



# Dursley

more than a  
Running Club



## ***Might Contain Nuts- Brecon Marathon.***

After a sizzling parkrun at Wotton the previous weekend Matt Hazel-Livall showed that he was a man of many talents, travelling with a group of friend to compete in the Might Contain Nuts Brecon event. Matt reports "We travelled over to Trallong on the Friday afternoon where we stayed in a little cottage, a carb loading spag Bol meal and a soak in the hot tub with a cider in the rain to mentally prepare ourselves for what we were about to take part in the next morning. Saturday morning came and a short 15minute drive to Talybont-on-Usk to the start of the race, we arrived with minutes to spare, parked the car and had to jog the mile from the car park to the start line, it was cold wet and windy stood in a muddy field waiting for the 8am start; off we went along the canal tow path for about the first 4miles which seemed pretty easy and lured us into a false sense of security... suddenly a sharp turn up into the fields and it was a steep mile or so climb up Tol Y Foel, the wind blew the rain sideways and soon the waterproofs were out, over the summit and down off of Tol Y Foel. The rain eased and a steep fast decent made the climb worth it. Check point 1 at 7.5 miles and sweets were on hand. Small ups and down on open ground skirting Bryniau Gleision and Pant Y Creigiau to Taf Fechan Forest where we hit checkpoint 2 at 12.5 miles, the packets of crisps and Coke were much welcomed at this point. Then on to Fan Y Big and through the gap, running up the rocky paths with rivers running down. The clouds cleared and the sun came out, running down off Llanfrynach toward a rainbow in the valley below. Here in the bottom of the valley the organisers decided we wouldn't be wet enough by this point so put in a river crossing which if thought about could of been done easily but we were on a roll so ran straight across not realising how deep it was... with a high pitch squeal we were out the other side and back climbing, a tough section of rough ground and muddy single track lead us to checkpoint 3 at mile 20. A nice road section opened up and we were able to stretch out weary legs only to be confronted with another monster of a hill which started as a road and lead into fields of mud and sheep pool! After a slippery scramble up here it was a beautiful view and fast decent, I was feeling good and descending fast until I became tangled up in a stile which I slipped off. More muddy descent and then back onto the canal tow path for another 4 miles which was probably the hardest part of the race mentally. Off the canal path and a short gravel lane back to the finish"

Of the 110 entrants only 86 started, with some on the day opting to do the half instead of the full due to the weather. The rainbow and blue skies showing how change-able it can be.

Matt had a great run finishing in 8th place in a time of 4hrs 37minutes. Matt concluded "It was a great day and an awesome atmosphere, everyone was friendly...Back to the cottage for pizza and another soak in the hot tub. A very enjoyable weekend all round". Not sure the images give a sense of enjoyment, but gives a hint of the sense of achievement Matt and friends will have had upon finishing!





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Too much to hope for that a bunch of DRC vets would post any decent images of the 4 races over on the windy and rocky island of Lanzarote, or indeed get around to a race report! The 4 consecutive days of racing, which include a 10k road race, 13k ridge run, 5k beach run and finish with a half marathon, are a popular multi-challenge event for British runners seeking some warmer races. Four DRC Athlets took part in all four events with another four picking & choosing what to do The closest we have got is Mouse Clutterbuck's brief summary of the Half marathon on the Wednesday "It's mostly downhill but it's deceiving as every time you went down a slope there was a up-hill, It was only the last few miles I really knew I was going downhill, It was very hot and four days racing sure takes it out of you. I needed more training miles in my legs really but very pleased in the end as did better than expected. It's been over 25, Hottest day on the half!" All those competing have confirmed that it was "warm", despite the conditions 169 men and 112 women completed all four events. Neil Parry was best placed for DRC 79<sup>th</sup> in the men's standings, running everyday over distance being the sort of thing Neil likes to do, with the 5K beach run probably his least favourite activity, far to short! Mel Williams the only DRC female athlete to complete all four and placing 7<sup>th</sup> in her category, and importantly getting the bragging rights over Ray, finishing 4 minutes ahead in the Half, even though it was Ray's birthday!. This probably rubbed a bit more salt into Ray's wounds as Andy Kilby also chalked up 3 wins over him. This partially reflecting Ray's injury earlier in the year and his subsequent operation but also Andy's improvement over the season, with no doubt his cross-country appearances helping, at least with strength in his legs, if not the ability to cope with the heat! It was notable that Andy bested Mouse in the half as well. Avril and Fred Yearsley ran well in their selected races, Avril placing 2<sup>nd</sup> F65 in the 10K whilst Fred was 3<sup>rd</sup> M65 in the 13K Ridge Run, which John Delafield also ran. Mandy Delafield was also out in Lanzarote but there didn't appear to be any wheelchair racing going on. We all wish her a speedy recovery from her broken ankle. There was more local interest with Kate Sackett from Cirencester placing an impressive 2<sup>nd</sup> in the F55 Category.



