



Dursley
more than a
Running Club



Another scorching weekend saw Dursley Running Club Athletes and Triathletes performing amazing feats in extreme conditions, yet again!



Forest of Dean Trail

Team Dursley were at the Forest of Dean Trail on Sunday with a 10K, Half & Marathon. Alan Honey, Tania Honey and daughter doing the 10K, Soos and Jim Moss, Charley Palmer, Ian Cole & Annie Harris doing the Half & Haydn Smith and Damian doing the Full. Damo reported " It was a great run in the forest, weather was blistering hot, it was quite undulating but us Dursley's are used to that, you got into a false sense of security at the start as it was downhill for 2 miles! Lovely run around Mallards pike lake, well organised, plenty of water stops. The heat zapped you but it wasn't a day for PB's. I finished in just over 4.30 and Haydn in 4.10. Charley was around 2.10 for the half. Well done to all the runners. Haydn and myself sacrificed Cam Beer Fest for this, complete lunacy!"

Results: Marathon: Haydn Smith- 4:17.34; Damian Lai - 4:32.40; Half: Ian Cole - 1:53.13; Jim Moss - 2:04.08; Annie Harris 2:09.23; Charlotte Palmer - 2:10.27; Soos Moss - 2:41.06; 10K: Alan Honey - 53:58; Tanya Honey - 1:21.42



Cotswold Classic Tri

In the searing heat Tony Freer led the DRC Tri team home at the Classic with his strength on two wheels pulling him away from another strong performance by Martin Bragg who placed 2nd in his BTF category (60-64) with Mel Williams 4th in her category and first DRC woman home. Great performances all round but a special mention to Sarah Willcox, 8 months of training, turning herself in to a Half Ironwoman!



	Pos	Time	Swim	T1	Cycle	T2	Run	BTF Cat	Pos
Tony Freer	193	05:17:36	41:14	3:10	02:30:11	1:51	02:01:08	50-54	25
Martin Bragg	302	05:31:23	39:56	4:10	02:28:32	2:18	01:56:25	60-64	2
Mark Histed	505	05:39:27	38:12	3:20	02:40:27	3:12	02:14:15	45-49	57
Nick Fennell	479	05:52:20	40:52	3:36	02:45:42	1:47	02:20:22	30-34	60
Mel Williams	596	06:13:46	42:12	3:34	03:14:14	2:45	02:10:59	55-59	4
Tanya Histed	718	06:43:41	44:00	5:00	03:21:19	5:15	02:28:05	45-49	29
Sarah Willcox	726	06:46:56	42:21	5:16	02:59:23	6:41	02:53:13	45-49	31



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Cotswold 24 Hour Relay

The bonus of running a 24 hour race is that some if it is done in the cool of the night! Sam Hill, Mark Sprigings, Pete Dunn and Andrew Eades were flying the flag for DRC at this year's Cotswold 24 Hours race. The team did an incredible 118.8 miles in the 24 hours. After a parkrun warm up!

Sam Hill contributing a super 36.5. Amazing efforts by all the team but in particular Sam who had been having a tough time with her son Henry in and out of hospital. Well deserved rest for all now!



Full Race report – Mark Sprigings

"On a beautiful sunny day at the stunning Bathurst estate in Cirencester over 1000 runners gathered to undertake the brutal task of the Cotswolds 24 Hour Event, with a mixed terrain and mainly flat course. The field was made up of various sizes of teams from 2 members to 8 members and a couple of dozen athletes deciding to tackle the challenge as solo runners! DRC took a small team of 4 along, knowing that if they were to complete the challenge then it would involve running a total of in-excess of 100 miles! Sam Hill, Andrew Eades, Pete Dunn and Mark Sprigings were the Dursley team members looking to take on the 4th Annual event. The morning started with group heading over to Cirencester Parkrun where they were greeted by over a dozen of Dursley club runners to wish us all well and 2 of the relay team members Sam and Pete even completing the parkrun before the 2 hour race began!! Saturday midday saw the start of the 24 hour event with Pete Dunn braving the first leg in temperatures already reaching 30 degrees! Sam Hill took the second, Andrew Eades the third and Mark



Sprigings the forth completing the first set of laps of the 5.4 mile course..it quickly became apparent that the course offered very little in shade except for the short woodland sections! The second bout of laps started well with Pete storming round producing what was to be his fastest lap of the weekend! The rotation of runners was working smoothly and by 11pm the team had completed 12 laps (64.8 miles), all of the team were feeling the effects of the daytime sun and tiredness and was becoming reflective in their lap times as the nightshift was set to begin, well all except Andrew who seemed to find another gear during the cooler night shift and in the pitch black amazingly managed to produce a blistering lap which motivated the team even more! Taking it in turns to have short power naps Pete Dunn showed incredible resilience to soldier through back to back laps from 2am to 5am before having his well deserved break! Next up was Sam Hill also displaying the tremendous tenacity that she is becoming well known for by all at the club by carrying the baton through sunrise into the early morning with another set of back to back laps for the team,



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Cotswold 24 Hour Relay cont...

On her return Andrew was awaiting and raring to go , producing yet another fast time to complete his set of laps and surpassing the 100 miles for the team!

