



Dursley
more than a
Running Club



Try out Tri

The next generation....



Caroline Jones the main driving force behind the event posted "The first ever DRC Junior Triathlon event was a huge success, wow, just wow! Over 50 athletes competed, giving their best and showing us their swimming, cycling and running skills. Well done to each and every athlete who completed the race. Full results here <https://drive.google.com/open...>

Winners of the 8-10 years category were:
1st Benjamin Howse
2nd Stanley White
3rd Billy Smith

Winners of the 11-13 years category were:
1st Lucy Holdsworth
2nd Luke Davies
3rd Jacob Brounger

Winners of the 14+ years category were:
1st Aneurin Earle
2nd James Durden

This event could not have happened without the huge support of all those who planned, organised and delivered the event, so a huge thank you to everyone who helped. A few specific call outs to Martin Bragg, Tara Truman and Annette Keevil (our area leads) and our sponsors; The Pulse (thanks to Ange and team for the swimming, pool, spin room and help on the day), Emsea (our amazing medals and trophies supplier) and Sainsbury's (the snacks).

This event was so successful we may even do it again next year!" As Caroline says a great event providing lots of young athletes the chance to have ago at Tri. Moving from the pool to the spin room with a tough transition out and up the "Mur" at the back of the Pulse and onto a 400M loop, with a nasty little drag on it as well. The rain held off and conditions were good for the athletes. Amazing efforts on the day, for many a first go at multi-discipline events and as the adults know the transitions are tricky to say the least physiologically, with even experienced triathletes having to work hard to find the right balance of speed on the bike into the run. Fabulous cake, medals and prizes. A huge well done the Caroline and her team of organisers and volunteers who made it all possible.



Dursley
more than a
Running Club



Oldbury 10



Another big event this weekend was the Oldbury 10 Mile, back in the day 10 Milers were the distances races most club runners did, & many of the older members were sub hour 10 milers, some closing in on 50 minutes! 2018 saw 43 DRC Athletes completing the course. The weather improved from heavy drizzle/rain to a sunny autumnal day, the down side was a strong wind that seemed to come from every direction, but was mainly a westerly, so runners had to face it on the final run in. The course is pretty flat apart from a gentle incline at the start, that a can encourage too fast a start, and it then turns into a long drag to finish after running 9 and half miles! DRC were led home by Mike Brown, in 13th overall, 8th senior male. I was told he was running it at 90%, so a training race for Stroud Half. Mike ran just over 63 minutes which was probably in line with the objective, an average of around 06:13 minutes per mile although he admitted his pacing went awry!

Kevin Jackson had a typically consistent run to come home second for DRC and he even entered as DRC and not DADAC! John Tudor 3rd home in a solid 01:15:33. Tara Truman was first DRC woman to finish in 01:19:19, with Audrey Harris Alice Lewis and Lise Hindshaw a strong team of woman coming in around 4 minutes later, just 2 seconds apart. Audrey perhaps benefiting from her summer speed training with Margaret produced a personal best. Graham Tudor and Alice Lewis won their categories, with Kevin Jackson and Jim Moss both 3rd in their categories. Plenty of top ten age cat. placings finishers as well, Tara 4th, Lise 5th, Michelle Shapland 9th, and Andrew Obourne 10th in their respective categories.

Some strong running from a number of DRC athletes under 8 minute mile-ing including Ian Cole, Andrew Obourne, Paul Breen, Graham Tudor and Damain (Damo) Lai. There were equally strong runs in the eight minute pace category as well plus lots of BIG efforts all round! Julie "Jaffa" Gowing found that not worrying about her expected finish time helped her relax and with help of a DRC pacer ran a massive 6 minute PB! Whilst the course is great for PB running, it is also unforgiving in its flatness, you just have to keep going which if you are finding it hard can be a real challenge, and there were some choice words describing the course and wind! So it was a great effort by all the DRC finishers with Karen Eadon and Emma Owen the Lanterne Rouges for the club, stooping along the way for some of nature's refreshment to keep themselves going in form of blackcurrants! As ever fantastic support around the course from DRC members and others, as well as quite a few posers of DRC runners supporting each other as we have



Dursley

more than a
Running Club



Come to expect, Jaffa posted "Thanks to everyone who came out and supported on route it makes a difference." Great to see everyone enjoying themselves, some AFTER it was finished in the company of the DRC family, others enjoying the run/achievement or the final part of their medal (bling) jigsaw!! Well organised by Thorbury lots of happy and helpful



Marshals and plenty of water stations, results up early also. Paul Breen was first home for his club "Dursley" running club, anything to come first, if Kevin can run for Dursley RC we all can

Results:

