

December 2015

# THE FINISH LINE

Bourton Roadrunners

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## The Annual Awards Evening Special

The BRR awards evening took place at the Duke of Wellington in Bourton on the 12th December. Guest Speaker Connor Shoemark gave a potted history from his development as a runner with the club to his current sporting achievement as a professional jockey. Dennis Walmsley, Steve Edwards, Mike Smith and Lynn Hudson providing an interesting, amusing and unusual view of the clubs events and achievements from 2015. Neil Teague was also able to join the event via skype and in true OSCAR style received his award via his wife Pauline!



The Award winners were: Six races from ten:

### Open Men:

1st Chris Krzyweic,  
2nd Darren Long,  
3rd Brian Hulcup

- MV40: 1st Darren Long
- MV50: 1st Chris Dry, 2nd Gary Holton
- MV60: 1st Brian Hulcup
- MV65: 1st David Turnbull

### Open Ladies:

1st Shona Crombie-Hicks  
2nd Kate Krzyweic  
3rd Steph Holton

- LV35: 1st Kerry Lee Taylor
- LV40: 1st Shona Crombie-Hicks, 2nd Kate Krzyweic, Rd Debbie Davidson
- LV50: 1st Steph Holton, 2nd Linda Edwards
- LV55: 1st Lynn Hudson
- LV60: 1st Liz Hulcup

## THE FINISH LINE

# The Annual Awards Evening Special

### Age Related Competition:

- 1st Shona Crombie-Hicks,
- 2nd Dennid Walmsley,
- 3rd Liz Hulcup.

### Dennis Abbotts Plate:

Gary Holton

### Most Improved Age Related

- 1st Catherine Wheeler,
- 2nd Steph Holton,
- 3rd Claire Harrison

### Efforts Awards:

Mens- Neil Teague,  
Ladies Catherine Wheeler



Claire Harrison is presented with the Chairman's cup from Steve Edwards

SPECIAL THANKS WERE GIVEN TO GARY AND STEPH HOLTON FOR ORGANISING THE AWARDS EVENING AND OTHER SOCIAL EVENTS

Gary Holton is presented with the Dennis Abotts plate from Mike Smith



Catherine Wheeler receives the Most Improved age Related Award from President Norm Lane





### From Bourton Roadrunners President Norm Lane

I am delighted to be presiding over the club again this coming year.

Apart from the superb organisation of our 2 main club races, it didn't appear to have been noticed until our AGM that the club has been in decline, with membership down by over 20% in the last 3 years alone.

Far fewer races are being run by our members and times are not generally spectacular (although times are slower nationally). Our club runs, although well attended in the shorter distances, are run in groups of 2 or 3 spread out over a considerable distance.

Why then am I delighted to be in my position again?

Well for a start, our Chairman, Steve Edwards, has also noticed everything and is showing as much concern as myself. Whats more, after a great AGM discussion, both his and my concerns appear to have taken on board by virtually everyone in the meeting with great enthusiasm.

I am looking forward to that enthusiasm being carried forward into 2016.

Be competitive, be ambitious, be friendly, be a team. Everyone can do better, lets all prove it. Be proud as I am to be a Bourton Roadrunner. If you need inspiration, look at the Junior meetings-top to bottom brilliant work!

Norm (for those who remember, also a runner and on my way back ....again!!)

### RACE REPORT: Guy Fawkes 5

Tewkesbury Running Club's Guy Fawkes 5 is traditionally the race where the Gloucestershire County Road Race Series final positions are decided.

It is also one of the club's 6 from 10 competition races.

This year, securing a number for the race was a challenge in itself, as the 400 places were snapped up in record time. After some last minute wheeling, dealing and number exchanging, a determined group of Bourton Roadrunners lined up in the fog hoping that the race would deliver on its promise to be "flat and fast".

