



**Dursley**  
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**Running Club**



## ***DRC – Tri Gala Awards***



Friday the 2<sup>nd</sup> of November saw the DRC Tri Teams Annual Awards Gala. Organised by Tara Truman and Sarah Willcox with Mark Histed doing the visuals. Another great night celebrating the achievements of the club members, and the input of Tara and Tony Freer along with the new cadre of coaches Martin Bragg and Jerry Fowler, plus other members working in the background as part of the Tri-team committee. Tara said at the start of the awards presentation “all of you could of had an award



for something, it was really hard to separate some of the above. Here's to a fantastic 2019 season". The awards reflect the inclusiveness of the Tri-team and the club as a whole, and given the surge in Triathlon participation many of the prizes were picked up by relative newcomers to the sport. The raffle is likely to have produced another newcomer to the sport, with Darren, “I don't ride bikes!” Kitchen, picking up the free place for Westonbirt Sprint-tri kindly donated by Jerry Fowler. Coach Kitchen has taken part in a Duathlon this year, although as part of a team with Trish Mansell doing the swimming. Darren used to swim with Dolphins so it is just the two wheels that poses the issue!

### **Congratulations 🏆 to the award winners**

- Most improved swimmer - Karen Eadon
- Most improved cyclist - Antony Ball
- Most improved runner - Zoe Lamerton
- Most improved overall - Paul Breen
- Triathletes triathlete - Damian Lai
- Special recognition award - Tony Freer
- Triathlete of the year - Zoe Lamerton
- Best Male over 50 - Martin Bragg
- Best female over 50 - Jennie Marshall
- Best newcomer - Leigh Allen
- Most perseverance - Sarah Willcox



As Tara said so many great performances over the year, and all the above thoroughly deserve there recognition, but so many mambers of DRC-Tri should carry a warm feeling of pride in their hearts for the efforts they have made throughout the year, with many achiveing goals they never thought possible, whether 25 meters of front crawl or an Ironman, in the words of the Triathlete's Triathlete “awesome!”

With next year being the 50<sup>th</sup> anniversary of DRC the plan is the have a DRC Club Gala and a working group has already been set up to organise this, there is bound to be lots to celebrate, from Junior to Senior, on foot, wheels and in the water, and in particular for DRC-Tri probably a few new Ironmen and women in 2018.



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## ***Gloucester AAA Cross Country League Charlton Park***

Saturday saw a fantastic turn out with twenty-nine DRC athletes making it to Charlton Park, Malmsbury, with some making it to Charlton Park Cheltenham instead! They joined some big fields with a lot of competitive runners. The course was far drier than last year, but still testing with a number of climbs and the hard ground making it easy to turn an ankle in some rutted areas. The temperature was cool with very strong winds blowing across the course, but the wind didn't seem to cause too much of an issue, and it did blow the runners to the finish. The Juniors were down in numbers this month after a great showing at Old Down in October, which was a shame, but Lucy Holdsworth flew the flag for DRC Junior girls running in the U13 placing an excellent 6<sup>th</sup> just 6 seconds out of a top 5 placing. DRC Juniors had two runners in the male U20/U17s race with Josh Wood venturing out for his first run in a DRC shirt with James Durden also running. Josh ran well, keeping steady pace to finish in 28:25 (19<sup>th</sup> (15<sup>th</sup> MU17) with James regretting an early run in the morning finishing in 31:29 (21<sup>st</sup> and (16<sup>th</sup> MU17), you live and learn!

Another good turn out from the DRC Women saw eight in the senior women's race with Trevor Lewis joining them in the M65 race over the same distance. After a strong run at the Gloucester 10K Robyn Wait followed it up with a great 6<sup>th</sup> position in today's race, starting steadily she moved through the field and with half a mile to go she dropped the runners she was with to chase down a group in front overhauling them to finish in 26:35 just 13 seconds outside the top five. More work on that top end speed and Robyn will be even further up the field. Margaret Johnson again ran well after her recent return from injury, but found that finale tough, probably a lack of recent miles impacting on Margaret, on what is a testing course. She placed an excellent 3<sup>rd</sup> in Category with Alice Lewis 2<sup>nd</sup> in hers just two minutes in arrears of Margaret. Rachel Brown was next home, unsurprisingly finding it tough after the Snowdonia Marathon, hopefully a bit more rest and Rachel will reap the rewards at the Wotton event! Trevor Lewis was next in working hard as ever and reaping the reward of first in the M70 category. Four more DRC women completed the race, with Nicola Christopher looking in control on finishing, and "Jaffa" Gowing pleased with her run after her first cross country outing at Old Down. Jo Fears and Eileen Heiron swept up for Dursley and finished with smiles on their faces!

