



Dursley
more than a
Running Club



Manchester marathon

Sunday saw two DRC Club stalwarts at the Great Manchester Marathon, as ever for a spring marathon months of training in the dark and cold to get to the line so well done Margaret and Kevin.



They had Nigel and family on course for support, Nigel having wisely decided to rest a tendon that had flared up, and to watch the “two DRC Legends”. Margaret’s Strava is evidence, like we needed it, of her consummate ability to pace herself and she has justly received many plaudits already, for the record 18th F50 out of 360 in the category and 326th out of 4194 women. Margaret has thanked everyone for their congratulations and she reported on the race “I am happy enough with my time, felt ok throughout, lost a couple of minutes in second half due to issues, but it’s a marathon after all, things happen and a marathon is a long way and should never be under estimated. Kevin was doing brilliant(ly) but due to fuelling issue (he dropped all his gels at mile 1), he ran out of energy at about 15 but as you can see Kevin was smiling at the end. Thanks soooo much Nigel Sankey and family for coming to support us, what a lovely surprise!! However,. there are more important things in life than racing and today our thoughts were with our dear friend Aud Liz, whose life has been turned upside down recently due to losing her Mum so suddenly to Cancer Aud Liz, we dedicate our Marathons to you!!”



Margaret and Kevin are part of the lifeblood of DRC their consideration & the dedication of their efforts to the memory of Audrey’s mother represents all that is good about Dursley Running Club.

Results: Margaret Johnson , 03:35:40, 3135th , (18th F50); Kevin Jackson , 04:07:24, 5696th , (181st M55)



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Angels 10K

Sunday saw the third race in the Glos AAA Aroad Race series, held at Ashleworth, just North of Maisemore. Last year's April event had been postponed until September due to flooding. It was a dry cool April morning this year with a strong breeze. The course can best be described as sporting, after a gentle down hill over two and half miles runners are then faced with a half mile climb with the gradient reaching around 10% in parts. The second half could be described as rolling with a couple of nasty little kicks before the finish on outfield of the Woodpecker's Cricket pitch. Injury again took it's toll of the DRC team with Mike Brown and Rachel Brown not making it to the start line. It was a cool morning, ideal for running but not for standing around for the race briefing. Quite a few DRC were first timers and were warned by those who had raced the course that they had a serious climb and then some more. It is fair to say even with a pre-warning it is still a tough race. the DRC athletes all paced it well, all finishing strongly which is not easy given the two nasty little kicks before the end. It is fair to say that they were all glad to finish! Dave Durden led the team home in 42:29 (gun time) and was pleased with his even effort over the course, which was difficult to pace. Andy Probert was next in just of three minutes in arrears, with Graham Tudor sprinting for the line to place 52nd and get himself up a place but he's up against Lee Chrstimas in the V60 Category so will have his work cut out in the category! Alice was just behind John Delafield, who was at the race courtesy of the Angels start list and Huw Poppy's offer of a lift; having enetered the race sometime agin so John has fogotten his date with destiny Huw's offer of lift enabled him to make to the "Alps" of Ashleworth! Steve Barnes and Annete Helyinsg swept upi for the club, with Annette running avery controooedl race, having to put up te with eth cairman running her in, but he dient go all "Tony Ball out and back" on her!



As ever Dave Saunders and Alice did very well placing 1st M70 & first M60. The team were cheered on by Margaret Badger who was marshalling at the same spot as 2018!

Angels 10K cont...



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Results: (all gun time there was no mat at start so time credits are due in increasing magnitude from 1 or 2 seconds for DD to much larger credits for those starting further back!) Dave Durden, 24th, 42:29; Andy Probert, 44th, 46:12; Graham Tudor, 52nd, 48:12; John Delafield, 62nd, 49:18; Alice Lewis, 64th, 49:39; David Saunders, 71st, 50:53; Hugh Poppy, 73rd, 51:00; Steve Barnes, 101st, 56:48; Annette Heylings, 111th, 01:01:30;

Vale of Glamorgan coastal Ultra

Paul Lee reported on his weekend manoeuvres via facebook "a cold and windy start from Penarth pier but very pleased to reach the finish line at Ogbourne-by-sea after 33 miles along the Glamorgan coast. Mostly wonderful scenery with an interesting tour of Barry Island (which seemed very familiar from watching Gavin and Stacey). Fortunate with the weather and the favourable wind direction. Well organised and friendly event with a lot of support from the locals". Another great endurance performance from a DRC athlete.