| Results           | 10K   |   | 13K Ridge Run |  | 5K Beach Run |  | 21K      |  | Overall  |   |
|-------------------|-------|---|---------------|--|--------------|--|----------|--|----------|---|
|                   | Time  | Pos.  | Time          | Pos  | Time         | Pos  | Time     | Pos  | Time     | Pos   |
| Neil Parry        | 43:57 | 83 <sup>rd</sup><br>(8 <sup>th</sup><br>M50)  | 01:06:25      | 90 <sup>th</sup><br>(12 <sup>th</sup><br>M50)  | 23:10        | 91 <sup>st</sup><br>(12 <sup>th</sup><br>M50)  | 01:41:34 | 106 <sup>th</sup><br>(16 <sup>th</sup><br>M50) | 03:55:05 | 79 <sup>th</sup><br>(11 <sup>th</sup><br>M50) |
| Mouse Clutterbuck | 45:43 | 101 <sup>st</sup><br>(8 <sup>th</sup><br>M55) | 01:07:10      | 98 <sup>th</sup><br>(10 <sup>th</sup><br>M55)  | 24:19        | 111 <sup>th</sup><br>(10 <sup>th</sup><br>M55) | 01:44:27 | 119 <sup>th</sup> (9 <sup>th</sup><br>M55)     | 04:01:37 | 95 <sup>th</sup><br>(7 <sup>th</sup><br>M55)  |
| Andy Kilby        | 48:37 | 133 <sup>rd</sup><br>(9 <sup>th</sup><br>M60) | 01:11:48      | 129 <sup>th</sup><br>(12 <sup>th</sup><br>M60) | 24:34        | 119 <sup>th</sup><br>(11 <sup>th</sup><br>M60) | 01:44:00 | 116 <sup>th</sup> (7 <sup>th</sup><br>M60)     | 04:08:58 | 110 <sup>th</sup><br>(8 <sup>th</sup><br>M60) |
| Mel Williams      | 52:35 | 71 <sup>st</sup><br>(6 <sup>th</sup><br>F55)  | 01:17:51      | 76 <sup>th</sup><br>(7 <sup>th</sup><br>F55)   | 27:07        | 57 <sup>th</sup><br>(6 <sup>th</sup><br>F55)   | 01:56:35 | 72 <sup>nd</sup> (7 <sup>th</sup><br>F55)      | 04:34:07 | 58 <sup>th</sup><br>(7 <sup>th</sup><br>F55)  |

Ray Williams, 53:41, 173<sup>rd</sup> (17<sup>th</sup> M55); 01:17:47, 158<sup>th</sup> (17<sup>th</sup> M60); DNS 5K Beach Run; 2:00:38, 168<sup>th</sup> (17<sup>th</sup> M60)

**10K only;** Avril Yearsley 55:41, 88<sup>th</sup> (2<sup>nd</sup> F65);

**13K Ridge Run only:** Fred Yearsley, 01:13:03 137<sup>th</sup> (3<sup>rd</sup> M65); John Delafield, 01:13:09, 139<sup>th</sup> (16<sup>th</sup> M55); Zoe Fowler 01:21:32, 87<sup>th</sup> (14<sup>th</sup> F40)





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## Old Down Estate Santa Run 10K

Meanwhile Santa hats were “de rigour” down at Old Down, where it was unseasonably warm for a Santa run. Rachel Brown reported “Well I never thought that I would say this, but today I finished 2nd overall female in a 10K race. It was a Santa run but a 10K none the less. The course was quite tough, being hilly and muddy. For any of you that ran the Old Down x-country, today’s course followed a similar route plus a couple of fields and extra bit in the woods including a steep climb and ankle turning descent. Frustratingly Kevin Brockway pulled out after the first 5K lap due to Injury, but if he had entered the 5K he would have finished 1st male overall at that distance! A really great event which I thoroughly enjoyed”

Great run Rachel, finishing 23<sup>rd</sup> overall in 01:00:46 and unlucky Kevin as it is always rather nice being the sharp end of an event!