Michael Brown, 01:03:09, 13th, (8th Male Open); Kevin Jackson, 01:10:51, 56th, (3rd MV55-59); Jonathan Tudor, 01:15:35, 78th, (25th Male Open); Ian, Cole 01:16:12, 82nd, (27th Male Open); Andrew Osborne, 01:17:30, 94th, (10th MV45-49); Graham Tudor, 01:17:55, 98th, (1st MV60-64); Tara Truman, 01:19:19, 107th, (4th FV45-49); Damian Lai, 01:19:28, 108th, (19th MV40-44); Andy Shapland, 01:22:50, 124th, (13th MV45-49); Audrey Harris, 01:23:17, 125th, (6th FV40-44); Alice Lewis, 01:23:20, 126th, (1st FV60-64); Lise Hindshaw, 01:23:36, 129th, (5th FV45-49); Pete Dunn, 01:23:36, 130th, (21st MV40-44); Jadie Cotterell, 01:25:17, 143rd, (19th Female Open); James Moss, 01:26:10, 149th, (3rd MV65-69); Darren Smith, 01:28:58, 172nd, (42nd Male Open); Mark Owen, 01:29:43, 175th, (43rd Male Open); Michele Shapland, 01:29:54, 177th, (9th FV45-49); Nicki Squire, 01:32:29, 193rd, (31st Female Open); Lucy Fairall, 01:32:29, 194th, (17th FV40-44); Sam Martin, 01:32:55, 196th, (32nd Female Open); Joe Ball, 01:32:56, 197th, (45th Male Open); Andrew Eades, 01:32:56, 198th, (46th Male Open); Julie Gowing, 01:34:59, 211th, (39th FOpen); Kris Rymer, 01:35:01, 214th, (24th MV40-44); Hannah Carter, 01:35:06, 216th, (42nd Female Open); Michelle Ball, 01:35:43, 219th, (20th FV40-44); Chris Curry, 01:37:17, 224th, (25th MV40-44); Anne Harris, 01:37:46, 227th, (22nd FV40-44); Deb Peake, 01:38:06, 228th, (14th FV45-49); Janet Matthews, 01:38:07, 229th, (45th Female Open); Emma Keating, 01:41:47, 246th, (17th FV45-49); Dominique Pemberton, 01:41:47, 247th, (50th FOpen); Suzanne Moss, 01:44:50, 259th, (27th FV40-44); Becky Court, 01:47:19, 269th, (57th Female Open); Nicola Cowle, 01:50:35, 286th, (32nd FV40-44); Nic Christopher, 01:59:07, 299th, (69th Female Open); Ben Houghton, 01:59:07, 300th, (53rd M.Open); Carly Heath, 01:59:07, 301st, (70th Female Open); Cara Zoglowek, 02:15:47, 310th, (31st FV45-49); Karen Eadon, tbc; Emma, Owen, tbc.





Dursley
more than a
Running Club



A Tale of three halves

Great North Run

Just two of the three expected runners on the line more about the third later! Neil Hodgson was first in, not in top form, home in 01:37:22, 1341st position whilst Andy Hara ran 01:59:29 also someway off his 2017 time of 99 minutes. Neil reported running out of gas about 7 miles and then when on for 01:30 stopped to help a guy finish "helping/walking/carrying a guy the last 800m to cross the Finish line". Top job Neil!

Chippenham Half

3 DRC athletes were on the start line at Chippenham Dave Saunders, Mark Sprigings and Benjamin Cardinal were on the line with Ben preparing for the Chester Marathon. Mark Sprigings pulled up after about 4 miles with an injury. Ben was first home for the Club in 01:41:43, 10th F35-44 and 153rd Overall Dave finished in 382nd (10th MV60). It was an unplanned race for Dave he posted "completed the Chippenham Half Marathon with my son Mark who wanted to do it in under 2 hours. Agreed to act as a pacer as he has never raced this distance before and has had very little training. He did however complete a 10k the other week in 47mins for charity! We finished together in a time of 1:56:30 which should not have been possible given Mark's lack of experience/training but we are both obviously delighted. A potential recruit for DRC methinks! What a great race Chippenham is with the course mainly on country lanes and fairly flat but with a few inclines especially towards the end. Parking is onsite and the organisation superb with friendly enthusiastic marshals and plenty of portaloos at the start (Ed. always essential) Also a great atmosphere before and after the race. Can definitely recommend". Well done Dave and Ben!



