



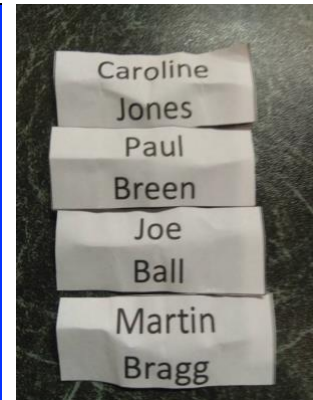
Dursley
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Running Club



DRC VLM London Marathon Draw 2018

Well over thirty DRC members had their names in the hat for this year's club draw, held on Tuesday the 6th.

As ever commiserations to all those whose names remained in the hat but congratulation and good luck to the four lucky winners, whose names came out in the order as shown on the right Caroline Jones #1



Glos AAA Road Race Series 2018

Dave Saunders

The final results for the series are now in following completion of the last race, the Guy Fawkes Five at Tewkesbury on Sunday. Apart from those members listed below, mention must be made of Mike Brown & Kris Rymer who both put in strong performances at several races. However, they were included in two of the toughest age categories, and whilst they did not amass enough points for individual placings overall, they did contribute greatly to the club's position in the team event.

Results are:-

David Saunders 2nd MV65 68pts (8 races)

David Durden 2nd MV50 59pts (8 races)

Alice Lewis 3rd LV60 50pts (5 races)

Steve Barnes 5th MV60 33pts (8 races); Neil Truelove 6th MV55 28pts (5 races).

The following took part in the series but unfortunately did not complete the 5 races min requirement: Eileen Hieron 1st LV75 30pts (3 races) and John Hieron 2nd MV80 10pts (1 race)



Teams (15 clubs entered):-

Men's Open 6th overall 626pts (Best 8 races)

Men's Vets 5th overall 601 pts (Best 8 races)

It has been a good year for DRC but I am hoping that even more members will take part in the series in 2019. There are 12 races in all (roughly one each month), ranging from one mile up to 20 miles including a few 10ks and a couple of half marathons. The first race, the Linda Franks 5 miler in January has unfortunately sold out already but the usual second race, the Staverton 10 has not yet opened for entries. Third should be the Gloucester 20 in March which is open and you can enter now. The rest of the series has yet to be announced, so watch this space!

Endurance Life Gower

James Everett took part in the Marathon with Francois Low the 35 mile Ultra. James finished in a fantastic 8th place in 04:24:00, Francis in 06:06:12 and was an impressive 36th overall. Francois has provided a full report:

"Four am alarms are never great but this time I had somewhere to be, something to do, and the motivation to do it. A 2hr drive brought me to Oxwich Bay on the Gower Peninsula which was this years location for the Gower Ultra Marathon. Thirty Five miles of coastal trails, dunes, mud, and views



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...oh and hills, many hills! Following lesson learnt at the Brecon Marathon in May, I was prepared with plenty of fuel, gels, water and salt tabs, now I just had to remember to actually consume them.

Arriving to the start, on the coast, dawn was thinking about breaking at 7am. It didn't bother until around 07:30 but that gave me time to register, get tagged and have a coffee and bacon roll. There was a well organised briefing covering all eventualities. There were a number of races being run with the Ultra being the longest but also a Marathon, Half Marathon and 10k as options. We were first to start, 122 likeminded crazies. This coincided with the first heavy downpour of the morning and with it, my first moment of indecision as to whether to equip the raincoat or not. I chose to not wear it in fear of overheating in the first few miles which usually are run at far too quick a pace despite the unwritten rules! Out onto the beach for 400m and then a swift turn into the dunes for a good few miles of varying sand conditions all untrained for. The first big climb came shortly after this and feeling fresh didn't pose too many issues. Happy with progress I didn't stop at the first check point (6miles) and remembering to keep the energy up with my gels and hydration saw me through to CP2. Each CP required tabbing in as 'evidence' and I took this opportunity to fill up water and take on some sugars.

