

THE FINISH LINE



Bourton Roadrunners

March 2017

I had the best seat in the house for the Bourton 10K. Sitting on the lead bike gave me the opportunity to say hello to all of the marshalls and shout my encouragement to the many local runners from different clubs I've got to know over recent years.

But the real treat was watching how the race developed behind me. How quickly the top-3 broke free, how hard they pushed each other until the final half-KM when the Stroud runner was dropped and how the Ciren runner pushed the eventual winner from Cheltenham Harriers all the way to the line. I know there were other interesting local tussles further down the field, but it was really pleasing to see the top-3 places going to local clubs in such an exciting race.

Equally pleasing for BRR is Tim Carter's 6th place. It's a great thing for the Club to have this quality at the top of the race. Well done Tim!

I received many positive comments on the day and a number of text/emails later in the day from people extending their thanks to the club saying how much they enjoyed the race and how well organised it was.

So, thanks to Ian Shoemark for directing another fantastic Bourton 10k and the support offered by Richard Bufton, John Raper and, of course, all of the marshalls and helpers on the day.

At the presentation, I had the pleasure of meeting Chrissie Wellington who was incredibly enthusiastic about the race. Later on Twitter she wrote: "Local races rock!" I couldn't agree more.

Next job is to get behind Gill Carrick and make sure that Humph's Hilly Half gets the profile it deserves.



Chris Dry, Chairman

Bourton's contingent all did well. Tim Carter led the club home in 6th place. Darren Long ran his best 10K in a while with a time of 38.20, Robin Goodwill 40.41, Steph Lane 40.53, Rowena Verity 44.22, Chris Lomax 44.48, Catherine Wheeler 45.08, Gill Carrick 52.24, Linda Edwards 53.25 and Alan Gibson 58.24.

Coaching Corner

The regular Tuesday coaching session is now so established, it runs like a well oiled machine, so no need to make any comments on this.

However, for anyone wishing to push themselves a little more in their week's training or schedule, Norm is taking a fartlek (short speedwork) session from The Lake House, Rissington Road, generally on a Saturday, 2.30 p.m. start.

It's a 5 or 6 mile maximum run and will accommodate anyone, as long as you just want to improve. Coffee/tea and a chat about your session, plans, or even any old rubbish (except work) afterwards. Why not give it a try.

Just turn up. You may be surprised who you can beat!!

STARTLINE SPORT SCIENG



Run like the wind

A study of ultra long distance runners has found that 96% experience gastrointestinal symptoms (GI) during a race. Researchers at Gettysburg College, Pennsylvania, questioned 193 runners at the end of the 161km Western States Endurance Run, and found that 68% suffered mild flatulence, 61% reported belching and 60% had nausea. GI symptoms impacted on 44% of runners who completed the course, while among the DNFs 35.6% said GI symptoms were a reason for dropping out of the race and in 90.5% of cases this was due to nausea. The findings are published in the Journal of Sports Sciences.

Liz sent in these articles and for anyone who has run with her, says this explains it all

FIVE KEY BENEFITS

CINAMON regulates blood sugar levels

TUMERIC natural anti-inflammatory

CUMIN high in iron

GINGER relieves post-workout soreness

CAYENNE PEPPER boosts metabolism

HERE ARE GRAHAM'S QUESTIONS (WHICH I OMITTED FROM THE LAST NEWSLETTER)



- Q1: Which British field athlete competed at six Olympic Games?
- Q2: The Borg-Warner Trophy is presented to the winner of which event (Hint: the event is billed as *The Greatest Spectacle in Racing*)?
- Q3: Adam Peaty represents Great Britain in which sport? And which world record did he break at the 2016 Olympic Games? Do you know the time?
- Q4: Which French term, meaning 'training', is a highly skilled form of horse riding performed in competitions and exhibitions?

The answers are on page 5

JUST A REMINDER OF UPCOMING RACES:

Gloucestershire AAA Road Race Series

March 19th Glos AC 20 mile

April 30th Angels RC 10K

May 15th Berkeley 10K – Dursley RC (Monday pm)

May 24th Gloucester 5K Run – BTL (Wed pm)

June 17th Humph's Hilly Half – BRR (Sat pm)

July One Mile – Ali & Norm Lane (Sat pm)

July Blaisdon 10K – Forest of Dean AC

August Bugatti 10K – Chelth & AA (Wed pm)

October Stroud Half Marathon

Nov Guy Fawkes 5 mile – Tewkesbury RC

Reserve : Cirencester 10K (Autumn event)

The next Club 6 from 10 race is the Berkeley 10K on Monday the 15th May, starting at 7.30. Entries online at Runbritain

A reminder that the Club Trip this year is to Kiev in the Ukraine. Organised by Richard and Mike, this will be a 5 night trip with the option to run 5K, 10K, Half Marathon or Marathon and is at a cost of £330 if sharing a room or £390 for a single room. If you wish to participate, please let Mike or Richard know.

