



Dursley

more than a
Running Club



Gloucestershire AAA Cross Country Series Race 1 Old Down

The first in the Gloucestershire AAA Cross Country Series saw 31 DRC athletes competing from first timers at junior (George Pitts) and senior level (Rachel Brown, Julie Gowing Jo Feans Martin Bragg & Mark Owen to veterans such as Kevin Jackson & Trevor Lewis who returned to the fray after a few years away. One of the essences of cross country is that each race is totally different, even on the same course, weather & ground conditions adding to the variables of the athletes' fitness & preparation. Glos AAA had changed the course with a small loop added for some with a long steady climb through the woods for all, the changes made for an interesting & very runnable course. As Storm Callum headed towards the UK, the runners were greeted with very strong winds & a warm day, with car thermometers showing 22 degrees at the time of the Junior races. The wooded section was very humid. For the juniors who have not raced that often judging their effort over this tough course with the conditions was a big ask, & they did fantastically well, most importantly they were smiling at the end



U11 Girls were led in by Hilly Clark, all ran controlled races, with Ruby Heath doing well to pick herself up & finish after a tumble in the woods



the U11G being DRCs only full Junior team. George Pitts really enjoyed his first XC outing and finished really strongly. In the U13 girls race Lucy Holdsworth was determined to run well, having felt disappointed with her run at Old Down last year. Another controlled run saw her in ninth place for most of the race, and she managed to hold off a strong challenge in the last 30 metres. James Durden ran in the U17/U20 race, a challenging range of runners for a 16 year old. He found the woods very warm and increasingly tough but he stuck at his task and also managed a strong finish. The cross country will stand him and all the other juniors (hopefully some seniors) in good stead for next summers track events. After the Juniors racing finished the Senior women, U20/U17L and male

vets over 65 were next up. Robyn Jackson (Waite) led the DRC charge with Margaret Jackson returning to competitive running after a long lay with a stress fracture pushing hard on the first lap. A posse of DRC women followed the leading two with as the race started including Rachel Brown, Tara Truman, Rachel Brown, Shona Darley, Julie Gowing, Erica Fuller, with Eileen Hieron and Jo Fearn doing the sweeping. The thorn between these roses





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was Trevor Lewis, participating in the M65 plus event. It was great to see Trevor one of the club stalwarts, Dozen Race Director, sub 3 hour marathoner competing again, after a seven year gap apparently! Robyn held on (see parkrun report) for an impressive 8th position, sharpening herself up for the SW Inter Counties 10K road relays where she is representing the County! Margaret also held on after her quick start to place and impressive 2nd in category, her layoff clearly not affecting her competitive spirit too much. Rachel Brown had a great

debut, just 3 and half minutes behind Margaret, and I am confident That this gap is going to reduce over the course of the series, perhaps not at the next one as Rachel as has a marathon in between times! She posted "I ran my first cross country race today. I'm not going to lie, I found it hard. I was quite nervous at the start, lots of fast looking runners. I'd done a warm up lap so knew what to expect of the course. I felt ok on the first lap; the second lap I started to feel it; and by the third lap I struggled up the climb but recovered enough to finish strong". In fact, Rachel said afterwards that it was the hardest thing she had ever done, and that's XC for you, constantly adjusting your effort over testing terrain in a competitive environment. Key points from her post are the necessity to walk/run the course and that the nature of courses will tire you out, more so than on a road run where it is much easier to measure effort. With the rest of the women's team plugging away DRC Woman's A team were 13th and the Women's Masters team 9th, great efforts by all, and a salutary lesson about how every run counts at cross country. An email to Glos AAA re the need for F70 and F75 categories needed. The final race of the afternoon was the senior males. A gain a good turnout from DRC although a few senior men were missing, which was likely to impact on the team result. Paul Hockings, James Everett and Mike Brown led the way for DRC disappearing off in the distance with Andy Truswell leading Dave Durden astray with quick start, whilst Tony Freer just keeping a watching brief, another DRC quintet of Kevin Jackson, Dave Wood, Martin Bragg, Nigel Sankey and Jon Tudor. Pual Hockings showed his class, finishing 18th and 3rd in category about a minute and a



quarter ahead of James Everett, who admitted that his current preparation of a Coastal Marathon meant he was not a sharp as he would have liked. Mike Brown was another 2 minutes back and disappointed with his run, typical runner! Although he was pleased to be ahead of James for a bit!



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The clusters of DRC runners behinds stayed together although there was some shifting of positions and Kevin was able to move away from his chasers. After too quick a first lap Dave Durden decided to ease off for the next two laps to save himself for the fourth ascent, however this strategy went out the window with Tony and Andy Truswell closing in on him, providing an incentive to work a bit harder, and he managed to hold them both off in the final. Making his debut for DRC at XC Martin Bragg was an excellent 4th in category just in front of Dave Wood who must still have his Cotswold Century in his legs! As the images



above show some very strong finishes by DRC, Andy Kilby showing off his famous sprint and Nigel showing how sharp his elbows are. He did apologise afterwards. However a key point about cross country is not making it easy for the runners behind you to get past! The images also show that the runners gave their all, nothing left after crossing the line. A great afternoon's competition for DRC and the numbers out from young to old reflect the values of our club, inclusivity encouragement and friendliness and the efforts in particular of our junior coaching team. And the big plus, Kevin's chocolate biscuits afterwards! Plenty still do to encourage more participation but progress is being made and I am sure the chocolate biscuits will assist! We will need to ensure we have hand for DRC Juniors as well!