Cattle Country 5/10K

Relish Events double header also took place this weekend at Cattle Country. Graham Wilkes the sole DRC representative in the 5K finished home in 55th position with a time of 38:54. Five athletes took part in the 10K. Matt Hazel-Livall led the team home in 44:20, 1st Senior male and 3rd overall. He was joined by Richard Hogg, 6th senior male, , Clare Troy, 5th Senior Woman plus Hollie Dent and Charlie Taylor.

Results:

5K: Graham Wilkes, 55th (10th M40) 38:54.

10K: Matt Livall, 3rd (1st SenM) 44:20; Richard Hogg, 13th (6th SenM) 47:17; Clare Troy, 67th (5th F40) 01:02:11; Hollie Dent, 108th (26th SenW); Charlie Taylor, 150th (43rd SenW) 01:24:10.





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Parkrun

26 DRC athletes were at parkrun this weekend. Caz Harper Easthope was over the moon with her big personal best at Kingsway, getting herself in to the 60% age grading as well! Other PBs were Julia Dawson(Kingsway) and Alexandra Kemp (Wotton), whilst there were course bests for Ellen Efford(Chippenham) Jackie Pennington ((Chipping Sodbury) and Janet Matthews at Thornbury. Chris Rymer fastest on Saturday with 21:26 at Cirn, Janet fastest DRC woman. Top of the age gradings was Mouse Clutterbuck running his fastest ever parkrun at Gloucester City as first timer, his 21:20 gave an Age Grading of 72.6, with Eileen heading up the DRC women with 67.97

Cirencester: Kris Rymer, 7th , 21:26; Damian Lai, 30th , 23:47; **Chippenham:** Ellen Efford, 160th , 31:38; **Chipping Sodbury:** Jackie Pennington, 226th , 28:49; **Gloucester City:** Mouse Clutterbuck, 14th , 21:20; Richard Prior, 54th , 26:37; Steve Barnes, 69th , 27:31; Caz Harper-Easthope, 94th , 26:32; Terry Cother, 102nd , 27:07; David Quarterman, 103rd , 27:10; Paul Dunn, 130th , 28:59; Joseph Dunn, 131st , 28:59; Amanda Hensman, 151st , 30:11; John Spicer, 165th , 31:00; Eileen Hieron, 211th , 36:19; Karen Eadon, 212th , 36:20; Julia Dawson, 222nd , 38:04; Sarah Kiddle, 229th , 38:45; **Llanelli,** Andrew Osborne, 31st , 22:28; **Thornbury:** Carl Fivey, 13th , 24:24; Janet Matthews, 26th , 26:00; Wotton, Garry Strickland, 15th , 24:14; Alexandra Kemp, 30th , 27:31; Tracey Strickland, 48th , 31:08; Steve Rugman, 49th , 31:09; Jude Rugman, 80th , 37:58.

DRC Tri News

Martin Bragg has posted a Standard Distance DRC Tri Training Morning which will be held on Saturday, May 4, 2019 at 8 AM – 12 PM. A training morning specifically for anyone who has entered an Open Water standard distance tri this year. It would also be useful as an early season training session for anyone undertaking a longer event. We will follow the 51 fiver swim - ride - run courses, consisting 1500m swim in Lake 32, 40k bike ride on flat roads around the Cotswold Water Park and 10k run around lake 31 and 32. It will therefore be a useful recce for anyone booked in for the 51 Fiver event 2 weeks later. We will aim for an 8.00am start and should have completed all activities by the end of the morning. There is no charge to DRC Tri, although if not a Waterland member, you will need to pay £7 PAYG fee for the swim. Please let Martin now on this facebook post if want to go along.



Talking of open water swimming Karen Eadon took time off from her busy VLM schedule to buddy up with Rach Goatman, and give Rach a chance to enjoy the bracing waters of the Quarry. Well done to Rach on over-coming her worries and , big up to Karen for her support



Kit Night and Challenge Awards at the next Social

We have arranged for a kit night, at the next social, 16th of April, does was it says on the tin, please fill-in the wish list so Glos Sports and Bosum Buddies can bring exactly what you want!

NB Glos. Sports does DRC Club Kit check out web site....