**Results: Senior Women and Male V65;** Robyn Wait(Jackson), 6<sup>th</sup> (4<sup>th</sup> SenW) 26:35; Margaret Johnson, 45<sup>th</sup> (3<sup>rd</sup> F50) 30:33; Alice Lewis, 79<sup>th</sup> (2<sup>nd</sup> F60) 32:36; Rachel Brown, 106<sup>th</sup> (15<sup>th</sup> F45) 34:38; Trevor Lewis, 117<sup>th</sup> (1<sup>st</sup> M70) 35:20; Nicola Christopher, 132<sup>nd</sup> (35<sup>th</sup> SenW) 36:50; Julie Gowing 145<sup>th</sup> (F35 19<sup>th</sup>) 38:07; Jo Fearn 170<sup>th</sup> (17<sup>th</sup> F40), 47:42; Eileen Hieron, 171<sup>st</sup> (7<sup>th</sup> 65+), 48:14







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## Gloucester AAA Cross Country League cont..



DRC Womens A teams did well in the team event placing 12<sup>th</sup> and 10<sup>th</sup> in the Senior and Veterans respectively

DRC Senior Women	A 12 <sup>th</sup> 130 points	B 36 <sup>th</sup> 383
DRC female Veterans	A 10 <sup>th</sup> 230 points	B 26 <sup>th</sup> 486

One of the best and most competitive teams for DRC in a number years turned out for the Senior Men's event with 17 men on the start line. Paul Hocking showed the rest of the team a clean pair of heels, with Dan Anderson blowing the cobwebs away after a lay off with a stress fracture. Showing the quality of the field Paul was 38<sup>th</sup> and 4<sup>th</sup> M40, he was 18<sup>th</sup> overall at Old Down. Behind these two it was a close battle between Mike Crompton and James Everett, with the latter recovering from illness. James made a big effort to close in on Mike finishing just 3 seconds behind him. Mike Brown was another couple of minutes back and probably showing the effects of a late night at the DRC-Tri Awards Gala. An interesting tussle was taking place behind Mike, with Matt Read, being caught by Dave Durden on lap 2, but then pulling away on the final lap, with Andy Truswell breezing past Dave, with cheery smile, to add insult to injury, on the final long climb with about a mile to go. Andy was closing in on Matt at the finish but Matt pushed hard to stay ahead by just 2 seconds, whilst Dave could not haul either back in, 13 seconds behind. Nigel Sankey was very pleased with his outing, after an up and down couple of weeks, finishing ahead of Tony Wooldridge, having another quality run, placing 4<sup>th</sup> in category. Another trio of runners came home on 43 minutes, led by Dave Wood with Jon Tudor and Martin Bragg in close attendance, the latter really pushing himself the limit in the final. Martin placed an excellent 5<sup>th</sup> M60. Kevin Jackson as ever put in a big effort, and we know he doesn't like hills (bit of a problem with Cross Country), Andy Kilby showed the famous "Kilby finish again this time to good effect, with Pete Dunn looking like he was enjoying his return to Cross Country. Kevin Brockway swept up for DRC and whilst happy to get his baptism of fire over with was pleased with his run. The male A teams did well placing 10<sup>th</sup> in the seniors and 12<sup>th</sup> in the Veterans.







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**Senior Men Results:** Paul Hocking, 38<sup>th</sup> (4<sup>th</sup> M40) 35:22; Dan Anderson, 55<sup>th</sup> (48<sup>th</sup> SenM) 36:53; Mike Crompton, 60<sup>th</sup> (50<sup>th</sup> SenM) 37:13; James Everett, (51<sup>st</sup> SenM) 37:16; Mike Brown, 91<sup>st</sup> (63<sup>rd</sup> SenM) 39:19; Matt Read 127<sup>th</sup> (76<sup>th</sup> SenM) 40:44; Andrew Trusswell, 129<sup>th</sup> (78<sup>th</sup> SenM) 40:46; Dave Durden, 135<sup>th</sup> (12<sup>th</sup> M50) 40:59; Nigel Sankey, 150<sup>th</sup> (83<sup>rd</sup> SenM) 41:47; Tony Wooldridge, 169<sup>th</sup> (4<sup>th</sup> M60+) 45:52; Dave Wood, 173<sup>rd</sup> (24<sup>th</sup> M50) 43:05; Jon Tudor, 178<sup>th</sup> (89<sup>th</sup> SenM) 43:46; Martin Bragg, 181<sup>st</sup> (5<sup>th</sup> M60+) 43:55; Kevin Jackson, 215<sup>th</sup> (M55 15<sup>th</sup>) 47:15; Andy Kilby, 231<sup>st</sup> (10<sup>th</sup> M60+) 48:39; Pete Dunn, 237<sup>th</sup> (35<sup>th</sup> M40) 49:20; Kevin Brockway, 249<sup>th</sup> (40<sup>th</sup> M50) 57:00.