Results

Juniors

U11G: Holly Clark, 31st, 12:30; Jess Poskett, 39th, 13:25; Lila Heath, 41st, 13:42; Ruby Heath, 43rd, 14:08;

Team Result: Dursley U11G, 9th (111).

U13G: Lucy Holdsworth, 9th, 14:23

Male U11: George, Pitts, 52nd, U11B, , 12:50

Male U20/U17: James, Durden, 21st, MU17, 16th, 00:36:11

Seniors

Senior Woman; Robyn Jackson, 8th, SenW, 6th, 30:10; Margaret Johnson, 37th, F50, 2nd, 33:59; Rachel Brown, 79th, F45, 11th, 37:33; Tara Truman, 86th, F45, 12th, 38:50; Erica Fuller, 97th, F45, 15th, 39:41; Shona Darley, 113th, F40, 14th, 42:12; Julie Gowing, 114th, F35, 11th, 42:17; Jo Fearn, 131st, F40, 16th, 51:27; Elieen Hieron, 132nd, F65+, 4th, 51:33;

Team Results:

DRC SenW A, , 13th (124); DRC SenW B, , 27th (296); DRC SenW C, , 31st (377), DRC FV A, , 9th, (202); DRC FV B, , 17th (324)

Senior Men: Paul Hocking, 18th, M40, 3rd, 38:50; James Everett, 31st, SenM, 25th, 40:35; Mike Brown, 46th, SenM, 33rd, 42:40; David Durden, 92nd, M50, 11th, 45:11; Tony Freer, 93rd, M50, 12th, 45:16; Andrew Truswell, 98th, SenM, 52nd, 45:27; Kevin Jackson, 137th, M55, 8th, 47:52; Martin Bragg, 141st, M60, 4th, 48:09; Dave Wood, 142nd, M50, 23rd, 48:13; Jon Tudor, 147th, SenM, 63rd, 48:35; Nigel Sankey, 152nd, SenM, 65th, 49:24; Mark Owen, 201st, SenM, 78th, 58:32; Paul Lewington, 204th, M60+, 8th, 01:02:13.

Team Results

DRC SenM A 9th (378 points); DRC SenM B, 20th (920); DRC MV 8th (340)

Male Vet. 65+ : Trevor Lewis, 94th, M70, 1st, 39:25:00

Next fixture Race 2

Saturday November 3rd 2018 Charlton Park, Malmsbury, ALL YOU NEED TO KNOW ON THE 3As Website, link below. A very different course, last year quite muddy sections to sap your legs combined with a farm track and firmer sections for speed work!



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Leicester Marathon

As you can see Hannah Osbourne is one happy camper. Travelling North to complete the Leicester Marathon. Hannah has only been training for two years and completed her first marathon, London, in 05:13. Leicester was her fourth marathon. She posted "It was torrential rain and was soaking from the moment I started, (a) nice route but finished on a one mile hill!! I got a massive PB of 3h 59mins bang on!!", congratulations Hannah!



Royal Parks Half

Garry Strickland ran the above Half raising money for the International Seafarers Welfare and Assistance Network. His posted prior to the event "Anything you can do to help the Plight of Seafarers would be appreciated. Please bear in mind that the majority of all global trade moves by water, just have a look at your worldly possessions to see where they originate!" All in a good cause Garry ran it in a time of 01:38:18, 1241st position and 201st MV45, I am guessing wide age range in this category! He was then off to Ronnie Scotts for some Jazz, NICE! For more info; <http://seafarerswelfare.org>

Bowdard Duathlon

Nigel Burford completed his first Duathlon despite a quick parkrun the day before placed 11th and 1st in category, so clearly his warm up worked, the results seem rather strange, very short transition and bike and very long run 2 so assuming they will be amended.

	Run	T1 bike t2	Run2	Finsh	Overall	Cat
Nigel Burford	10:22	11:03	43:44	01:28:16	11 th	8th

Parkrun

Just the two PBs this weekend out of the 23 DRC parkrunners. Matt Davies (Kingsway) and guess who? Ellen Efford! (Wotton).

Matt Rogers ran the quickest parkrun for DRC, 19:03 at Wotton (74.9% age grading) and not far behind him was Robyn Jackson (Waite), 20:12 (AG 73.27) with a little pre XC warm up! Nigel Burford was "slightly" more sensible with a 21:28 minute run the day before the Bowdard duathlon!