Chris Kryzniec had another outstanding race to finish 12th (28:17). Dennis Walmsley was delighted with 29:10 and 1st MV50, given his recent training being hampered by ill health. Shona Crombie-Hicks stormed home as 1st lady in 29:49.

Darren Long continued to battle niggles (31:55). Nigel Frith's regular parkrun regime paid-off with a speedy 33:17 and he also paced Kate Kryzniec to her FV40 category win (33:21). Susan Hunt was pleased to record a season's best 36:03. Kerry Lee Taylor amazed herself with 1st FV35 (39:48). Linda Edwards' PB streak continued (42:07), with Gill Carrick close behind (42:31)

Following the race, the final standings in the Gloucestershire Road Race Series 2015 season were announced.

Bourton ladies dominated, winning both the open and veteran team Golds. Shona won Gold in the both the open Ladies and FV40 competition.

Also winning Gold in their age categories were Claire Harrison and Susan Hunt, with Kate Kryzniec Silver and Ali Lane Bronze.

In the Men's competition, Ewen Smith and Graham Lane scooped Age Category Gold, Dave Turnbull Silver and Darren Long Bronze.



Chris Kryzniec at the Guy Fawkes 5 Tewksbury

### RACE REPORT: The Autumn Shakespeare Event

The Autumn Shakespeare event offers runners the chance to test themselves over either the 5K, 10K, Half Marathon or Marathon distance on a flat course without the distractions of cars, crowds, scenery or anything at all interesting!

Long Marston airfield provides a meandering 5K course of concrete, tarmac, weeds and the occasional oil drum. It is officially the windiest place in Britain (probably) and it was also miserably cold and drizzly on race day.

On the plus side, it was Saturday morning, leaving the rest of the weekend free for frivolity. 15 Bourton Roadrunners shivered on the start line (shared by runners of all race distances), with 13 running 5K (tempted by 6 from 10 points).

The 5K was billed as a 'Fun Run'. This didn't mean it was going to be fun; just that there were no prizes (it was, after all, a charity event).

This was a shame though as we were hoping that the Krzywiec's might buy everyone a bacon roll with their winnings: with Chris storming around for a 17:36 race win, and Kate First Lady finisher in a super speedy 20:45.

Darren long overcame injury woes, looking comfortable finishing 4th in 19:42 Catherine Wheeler was running her last race as a twenty-something (on the eve of her Thirtieth Birthday), and managed a huge PB of 21:09.

Bourton juniors Christopher Hunt was the smallest person in the race but had big ambitions for a sub-22 finish. He worked hard for 21:51, commenting afterwards that

his body felt as if it was "running underwater" down the long (and squeaky) drag-racing strip to the finish (his delight at achieving his PB goal didn't, however, prevent him from maintaining his unblemished record of not smiling for the camera).

Steph Holton was next in (22:42) , followed by Brian Hilcup (23:06) who didn't wait for Liz (23:42)

Chris Dry sneaked under 24 minutes (23:56) with Kerry Lee Taylor 24:07. Gill Carrick had started on the front line and finished in a determined 25:31.

And still they came with Linda Edwards (26:12) pipping Gary Holton (26:27), who was Battling his IT band.

While the 5K runners celebrated Margaret Hollamby was completing her second lap. She finished the 10K in a superb 46:49 and first FV55



Go on Christopher, I know we are cold and wet but give us a smile !

### [RACE REPORT: The Autumn Shakespeare Event Continued.](#)

Meanwhile, Steve Edwards was grinding out an 8 and a half lap Marathon (his 706th).

The Bourton contingent cheerfully waved to Steve as he completed his 2nd and 3rd laps, before they headed home as the weather turned increasingly grim – everyone pitying Steve and even more-so Saint Teresa, who was all smiles and enthusiasm despite the gale-force wind and driving rain.