SPOTLIGHT ON A PAST (AND PRESENT) MEMBER

Once upon a time, in the olden days, before Facebook and before people knew how to use mobile phones (oh, that time still exists in our house!), a young man arrived at the Club, dressed in a salmon pink thick tracksuit (despite the fact that it was about 90 degrees Farenheit at the time). Some called him 'Barry' (Manillo), but his given name was 'Richard' Bufton.



It was actually 1993 (maybe a year earlier – we've lost Norm's diary for those years!) that Richard joined the club. He was a complete novice when he arrived, but not for long, as he soon became a regular member of the winning team in most races and his PB for a 10K is 32.59 – a time that would win lots of races today. In fact he was only 2nd in the very tough Dursley 10 Mile race with a time under 60 minutes.

There was a small blip during his golden period when we thought he had chosen a different sport (see right), but fortunately for us, that was short lived.

He went on to marry Claire. Together they had Daniel, who also became a good runner and, fortunately for BRR, Richard has been a regular on the Junior scene and a true Club runner ever since, even being a key organiser of the annual Club trips.

Together with Chris Hartley, Richard has created and maintained the most successful Junior section ever.



Disclaimer: All the above is entirely true, except I don't know where the jockey outfit came from. Suffice to say Murder Mysteries were not his vocation!

Upcoming Social Events

Not arranged by us, but a good thing to support – The Cotswold School are organising an Auction of Promises on the 31st March with Guest Speaker Ben Smith who did 401 Marathons in 401 Days. Tickets are £15 online from www.cotswold.gloucs.sch.uk or through Norm, who is trying to organise tables.

After the tremendous success of the last bacon butty run from Longborough there will be another in the near future.

Also planned is a Bluebell run in October (just joking – everyone knows Bluebells only grow in February!!)

Well done to Rowena and Graham who are currently leading the Age Graded Competition for the Club.

Races in the 6 from 10 so far have been Linda Franks 5M and the Staverton 10M.

Good to see Mike Smith, Robin Goodwill, Bob Fletcher, Ben Montilla and Steph Lane taking part in the last Gloucestershire XC at Pittville. It would be great to get teams next season. You have till 14th October to train! It's a superb stamina builder during the winter months to set you up for the next year's races.

Excellent results in the recent Mad Dash 20K, where Rowena led the BRR team home in 21st place in 1.33.28, Catherine 1.36.27, Susan 1.40.51, Graham 1.42.46, Steph Holton 1.43.19, Gary 1.50.19 and Linda 2.00.32.

ANSWERS TO GRAHAM'S QUIZ QUESTIONS:

1. Tessa Sanderson
2. The Indianapolis 500
3. Swimming: Breaststroke, 57.13
4. Dressage

Two of these questions were included in the Quiz Night held last Saturday and I still got them wrong! Thank you to Graham and Linda for an excellent and fun evening.



Competition of the Month

Can you identify the Elvis lookalike in the picture to the left?

It is made up of 8 current members.

If you can correctly identify all 8 body parts, email me the answer on alison.lane@macace.net.

The correct answer will win a bottle of wine. If I receive more than 1 correct answers, the winner will be drawn out of a hat.

Good luck!

Ali

Junior Section by Richard Buffon



Gloucestershire XC League Round 4. Pitville Park Cheltenham. Saturday 18th February 2017

The final round of the Gloucestershire Cross Country Competition took place at Pitville Park, but due to wear on the park had to alter the course from previous years that did cause a little confusion on the day to those who had run it in the past. Luckily the weather was good and the ground firm in most parts, so very good going for the runners with the usual stream section and a few small climbs to contend with.

The U11's distance was longer than usual at 2.2km, the U13's 2.7km and the U15/17's 4.8km Maria Watkins led the U11 girl's team home in 12th with Abigail Barnett 17th and Olivia McMorris 23rd supporting bringing the girls team home in 3rd overall. They were well supported by Isabel Dennett 32nd and Ella Gray 38th.