## Track Nuts and few others



Friday the 30<sup>th</sup> of November saw a big group of DRC Triathletes down at Newport Velodrome. The group included quite a few who had never experienced the joys of a fixed wheel or indeed the track. Newport have some great coaches and this meant that the newbies were really able to enjoy their first session, and the coach was even able to sort out the “experienced riders” whose first session went some-what awry with gaps opening here and everywhere. If this w sort of thing interests you get on the Tri Team facebook page as it is most likely events will be posted on there.

DRC-Tri have spaces on the next spin block starting Wed 5th December 20:10pm start 8 weeks only £20  
Get fit, get strong, get ready for race season.  
Please click on link below to register.

[http://drctri.co.uk/late-spin-class-block-20-10-20-55-5th-december-30th-jan-no-spin-on-boxing-day/?fbclid=IwAR1RLJKIb5\\_PmR0ne4vRoxUEiLWPzh4wLOqJLIqvhKslhkKZjv\\_FLjPfPo](http://drctri.co.uk/late-spin-class-block-20-10-20-55-5th-december-30th-jan-no-spin-on-boxing-day/?fbclid=IwAR1RLJKIb5_PmR0ne4vRoxUEiLWPzh4wLOqJLIqvhKslhkKZjv_FLjPfPo)

Yes it’s a long link! Meanwhile more “nut-ters” were swimming at Cromhall Quarry, not sure whether the smiles are frozen on, having said that winter hasn’t really arrived yet and it’s always nice once you’re in!



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## ***parkrun***

The first of December saw 16 DRC athletes running at Gloucester, Newent and Wotton. It was Kevin Jackson's parkrun debut at Gloucester Central and he recorded the fastest DRC parkrun of the weekend to celebrate breaking his duck, 21:43, with the highest DRC male age grading of the weekend. Margaret Johnson was just behind him with an excellent run of 21:56, but was pipped to DRC's highest age grading by guess who.... Alice Lewis recording 78.9% at Wotton as she warmed up for the KLB Junior Cross country and haring duties.

Meanwhile Julie "Jaffa" Gowing celebrated her 25<sup>th</sup> parkrun volunteering Saturday, and as with all the other parkrun volunteers from DRC and other clubs providing vital support for these great running events. A very unusual image of Jaffa, not a selfie but she is hard at work!



## ***Up and Coming Events***

Check out the diary on the DRC webs page

<http://www.dursleyrunningclub.org.uk/members-area/>

### **Key events coming up...**

#### **Dec. 9<sup>th</sup> Glos AAA XC league Wotton**

Remember you can enter on line or just pop along to support/help out. Races for Juniors all the way through to Vets.

#### **Dec. 15<sup>th</sup> DRC-Tri Drinks**

Ranchers Pub (fka The Kingshill) 8 'til late partners welcome

#### **Dec. 16<sup>th</sup> Sportshall League**

**Rednock** (Juniors) – Caroline is hoping we can get a great DRC Junior team out for this local event, especially after the enthusiasm shown at the Taster Session at Hamfields

**Dec. 22<sup>nd</sup> DRC Xmas Party BE THERE OR BE SQUARE @ the Clubhouse "The last knees up before the big day - more details to follow watch this space!!!" Karen Eadon**

**Jan 14th Plan your 2019 Tri Season 7:15pm Peak Academy**

## ***And the DRC Social Event of 2019 Dursley Running Club's 50th Anniversary Gala Dinner November 2<sup>nd</sup>, 2019, 7pm til late Cattle Country Berkeley***

The club gives us all an immense feeling of pride and belonging - it's family, a community, it helps us achieve and gives those new to running the confidence that they can do anything. It branches far and wide both geographically and also in its inclusive specialisms - Running, triathlon, junior athletics. walk to run, orienteering and the new U21 running section - we are all part of the DRC family. In honour of this it has been decided that we will hold a 50th Anniversary Gala Dinner - all are invited (including partners). This will be held on the 2nd November 2019 and plans are already underway to make this a spectacular get together. The venue is The Barn at Berkeley, It will be a three course meal with a drink on arrival, with an after dinner disco and we are expecting it to cost in the region of £38-40 per head dependent on final numbers.