The deterioration in conditions was reflected by the shocking fact that normally-metronomic Steve, ran each 5k progressively slower than the one before (sorry Steve, there's nowhere to hide when there's a timing mat at 5K!) and that 10% of the field failed to finish the race. Steve finished in a triumphant 12th place (3:17:05), and a teeny bit closer to the 1000th.

Steve Edwards Supported by his wife Teresa at the Autumn Shakespeare Marathon





### Coaching Corner

Successful marathon running... it's all about putting in the miles isn't it?  
Well think again. How about eating, drinking, sleeping, physical and mental well-being and time?

#### **"Respect the marathon"**

I think with a bit of training, most people can do a reasonable 5K, 10K and half marathon and with an extra few miles, even at 20 miler. All these distances can be run pretty hard and you can "get away with it". However, add that 6.2 miles on the end and it's a different ball-game. There are many good runners that struggle to perform to their expected level when it comes to the marathon distance. Adversely you will get those who outperform finding the long distances to suit them and it can change their lives.

#### **"The marathon can make you or break you!"**

Probably the most uttered phrase  
you will hear at the end of a marathon is;

However, like childbirth,  
you soon forget the pain and do it again.

It goes without saying that the marathon  
requires some amount of physical effort  
and your training has to reflect that.

A good training plan can get you physical strong  
muscularly but without some forethought it can affect your physical and mental health.  
Do not underestimate the marathon distance.



#### **'Poor Planning prevents performance'**

Of course you need to plan your training but it's not just about how many miles or how fast you go each day. You need to consider when you can run, when you can sleep, eat, work and all the other things you have to do in life.

#### **"Marathon running is a lifestyle choice"**

Training takes up a lot of your time so consideration is needed to when you can actually do this. Sacrifices are going to be made, but too many could affect your health, family harmony, finance and mental well-being. So, a life balance is required.

For instance, if you are travelling somewhere with the family, take your kit with you and get dropped off so you can run some of the way back hence saving time and getting your miles in. If you have a busy weekend make sure your long run is in the week. If you can't do one in a particular week it doesn't matter if you do two long runs in one week if they are at opposite ends of the week. Be flexible but always be aware of your sessions the days before and after.

If you know you have to run a long run in the evening after work then have a big lunch. If you've got a busy next day then go to bed early and have an early morning run. If you have a party to go to, don't pretend you're going to be able to get up the next morning for a run! You will put your body and even family into a stress situation so get plenty of sleep and eat well. "I didn't have time to eat", "I didn't have time to run", "I only slept a few hours", "I drank too much" and "the weather was too bad" are all excuses, don't get harassed or make training a chore.

#### **"Fail to prepare, prepare to fail"**

Recovery time is so important. Factor in this time during your day, week and months. Now is a good time for recovery for those who have had busy schedules through the summer and for those who are going to get busy in January building up for a spring marathon. Christmas is a busy period and is a good time to have a physical and mental rest from running. Just tick over and enjoy! ..... and maybe plan your future!

Happy New Year everybody:  
Dennis Walmsley

### Did I tell you.....

After four years of trying to complete a Marathon, with three 'Did Not Start's' and one 'Did Not Finish', I was more determined to finish in Cologne.

I had lost the weight that I wanted to lose and the training had gone really well. The entire negative's from previous years had turned into positives and weren't going to get to me this time.

The encouragement and support from family and club members was fantastic. I felt as though everybody was there cheering me on. No pressure then? The weekend of the trip was exciting and I was well looked after with others watching my every step. Literally every raised slab or object was pointed out to me just in case I tripped!

The morning of the race brought lots of emotions, wishing Steph and the other half marathoners luck as they set off from the hotel to the start which was one and a half hours before ours. This gave me time to get ready physically and mentally. I wouldn't want to tell you how many times I visited the loo!

It was time to get going, hopefully to see the start of the half marathon.

