



Dursley
more than a
Running Club



Walk2Run Graduation2019



Saturday the 30th saw Cam and Dursley shrouded in cold mist and as DRC athletes travelled to the Kingsway Parkrun takeover it hardly lifted. It was of course ideal conditions for running! Kingsway saw 37 DRC athletes on the start line, many members there to support the 2019 Walk to Runners "graduate" including John Spicer, running his first ever parkrun in the M75 category again there to support the W2R athletes.

The DRC W2R programme is now in its sixth year and is proud of its athlete centred approach, ensuring those new to running take a progressive approach to becoming active. Some of the graduates have progressed from 1 minutes running and 1 minutes walking in January to running the whole of the Saturdays parkrun, a continuous run of around 40 minutes! Huge thanks must go to Damian Lai the overall coordinator and leader of Boston with Nicki Cowle, along with Cath Hall who did a superb job with Boston, ably supported by Louise Beck, whose planta-facitis ruled her out after a number of weeks much to her dismay, and last but by no means least Shona Darley who led the London group with some help from Dave Durden, plus of course loads of other helpers, many regulars! Damo reports "An excellent turnout today with 334 runners finishing the 195th Kingsway parkrun. Conditions were perfect for running, slightly cool but the sun was trying to break through the fog. The first runner in was Steve Kenyon of Gloucester Athletic Club in an amazing time of 16:43 which is a new PB for Steve and he was closely followed in by first timer Peter Miller from Haverhill RC in 16:48. There were a total of 9 runners under the 20-minute time. Thank you very much to Kingsway parkrun for hosting the Dursley Running Club takeover for the Walk2Run graduation. For the DRC walk2runners this is the culmination of 12 weeks on a life changing journey. It was great to see all Dursley runners running the whole way around. It was a proud moment for the club when they all came in. For Dursley there were a total of 37 runners celebrating the achievements of what has been an excellent 2019 Walk2Run programme. Thank you to Antony Greensweig for being Race Director and Gary, Jane the 37 volunteers and all the team for making this such a superb event & making everyone feel so welcome".





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W2R 2019 cont...plus other parkruns

Shock horror just the one DRC runner at Wotton. Matt Rogers enjoying "springy" conditions under foot to record DRC fastest parkrun of the weekend in 19:29/ Lots of PB/CBs headed up with Damo, how fitting W2R graduate turned W2R coordinator, on the fourth anniversary of his graduation run in 2014! Dave Quarterman, the first person we ever kicked off W2R for being too fast! Carly Heath, Natalie Sankey all at Kingsway and Paul Lee at Stonehouse. Apart for the W2R graduates (not all of whom are parkrun novices!) there were a couple of other first timer out there Catherine Faye at Chipping Sodbury ran a tidy 23:10. Pete Dunn continuing his travels was in Exmouth.

Chipping Sodbury: Catherine Pinnock, 96th, 23:10, VW35-39, (F35 AG 64.53%); , Dave Halford, 132nd, 24:44; , Janet Matthews, 195th, 26:56; , Liz Halford, 239th, 28:54; **Exmouth:** Pete Dunn, 118th, 24:41, **Kingsway:** David Durden, 10th, 20:02, VM50-54, (M50 AG 76.04%); Graham Tudor, 43rd, 22:45, (M60 AG 72.38%); , Alice Lewis, 50th, 23:01, (F60 AG 83.13%); ,John Delafield, 51st, 23:05; , Andrew Osborne, 57th, 23:23; Damian Lai, 58th, 23:30, (PB); , Huw Poppy, 63rd, 23:54; , Antony Ball, 98th, 25:24; David Quarterman, 106th, 25:44, (PB); Erica Fuller, 108th, 25:52, (F50 AG 64.82%); Steve Barnes, 119th, 26:23; Claire Searle, 129th, 26:44, (F55 AG 66.83%); Darren Smith, 140th, 27:19; Carly Heath, 155th, 27:57, (PB); Julie Froggatt, 165th, 28:20, (F55 AG 63.06%); , Nikki Pallister, 187th, 29:28, (W2R- First Timer); ,Lisa Ind, 188th, 29:30, (W2R First Timer); , Kate Hrozova 192nd, 29:42, (W2R First Timer); , Mark McConnell, 200th, 29:59, VM55-59, 51.70%, First Timer! Tracey Strickland, 206th, 30:14; Diana Gore, 208th, 30:18, (F60 63.15%); ,John Spicer, 215th, 30:49, (M75 AG 61.49%, First Timer); Annie Hidden, 226th, 32:03; , Julie Davies, 270th, 37:04; , Jacky Gilmour, 271st, 37:05; Natalie Sankey, 275th, 37:31, (W2R- PB); Mim Chapman, 276th (W2R); Conor Small, 277th, 37:39, (W2R First Timer); Mike Hanman, 278th, 37:39; Josie Clarke, 280th, 37:40, (W2R First Timer); Vicki Howe, 286th, 37:48, (W2R First Timer); Sam Martin, 287th, 37:49; , Michael Froggatt, 292nd, 38:19; Emma Alesworth, 332nd, (W2R); Veronica Higgins, 320th, 45:21; Kevin Brockway, 333rd, 55:07. **Stonehouse:** Paul Lee, 23rd, 23:47, VM65-69, M65 71.83%, (PB); **Wotton,** Matt Rogers, 2nd, 19:29, VM45-49, M45 73.31%,

We know that our W2R programme can be life changing and we work hard to make it inclusive and enjoyable so good to see some of the comments back for our graduates, as wealth all out programme and events we will work to review what we have done so DRC can be the best it can.