DRC Senior Males  
DRC Masters

A 10<sup>th</sup> 432 points  
A 12<sup>th</sup> 515

B 22<sup>nd</sup> 934  
B 22<sup>nd</sup> 864



Plenty more images on the Dursley Running Club Chat facebook page, although the men need to up their game, not too many images of the DRC women racers! Great crèche aswell!





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## Rebellion 2019

Kate Browning seems to have got the wrong vest out ;- ) as she headed off to the Rebellion Ultra. Maybe the race name gives us a clue!

Anyway any Ultra that leaves Dave Wood in awe of distance and elevation is pretty tough! The organisers describe it as follows "Rebellion is a 135 mile (217 Km) Ultra Marathon in Mid Wales. The route is along the full length of Glyndwr's Way National Trail with a total ascent of just over 25,000ft (7700m). The route takes you through some of the most beautiful and remote parts of Mid Wales. Starting in Knighton looping through Machynlleth and then finishing in Welshpool - the route is one of the most picturesque and challenging in the UK."

A seven o'clock start on Friday evening saw Kate, who was strapped up as you can see, running through the night, when Dave Wood last checked on her Sunday at 22-37. She was about 2/3 of the way to Checkpoint 4 at 107 miles and said "I would estimate approx. 100 miles in with 35 to go". Kate has until 7:00pm Monday to finish.

For those interested the organisers uphilldowndale also run summer version of the "popular winter Rebellion", run in mid May it might clash with the Berkeley 10K so rules me out!



## New Forest Stinger

Totton Running Club promote the race(S) as "A scenic run through the beautiful new Forest National Park. Perfect for those that enjoy multi terrain including forest trails, woodland and open heathland... This year we are back to our traditional 2 routes - 5 Mile and 10 Mile. With added Bling yes we will be having medals this year"

Andrew Fergusson completed the 10 mile event on 01:46:35 placing 159th out of 199 participants.



## DB Max Winter TT Race 1.

After a great run at the Gloucester 10K last week Teresa Walton was back in action but on the bike. She posted "First time on the circuit, a recce for the Duathlon on 18th November. Penultimate position overall (35:31:1) but 1<sup>st</sup> (and only) DRC & F60! Great to ride on a smooth, traffic-free surface at the Castle Combe Circuit".

You've got to be in it to win, so well done for being first DRC Teresa, you can see she is putting the effort in. Cycling is very much like running those hard, dare I say unpleasant, winter miles and events pay dividends when the weather improves as we always hope it will in the British Summer, and if it doesn't at least you are used to it!





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## Guy Fawkes Five

A team of ten DRC athletes were on the start line of the GF5, for a couple die-hards it was the day after the Cross Country, and that is hard on the legs! Karen Eadon DRC Tri's most Improved Swimmer 2018 showed that she can run as well. Kris Rymer led the team home in a 34:40 averaging around 6:56 over the course. The Guy Fawkes sells out all too quickly so I am sure some didn't factor in the cross country the day before, and also number of DRCs Road Series contenders just didn't get in; Dave Saunders, Alice Lewis and Dave Durden all missing the cut for entry, but all should have enough races



under their belts to qualify, and hopefully missing out won't affect their Series placings Mike Brown coasted (although it may have been harder work than that!) home in 38:01, having run 31:34 last year, and is probably a sub-30-minute man on his day now! Charley Palmer led the DRC women in and was third in for the club, also achieving the best DRC age category placing of the race 7<sup>th</sup> F40, in what appears a competitive field. DRC managed a number of top twenty age category finishes including Mike Brown, Claire Searle, Julie Gowing, Nicki Cowle & Steve Barnes. Results: Kris Rymer, 62<sup>nd</sup> (19<sup>th</sup> M40), 34:40; Mike Brown, 104<sup>th</sup> (10<sup>th</sup> SenM), 38:01; Charley Palmer, 150<sup>th</sup> (7<sup>th</sup> F40), 40:59; Darren Smith, 178<sup>th</sup> (24<sup>th</sup> M35), 43:01; Claire Searle, 193<sup>rd</sup> (11<sup>th</sup> F50), 45:06; Nicola Cowle 229<sup>th</sup> (18<sup>th</sup> F40), 46:46; Julie Gowing, 230<sup>th</sup> (13<sup>th</sup> F35), 46:45; Julie Frogatt, 249<sup>th</sup> (15<sup>th</sup> F50) 47:56; Steve Barnes 265<sup>th</sup> (10<sup>th</sup> MV60), 49:23; Karen Eadon 347<sup>th</sup> (24<sup>th</sup> F50), 57:07.