Our Witney tourists when all old-skool on the image front, they weren't the only tourists with Kevin Brockway up in Birkenhead, and closer to home the Joe and Antony Ball were first timers at Gloucester City and Darren Smith up at Gloucester North (AKA Plock Court). Well down to everyone out there in the parks, too many to mention!





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SEPT CHALLENGE UPDATE

Dave Halford reports "Plenty more runners and riders have joined in this week" with Mr H himself leading the off-road, with Mark Sprigings and James Price super quick on the Road:

1 Dave Halford 00:31:55 OR	13 Catherine Fay 00:44:42 OR
2 Mark Sprigings 00:35:14 R	14 Pete Dunn 00:44:45 OR
3 James Price 00:36:12 R	15 Louise Biddell 00:44:56 OR
4 Audrey Harris 00:36:30 OR	16 Damian Lai 00:45:02 R
5 Dave Wood 00:36:40 OR	17 Lucy Fairall 00:46:45 R
6 Zoe Lamerton 00:37:50 R	18 Liz Halford 00:47:06 R
7 Tony Freer 00:41:21 R	19 Nicki Squire 00:48:21 R
8 Fran Amigoni 00:41:42 R	20 Teresa Walton 00:51:35 R
9 Paul Breen 00:41:44 R	21 Margaret Badger 00:51:57 R
10 Janet Louise Matthews 00:42:54 R	22 Ian Roberts 00:52:14 R
11 Jake Matthews 00:43:18 OR	23 Cara Zoglowek 01:07:01 R
12 Luke Davis 00:43:23 R	

Tuesday night is Club Night and Club Social

We will be handing out awards for those who missed the AGM so please tip up if you can. Also, if you would like to help with the clubs 50th anniversary celebrations and or a running festival (the Weekend of the DFC Ball we'd like to start the ball rolling with a quick meeting to get some ideas down and also identify people who can DO stuff and get things rolling!



Damo has posted leaders in fb "

Hope you all had an amazing weekend. Some great running by the DRC Massive. One week until the Sea of Blue at Stroud Half!"

The groups and leaders are as follows:-

Kangaroos ☐ - Cath Hall

Greyhounds ☐ - Cara and Louise

Greyhairs ☐ - Sarah Willcox

Hares ☐ Julie Jaffa

Foxes ☐ Steve Rugman

Lions ☐ Richard Hensman

Leopards ☐ Damian Lai

Antelopes ☐ TBC

Penguins ☐ - Kevin Jackson

Lions ☐ Richard Hensman

Leopards ☐ Damian Lai

Antelopes ☐ TBC

Penguins ☐ - Kevin Jackson

Please don't forget NO REFLECTIVE HI VIZ NO RUN and head torches are essential but optional.

Thursday Night Club run 19:30

Kris Rymer leading, please get there early to ensure prompt get away! Invite on facebook



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And finally some thoughts from the Chairman.

Following the lengthy debate regarding the Dozen and members' role in helping the event run safely and smoothly and being able to participate an email has gone out to all club members. If you don't receive it please email dursleyrunningclub@gmail.com and we can ensure you receive a copy

Suffice it to say we would like to go forward on the basis that members help the club put on races, and in particular the Dozen, and look to provide a range of options that ensure we can resource it as well as allowing members to support the race and run it. We have Wotton XC coming up in December and it strikes me as a great opportunity for those struggling to race the Dozen and help to assist the club in putting on this fixture. We will issue a form for volunteering ASAP with clarification on requirements/opportunities to assist.

We have a few members who do the hard yards for the club in terms of admin. Coaching race organisation etc... Two issues here

1. We can always do with more people willing to take on tasks, was a theme at the AGM and
2. I'd always ask members to be conscious of this when they are voicing opinion and commenting.

We have a committee and concerns can and should be addressed to it and or its members.

Following on from the AGM I should state that as chair I am committed to ensuring we drive on with our club development plan that has been based on two club surveys over the last 4 years. I will be working with the three section leads to review the existing plan, and take advice from various sources on how we can take it forward positively. The committee want to see better facilities for our members and this is what we have been working to over this year with DRFC. Progress has not been as swift as I or committee would have liked but again this reflects that both clubs are run by volunteers. We need in my view to continue to do this, and identify the opportunities we have in the short and longer terms to make a difference. As also stated in the newsletter the turnout at the Glos. Cross Country League reflects much on the progress we have made as a club in the last 3 years or more.

We have been able to make this progress because we have invested money in coaches and run leaders, as well as putting money into improvements at the club. We want to continue to invest in the things that will make our club sustainable and uphold our values of inclusivity, friendliness and allow runners of all ages and standards to achieve what they want to achieve. So if you have some skills you think can take the club forward please speak to myself or member of the committee

Dave Durden Chair

DRC Committee

Nigel Sankey Vice Chair and Senior Section	Annette Heylings	Membership Secretary
Tara Truman DRC-Tri	Kevin Jackson	Treasurer
Caroline Jones DRC Juniors	Cara Zoglowek	Deputy Treasurer
Margaret Johnson Club Secretary	Mouse Clutterbuck	Member representative

PPS: DRC Women photobombed

