



Dursley
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Running Club



DRC's SUPER Super Sprint Team Relay



A great end of season Tri-part took place at Lake 62 with eight DRC-Tri Teams made up of experienced triathletes thru to total newbies. The icing in the cake was that the women team of Tara Truman, Zoe Lamerton, Jennie Marshall and Francesca Lane Amigoni came first with the DRC men's team of Mark Histed, Mike Brown, Luke Russell and Tony Freer in fourth place. Congratulations! All DRC teams went in the first wave with Mark Histed first out of the water for DRC and Sophie Young fresh from the English Channel first female out of the water. Even a swim didn't stop Nigel Sankey from existing the water loudly! Just so many great efforts and performances, for some just overcoming the fear of an open water swim is a massive achievement. Tara posted "One of my proudest Triathlon days to date. 12 DRC teams competing at the club relays. Great fun and fantastic efforts by everyone, so so proud well done all, I'm a v. happy coach." Many thanks go out to Chris Young who has organised the DRC teams for this event for two years in a row. It is a fantastic event with something for everyone: those who want to dip the toe into Triathlon, or enjoy a relaxing swim, cycle and run! or compete like crazy. Loads of support as ever from DRC team mates and spectators. A big shout out to Tara and Julian Peachey both of who had completed a Standard Tri the day before at the same venue. PS I reckon the Chairman won the prize for oldest athlete and bike combined age!





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We've come along long way together....

It goes to show what a long way DRC has come over the past few years that on a day that over 30 athletes were completing the Super Sprint-Tri that 19 athletes were at Woodchester Park , 8 at the rearranged Chedworth Roman Trail, 3 at Cardiff 10K and a smattering of other solists competing

Woodchester Park

As September arrives the off road season beckons and Woodchester Park is an early reintroduction. Weather and ground conditions were good. Paul Hocking led the DRC team home in an impressive 52:01 placing second overall and first M40, as ever heralding great age category performances by DRC with Tony Wooldridge 1st M65, Alice Lewis 1st F55, Dave Wood 1st M50, although



pipped by Kevin Jackson who was 3rd in the M55 category. Jackie Creed was first DRC woman home in just under seventy minutes, a good run on this very challenging course, just getting around is a real achievement. Kris Rymer continued his excellent season having another strong run, beating Tony Wooldridge, generally an indication of good running even with the age gap! Awaiting confirmation but the men's team may have placed second! Quite an eventful morning with Alice taking a tumble, she has been glued back together by the NHS, Mouse getting stung by a wasp and I believe Nicki Grant twisting knee!

Results: Paul Hocking , 2nd , (1st M40) , 00:52:01; Kevin Jackson , 17th , (3rd M55), 01:01:21; Dave Wood, 18th , (1st M50), 01:01:49; Kris Rymer , 20th , (5th M35), 01:01:57; Tony Wooldridge , 21st , (1st M65), 01:02:03; Matt Read , 26th , (7th M35), 01:02:58; Mouse Clutterbuck, 40th , (5th M55), 01:06:30; Mark Waller , 49th , (7th M45), 01:08:54; Jackie Creed , 54th , (5th F45), 01:09:45; Andy Probert , 56th , (6th M50) , 01:10:03; Alice Lewis, 62nd , (1st F55), 01:12:16; Pete Dunn, 66th , (7th M40) , 01:13:04; Stuart Watts, 73rd , (9th M45), 01:17:01; Andrew Eades, 76th , (10th M35), 01:17:43; Darren Smith, 100th , (12th M35), 01:27:32; Ian Roberts , 105th , (12th M45), 01:29:34; Andrew Fergusson, 108th , (13th M35), 01:32:54; Teresa Walton , 110th , (7th F55) , 01:34:05; Nicky Grant, 115th , (8th F35), 01:40:53;

Chedworth Roman Trail

Sunday also saw the re-arranged Roman Trail race, another challenging course off approximately 10 miles with the recent rain serving to recharging the river for the mid race dip! A flat road start then leads to some undulating running before a long descent takes the runners down to the river. What goes down must come up and after a long flat section the runners climb back up the the road for a "sprint" finish at Chedworth. Jon Tudor was first to finish for DRC in 71st position just over 5 minutes ahead of father Graeme who was 5th M60, a fine result in what is generally a quality field. Caroline Jones was first DRC woman home in ninety six minutes, with a quintet of runners behind her working their way around the hilly Cotswold course, with the



temperatures rising as the morning went on, but not dissimilar to April weather in some respects. Well done to all! **Results:** Jonathan Tudor , 71st , (23rd SenM), 1:24:24; Graham Tudor , 109th , (5th M60), 1:29:42; Andy Kilby 135th (8th M60) 01:33:32; Caroline Jones , 169th , (11th F35), 1:36:43; Erica Fuller , 226th , (25th F45), 1:46:58; Ben Houghton , 293rd , (49th SenM), 2:00:40; Nicola Christopher , 294th , (18th SenF), 2:00:52; Carly Heath , 316th , (48th Vet35), 2:18:23; Samantha Hill, 317th , (49th Vet35), 2:18:25;



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Kath White's "Opp North"



Kathryn White reported on her Yorkshire outing on Tuesday (?) "I ran in the one mile handicap race at Kinsey Show up in the Yorkshire Dales. Unfortunately, I finished last (out of 12) but I don't really mind as I've not done anything like it before and I'd done no prep for it. It was good to rep Dursley "Up North", although I'm not sure if I'll be brave enough by next year to enter the scary crag race!" No unfortunate about it, Kathryn always puts in 100%, check out her sprint finish at Frampton! Anyone who has read Richard Askwith's book about fell running will appreciate these sort of events make

up the bread and butter of fell running, hopefully Kathryn will pluck up the courage for the "craggs in 2019!