The U11 boys managed three teams with George Quli first runner home in 15th place, Arthur Fletcher 24th and Sean Farley 30th bringing the boys home in a 6th position. Our next three runners home were Dougal Hamilton-Smith 36th, Edward Jones 42nd and Dominic Luff 44th for 9th place. Our final three runners were Arthur Quli 50th, Jamie Mather 62nd and Noah Williams 66th for 16th.

Helena West ran very well on the day managing 9th with Lauren Farley 16th and Isobel Barnett 30th and third runner home. The girls managed 5th place overall in the U13 girls competition and was supported by Darcey Thompson in 33rd who did extremely well on the day as does not race very often.

Thomas Mather was our only runner in the U13 boys race with our other runners away for half term but did well for 29th place.

In the under 15 races Emily Field ran well in the girls race for 9th on the day but did enough in the previous round's to come third overall in the competition for an excellent individual Bronze medal. Harvey Sawyer was a late arrival and just managed to reach the start before the race started and was always going to find it difficult against strong competition in the U15 boy's but still finished the race in 23rd place.

Gabby Jones was our only runner in the U17 girls but ran well for 7th place

Gloucestershire XC League Final Positions.

Three best finishing positions count.

U11 Girls: Maria Watkins 12th, Abigail Barnett 20th, Olivia McMorris 22nd, Isabel Dennett 26th, Maite Capper 32nd and Ella Gray 33rd. Team A 4th.

U11 Boys: George Quli 9th, Henry Everitt 17th, Arthur Fletcher 20th, Dougal Hamilton Smith 24th, Edward Jones 26th, Dominic Luff 28th, Arthur Quli 30th, Jamie Mather 43rd and Noah Williams 45th. Team A 5th, Team B 8th and Team C 12th.

U13 Girls: Helena West 11th and Isobel Barnett 19th.

U13 Boys: Thomas Mather 26th.

U15 Girls: Emily Field 3rd.

U15 Boys: Jake Astor 15th and Harvey Sawyer 21st.

U17 Girls: Gabby Jones 6th.



Other News - February 2017.

Emily Field has been chosen to run for Gloucestershire Schools at the Schools Nationals for the first time at Norwich in March. A great achievement after putting in a lot of hard work over the past year.

Helena West has been chosen to run in the Inter Counties for Gloucestershire at Loughborough on 11th March 2017 in her first Inter Counties. She qualified as a reserve from the Gloucestershire County Finals in January.

The weather was awful at the Schools South West Finals at Truro. Emily Field made the long trip to Cornwall and did extremely well for 38th overall. Although the weather picked up just before her race, the conditions were extremely muddy with many runners falling, luckily Emily was able to stay on her feet.

**North Cotswold Primary School District Championships.
Fire College, Moreton-in-Marsh.
Wednesday 8th February 201.**

There was a good showing of Bourton Road Runners at 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 is relatively flat and approximately 1500 metres long. Conditions and the weather was good.

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 individuals and teams winning medals. Chris Hartley will again be the North Cotswolds manager in the finals.

In the girls race Abigail Barnett ran a superb race and deservedly won the race after following the leader and overtaking her in the last few metres before the finish, last year she was 2nd. Isabel Dennett was not far behind with her best run to date managing 4th up from 25th last year. Newer member Olivia McMorris who joined the club in the summer is certainly showing her ability with a superb 5th place after coming 27th and 47th in the previous two years.

They were well supported with Ella Gray 16th and Sophie Finlay 29th.

Lysander Tarrant was first Bourton Roadrunner home and after some impressive results in training ran impressively with an excellent 2nd place up from 7th last year. Lysander was closely followed by Jack Theo with a strong run for 3rd moving up from 4th last year. George Quli has been getting closer to



Lysander in training and this showed with a very good 6th place.

They were strongly supported by Michael Astor 10th who also qualifies for the finals with Arthur Fletcher 13th with a massive improvement on 49th last year and Charlie Astor 15th who will be both reserve's for the finals.

Other results: Sean Farley 29th (Up from 44th last year), William Lockey 34th, Arthur Quli 35th, Henry Everitt 39th, Dominic Luff 44th, Peter Fletcher 56th (With a massive improvement, 96th last year), Jamie Mather 81st and Matty Gillie 115th.

All our runners did Bourton Roadrunners proud and we are sure many will move up places again next year with continued training.