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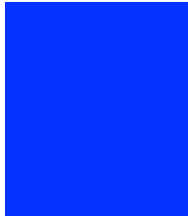
### ***A week in life of.....***

- Saturday AM XC Training – Kenyan Hill rep. obstacle course  
PM Sporthall Event Newent,  
Wednesday Year 7 Plus Road Session –  
Thursday Cam Woodfield XC Club 8am supported by DRC  
U21 Run Group Inaugural session  
Saturday KLB XC Racing and Haring



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

If you have a young athlete who enjoys the sport think about how you can support all we do and then speak to Caroline Jones. From small acorns oak trees grow for example our Wednesday winter session started in 2016 with just one athlete and now we have double figure attendance most sessions and just like the seniors we keep picking up new athletes, we have seen a similar growth in our Saturday Cross Country Session 9.30 at the Rugby Club. KLB Saturday saw some great running from the young athletes with two DRC Juniors, Bill Smith and Holly Clark on the podium for their races, lots of others running well, our hares and sweepers doing a fine job as well!! NB XC and Sporthall both opportunities for DRC Juniors to have a go with NO PRESSURE



## ***DRC 12 Runs of Christmas***

### ***December Challenge***

*Presented by*

*Mr Dave Halford*



♪♪ On the twelfth day of Christmas Mr Halford brought to me ♪♪

It's simple: over the month of December all you need to do is complete 12 runs and evidence them on Strava. Ok, it's not really quite that simple, there is a twist.....

There is also some choice, you can elect to attempt  
EITHER Challenge A - miles, or Challenge B – kms

#### **Challenge A**

The 12 runs needs to include 1 run each of:

At least 1 mile

At least 2 miles

At least 3 miles ..... up to 12 miles.

Therefore to complete the challenge you'll need to run at least 78 miles.

#### **Challenge B**

The 12 runs needs to include 1 run each of:

At least 1 km

At least 2 km

At least 3 km ..... up to 12 km.

Therefore to complete the challenge you'll need to run at least 78 kms  
(48.5 miles).





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## **Christmas Challenge Cont....**

When you complete a run it's up to you how you allocate it, as a 4 mile/km run can be allocated against the requirement for any of the 1, 2, 3, 4 mile/km options. For instance if you run 4 miles/kms on Tuesday and 3 miles/kms on Wednesday you can allocate these as your:

1 + 2 miles/kms  
1 + 3 miles/kms  
1 + 4 miles/kms  
2 + 3 miles/kms  
2 + 4 miles/kms  
3 + 4 miles/kms

You'll need to keep a log – here is a table to help you (pdf has lines on the table - FB doesn't allow this):

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## **Club Runs**

### **Tuesday**

#### **Club Run Christmas Special    MapMyRun**

Meet at Sainsbury's carpark. Arrive at 6.15pm for a 6.30pm start. This is suitable for all abilities; you will have 1 hour to find and 'capture' as many points as possible. You can walk, jog or run on your own or as a team. You will need to bring a mobile and download the MapRun app in advance. Paper maps will be provided and there will be mince pies (and possible other delights) for competitors.

Otherwise Leaders are as follows:

|              |                               |
|--------------|-------------------------------|
| Kangaroos -  | Cath Hall                     |
| Greyhounds - | Louise Beck and Cara Zoglowek |
| Grey hares - | Sarah Willcox                 |
| Hares -      | Nicki Cowle                   |
| Lions -      | Richard Hensman               |
| Leopards -   | Caroline Jones                |
| Antelopes -  | Jon Tudor                     |
| Penguins     | Dave Durden                   |

Don't forget no hi viz no run and head torches essential but optional, have a lovely safe run and just enjoy it. Thanks all. Nicki aka the Badgerer Cowle and Damian Lai her assistant.

### **Thursday Club Run**

December 6<sup>th</sup> Meet at Spot 7:15 for a 7:30pm start. Louise Biddell is leading and Out and Back session