Leaving CP2 we passed the Half Marathoners making their way to their start line. Their words of encouragement soon were put to the back of my mind as rounding the corner saw the 2nd big hill of the day. This had to be walked, power hiking was out and even a brief breather half way up reminded me i still had a long way to go. Reaching the summit there was no time to stop as it was the Welsh weathers turn to test us and that it did. Heavy rain and strong winds quickly soaked me and after a few miles of stubbornness, I conceded and put on the rain jacket. A welcome warmth indicated how cold I actually was and so it stayed on for most of the rest of the race. By this time the marathon runners had started to catch us and pass us and soon the half marathoners joined the party, this meant losing all of those subconscious 'people markers' that you tend to run with, chase, follow and all blended into one. It was now my own race. Miles 17-26 were ok with a dip in energy around the 20 mile mark. A moment of self doubt at 24 miles where i almost convinced myself i was running the wrong route and with the wrong crowd. Luckily I wasn't and after ascending and then descending what seemed like 1000 'beach steps' we were back on the beach and heading back towards the start line. This indicated the finish for the half and marathon runners and as they peeled off to applause and cheering i ploughed on past for the final 10k. Once past that point I realised how dispersed the Ultra runners had got. I continued up the beach for another 1/2 mile and glanced back to see another solitary soul in the distance, contemplating chasing me down. We were now onto the 10k route and i was on my own. Back into the dunes and varying inclines and paths gave me a glimpse of someone ahead. Me being me, I had to make the effort at least to catch him. By now i was really feeling tired, heavy legs and knees were beginning to object. Over the next 4 miles i picked off another 3 who seemed to be in the same boat as me both mentally and physically. And so as I descended to the beach for the final time and rounded the headland with 1.8miles to go, I could see across the flat, wet sand flats, the finish flags. 14minutes to cover 1.8 miles in order to finished in under 6hours. It was just too much and although 1/2mile ahead i could see someone struggling as i was I couldn't close the gap. Crossing the line in 6hrs 6mins I felt exhausted but knowing it given it everything. Later I found I had placed 36th of 122 runners. It was another tough race, more hilly than originally thought and proving there's no substitute for training and fuelling correctly. Thank you to all of you for your continued support and well done to all who ran, run and will run. You can do it!

Sodbury Slog

After the heavy rain Friday and Saturday the ground was definitely good to soft the runners of this year's Sodbury Slog. They were however presented with fine conditions on the day with beautiful blue sky and cool conditions idea for running in. This year's race saw the best DRC turn out in many years, the Slog being another race you need to "enter" early to avoid disappointment, and then need to remember your running it and do the requisite training! Around 1000 participants were at the start. Before the race commences the two minutes' silence is held and then the Last Post played. "Always very poignant" said Garry Strickland.





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DRC were led home by Caroline Jones in an impressive 224th position, always good to be top quartile! Caroline was some way ahead of the pair of Lise Hindshaw and Lousie Biddell, making it a one, two, three for the women. Lisa and Louise were giving each other some mutual support through the mud, which seemed to be the order of the day with Jaffa Gowing running with Kris Rymer, Garry Strickland and Steve Rugman also pairing up. Steve Barnes managed a 17th position in age category but top of the tree was Eileen Heiron 4th V60 and probably higher in her actual age category! Jaffa posted a good description of her race today "OMG! I conquered my fear! So no longer a sodbury slog virgin! There was a lot of banter from my drc fam leading up to this, I was bricking it! I recall Steve saying to me, Jaffa I've never known you so quiet!Ran hard at the start to avoid bottle necks, first lot of muddy water at boggy bottom, I slipped and fell on my ass (*didn't know donkeys were allowed* Ed), against the bank luckily and this was only 2-3 miles in! Felt like it was getting deeper at one point! I ended up with a stitch about half way round, which took ages to go forcing me to walk for a bit. Managed the "sheep dip" ok, that was very deep! I'm so glad there were things to hold on to. The "leap of faith" I could do all day long then about 2 miles from the end was the "trough"! Thankfully running hard at the start there wasn't too much of a wait! Got a bit held up in it, at first I thought this is ok it's only ankle deep, walk through a bit more, knee high, also stinging my hands on flattened nettles and thistles on the bank trying to balance myself at this point I wish I still had my gloves that I had thrown away earlier! Then the queue gets moving, it's above my knees, I'm walking on tip toe, then it's up to the tops my thighs. Then it was the last 'slog' Home! The support was amazing. I was quite shocked to see I had managed to get round in under 2 hours! 1:53 chip time! I tried to enjoy it, and yes I screamed in the water! There's also pictures of me forcing smiles! Not sure if I'll do it again tho! Love the t shirt. The trumpet playing and 2 min silence for Remembrance Sunday was very moving indeed. #idedicatetoallnolongerhere #thankyou"

Results: Caroline Jones, 224th, 01:34:04, (20th F35); Lisa Hindshaw, 418th, 01:48:17, (51st F35); Louise Biddell, 419th, 01:48:17, (52nd F35); Julie Gowing, 489th, 01:53:38, (68th F35); Kris Rymer, 490th, 01:54:03, (na); Steve Rugman, 515th, 01:55:33, (91st M50); Garry Strickland, 516th, 01:55:33, (92nd M50); Julie Froggatt, 547th, 01:57:42, (20th F50); Claire Searle, 568th, 01:59:48, (21st F50); Eileen Hieron, 771st, 02:16:40, (4th F60); Steve Barnes, 828th, 02:23:06, (17th M60); Tracey Stickland, 876th, 02:27:31, (51st F50); Judith Rugman, 959th, 02:38:55, (62nd F50);

Severn Bridge Night Run

Running across the Severn Bridge is a pretty memorable experience especially in the Half Marathon that starts on the road way. Doing it at night must also be quite an experience, then add wind & rain! It didn't put of two intrepid bands of DRC athletes making down the Chepstow, on the Wednesday & Friday. Lots of smiles indicating that fun was had by all





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eRuns - Severn Bridge 5 Night Race - 2018



Despite his post pre- the Friday event "21mph winds and pissing with rain for the Severn Bridge run tomorrow night, cosmic! just what you want when running across an exposed bridge in the dark" Chris Young looked happy to be there but I think he was:

- treating it as a swim
- looking forward to the cake!