<https://forms.gle/U3h3R2Ko57q5FysY6>



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Challenge Update

**Out with the old.....DRC March Challenge -
Spot to Club to Spot:**

3

21:45

27%

As the clocks went forward the March Challenge drew to a close. With some strong late efforts changing the leader board, he confirmed the final top 3 placings were as follows;

The Ladies

- 1st - Catherine Fay - 32'-42"
- 2nd - Janet Louise Matthews - 35'-58"
- 3rd - Carly Heath - 41'-16"

The Gents

- 1st - John Bourne - 28'-06"
- 2nd - Francois Low - 28'28"
- 3rd - Alan Honey/Damian Lai - 31'19"

Well done to everyone who had an attempt, a technical little route throwing in two tough climbs and two short sprints as well as those hair raising descents. Extra congratulations to Catherine Fay who even took the ladies overall crown for the descent from the Golf Club to The Old Spot on her attempt.

And in with the new DRC April 10km Challenge:

With the lighter evenings and the Monday 10km Races fast approaching this is a great chance to put in some 10k practice for Berkeley, Westonbirt or Frampton or one of the other races this summer. Starting at the entrance to Tesco Cam on the pavement on the opposite side of the road to Clutterbucks Post Office (the old Take Note),

follow the pavement left onto Chapel Street before turning into Rowley and then left at the Railway Pub. Follow the road for 75 metres before taking the small steep footpath by the dog bin through to Upthorpe. Follow the road to the top of Ashmead, bear left and then carry onto Far Green, before bearing left again and continuing down into Coaley. Follow the road down to Cam & Dursley Railway Station onto Box Road then left again and back to Tesco finishing on the pavement outside the front of Pizza Planet. The segment starts and finishes where Noel Lee Way joins the roundabout but as always start and finish your run a little before the segment to ensure it picks up your GPS signal. Be courteous to other road users and take care as much of the route has no pavements. Dave Wood.

Results

Segment



Standard

Satellite

Hybrid



Feed



Explore



Record



Profile



More

Another busy week for DRC Juniors, with the year 7+ athletes doing an out and back, the quicker runners getting to Della Casa and most up to Rednock, so some really good running by the group to finish the winters road running sessions, weather permitting on to run jump and throw for this group now! Run Jump and throw has been continuing over the winter on Fridays and this Friday saw the last indoor session. Hurdling was the order of the day and the foundation of good technique over the hurdles was being laid, plus some very exciting relay races to finish. The weekend ended for the Juniors with an Easter Egg Hunt around Stincombe Hill. Great running, quite chatty, was combined with orienteering skills and easter mini- egg eating. Many many thanks to Carline who has organised the indoor sessions as well as working with Dave on the Saturday mornings, in particular setting out all the "treasure chests" full of eggs on Saturday before the session and then collecting the left overs !

**DURSLEY
RUNNING CLUB
JUNIORS**





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DRC Junior Cont....

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=IwAR3Xc47YaMZliFOgE2IKQN8SA05eY9xzg9-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/>

Club Runs

Tuesday Night 6:15 for 6:30 exit -Please remember REFLECTIVE HI VIZ for the next few weeks, head torches optional but essential for those returning later in evening (5 Peaks!). Please be aware of livestock in the fields. Brightly coloured running kit can freak livestock out, so be aware of their behaviour, if necessary walk or use another route. Please ensure gates are shut after you, thank you.

GROUP	Leader
Kangaroos	Cath Hall
Greyhounds	Cara Zoglowek/Sara Eden
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Steve Rugman
Lions	Tbc Tony Waye (if fit)
Leopards	Richard Hensman
Antelopes	Dave Wood
Penguins	Garry Strickland
Magpies Tempo	Margaret- 6:45 Tesco 1 mile easy London 8 miles @ MP Man 3 miles @ MP (7:49, 8, 8:23, 8:35, 8:57) 1 mile easy

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

Thursday Night Club Run

Please keep your eyes posted for Thursday session, Amanda Hensman has been organising starting at 7:30pm.

Hello Cuckoos

As mentioned by Steve Barnes, Cuckoo is the first sign of spring so our new training group name, training for Berkeley 10k and Westonbirt Tri is "Cuckoo". Meeting Thursdays 6:30 jubilee fields for speed work and drills.

And some tempo sessions on tuesdays 6:30 at club.

And we still have a few spaces if anyone is cuckoo enough to join,

Contacts: Zoe Lamerton - Margaret Johnson - Martin Bragg