Well done everyone. Lovely way to mark the end of the course. It's all been so much fun due to the help and support from everyone. Thanks all 😊I've now got back the enthusiasm I had for running over 3 decades ago so that's an achievement! Thank you

Thanks to all the helpers and Damo couldn't have done it without you all. Enjoyed my first park run and happy with a sub 30. Will be at club Tuesday.

Yay!!! Yay, way to go!!! Brilliant programme brilliant crew of leaders and helpers

Bisley 10k

Mark Springings reports "A cold and breezy morning in the picturesque village of Bisley saw 2 DRC runners lining up, myself and the lovely Sam Stevens. A well organised small event with only around 160 runners in total which was a nice change.

The course started with a 1k loop of a small part of the village and then leading out across the rest of bisley and a slightly larger loop around some country lanes and more of the gorgeous village, described as "undulating" it wasn't likely to be a fast course and was certainly testing with a fair few steep inclines!" Mark finished 3rd overall in a time of 39:52 and Sam in 01:16:21 and first DRC lady!





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Cleeviewold 14

Rachel Brown reports "It was just 3 DRC runners at the year's Cleeviewold, myself, Dave Wood and Andy Probert. The Cleeviewold is a tough and hilly 14-mile multi-terrain race. The race starts near to race HQ at the medieval Postlip tithe barn and covers the highest points of the Cotswold hills on Cleeve common, before heading into the countryside and returning to Postlip via the Belas Knap neolithic burial mound. Even though a tough course I loved it. I'm still having problems with my hamstring so took it steady and enjoyed the views. Definitely recommend this race if you like hilly and off-road; but don't underestimate how hard it is!" Dave Wood ran 5 minutes quicker than 2018, always good, running a strong average 08:30 pace. Andy Probert just over two and half hours and Rachel was happy with her run". She said that it "Would be good to see a few other DRC members at this one next year; Sam Hill you would love it". It is known as a very runnable off road event, compared to the Dozen where the climbs are, for most mortals, a walk, this is one of the reason it is a tough course as Rachel describes. Strava times: Dave Wood 02:01:22; Andy Probert 02:30:38 Rachel Brown TBC.



Rogue Runs Night Race Series

Race 4

Nicki Cowle who used not to run off road completed the last in Rogue runs off road night run series on Thursday with Rachel Brown and Caroline Whitlock! Never say never! Line was first home over the 5 miles in 48:20, 53rd and 9th F45, Rachel and Nicki were both home in 55.09 and both "lucky 13th in their categories! Kevin Brockway was supporting and had let Nicki have his place. Well done Kevin you made Nicki a very happy bunny/badger/hare?





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Frampton Globe Trot

Steve and Jude Rugman were at Trot, and doing an extra 5 miles on top of their normal Saturday parkrun distance for the race raising money for Frampton Cottrell C of E Primary School. Results are on a first name basis! So sort of guessing I have the right Steve and Jude! Steve 102nd 01:22:31, Jude 209th 01:58:49;

Cardiff 10k

Two DRC athletes were at the Cardiff 10K this weekend Daev Ashford and Adrian Carter, Ade achieving a PB, they were joined by Leanne Ashford who finished in a time 01:01:42
Adrian Carter , 00:58:19, 2389th , (47th M60)
Dave Ashford, 01:04:08, 3188th , (260th M45)



Two Halfs

Merthyr

Catching up on results, last week at Merthyr Tydfil Kris Rymer ran a tough and undulating course, this did not stop Kris bagging a six minute personal best, which reflects a strong season in 2018 and his commitment to training over the winter. **Result:** Kris , Rymer, 01:42:56, 133, (19th M40)

Yeovil Half

Annie Harris reports I did not have high hopes regarding my performance as my training has consisted of approximately 1 run a week. The course is 'undulating' so the Dursley hills certainly stood me in good stead. The course started in the town centre, with loads of support as you looped around before heading out towards Montacute house. As you leave the grounds, you are lulled into a false sense of security with a short downhill before a hilly section, mostly up, for a good mile and a half - ouch! The course then heads back into the town centre to the finish. The course itself is really well supported all the way around helped by running through a local park, various housing developments and some beautiful country villages. Lots of drinks stations and jelly baby stops secured a half marathon personal worst. Watch time was 2:11, chip and gun was 2:19 - not quite sure what happened as I started the watch as I crossed the start line and stopped at the finish line but it doesn't matter. Poor performance caused by poor prep! I was very pleased to finish and collect my goodies. I would recommend it as an event though - the premier inn is perfectly placed in the town centre and they did late check out for people running the race" Well done Annie, the legs are now feeling rather sore, the miles before an event not only pay off on the day but also the recovery! **Result:** Annie , Harris , 02:19:15, 1272, (162nd F40-49).