Watching them start made me even more nervous, an hour and a half to the start, more visits to the loo. It was interesting watching our experienced runners Mike, Ewen and Susan preparing for their next marathon. Ready to get in our pens, time to say good luck to all and see you later. This was a very lonely moment finding myself being enclosed by thousands of other runners. Oops need a wee again, it's too late, we're off.

Concentration and keeping focused was hard but making sure not to go off too fast took my mind off all my fears. I was looking forward to seeing the rest of BRR on route.

First up at 10k was Pam and Tim, who had planned out where we would be, at what time, with military precision. Coming round the corner at halfway and seeing Steph was so emotional, and then to see Catherine and Mike, who had flown over specially to see me complete my first marathon.

All I needed to do now was to stay focused and do everything I had planned and done on long training runs. I felt comfortable, everything was going well, and I had support around the route with Pete, Shirl, Lynn, Steve, Mike, Ewen, Mick, Graham & Linda.

On my last out and back it was good to see the friendly faces of Pam & Tim again. They offered me jelly babies which I refused! That's a first, so I must have been feeling bad at this point.

A strong and steady pace for Gary



## THE FINISH LINE

With 4 miles to go I was at my lowest. I was struggling to keep going but with the thoughts of everybody on the trip, everybody at home and the thought of seeing Steph on the finish line, I just had to keep going. At 3 miles to go there was a crowd of Bourton supporters all cheering me on. Pete ran with me for half a mile or so, with his usual Scarrott banter, he pushed me on with a kick up the backside. Coming through the town towards the finish seeing Adie, Lyn, Roy and Jenny who had been stood there since the half marathon, (about five hours) gave me another boost.

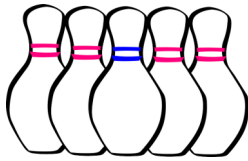
As I went round the penultimate corner there they were; Steph and the others which was the best sight ever. At this point my emotions were running high. Apparently Big Mike and Teresa were near the finish but with all the noise and my excitement, sadly I just didn't hear them. This was it, a few hundred yards to go and I had finally done it, 26.2 miles completed!

BRR and supporters cheer Gary on at the penultimate corner





## SKITTLES VICTORY FOR BRR



Bourton RR V Almost Athletes  
There was a good turnout for a skittles match between the two clubs. BRR took control of the event and held off Almost Athletes to win by a massive margin.

Amongst the Bourton contingent were some star players Ed Rozier (below) winning the highest mens score with a bowl off against Graham Lane. Margaret Hollamby gained the highest ladies score. Ed and Gary demonstrated their skills with full strikes.

There was a £20.00 running voucher up for grabs and the final killer game was fought to the bitter end.

This was won by a whisker, by the host Oli Bell against our very own Ed .

For once several of our team (actually most of our team) gained a higher score than our sub 2:30 marathon man Mike Smith!

We all (? Not sure about Mike) enjoyed it so much that Almost have requested a rematch next year.



## More Social Events For Your Calendar

### BACON BUTTY RUN

Sunday 3rd January,  
6ish possibly muddy miles at 9:30am.  
Anyone, wanting to do more can always turn up earlier and add a bit more on!

The Fox, Broadway nr Stow  
£5 per person for a bacon or sausage bap plus tea or coffee. (Pay on the day) Vegetarian option available

contact Steph and Gary

### QUIZ NIGHT

Monday 1st February  
7:30pm  
Duke of Wellington, Bourton  
Teams of 4  
More details to follow

### CURRY NIGHT

Sunday 28th February  
7pm,  
Aroma (upstairs) , Station Rd,  
Bourton

£12 per head, bring your own drink!

Please Contact Steph and Gary for more details and book your place early!

## THE FINISH LINE

### BOURTON ROADRUNNERS, EVERY INDIVIDUAL RUNNER IS PART OF OUR ONE BIG TEAM!

Why are you part of a running club? To run with others when the nights get dark?  
To be able to run with others who are faster to improve your speed?

To have a social and a chat? To have access to coaching to improve your speed and technique? We all have different reasons. When you join the club you become part of the team.

