



Dursley
more than a
Running Club



Va Va Vroom at Bugatti 10K



If you like downhill and up hill with a bit of flat in between the Bugatti10K is for you. Whilst clearly not as hot as it has been it felt pretty humid tonight. Tricky race to pace with fast opening descent and then challenging uphill finish. A great run from [Mike Brown](#) to pb in 39:54 17th overall and 8th senior male, but doesn't count as first home for DRC, because as you can see he was not wearing his club vest, Mr D next home in 42:02, 29th overall and 4th M50, [Alice Lewis](#) first and only DRC Lady, looking really good at the finish, 94th overall and we think 3rd F55 (even though

she's 60 now!) in 48:56, Dave Saunders finished in front of Neil R Truelove who took a tumble, lesson learnt for Mr T is don't fiddle with your watch when racing! Finishing matters off for the DRC team was Steve Barnes chip time 01:00:29. A beautiful location for race headquarters and prize giving at the Bugatti Owners. The race left Dursley well positioned across the age categories in the Glos AAAs Road Race Series results as follows Dave Durden 2nd MV50, Alice Lewis 1st FV60, Dave Saunders 3rd MV65, Neil Truelove 7th MV55, Steve Barnes 10th MV60. The men's team is currently in 3rd with the vets team in 2nd

Results: Mike Brown 17th (SM/10) 39:54; David Durden 29th (MV50/4) 42:02; Alice Lewis 94th (LV55/03) 48:56; David Saunders 115th (MV60/07) 50:50; Neil Truelove 136th (MV50/23) 52:20 Steve Barnes 202nd (MV60/17) 1:00:29

Standish Chase



A great turn out of 11 DRC athletes at the Standish Woodland Chase. With Ben Amigoni wearing the DRC vest for the first time, celebrating by leading the team home in 21st position overall just over a minute ahead of Kevin Jackson, (3rd M55). Jon Tudor ran well to come in 3rd DRC man. Jackie Creed who always looks so effortless when running was first DRC woman over the line and 2nd in her age category. Others making the Age category podia were Lise Hindshaw and Nicki Cowle. By all accounts a tough course, with some resorting to tactical walking- nothing wrong with that!

Results: Ben Amigoni, 21st, (7th SenM), 01:12:10; Kevin Jackson, 24th, (3rd M55), 01:13:20; Jonathon Tudor, 28th, (9th SenM), 01:15:48; Jackie Creed, 45th, (2nd F50), 01:22:57; Lise Hindshaw, 63rd, (2nd F45), 01:29:24; Mouse Clutterbuck, 67th, (8th M55), 01:31:03; Darren Smith, 84th, (7th M35), 01:39:42; Claire Searle, 90th, (9th F50), 01:42:09; Julie Gowing, 95th, (4th F35), 01:48:23; Kris Rymer, 96th, (8th M35), 01:48:24; Ian Roberts, 98th, (9th M45), 01:52:15; Nicki Cowle, 101st, (2nd F40), 02:01:21.



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K2 Sports South Glos Triathlon

Race 4 of the South Glos Triathlon Series saw Garry Strickland, Sue Peachey and Leigh Alan at Cromhall and surrounding areas for the evening race. Garry was strong on the bike unsurprisingly, placing 15th overall on two wheels. It was a close race between Sue and Leigh with just 3 seconds between them on the swim. It was Leighs fourth discipline that paid dividends and got her home in front of Sue.

Garry Strickland 01:09:14 26th (4th M50+)
Leigh Allen 01:24:42 (4th F40+)
Sue Peachey 01:25:28 78th (5th F40+)





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Sprint Triathlons & Mill to Mill



Another two Triathletes were out competing over the weekend Tony Ball (Gower Sprint) and Annette Heyling (Portishead Sprint). Danner foolishly commented on his slow transition so he will no doubt be getting a hard time from the DRC Tri Coaches, he may find out what the “fifth discipline” means!! Tony and Annettes’ reports follow:

“Gower Sprint Tri

750m Swim -19.00 (186th pos of 233 finishers) ; 25k Bike - 54.11 (87th); 5k Run -26.43 (152nd).
Finish time 01.45.27.

It was an enjoyable and challenging event. The swim was tough, the sea very choppy and just had to concentrate on not swallowing too much. The Bike was hilly, windy and wet (it is Wales Danner!) but made up 56 places showing that the hill training challenges help massively. The run was multi terrain and enjoyable, was never going to break any records but steady and finished strong. Need to improve swim and run, oh and transition 2. I was actually slowest (233rd) with 3mins 13 secs. Well I do like to chill , but the winner did 27 secs!”

Portishead Sprint Tri was a fab setting for a well organised event with friendly marshals thanks [Sam](#) (Martin)! The swim was tough in 33.3m lido - took forever to do a length. Hilly bike and undulating run but enjoyed the challenge, and great bling! Was 3rd SuperVet 60 in 2:04:19- really pleased!”

Chris, Karen and Sophie Young, plus Chris’s Mum took a part in the The Dedham Vale Mill 2 Mill Swim, the organisers describe it as “a social swim and a picnic at Flatford Mill, in the heart of idyllic Constable Country. The only difference is to get to the picnic you have to swim from Dedham Mill 2.3km away”.

Well done to all the Triathletes it is great to see the progress and enthusiasm of all of them!