DRC Juniors

Caroline Jones

Wednesday was our indoor athletics Sportshall League Special. Huge thanks to Elliot from the Cheltenham Harriers travelling down, bringing all the equipment and showing us some of the league events. We had 24 Juniors there they had a great time. Saturday saw a double header for DRC Juniors with both the KLB Cross Country races and the 1st Sportshall League event.

We had 6 Juniors haring and they did a great job in encouraging those younger Juniors around the course. A couple of top performances to mention by name; Bill Smith 1st place in the Yr5/6 boys race and Holly Clarke 4th in the Yr3/4 girls race. Well done to all the DRC Juniors who took part, and there were quite a few all well deserving of applause. In the Sportshall League Olive Jones and Sophie Keevil put in a great performance for the first ever DRC U11 girls team! And Charlie Jones represented the U13 boys for DRC, fabulous. Well done, I'm looking forward to the 24th Nov for our return visit, hopefully with a much bigger team! Watch this space for our U21s running programme due to start soon (Tuesday evenings). Cross country training 9.30am at the rugby club next Saturday.



DRC Grand Prix Results 2018

Mike Crompton has now produced the final results for the 2018 Grand Prix these are now on the website:

<http://www.dursleyrunningclub.org.uk>

Congratulations to Tony Woolridge, Alice Lewis, Andy Probert, Annette Heylings, Matt Read and Eileen Hieron. The Prizegiving will be at the social on Tuesday 20th November.

Details for 2019 to be announced very soon. Watch this space!

Many thanks to Mike and Tony Freer for their work around the Grand Prix but especially Mike who has done the number crunching!



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Cirencester off Road Duathlon

Andrew Osborne was the sole DRC-Tri rep in the 2 mile run, 10 mile bike 2 mile run event. Finishing in 61st position in a time of 01:26:01. 18:27 on Run 1, followed by 46:57 on the bike and then 18:57 for the final run, both transitions were under a minute, which may please Tara!

Parkrun

Alice Lewis 60@60

Alice Lewis ran her 60th race at 60 at Wotton Park run on Saturday, and was fastest DRC female parkrunner of the weekend, 24:07 and DRC Age Grade Podium at 79%. There were just two PBs this weekend with from Leigh Allen at Kingsway, 29:58 and Stuart Watts at Wotton, 23:25. There were a number of quicks run from the men Mark Sprigings “fresh” from the OCR World Championships was fastest DRC parkrunner of the weekend with 19:21 at Chipping Sodbury, with Matt Rogers one of an number of DRC “parents” sneaking a quick run in before KLB Junior Cross Country . Matt achieving the highest DRC male AG at 72%



Marathon Triple

DRC member and New Berkeley Harrier's Supremo Quentin notched up three marathons in three days on his way to the magic 100 mark, finishing off with the Druids Challenge, clearly something in the Berkeley Water, what with Kate Browning fantastic run in the 135 mile Rebellion last week!



Glos AAA Cross Country Race Wotton Under Edge

We will be hosting the event on Sunday December 9th with John Rogers as the race director for the event.

This means we volunteers throughout the day and also the day before setting the course out.

It is eminently possible to marshal and to race given the timings

Please use this form:

[XCountry Volunteer form - December 9th 2018](#)

to sign up for specific roles.

(When you signup, you should get an **automatic email** telling you what you signed up for, so please ensure you enter your **correct email address** as this will be used for all communication.)

For those who wish to race the Dozen and are struggling to sort out a marshal for the Dozen or pick up another task this is an opportunity to gain a “credit” for the Dozen. If it is your intention to use a XC Credit to cover your Dozen race please confirm to Tony Freer

[Link to Xcountry web Page](#)



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Club Running

Remember: NO REFLECTIVE HI VIZ NO RUN, head torches are not essential but recommended.

Tuesday Leaders are as follows

Kangaroos -	Cath Hall
Greyhounds -	Louise Beck and Cara Zoglowek
Greyhares -	Sarah Willcox
Hares -	Nicki Cowle
Foxy Lions -	Richard Hensman
Leopards -	Caroline Jones
Antelopes -	Dave Wood
Pentelopes -	Margaret Johnson
Nicki aka the	Badgerer Cowle and Damian Lai the Badgerer Assistant

Thursday Night Club Run @ The Spot

Following on from feedback from some of the runners we will start at the spot again

This week we will be doing a 5-6 mile loop with the faster runners doing loop backs to get their distance upto 7-8 miles, Session length 1hr, Starting at the spot car park at 7.30pm,

Please be there 10-15 mins early so we can start at 7.30