



Dursley
more than a
Running Club



Glos AAA XC Wotton DRC "home fixture"

A small but determined band of Juniors led the way at the AA cross Country at Wotton on Sunday the 9th. Despite the recent rain the course was only boggy in the north eastern quadrant including the run in to the finish but athlete had to contend with a strong westerly wind.. Joe Dunn was first DRC home on the day, in his first AAA XC outing in the U11 boys race and finished strongly. Lila Heath ran a controlled race and was looking good. Joel Wosfield returned to the XC league after long time off and after a fast start struggled with cramp but put in a good effort on his return. The cream of the the

DRC's runs was from Lucy Holdsworth in the U11's. So far she has finished in the top ten twice in her earlier races. With a quick start she was always in touch with those competing for the podium. She came in the last section in 5th position. Kicking on she moved into third place with around 400ms to go but a long legged competitor from Team Bath AC pushed home her anatomical advantage leaving Lucy to come home third just in front of a fast finishing Gloucester runner. A good showing of nine DRC woman were on the start line of the 6.4km course. Robyn Wait (Jackson) and Margaret Johnson rued their start line positioning as on the gun they were baulked by the Gloucester AC runners going to the first corner and then were struggling to over take despite this the both made good progress up the field, with Robyn finishing in 12th position 6th Senior Woman.

A better appreciation of the course might have allowed for some improvement. Behind Robyn the usual suspects were running strongly with Margaret placing 3rd F50 and Alice 2nd F60. The relative newcomers to Cross country, Rachel Brown, Nic Christopher and Jo Fearn ran controlled races. It was good to see Kathryn White returning from Oxford to compete for DRC and enjoying it. Well done to Teresa Walton another fearless competitor who ventured out to her first Glos. AAA XC league event and getting into the top ten in her age category. Eileen Hieron was paced by Jo Fearn to first place in her category. Unusually by the time the senior men arrived on the start line the course was still looking good. A summer of park runs seemed to have compacted the ground and the

rain had not really softened it up much. As a result even with a host of races conditions were still good at the end of the afternoon. The men didn't need to much encouragement to start quickly and the ground condition aided and abetted this approach. DRC mens' team had been impacted by Mike Browns badly sprained Ankle and James Everett being ill, but a senior team of some strength lined





Dursley
more than a
Running Club



Glos AAA XC Wotton cont...

up, with Paul Hockings, Dan Anderson, Mike Crompton, Matt Read, Matt Hazel-Livall, Andrew Truswell, Nigel Sankey and Jon Tudor repres-



enting DRCs senior hopes. The Vets were a bit thin on the ground with Tony Wooldige Martin Bragg, Andy Kilby and Dave Durden starting Paul and Dan were quickly out on front of the rest of DRC. The two

Matts followed, both frequent flyers at Wotton parkrun started at parkrunpace, Matt Read struggled to keep this up whilst Matt HL crashed and burned after his Brecon Marathon from the previous week. He held on though and produced a counting score for the team. Closing in on him was Andrew Truswell who had another controlled run. Dave Durden led the veterans team home, with Tony Wooldridge easing away from Martin Bragg on the last lap having earlier given Martin the hope he might be able to catch him! Kevin Jackson allegedly went all "old school" hard out and hold on and



he and Dave finished 2th and 13th in their category rie sbut in the Year 60+ DRC excelled with Tony

placed 2nd and Martin 4th. Andy Kilby desmtrtade the Kilby Sprint again depiste struggling with eth drop in temperature from his week away in Lanzarote. All in all a postive day form DRC supporting grass rots running with Glos AAA. Huge thanks goes to John Rogers and



his helpers, who set up, attended the car park, marshalled and took down the course, ensuring that not only DRC athletes but close to 600 athletes in total were treated to interesting and testing courses



Dursley

more than a
Running Club



Glos AAA XC Wotton cont...

Results Juniors: U11G Lila Heath, 47th 12:32; U11B H Joe Dunn; U13G Lucy Holdsworth 4th 12:28.