I'll be asking you over the next few months to be part of your team. It's not about being the fastest it's about just being there. If you hear of anything that we can take part in as a team

please email me and we can think about making a team up to take part Let's have fun and do it whilst we run

Claire Harrison (Runner and Coach)

### Bourton Road Runners 6 from 10 competition

For those of you who are new to the club and have heard about 6 from 10 but are not quite sure what this involves. Members vote for races to be included towards the end of the year .The most popular including a range of distances etc are chosen. To participate in the club competition you need to run 6 out of the 10 races (below are the chosen races for 2016). Points are accumulated and prizes are awarded for age category and gender. To enter the 6 races you need to register for the races yourself. Please be aware that some are very popular so a proactive approach to booking is recommended. If you need any more information please ask our club 'expert' Gill Carrick.

Gloucester 20

Cleeve Cuckoo

Fairford 10k

Kingham 12k

Bourton 1m

Headington 5M

Cirencester Autumn 10k

Tewksbury 5m

Autumn Shakespeare 5K

Eynsham 10k

1st Reserve Hooky 6. 2nd Reserve Run Jericho 10k

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

Graham Lane will have your grey matter twitching with his December quiz!

No cheating and the answers are over the page.

1: Identify the 4 teams in the top 4 divisions of the English Football League that start and finish with the same letter (full name of the team)

2: Identify the sports represented by these sporting governing bodies;

- I A A F
- A E L T C
- W W S U

3: Identify the British Olympians from their medal honours:

- Athlete winning gold in the heptathlon at Sydney in 2000 and bronze in the heptathlon at Atlanta in 1996
- Athlete winning gold in the long jump at Tokyo in 1964
- Athlete winning gold in the 100m and silver in the 4x100m relay at Paris in 1924

### The Great Bourton Bake off

Recipe of the month has been supplied by Gill Carrick and if you are lucky she might make a sample to try! Otherwise have a go it's a healthy tasty option and a change from turkey and sprouts!

#### Ingredients

250g butter or margarine  
60g light brown sugar  
4 tbsp golden syrup  
250g porridge oats  
100g cranberries  
125g pecan nuts



- 1, Pre heat the oven at 180 degrees
- 2, Lightly oil a square baking tin 23cm
- 3, Put the butter, sugar and syrup in a heavy based saucepan and heat. Stirring occasionally until the butter is melted
- 4, remove from the heat
- 5, Mix the oats, cranberries and pecan nuts until thoroughly combined
- 6, Transfer the mixture into a prepared baking tin and level the surface
- Bake for 20–25 minutes until golden brown around the edges but soft in the middle
- 7, remove from the oven and leave in tin to cool while still warm
- 8, score and cut into 12 bars with a sharp knife

### Gloucestershire County Road Race Series- Breaking News !!

Lynda Franks 5 mile race (January 2016) is likely to be included, please keep a close eye on your e mails for entry details as you may find the usual race entry is full.

Please see the website for details of the race series.

### Quiz Quiz Quiz Quiz Answers;

Q1

Aston Villa, Charlton Athletic, Liverpool

Q2

International Association of Athletics Federation,  
All England Tennis Club,  
World Waterski Union

Q3

Denise Lewis,  
Lynn Davies,  
Harold Abrahams





# Bourton Roadrunners Juniors

## News from Bourton Road Runners Juniors

The first race took place in the Gloucestershire Cross Country league at the Cotswold Farm Park on Saturday 3rd October 2015. Bourton juniors had a tremendous turn out they all ran very well, the course is very demanding with lots of ups and downs, twists and turns, very hard to get any rhythm or flow. Perfect racing conditions today.