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DRC Fell Racers

A sudden flurry of activity on the fell racing front. For those who know little of this esoteric pursuit read "Feet in the Clouds" by Richard Askwith. In the meantime this week Andrea Sexton and Paul Gebbett were on the fells with Tony Wooldridge over in Wales the previous week. As you will see fell races coming in all shapes and sizes! Andrea and Paul both report....

Bridport Fell Race

'Another week and a dramatic change of weather. As I lined up to start the 10k of the Bridport Jurassic Coast Fell races it was blowing a gale and raining pretty hard. What a fabulous race! The first 3 miles saw us climb 3 steep and negotiate some tricky slippery and wet descents. At one point the wind and rain and fog were so hard I couldn't see anything. The last couple of miles were pretty fast with a great descent down a stone path into West Bay. I had a good run - finishing 40th overall and 2nd FV40. Just my sort of race and conditions. Huge thanks to the amazing Marshall's from Bridport Runners who braved the weather and gave us jelly babies and water all way round the route"



Coppet Hill Fell Race

"I made the trip to the Wye Valley today as the sole representative of DRC, for the inaugural running of the Coppet Hill Fell Race, starting from Goodrich. The course included 3 climbs, with a total of 350m climbing. The race included a lovely stretch towards the end, along the bank of the Wye, before the last climb, which was a killer. Despite a slight niggle in my left achilles and the start time of 2pm being my normal siesta time, I manged 22nd and 7th MV40, in my first race (apart from orienteering), in quite a while..... a great race, good route and all for just £5, which included a pint and burger at the end and some good socialising in the beer garden before the rain arrive - this is why I love fell races so much (even with those hills).

Gone but not forgotten, results that didn't make last weeks roundup!

Brecon Beacons Fell Race Report (2018)

Tony Wooldridge continues to plough alone Welsh fell race furrow, a little surprising given the interest in long distances off road running in the Club. Courtesy of one of the race organisers Gary Davies we have a race report "The race is well established in the Welsh Fell Running calendar and entails running to seven mandatory checkpoints (including Cribyn, Pen y Fan, Corn Ddu and Tor y foel) from the dam at Talybont Reservoir. The race is approximately 30.6km long with 1372m ascent and qualifies as a long race. The race was run in the clockwise direction this year with a long climb to Tor y Foel to start. The Brecon Beacons experienced a baking hot day with a temperature of 19-20 deg C on the tops and 24-25 deg C in the valleys. Matt O'Keefe (MDC), Andy Davies (Mercia) and Jack Aghew (Mercia) had a great little tussle at the front of the race for its entire duration. All three were never further apart than three minutes during the entire race with the exception of the last leg from Carn Pica to the Finish. At Cribyn, the order was Jack, Andy, Matt. By Carn Pica this had changed to Andy, Matt & Jack with approximately a minute between each. However Matt had a very strong last leg and overtook Andy on the descent. Matt O'Keefe was the overall winner in a time of 3:19:47 with Andy Davies second in 3:22:04 and Jack Aghew third in 3:28:15. Mel Price (Mercia) finished sixth overall and won the ladies race in a time of 3:30:42. Lizzie Wraith (Team Bath) finished second in 3:37:21 and Gemma Carter (Serpentine RC) finished third in 3:43:19. Excellent results for Lizzie who



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has a 9-month year old baby and Gemma who competed in her first fell race! Niki Radnedge won the male over 40 veterans

Brecon Fells Race Cont...

category and Andy Davies (Mercia) won the male over 50 veterans category. The prize for male over 50s was awarded to Paul Jeggo (Springfield Striders) as Andy Davies had won a prize for finishing second overall. Tony Wooldridge (Dursley & District AC) won the male over 60 veterans category whilst Gareth Jones (MDC) won the male over 70s category.

The race attracted a large field for a non-Championship race with 52 runners starting the race and 47 completing the full course. The participants suffered in the intense heat; some of which probably hadn't taken enough water for the event".

Result: Tony Wooldridge, 28th (1st M60), 04:22:06.

For the anoraks amongst you his times at the checkpoints follow:

1 - Tor y Foel	2 - Yr Allt Trig (565)	3 - Twyn Mwyalchod Trig (642)	4 - Corn Ddu	5 - Pen y Fan	6 - Cribyn
0:21:13 (0:21:13)	1:11:19 (0:50:06)	1:55:22 (0:44:03)	2:34:07 (0:38:45)	2:39:26 (0:05:19)	2:56:11 (0:16:45)

Sturminster Newton Half

Neil Parry produced very solid run in preparation for the Berlin Marathon, another hot day to be running, and he kept his powder dry after suffering post Cotswold Relay having pushed himself hard in the heat. He was pleased with his run and his recovery.

Result: Neil Parry, 75th, (12th MV50), 01:40:15.

Parkrun

It being holiday season, DRC parkrunners are to be found far and wide, with four nipping down to take part in the inaugural Severn Bride parkrun! Matt Hazel-Livall fastest of the weekend, 19:54 at Wotton, Tara Truman fastest DRC woman at Gloucester. Alice Lewis posted a 82:35% Age Grade at Haga, whilst Andrew Obourne led the men's age grading with 65.77% at Ciren. Personal or Courses bests were run by Lisa Giloolly (Gloucester) Dave Symonds(Kingsway) and Jackie Pennington(Wotton). Garry Strickland hit parkrun 99! Whilst Joe Ball reached 49, champagne and balloons in the coming weeks!



Tuesday Night is handicap Night



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If you don't fancy racing there are always jobs to be done and you can always have a run up to the Salutation and back to keep yourself busy/fit!