Swindon Half

It was the same tale at Swindon 3 DRC athletes on the start line but only two finishers, After a long layoff Joe Browning was unable to complete the course. It was left to Liz Halford to lead the team home in 02:107:44 1043rd in category with Kevin Proctor "fresh from his Cross-Channel swim, probably wishing he was back in the water getting round in 02:29:34

More than A running Club

Steve Watson was due to be at the GNR but I will let j him continue....'A slight calf niggle and some family stuff meant I headed East rather than North East to compete in the British Open SpeedGolf Championship in East Sussex with a late cancellation allowing me to compete in the Novice category (as a first time



Speed Golfer) amongst the other categories of Amateur and Elite Simple rules - max of 7 clubs, cover the 18 holes as quickly as possible with the best gross score you possibly can (there is no handicap system) I completed in 49mins and 50secs with a gross score of 79 giving a total of 128.5 Good enough for 1st in Novice class and a 4th place overall" as Steve pointed out t me DRC more than a running Club!





Cattle Country 5K & 10K

There was another trio at the Cattle Country 5 and 10k, and they all finished. Francois Low felt it was worth a mention though as he managed his first top ten finish always nice! The 5k saw Clair Oxley home in 44th in 33:06, in the 10K Francois Low was 7th (4th SenM) in 44:00 with Mike Thomas 44th 56:21

RunThrough Olympic Park 10K

Jackie Pennington was down in London for the 10k event at Queen Elizabeth Olympic Park, representing DRC she posted "Great course, would recommend it. New PB for me 57.06 - feeling chuffed" Love the chalk board message, and winning means so many different things, yes the first person past the line is the winner but without all the other participants it would

be much less meaningful and we are all on personal athletic journeys (tell me about it!) and victory can mean a host of different things to all of us! Great effort Jackie!



Grant Thornton Dockland 5K

And finally, Rob Hale (DRC's representative in Dublin) joined Damo to complete the above 5K, with Rob just sharpening himself up for the Berlin Marathon with a 19min outing and Damo ran a PB of 22min, the Marathon man is getting his skates on!

Cheltenham Triathlon 2018

Leigh Allen, Mark McConnell Tania Honey, Cath Griffiths & Liz McConnell travelled to Cheltenham Triathlon with the weather improving as the day progressed. Promoted as a fun event open to all abilities of competitors of competitors, who enjoy a personal or team challenge. The swim takes place in the Lido's 50 metre outdoor swimming pool (10 lengths) with the run and cycle around Cheltenham and the picturesque Cotswold hills. The Swim is 500m, the Cycle 13 Km and a run of 2.7 Km. It was all in a good case too! the purpose of the morning is to raise funds for

for LINC (Leukaemia Intensive Chemotherapy) and Sandford Lido Limited. The ladies enjoyed themselves and continue on their amazing athletic journeys with DRC, fantastic efforts! The 50m pool is awesome by the way and heated! Leigh Allen led the team home with some super quick transitions, whilst Mark completed his first ever triathlon, awesome!



	Swim	t1	Cycle	T2	Run	Pos	Time
Leigh Allen	12:37	01:41	29:03	00:59	15:37	202	00:59:19
Mark McConnell	16:42	03:11	27:45	02:15	15:53	370	01:05:02
Tania Honey	14:14	04:00	31:32	01:17	18:39	346	01:08:52
Liz McConnell	14:45	03:06	32:25	01:42	19:37	370 th	01:10:18
Cath Griffiths	15:13	06:13	39:24	2:34	23:40	447 th	01:25:38



Dursley

more than a
Running Club



Jennie is promoting this as a “great cross-training event on here! I am running a Scottish ceilidh on 13th October at Nailsworth Comrades Club, in aid of Sunflowers Suicide Support. It's a bit like doing an endurance event and a really good laugh. Be great to have a DRC bunch along. I've run several of these here before and they've been a great success. Tickets £10 in advance, £12 on the door and BAR!!! We have a band from my home town in Scotland and a caller and I can translate! Who's in?” Contact Jennie via the Tri facebook page or a pm



Parkrun 50 at 40



Kris Rymer – dare I say – one of the most improved runners this year, and I am not trying to influence any nominations for Annual awards celebrated with a surprise Birthday and parkrun party at Thornbury! A despite the balloons he managed course best and was first in for DRC. Happy Birthday Kris! Neil

Hodgson was quickest DRC over the weekend, 20:03 in Middlesborough, with Catherine Faye quickest DRC woman at Thornbury. PBs or course bests went to Emma Barrand at Chipping Sodbury, Steve Rugman, Jude Rugman and Emily Harding all at Thornbury. Graeme Hawkins topped the Age Gratings with 77.9% at Gloucester with a run of 22:38, just ahead of Nigel Burford who ran strongly at Wotton to place 4th in 20:48 with an AG of 75.1. Annette Heylings a first timer at Newent posted the highest AG for the DRC women of 67.3%



Up and coming Events

Final Handicap Race plus awards and social 11th of September

Points mean prizes – start list has been issued NB prompt 06:30 start, remember your pins and numbers!

AGM and Annual Prize Giving Friday the 28th of September, nomination form out

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