On the Road

James Everett also goes North

At the Tholthorpe 10k James Everett made a very rare outing on the road and achieved a personal best of 37:18, placing 17th overall. Don't know whether he qualifies for the Yorkshire County 10K Championships via a long lost relative! I suspect that there may be a bit more in the tank for James, hopefully after a season of cross country we can persuade him and a few other "quickies" to do Berkely 10K and compete for the team prize and overall honours.

Cardiff 10K

Whilst at Cardiff the quartet of Cath Hill, Emily Harding Amy Raines-Gardiner and Jude Wardle completed the 10K, sadly no results posted as yet, but the key result of the day was Cath getting selfie or is it a groupie with GB sprinter Christian Malcolm.



Apparently Christian is a lovely guy and very chatty! Cath posted "Cardiff 10k I did it!! So pleased! This wasn't an easy journey leading up to this race, so I'm really happy to have done it!" It was Amy's first ever 10K, having graduated from the 2018 W2R Programme, she posted "Chip time was 1 hour and 24 minutes which I am so proud of. Thank you to DRC for supporting me since January 2018". Thank you Damo & all the leaders and helpers on W2R that make these journeys possible!



Meteor Mile

Saturday saw the Meteor Mile take place at Staverton Airport, Joe Ball first home for DRC in 05:24, Anthony Ball Second out of two in 06:54. However the official results are arriving at snails pace so full results placings etc will have to wait.



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DRC Tri

More good stuff from DRC-Triathletes with Tara and Julian Peachey competing in the Cotswolds End of Season Standard Triathlon, at Lake 62 on Saturday plus some pretty awesome swimming in the week .

Kevin Proctor and Sophie Young both completing cross channel swims, Kevin as one of a pair and Sophie in a group of six. Many months of training and then considerable time in the channel for both and an awesome achievement completing the challenges. Sophie made land fall in France for her team, which must have been an awesome experience. Lis Gillooly passed on info. from Kev about his swim: "having a strong tide to contend with his half of the swim came to 19.25 miles. He said it was ten times harder than his Ironman and almost broke him but he kept going. He was sick, throwing up both in and out of the water, was coughing up blood and got stung by jellyfish." And I thought a bit of weed in the lake was an issue!



Julian completed his first standard distance and Tara came home 4th woman and won her age category, she commented "missed out on 3rd by 25sec-ish grrrrrr" as we know Tara isn't competitive at all!

	Swim		Bike		Run		Total Time	Pos.	Cat,
	1500m	T1	40km	T2	9km				
Tara Truman	28:07	1:05	01:13:31	00:35	49:29	02:32:52	84 th	1 st	
Julian Peachey	39:04	2:48	01:18:45	01:21	48:13	02:50:28	172nd	12th	

DRC Tri-Calendar Models Required!

Paul Breen needs to raise charity money for his 2020 Marathon des Sables race he has posted "after an amazing idea (not mine) we have decided to do a DRC Tri calendar. It will be very tasteful with tri kit in all the correct places. I need 12 or more models 6 of each best or if some want to double up etc. Please help out as it's all for charity and will be PG don't worry" If you want to sign up contact Paul. Where Brad when you need him!



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Severn Bridge 10K – Missing In Action

Apologies to Ellen Efford, Caz Harper-Easthope and Jude Wardle who all ran the 10K over the bridge last Sunday. With ~Ellen and Jude both running personal bests. Also Tony Waye mentioned to me that he was just two minutes off his PB for a Half which on this course is great and puts him in god stead for Stroud this year



*****Golf Course Anti-clockwise*****

Neil Truelove's farewell challenge post appeared this weekend "Apologies for the delayed results from the August challenge. I fell asleep last night after 'a couple' of celebratory drinks! ;) There were no last minute runs, so, many congratulations to Kevin Brockway and Katrina Fletcher for being the last two people on the course, both scoring brilliant PBs. And well done to everyone who took part and improved their times. Some great runs up and down the leaderboard. It's nice to be top of the leaderboard (so they tell me!) but the real win is getting out there, stretching yourself to do your best and enjoying the challenge of achieving something.

Somebody has to be fastest and this month's He-Man and She-Ra were Joe Ball (20:42) and Zoe Lamerton (21:26) Congratulations to them and thank-you all for taking part.

