fully paid up registered runners can enter. You will need to organise entry yourself and please be aware that some are very popular so a proactive approach to securing your place is recommended.

Linda Franks 5 (24.1.16)

Staverton 10 (31.1.16)

Gloucester 20 (13.3.16)

Angels 10k (17.4.16)

Fairford 10k (5.6.16)

BRR Hilly Half (11.6.16)

Bourton 1 mile (July 16)

Blaisdon 10k TBC (26.7.16)

Bugati 10k (10.8.16)

Cirencester 10k (25.9.16)

Stroud Half Marathon TBC (23.10.16)

Tewkesbury 5 (Nov 16)

This is Lynn below celebrating her recent Special Birthday with club members



Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz Quiz
Quiz

Now that you have all had a little quiz practice here is Graham's February Quiz. Remember no cheating and the answers for questions 1- 3 are over the page. Question 4 is a research question that you can confer with other club members. If you think you know the answer please let Graham know (the Quiz Master himself does not know the answer!)

1: Which football club does athletics commentator Steve Cram support ?

2: Six British Olympians have won 4 or more gold medals. Name the top 2 and how many gold medals each has won

3: Dennis Kimetto (Kenya) and Paula Radcliffe (UK) hold the world records for the marathon. Can you name where, in which year and what time they recorded ?

4, RESEARCH QUESTION. Which Bourton Roadrunners (past and present) men and women have the fastest marathon time? ANSWER NEXT NEWSLETTER

Caption Competition



Please send your captions to lindaedwards166@gmail.com by 31st March 2016

Did you know?

Graham Lane has achieved PB's in 5K, 10K and 10 mile so far this year!
Congratulations Graham.

**Quiz Quiz Quiz Quiz
Answers;**

Q1
Sunderland (the editor thinks he would have been better to support the team over the Tyne)

Q2
Sir Chris Hoy 6 Gold
Sir Steve Redgrave 5 Gold

Editors Notes: That's nothing! I have 19 gold medals plus a much sought after Tewkesbury 5 rubber medal. How many have you got Steve Edwards?

Q3
Dennis Kimetto: Berlin 2014 2:02:57
Paula Radcliffe: London 2003 2:15:25



Bourton Roadrunners Juniors

News from Bourton Road Runners Juniors

Gloucestershire Cross Country Championships Lakers School, Coleford – Saturday 9th January 2016.

The Gloucestershire Cross Country County Championships took place at Lakers School near Coleford in the Forest of Dean for the second year, on Saturday 9th January. The course again included a challenging section in the Forest that certainly made the distances run feel a lot longer. With all the recent rain the course very demanding with much of the course being very muddy, especially for those in the later races.

The forecast was not good but the weather stayed dry for the U11 and U13 races but the heavens opened up with heavy rain and hail, there after. It was certainly tough going for the U15's and U17's.

County Medals were up for grabs for the top three individuals and teams and the top six finishers in each race were guaranteed places to run for Gloucestershire in the Inter Counties at Birmingham in March.

Bourton Roadrunner Junior results were as follows:

U11 Girls – 8th Abigail Barnett, 10th Maria Watkins, 15th Annabella Williams and 23rd Celia Darwent.

U11 Boys – 5th Joseph Davidson, 14th George Quli, 19th Christopher Hunt, 29th Sean Farley, 31st George Farley, 35th Edward Jones and 37th Arthur Quli.

U13 Girls – 11th Isabel Kiey-Thomas, 14th Lauren Farley, 19th Helena West, 23rd Isobel Barnett and 29th Annie Tallis.

U13 Boys – 9th Kan Ikeda, 25th James Mace, 27th Connor McGuinness-Dean and 29th Harvey Sawyer.

U15 Girls – 7th Koumi Ikeda, 12th Emily Field and 16th Gabby Jones.

U17 Girls – 4th Rosie Mutsaars.

With the first three runners for each club making up a team the U15 girls and the U11, boys and girls all took third place and Bronze medals The U13 girls just missed out in 4th place and the U13 boys managed 6th.



Under 11 BRR Girls at Coleford
Maria Watkins, Annabella Williams, Celia
Darwent and Abigail Barnett

**British Athletics Cross Challenge.
Cardiff – 24th January 2016.**

Several members from the club ran for Gloucestershire Schools at Cardiff in the British Athletics Cross Challenge on the 24th January. Gloucestershire Schools use the race as a warmup for the Schools South West Finals that this year takes place at Pitville, Cheltenham in February.

Lauren Farley came 50th in the U13 girls. Isabel Kiey Thomas, 37th in the U15 girls. Rosie Mutsaars, 19th in the U17 girls and Kan Ikeda, 21st, in the U13 boys.

In each of the races, there is also a Schools Competition and Kan Ikeda did extremely well in this, with a well deserved 2nd place and individual silver medal and helping the Gloucestershire team to 1st place and Gold medals.



**South West Inter-Counties Schools Cross Country Championships.
Pitville, Cheltenham– Saturday 6th February 2016.**

Luckily the Schools South West Finals took place at Pitville in Cheltenham, almost our home course as many of our runners know the course well from the Gloucestershire Cross Country League. It also saved a long drive to the likes of Cornwall, Devon or Somerset where this event can take place.

Unfortunately the weather was awful with high winds and heavy rain and with the amount of rain we have already had, some of the course was underwater and much of the course resembled a building site with thick mud everywhere, which got worse with every race.

Due to the weather conditions, the numbers were down with only the bravest, most committed runners taking part. The going was extremely tough.

All our runners who took part did extremely well with Lauren Farley managing 61st in the Minor Girls, Rosie Mutsaars 32nd in the Intermediate girls and Kan Ikeda 10th in the Minor Boys helping Gloucestershire Schools take 2nd place in the Competition.

**North Cotswold Primary School District Championships.
Fire College, Moreton-in-Marsh- Wednesday 10th February 2016.**

The Gloucestershire Primary Schools North Cotswolds District Cross Championships took place at Moreton Fire College as in previous years on Wednesday 10th February. The course was relatively flat and approximately 1500 metres long. After all the recent heavy rain, there were a few boggy areas that made the going tough, especially those not using spikes.

The top twelve runners in the girls and the boys race all qualify to race for the North Cotswolds team in the Gloucestershire Primary Schools County Championships at Newent in March. The next four runner's qualify as reserves. There is always strong Competition in the finals from the other regions, with the top three individuals and teams in each race winning medals. Chris Hartley will again be the North Cotswolds manager.

Again there was a strong showing from the Bourton Roadrunner Juniors with Abigail Barnett and Beau Griffin both running extremely well for 2nd place. Even more impressive is that Abigail is still only year 4 and Beau is only year 5. Joe Tilley-Loughrey 3rd, Joseph Davidson 6th, Lysander Tarrant 7th, Charlie Phipp 10th and Toby Sellek 11th all qualify to run in the team with Freya Gilbert, George Quli and Finley Davies qualifying as reserves.

Sophie Finlay 22nd, Isabel Dennett 25th, Nell Ash 27th and Tilly Sellek, still only 7 years old came 52nd in the girls race.

Alfie Griffin 17th, Max Ramsay 18th, Will Tallis 35th, George Farley 36th, Sean Farley 44th, Oliver Allport 48th, Arthur Fletcher 49th, Edward Jones 54th, and Peter Fletcher came 96th in the boys race.

All the runners did extremely well with several suffering or recovering from the many cold's going around. Always a problem at this time of year.