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DRC Tri News

Another big training Saturday for the Tri-team after Westobirt last weekend. Tony Freer reports, "What an amazing day, 20 of us showed up at Bryn Bach Country Park for our Titan bike course recce, in very misty conditions and a miserly 3 to 4 degrees. Then it all began, well it did for 19 of us as poor Luke discovered a broken spoke on his back wheel, with no spares to call on, so he went for a run instead 😊 although there are worse places you could be. As we set off on first descent and began the first major climb, the sun broke through and things just got better as the ride progressed. Plenty of stops and regroupings to ensure we were all on course

In the end Mark H played an awesome sweeper role as we split into 2 groups. Some terrific performances and some amazing improvements from some compared with our last attempt in October. Unfortunately, only the Peachey's and I did a run recce, it was pretty toasty by then. Needless to say everyone made it back with smiles from ear to ear. Well done, Tony"



Tri Challenges

Tony posted " March is ending today and lots of you got out there and achieved the target of 5000ft with some of you smashing that to pieces, in particular Mark Histed who now seems to love hills and Lyn Murray, who has always been a bit of a hill demon, so Chapeau to those guys. Anyway onwards and upwards, well actually onwards and flatwards for the April challenge which sees us return to the April challenge of last year.

A just under 13 mile pretty much flat route from Berkeley (right near to the Salutation for post effort rehydration). This is simply a Strava challenge, so it's a case of keeping an eye on the leaderboard to see how you are fairing. Link is below so you can see the route, but essentially it starts as you turn right just past the Salutation and finishes as you pass that same spot on completion of the loop". All left turns so no crossing of oncoming traffic and obviously abide by the highway code". Be safe out there everyone and enjoy!

Running Challenge Update

On Saturday Dave Wood posted that he had seen "Two great runs by Catherine Fay and Damo this week to see Catherine surge to the top of the ladies leader board and run the 5th fastest attempt this month. Catherine also claimed another crown on the descent from the Golf Course to the Old Spot. Damo ran a cracking time to place 3rd equal overall. With 33 minutes to go as the news is written the question is will Nigel Sankey get up there in his flip flops! Prizes at Next Club social!



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This week saw Ever Decreasing circles (400m loops slow to fast) for our yr7+ Juniors on Wednesday, Circuits on Friday for our Indoor Athletes with some exciting relays to finish and Finding Doughnuts in the Fog (our orienteering session) for our Muddy Runners.



One more week before we break up for Easter. I can now confirm that Summer Athletics will be on Thursday evenings from 6.30-7.30pm at the Rugby Club. Please see link to form to sign up:

https://docs.google.com/forms/d/1WKwaXxZ0zWCNIMVbu4o_bBORVXPn87CECj0SG-wdNik/edit?fbclid=IwAR3Xc47YaMZliFOgE2IKQN8SA05eY9xzc9-m4crkF6odmZm3a9wghTm7_IY

If your young athlete is not a DRC Junior member then please join using this link:

https://docs.google.com/forms/d/13wMqxGBx7vM0nU5d3fw3t23u8sAPNThtSHYw8P0fW84/edit?fbclid=IwAR0bceATRbvERINCQdZH_wQzNhEcOIGW6Mi55wm-2VmWzwLzDZEWOm-fRWA

More Info on Website

<http://www.dursleyrunningclub.org.uk/drc-juniors/>

Cotswold Relay

This year the team have been cut to three for clubs expressing an interest.

Committee have discussed. It is felt that the first impact of this reduction in numbers available has mean we will now expect those who want to enter to pay for their place. In the past the club has paid for the places.

The view is that it would be unfair to provide this benefit to only 30 members each year.

Depending on the level of interest for members we will look to raise at least 1 competitive team, which is likely to be a mixed team. Runners in competitive teams will be asked to run the leg that suits them the best.

We will make the remaining available places to the rest of those expressing an interest by means of a ballot.

Committee will consider "special cases" for selection e.g. those who are on way to complete the full set

Further information and an opportunity to express an interest will be out very soon

Club Runs



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Tuesday Night 6:15 for 6:30 exit

Please remember no REFLECTIVE HI VIZ NO RUN , headtorches optional but essential and please be aware of pedestrians, cyclists, dog walkers who maybe out and be respectful, also please stop at roads as we aren't invincible cars own the road not us, so please stop at junctions and give way, thank you xx Even though we are in BST now still need Hi-viz as dark towards end of runs!

GROUP	Leader
Kangaroos	Cath Hall
Greyhounds	Cara Zoglowek
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	tbc
Lions	tbc
Leopards	Richard Hensman
Antelopes/Penguins	Martin Bragg (TBC)
Magpies Speed	No session
Magpies Tempo	Margaret- 6:30 Club 1 mile easy 5 miles @ MT (7:19, 7:29, 7:50, 7:59, 8:19) 1 mile easy

Nicki aka the Badgerer Cowle and Damian Lai her able assistant xx

Thursday Night Club Runs back on, 7:30 start check facebook for info