Senior Women: Robyn (Jackson) Wait, 12th (6th SenW) 25:21; Margaret Johnson, 41st (3rd F50), 27:47; Alice Lewis, 63rd (2nd F60), 29:39; Nicola Christopher, 88th (25th SenF), 31:25; Rachel Brown, 94th (11th F45), 32:04; Kathryn White, 102nd (26th SenF), 32:47; Teresa Walton, 137th (9th F60) 38:59; Jo Fearn, 141st (F40 11th), 43:28; Eileen Hieron, 142nd (FV75 1st), 44:13.

Dursley Senior Women's Teams A 12th (116) B 27th (284) C 31st (420). Dursley Masters Women's Team A 8th (198), B 19th (420)

Senior Men; Paul Hocking, 24th (4th M40) 34:10; Dan Anderson, 31st (25th SenM) 34:47; Mike Crompton, 36:05 (42nd SenM); 77th (53rd SenM) 38:04; Matt Hazel-Livall, 105th (65th SenM) 39:38; Andrew Truswell, 108th (66th SenM); David Durden, 120th (13th M50) 40:36; Nigel Sankey, 123rd (70th SenM) 40:52; Tony Wooldridge, 128th (2nd M60+) 41:14; Jonathon Tudor, 136th (73rd SenM), 42:00; Martin Bragg 138th (4th M60+) 42:17; Kevin Jackson, 165th (12th M55), 44:57; Andy Kilby, 182nd (9th M60), 47:00.

Dursley Senior Mens Team's: A 8th (394); 21st (810). Dursley Masters Men's Team's; A 7th (410).

Isle of Wight Chilly Hilly

The evergreen Dave Saunders entered a crosscountry race that made Wootton look like a walk in a park(run). He completed the Chilly Hilly 10 Mile XC race on the Isle of Wight again in gale force winds and ankle deep mud.

He reported "Spectacular views especially from Tennyson's Monument but a bit hairy running along the cliff top!"

He finished in 97th position (1st MV65) in a time of 1 hr 32 mins 57 secs....5 mins quicker than last year, Evergreen Saunders for sure



Rogue Runs Mallard Peaks Night Race

Three Dursley runners made it across to the Forest for the first of the Rogue Runs four race series of night runs. Matt Read reporting. "On a balmy December evening, after a slightly worrying warning about Boar, we were off along the first, reasonably runnable section. This didn't last long as we soon turned up the long, steep, muddy climb. From here, the course became very uneven with tight turns, dips, mud, roots and branches meaning you had to keep a very close eye on the ground in



front of you – not so easy in the dark. After a few more ups and downs, we reached the long downhill, a very narrow, twisty and bumpy ride – the most enjoyable part of the course. Next up, the "shoe wash" a thigh deep river crossing, followed by another downhill, before the course finally levelled out again for the sprint to the finish. Matt Read finished in 26th place in just over forty minutes, with Kevin Brockway and Rachel Brown in 200th and 201st respectively, just over the hour. Kevin was 20th MV50 and Rachel 8th FV45"



Dursley
more than a
Running Club



Lanzarote Marathon

Mark Sprigings avoided the Lanzarote Running Challenge but found himself doing a very challenging run in Lanzarote anyway. He had taken advice from the experienced marathoner Neil Parry and as a result had some idea of what he was in for. However in Mark's words "nothing could have prepared me" An undulating 13.1 mile out and back course along coastal path, on a notoriously windy island! The 8am start made little difference to running conditions by 8:30 the sun was blazing without a cloud in the sky and already 25 degrees and 80% humidity. Mark said "By 4 miles in I knew any chance of a half decent time was out the window and had to try and adjust to the conditions!" Although aided by a very strong tailwind at around 11 miles, he was left thinking how he would even be able to even finish, as where alongside the Arrecife Airport with planes taking off 50 meters above his head, "fantastic view and experience!" It had reached 28 degrees and reportedly humidity up to 90%...and then at 13.1 mile he turned into a 30+mph headwind! Mark found this soul destroying but had to just keep moving letting the pace drop. Eventually he made it back, just about in one piece and got across the finish line. He posted "This was my 10th marathon in 2 years and most definitely the hardest, not even one of my top 5 times but I was thoroughly happy with 3:39 and final position of 109th from 604. The day before also saw my children Harry and Olivia take part in the Buddy Marathon Race and getting their medals for completing a short course which which they were super chuffed" Mark is now one of many older athletes who knows his children have the better running form! He also said that "It was great to meet Ray Williams and wife (Mel), fellow DRC members who cheered me on at the final sprint! A fantastic run in the conditions by Mark



Run to the Castle Ultra-Marathon

Quentin Somerset DRC Member and founder of New Berkeley Harriers ran the "Run To the Castle Ultra Marathon" notching up his 88th Marathon and taking some great images along the way, although some photo-shopping may have occurred! Any way Quentin is well on the way to his 100 in 2019.