Mark Sprigings was refreshed and set to bring in the last laps for the team after he had headed back between legs to Stonehouse Junior Parkrun where his daughter Olivia had run a new PB! Inspired by her performance he set off to continue the conclusive legs before the Midday cut off time and stormed round 2 fast laps to complete the teams final mileage tally of 118.8 gruelling miles! All in all it was a stunning effort by the whole team who on the final results had finished a fantastic 57th place from 219 team competing!"



Old Down 5k

At the Aspire Events Old Down 5K a Dursley trio of Amanda Barrand, Graham Wilkes and Emily Harding took part. Amanda come home first for DRC in 40:79, placing 8th senior female , with Graham just under 4 minutes behind her, 44:28, placing 5th M40, with Emily finishing in 47:11, if its anything like the cross country course it would have been a challenge!

Cotswold Super Sprint Relays

"Not just a running club? Absolutely !! So if you have ever wondered what us triathletes get up to trying not to flash when changing in a car park by a lake, now is your chance to find out. Amazingly we have entered 12 teams !! in the cotswold super sprint relays this year but we are two people short of making up the full twelve teams. So if you fancy giving swim, bike , run a go then let me know, first come first in and as I say we only have 2 spare places so don't delay if you want in. The event is on SUNDAY 2nd September, the emphasis is definitely on fun and we have several tri virgins already entered so don't think you need to be a pro. It is the shortest possible event, with a 250m open water swim in a lovely lake (will probably be around 20 degrees so might feel cool but certainly don't have to have a wet suit, many people will not be wearing them), 8km bike on pan flat roads all safe left hand turns (even Neil "I don't do bikes" Truelove managed it last year and a 1.5km run on flat trail around the lake, that's the easy bit, right?"

Chris Young

Sodbury Sportive

Proving Chris Young's point DRC had at least 5 riders in this years Sportive and all performed well in the heat. Tara was the sole centurion braving the heat for just over 8 hours, 4th in her category, whilst Graeme Hawkins was quickest over 60 with an impressive ride of just over 4 hours and 3rd V70! Annette Heylings has highest placed in category for DRC with 2nd V60 in the 30 mile event.

Results: 100 Miles Tara Truman 08:12:28 (5th V40); 60 Miles: Graeme Hawkins 04:13:22 (3rd V70); Lisa Giloolly 05:30:36 (20th V40); Erica Fuller 06:02:33 (26th V40); 30 Miles: Annette Heylings 02:30:34 (2nd V60)



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Parkrun

Despite the holiday season almost 40 DRC athletes were out at Parkrun. Paul Gebbett ran the fastest, 20:36 at Cheltenham, but Mouse Clutterbuck managed to nip ahead of him in the age gradings as he ran a best of 21:10 at Wotton, achieving a 73.23% Age Grade. However as Alice Lewis was running this was not going to be the highest of the weekend with Alice recording 87.17 with a PB of 21:57 at Kingsway. There was a big turnout at Cirencester supporting the 24 hour relayers, and another 4 ran PBs or course bests including Steve Barnes, Richard Barker, Chris Curry and Nicki Cowle, whilst Sally Williams ran a best at Wotton.



British Masters Athletic Federation 10K Road Championships

Andrea Sexton travelled to Stoke on Trent to take part in the BMAF 10K championships. She reported "Arrived at the toughest race I have ever entered to see people standing around in (real) team GB and England Kit.... luckily they were a friendly bunch and made me very welcome. I set off strongly and had a good first mile. The second mile climbed a steep hill - and then came back down the same steep hill before heading out on a tough and hot section. I continued running pretty well until the heat and some cramp got to me in the last 3k where I had to sensibly back off in order to save myself for another day. Definitely NOT a PB course and several runners collapsed. I'm really glad I went - it was a great training run for me and I'm not so far off the contenders as I feared I would be. Now encouraged to get out and keep pushing myself in my training. Thanks Team Sunday - your support really helped me today!". A great result for Andrea 59:56, 111th overall and 8th F40.



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Golf Club Challenge

As we prepare to say a fond farewell to Mr T the Golf Club Challenge is back again. Neil reported on Sunday "Michele Shapland had a great run this morning to go back to the top of the leader board with 28:12 only to have it snatched away 3hrs later by Ben Cardinal with a mighty 25:11. Meanwhile, among the men, Andrew Shapland moved into 5th place with 25:59. No-one is troubling Paul Gebbett's leading time of 21:40 just yet but I think there are few big beasts still to come out to play before the month is out. Plenty of time to go yet".

It appears that the challenge is becoming even more complex with the option to run as a couple, or as mother/father and child and no doubt a whole host of other permutations, Chris Young will tell us how many and then Neil can give them an appropriate number code!

DRC Juniors

Caroline Jones reported "We had another great Mini Athletics session, much nicer weather. We were focussing on sprint starts and had fun playing 'rats and rabbits'.

NB: 8th September 'Try out Tri' Event

Tuesday Night Club Night

Kangaroos - Roger Newman

Squirrels - Cath Hall

Greyhounds - Louise Beck and Cara Zoglowek

Greyhares - Nicola Evered

Hares - Nicki Cowle

Foxes - Lisa Young

Lions - Tony Waye

Leopards - Damian Lai

Antelopes - Kevin Jackson

Penguins - Jonathan Tudor

Handicap Race 3 August 14th

Need volunteers please contact Dave Durden ASAP