## Parkrun

With a huge turnout at cross country and Guy Fawkes on the Sunday, turnout was reduced at parkrun but still twenty four DRC athletes ran, including junior Max Squire. However, all the photographers were AWOL so not an image in sight! Kathryn White now based in Oxford ran Harcourt for the first time and recorded the DRC women's fastest time for the weekend of 26:40, with Veronica Higgins highest female AG for DRC at 56%. Matt Hazell-Livall was quickest male in 19:48 at Wotton (hopefully he will do the next XC event at Wotton it's only another 6-7k!) but way out ahead on age grading for the weekend was Nigel Burford who ran 20:46, also at Wotton, AG 75%

## Club Runs- Tuesday and Thursday

Please don't forget NO REFLECTIVE HI VIZ NO RUN, head torches are essential but optional. Please respect pedestrians dog walkers and cyclists. Also be aware of crossing the roads at junctions, cars have right of way so please STOP to give way!!!

Leaders are as follows:

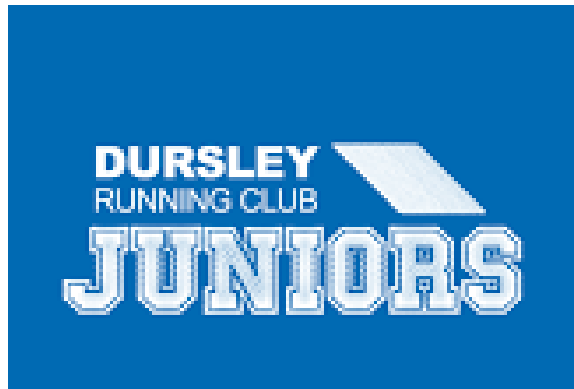
Kangaroos - Cath Hall  
Greyhounds - Louise Beck & Cara Zoglonek  
Greyhairs - Nicola Evered  
Hares - Damian Lai & Ian Roberts  
Foxy Lions - Richard Hensman  
Leopards - Caroline Jones  
Antelopes - Martin Bragg  
Pentelopes - Nigel Sankey

Kris Rymer leads the Thursday Night Club Run From Tesco, 7.30pm – all welcome





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Caroline Jones posted her Weekly Round Up for the Juniors: Another chilly night of running on the Wednesday followed by some great running at the AAA Cross Country on Saturday. It is that time of year when the gloves are out for running we all get a bit wetter and often muddier but running ability really improves. I am advised that it is the KLB school cross country next Saturday so our younger juniors will have the opportunity to run there and our older juniors get the chance to Hare. Back to cross country training sessions on the 17th.

### **BIG reminder this week**

Wednesday no road running training session instead a one off special Indoor SPORTSHALL athletics taster session at Hamfields. I will bring along some sign up sheets and if you enjoy the session and would like to do more then we could see if we have enough to put forward a team for the league. The league is for U11s U13s and U15s but all welcome to the taster session as it's all good Athletics training

### ***VLM Club Ballot This Tuesday Before the Club runs***

The thirty-six current runners (and riders!) for the DRC VLM Marathon draw are shown to the right. Deadline to get entry to club is 7pm O'Clock tomorrow (Monday the 5<sup>th</sup> of November)  
The draw will occur on this Tuesday, before the club runs go out. At least two entries have been received as I type this! **A final list will be posted on the 5<sup>th</sup> before the ballot.**

Fran Amigoni	Lisa Gillooly	Zoe Lammerton
Jo Ball	Nicky Grant	Francois Low
Louise Biddell	Dave Halford	Clair Oxley
Martin Bragg	Caroline Harper-	Mark Owen
Paul Breen	Clair Hawes	Andy Probert
Hannah Butcher	Caz Easthope	Haydn Smith
Becky Court	Sam Hill	Mark Sprigings
Shona Darley	Kevin Jackson	Garry Strickland
Andrew Eades	Caroline Jones	Jo Sheen
Karen Eadon	Emma Keating	Chris Sweet
Julie Fenn	Annette Keevil	Paul Wellings
Tony Freer	Gavin Kemmet	Moirra Woodward