Meanwhile on the DRC facebook page Cathy Hasler posted "Congratulations to my epic dad Ray, who ran his 100th marathon



this weekend, in 9 years. Not bad at all for a 60-something; must be all the raw-food-vegan-ism he swears by" Dare I say DRC know that age is no barrier to athletic achievement but well done Ray!

Half Century for Tel



Dursley

more than a
Running Club



I am not sure that any DRC parkrunner expects to get away with a quiet 50th or 100th parkrun, but Tel look unaware of what was awaiting him at Wotton as he ran over to the parkrun on Saturday morning. Congratulation to Tel. He was joined by 11 DRC parkrunners with an impressive number of parkruns between them! Well done to Carly Heath who ran the sole PB of the weekend with 29:44 at Wotton, also at Wotton Stuart Watts ran a course best, as did Andy Probert, and Charly Palmer at Gloucester Central whilst Andrew Obourne did so at Newport. Quickest parkrun was Pete Chaffer, a first timer at Riverside in the North East, highest AG for DRC of 72.88% whilst Lise Hindshaw was quickest DRC female parkrunner with 25:02 at Wotton and an AG of 63.45%. Well done to all thirty one of DRC parkrunners.



Sudeley Castle Santa Runs.

Sam Hill reports that "Liz Hill was flying the junior flag today in the 1k. The heavens opened on her half way through. She did brilliant and came in 2nd female and we think 6th overall. Smiling all the way round. Team DRC took part in the 8k which was brilliant. Muddy, hilly with lovely views always a winner with me. There was a little waiting at the gates to get through, but it didn't matter. It was a great fun event for all the family. Would definitely do it again.

Steve Rugman was the first DRC home in 54.32; Sam Hill 01:10:54; Julie Furneaux 01:11:11; Tracey Strickland 1:17:03; Jude Rugman 1:17:16. Also just want to give Henry a little mention. After a tough few weeks he took part in the toddler dash and was very proud of his medal. Future DRC junior in the making. Sorry if I have missed anyone out.

Well done to Liz and particularly to Henry!



Grand Prix Series 2019 Announced

Go to web site link to see GP details and enter

<http://www.dursleyrunningclub.org.uk/club-grand-prix/>



Dursley
more than a
Running Club



Next week includes another Yr7+ session on Wednesday, an U21 session on Thursday (featuring just a few hill reps), a cross country training session on Saturday and an Indoor Athletics League event at Rednock on Sunday.



Please let me know if you can help with cakes on the Sunday and please please let me know if your junior can attend on the Sunday.

We're getting close to that Christmas break, but there are a few more weeks of sporting to fun to come yet. The 15th, 19th & 20th will be the last training sessions this side of Christmas. Returning on the 9th, 10th, 11th & 12th for our busy January programmes.

Caroline jones

Club Runs

Tuesday Night 6:15 for 6:30 exit

Tuesday Leaders are as follows:

Kangaroos - Cath Hall
Greyhounds - Cara Zoglowek meeting at Tesco's at 6.15pm
Greyhares - Sarah Willcox
Hares - Nicki Cowle meeting at the spot 6.15pm (pub Spotting/spot to spot)
Foxes - Steve Rugman
Lions - Richard Hensman
Leopards - Damian Lai
Antelopes - Martin Bragg
Penguins - Kevin Jackson
Well done to everyone on xc today

Don't forget NO REFLECTIVE HI VIZ NO RUN and please respect all pedestrians dog walkers and cyclists and stay safe.

See you on Tuesday

Nicki aka the Badgerer Cowle and Damian Lai her Badgerer Assistant 🐾 xx

Thursday Night Club Run

All abilities out and back towards Uley

Meet at the spot car park around 7.15pm so we can start at 7.30pm

1 hour session

High viz essential

Torches recommended

Refreshments in the spot after

Kris Rymer