I've enjoyed setting the challenges over the past 4 years. Thank-you so much for humouring me and for throwing yourselves into them. The more bonkers I made them the more you went for it! Half marathons and marathons on the Ash Path; sending yourselves dizzy in ever decreasing circles; getting lost any way you pleased; running hundreds of miles on the Cotswold Way, dozens of laps of the golf course and scores of laps of EVERCHOPS. I never managed to come up with one so crazy that you wouldn't give it a go!

And thank-you again from me and Cathy for all the fun and friendship over the years and for the amazing and generous farewell. We're going to miss you all, our DRC family, but I promise we will stay in touch and will always have a place in our hearts for DRC - far more than a running club! x

Results

Joe Ball 20:42; Paul Gebbett 21:08; Francois Low 21:09; Zoe Lamerton 21:26; Dave Halford 21:33; Martin Bragg 21:36; Benjamine Cardinal 22:58; Andy Shapland 23:04; Jadie Cotterell 23:33; Tara Truman 23:38; David Wood 23:40; Neil Truelove 23:59; Mark Waller 24:12; Catherine Fay 24:28; Damian Lai 24:36; Andrew Truswell 24:37; Jackie Creed 24:38; Caroline Jones 25:30; Rachel Brown 25:51; Darren Smith 25:54; Antony Ball 26:12; Kevin Brockway 26:17; Shona Darley 26:47; Louise Biddell 26:50; Annie Annie (Harris) 27:00; Julie Jaffa (Gowing) 27:36; Paul Lewington 28:08; Michele Shapland 28:12; Katrina Fletcher RMR 29:02; Nicki Cowle 29:39; Andrew Ferguson 29:54; Chris Sweet 30:48; Sam Martin 30:51; Ian Roberts 31:30; Teresa Walton 31:47; Vicci Phillips 32:40; Michelle Ball 32:57; Nicola Christopher 33:16; Mike Hanman 33:19; Carly Heath 34:33; Garry Strickland 34:50; Scott Thomas 35:14; Charley Palmer 36:12; Jo Fearn 36:40; Hannah Carter 37:48; Liz Halford 37:50; Ellen Efford 38:15; Sally Williams 39:09; Amanda Hensman 39:10; Nicki Squire 39:18; Annette Heylings 39:41; Tania Honey 40:18; John Hieron 41:09; Ben Houghton 42:03; Dominique Pemberton 42:19; Emma Keating 42:28; Clair Oxley 45:09; Carolyn Thraves 45:45; Stuart Watts 45:56; Julie Froggatt 55:11; Margaret Badger 1:00:36.

A little bird tells me a new challenge is being worked on by the two David's (Halford and Wood). Working with Mr H on Handicap has indicated to me that he has similar "anorak-noid" tendencies to Mr T so we should be safe in his and other people's hands! Also there are the gifts that keep on giving!



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Parklife

This week saw DRCs biggest convert to off-road running Nicki Cowle off to the Forest with Eileen Hieron and she has come back highly recommending the course. Hurry up and get over before it starts snowing! The weekend saw the speedsters playing in the park, with James Everett, Mike Crompton and Matt Rogers all in action across the country. James ran the quickest parkrun of 18:13, whilst Matt took to age grading podium and was first overall at Wotton with 76.11% with Annette Heylings top of the tree for DRC woman with 73.56%, Shona Darley was quickest DRC woman, running 24:25 at Kingsway. At Chipping Sodbury Emma Barrand ran a PB, Stuart Watts, Huw Poppy and Chris Curry at Kingsway, and John Hieron at Cirencester. The parkrun bug has bitten Ray Williams and he was back out at Stonehouse recording a PB of 24:59. DRC Junior Jake Matthews was second home for the club at Kingsway just 16 seconds behind Kris Rymer.



Up and coming Events

Final Handicap Race plus awards and social 11th of September

AGM and Annual Prize Giving Friday the 28th of September

The dates for the 2018/19 Cross country season are:

Saturday October 13th 2018	Old Down Country Park	Stroud AC
Saturday November 3rd 2018	Charlton Park	Chippenham
Sunday December 9th 2018	Wotton under Edge	Dursley RC
Sunday February 17th 2019	Pittville Park	Cheltenham H
Entry available via Entry Central		

The Grizzly

Nigel Sankey has posted about his favourite race The Grizzly and the fact the 2019 ballot is now OPEN.

Trails of the Unexpected - Sunday 10 March.

The ballot will close at 8pm on Friday 21 September. Ballot results will be announced no later than Friday 5 October. You can enter here: <https://www.fullonsport.com/eve.../grizzly-ballot-2019/profile>
If you are lucky it might not be blizzard conditions next year!

Tuesday Night is Club Night

This week's Leaders are

Kangaroos -	Roger Newman
Squirrels -	Cath Hall
Greyhounds -	Louise Beck and Cara Zoglowek (tbc)
Greyhares -	Sarah Willcox
Hares -	Nicki Cowle
Foxes -	Richard Hensman and Lisa Young (tbc)
Lions/Leopards -	Caroline Jones
Antelopes -	Dave Wood
Penguins -	Nigel Sankey

"Have a fab weekend guys and see you Tuesday

Nicki aka the Badgerer Cowle and Damian Lai Badgerer Assistant"