### ***SEPT CHALLENGE FINAL STANDINGS***

Dave Halford reported "We can finally crown the King and Queen of the Sept Challenge. Luckily this was a running rather than an IQ challenge as it took some time for people to work out it was quicker to hit the trails than the tarmac. In this era of non-binary denominations I will let Audrey and Mark decide who is the Queen! Well done to all who took part, and shame on those that didn't, LOL - don't worry its not too late to join the November challenge. Just get yourself up to Cam Peak car park"

#### **Overall and top three males**

- 1 Mark Sprigings 00:29:15 OR
- 2 Matt Hazel-Livall 00:29:18 OR
- 3 Dave Halford 00:31:55 OR

#### **Top Three Ladies**

- Audrey Harris 00:36:30 OR
- Zoe Lamerton 00:37:50 R
- Fran Amigoni 00:41:42 R





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### **Sept Challenge Cont...**

4 James Price 00:36:12 R  
5 Richard Hogg 00:36:16 R  
6 Audrey Harris 00:36:30 OR  
7 Dave Wood 00:36:40 OR  
8 Zoe Lamerton 00:37:50 R  
9 Tony Freer 00:41:21 R  
10 Fran Amigoni 00:41:42 R

11 Paul Breen 00:41:44 R  
12 Janet Matthews 00:42:54 R  
13 Jake Matthews 00:43:18 OR  
14 Luke Davis 00:43:23 R  
15 Catherine Fay 00:44:42 OR  
16 Pete Dunn 00:44:45 OR  
17 Louise Biddell 00:44:56 OR

18 Damian Lai 00:45:02 R  
19 Lucy Fairall 00:46:45 R  
20 Liz Halford 00:47:06 R  
21 Nicki Squire 00:48:21 R  
22 Teresa Walton 00:51:35 R  
23 Margaret Badger 00:51:57 R  
24 Ian Roberts 00:52:14 R  
25 Cara Zoglowek 01:07:01 R

**NOVEMBER CHALLENGE:** The November Challenge will start, as expected, on 1/11/2018, and run for 30 days. The Route: <https://www.strava.com/segments/19117984>

Start at the top of Cam Peak, run to the top of Cam Long Down, return to the top of Cam Peak  
The top of Cam Peak is fairly obvious to find. The top of Long Down is defined as when the stony path runs out. A PDF map/photo is available from Dave Halford.

#### **Prizes will be as follows:**

1. Fastest male on the segment
2. Fastest female on the segment
3. Most number of rep's completed in the month
4. Most number of days completing 1 rep\*

There is therefore something for everyone; prizes 1 & 2 for the quickest runners down, up, down, up. Most persistent runners can compete for prizes 3 & 4.\*\*

I will post every Friday requesting weekly updates from runners for Prizes 3 & 4

\* Daily rep's must be run" NB the challenge will involve running in an uneven surface, walkers and dog walkers are just two of risks runners need to consider. Getting blown off the peak in high winds is another, clearly inclement weather conditions need to be considered as well! Mobile phone to call for assistance key item of equipment.

## ***Dursley Dozen 2019***

### ***Volunteering***

Struggling Race the Dursley Dozen and find someone to help at the race. One answer is coming up: the Glos AAA Wotton Cross Country Event needs, set up help, marshalling, both on course and car parking plus course take down. If you cannot get someone to help for you at the Dozen then complete the form to help at Wotton and the club will give you a "credit" for the Dozen. If you are still struggling please speak directly to Neil Parry volunteer coordinator for the Dozen, speak to him on Tuesday night or email the club on:  
[dursleyrunningclub@gmail.com](mailto:dursleyrunningclub@gmail.com)

There are plenty of roles for people to take at the Dozen not all are outside on race day, also we need people to assist with putting marshal pack, course equipment packs together and course set up. The more people involved in this task the quicker it happens, and knowledge of how to do it spreads. If you want to race the Dozen please don't leave it to the last moment to sort.



## ***AGM and Club Development***

On the back of the AGM, minutes have now gone out to all members, The three leads of the sections Tara Truman (DRC-Tri) Caroline Jones (DRC-Juniors) and Nigel Sankey (DRC-Seniors) have met with Chair Dave Durden and have had discussion on updated the club development plan and the ideas will be taken the next committee meeting in November. Each section has its own priorities and then we are developing the overarching ones for the club. We have had a number of offers of help on various tasks now which is great but we still need members to step up and help, you may have a skill we, could use, Median and Comm.s, fundraising, race reporting. Just give us a shout