The under 11 boys had a very strong field to contend with again. Beau Griffin led the race with 400



meters to go, a tremendous effort and with a bit more experience and stamina he will lead the whole way, he finished 3<sup>rd</sup> just a few seconds away from victory. Once again Lysander Tarrant gave 100% in a very strong run to finish 15<sup>th</sup> and closely followed by the fast improving George Quli in 18<sup>th</sup>. Christopher Hunt is never far away from the front of the field in a good 21<sup>st</sup>, Chris properly found this course too short for him as he has fantastic stamina and had the race been  $\frac{1}{2}$  mile longer he would be in the top few. Alfie Griffin was solid as ever in 27<sup>th</sup> today. There were also fine runs from Toby Sellek in 33<sup>rd</sup>, Arthur Fletcher in 38<sup>th</sup>, George Farley in 52<sup>nd</sup>, Edward Jones in 55<sup>th</sup>, Sean Farley in 58<sup>th</sup>, Peter Fletcher in 61<sup>st</sup>, Arthur Quli in 66<sup>th</sup> and Acer Tarrant in 75<sup>th</sup>. In the team event the boys were 3<sup>rd</sup>, 7<sup>th</sup>, 14<sup>th</sup> and 17<sup>th</sup> a very good performance.



In the under 13 boys race it was again a very competitive field with all of our boys moving up for the first time this year which is very hard not only up against much older boys but a longer distance to run. Kan Ikeda is coming back into good form with a fine 17th and he was pushed hard as ever by the very determined Louis Mutsaars in 23rd. Harvey Sawyer had an excellent first race for the club in 30th. James Mace also had a good battle to finish 32nd he just held off Johnny Walling in 34th and some fine sprinting by Jago Tarrant to take 36th. Connor McGuinness-Dean had a good solid run at his first outing over the longer distance to finish well up in 41st. In the team event the boys were 8th and 11th.

Next away were the under 11 girls with a good turn out from the club. Maria Watkins and Annabella Williams pushed each other very well and in doing so both finished well up the field in fine runs in 9<sup>th</sup> and 10<sup>th</sup> and only 1 second apart. Isabel Dennett flew round to finish 20<sup>th</sup>, also Abigail Barnett and Nell Ash had a fine battle to finish 23<sup>rd</sup> and 24<sup>th</sup> again only 1 second apart. Celia Darwent is getting stronger race by race following the family tradition of very good runners to finish 30<sup>th</sup> today. There were also fine runs from Alice Brown in 42<sup>nd</sup>, Tilly Sellek in 47<sup>th</sup> and Eliana Hale in 54<sup>th</sup>.

In the team event the girls are 2<sup>nd</sup> and 6<sup>th</sup>. A good afternoon's work.



A very strong field lined up for the 13 girls race. Isabel Kiey - Thomas is coming into very good form again after a good summer on the track and it showed to finish 7<sup>th</sup>, with a little more stamina she will claw her way up the field over the season. Lauren Farley is getting over a nasty injury to finish very well in 13<sup>th</sup> and again as the season goes on she will get stronger and stronger. Helena West races so well, she always rises to the occasion and she did to finish 17<sup>th</sup>. Good to see Isobel Barnett racing very well again in 21<sup>st</sup> and Anne Tallis never gives up in a very determined 30<sup>th</sup>. In the team event the girls were 4<sup>th</sup>



The under 15 girls had a long tough course to complete and they all battled very well in a new distance for all of them. Emily field has improved this season beyond recognition, she has trained hard all summer and the rewards are now coming to finish a very good 14<sup>th</sup>. Koumi Ikeda has been swimming a lot over the summer so she ran extremely well considering all the swimming to finish 18<sup>th</sup> a naturally very strong athlete. Good also to see Gaby Jones returning to racing again a very determined and gutsy runner she finished a very good 28<sup>th</sup>. In the team event the girls were 7<sup>th</sup>.



In the under 17 girls race very good to the very talented Rosie Mutsaars back racing again to finish well up the field in 7<sup>th</sup> as her strength and stamina grows I am sure she will be battling for top positions

