



**Dursley**  
more than a  
Running Club



### ***Sportshall hosted by DRC @ Rednock***

After Glos AAA Cross County last weekend DRC hosted another County event fundamental to the development of grassroots athletics. DRC helped out the local Sportshall League out when they lost their venue. Caroline Jones did a great job helping out and as a result a couple of hundred children from Forest of Dean, Gloucester AC, Cheltenham Harriers, Tewkesbury and Dursley Running Clubs were able to finish the series in style. With a number of other events occurring on the day DRC produced a small and enthusiastic team of Charlie and Olive Jones, Bill Smith and George Pitts.

Sportshall is a great introduction to athletics for those under 15, with running jumping and throwing all included. The use of running boards allows for the running relays to create a lot of excitement as the children "bounce" from one end of the hall to the other. You can see the "speed and bounce" in all the images! It is the first year that our newly forward DRC-Juniors has been involved so we are looking forward to the 2019 series now!



In January DRC's indoor athletics sessions start at Rednock on the 6<sup>th</sup> at 5:30 pm if you want to sign up your Junior athlete get in there fast as 24 already registered. The young athletes really enjoyed these sessions last year, especially the opportunity to practice their high jumping skills and we hope to build on success ready for the 2019 summer season

<https://goo.gl/forms/gE1NuniaCsfZdeC82>

Any queries email to: [dursleyrunningclubjuniors@gmail.com](mailto:dursleyrunningclubjuniors@gmail.com)





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## **FODAC Christmas Tree Race**

Martin Bragg led a team of four DRC home coming home in the Forest's festive race. he was home in 34<sup>th</sup> place in 45:24 over a challenging 5 mile course. Chris Young was second home in 52:27 disregarding Tony Freer's suggestion that it "shouldn't be too hard to beat a Christmas Tree", coming a very respectable 10<sup>th</sup> in his category, not bad for a man who has spent his year swimming. There were quite a few well-dressed "elves" around in the Forest but I have a soft spot for our DRC Elves, smiling as ever as they ran this great event. Martin placed an excellent 2<sup>nd</sup> M60 with Chris Young and Carly both with top ten finishes.

### **Results**

Martin Bragg, 34<sup>th</sup> (2<sup>nd</sup> M60) 45:24

Chris Young, 75<sup>th</sup> (10<sup>th</sup> M45) 54:24

Nicola Christopher 125<sup>th</sup> (11<sup>th</sup> SenW) 01:10:24

Carly Heath 126<sup>th</sup> (9<sup>th</sup> F35) 01:10: 27



## **Westonbirt House 10K**

There were more elves than you can shake a stick at, at the Westonbirt Christmas 10K, the festive attire did not stop DRC runners going for it big time and a part from the smiles brought on by running with friends there were a few brought on as personal bests were run or indeed smashed! Nick Pollard led the 34 DRC runners home, placing 13<sup>th</sup> and 4<sup>th</sup> in the M40 category.

**Cont...**





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## Westonbirt House 10K cont...

Tel Cother announced "Now that was a productive day. Great company, great race & 5.5 minutes off my pb. Thank you Kris Rymer Boom !!!!!" and it wasn't only Tel who pleased with his days 'work' Caz Easthope and Leigh Allen both smashed their 10k PBs today. Caz was four mins faster at 58.24, with Leigh under the hour for the first time. Caz said "I'm super chuffed with myself as I've been chasing a 10k PB since February".



It looks from Andrew Fergusson watch that he also ran a personal best. As ever lots of great category positions for DRC with Eileen 2<sup>nd</sup> F70, Teresa Walton 5<sup>th</sup> F60 just ahead of Di Gore 7<sup>th</sup> F60, Erica Fuller 9<sup>th</sup> F50 and Alan Honey 10<sup>th</sup> M50. The main result was the smile on everyone's faces after the event. **Results:** Nick Pollard, 41:02, 13<sup>th</sup>, (4<sup>th</sup> V40); Kris Rymer, 44:13, 38<sup>th</sup>, (15<sup>th</sup> V40); Andrew Osborne, 45:45, 46<sup>th</sup>, (17<sup>th</sup> V40); Alan Honey, 48:11, 89<sup>th</sup>, (10<sup>th</sup> V50); Tara Truman, 51:13, 143<sup>rd</sup>, (18<sup>th</sup> V40); Huw Poppy, 51:15, 149<sup>th</sup>, (42<sup>nd</sup> 40); Darren Smith, 51:46, 167<sup>th</sup>, (39<sup>th</sup> Sen); Erica Fuller, 54:23, 221<sup>st</sup>, (9<sup>th</sup> V50); Clare Troy, 54:37, 224<sup>th</sup>, (28<sup>th</sup> V40); Rachel Cook, 56:06, 257<sup>th</sup>, (33<sup>rd</sup> Sen); Zoe Fowler, 56:07, 259<sup>th</sup>, (38<sup>th</sup> V40); Dominique Pemberton, 57:23, 305<sup>th</sup>, (41<sup>st</sup> Sen); Jackie Pennington, 58:33, 326<sup>th</sup>, (25<sup>th</sup> V50); Caroline Harper-Easthope, 58:24, 333<sup>rd</sup>, (53<sup>rd</sup> V40); Terry Cother, 58:36, 337<sup>th</sup>, (58<sup>th</sup> V50); Julie Froggatt, 58:49, 342<sup>nd</sup>, (28<sup>th</sup> V50); Andrew Fergusson, 58:35, 350<sup>th</sup>, (56<sup>th</sup> Sen); Teresa Walton, 59:47, 361<sup>st</sup>, (5<sup>th</sup> V60); Leigh Allen, 59:52, 366<sup>th</sup>, (63<sup>rd</sup> V40); Ian Roberts, 1:00:18, 381<sup>st</sup>, (67<sup>th</sup> V40); Julie Gowing, 1:00:18, 382<sup>nd</sup>, (61<sup>st</sup> Sen); Charley Palmer, 1:00:22, 383<sup>rd</sup>, (67<sup>th</sup> V40); Caroline Whitlock, 1:00:18, 384<sup>th</sup>, (68<sup>th</sup> V40); Julie Furneaux, 1:00:37, 392<sup>nd</sup>, (72<sup>nd</sup> V40); Emma Keating, 1:00:51, 394<sup>th</sup>, (73<sup>rd</sup> V40); Ellen Efford, 1:01:31, 402<sup>nd</sup>, (77<sup>th</sup> V40); Diana Gore, 1:02:34, 413<sup>th</sup>, (7<sup>th</sup> V60); Peter Bennetts, 1:04:40, 475<sup>th</sup>, (15<sup>th</sup> V60); Linda Dibley, 1:05:50, 500<sup>th</sup>, (61<sup>st</sup> V50); Eileen Hieron, 1:07:21.4, 510<sup>th</sup>, (2<sup>nd</sup> V70); Sam Stevens, 1:11:47, 563<sup>rd</sup>, (105<sup>th</sup> Sen); Samantha Hill, 1:18:50, 613<sup>th</sup>, (137<sup>th</sup> V40); Clair Oxley, 1:18:51, 614<sup>th</sup>, (114<sup>th</sup> Sen); Tania Honey, 1:20:23, 627<sup>th</sup>, (89<sup>th</sup> V50).





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## Pisa Marathon

Matt Strzelecki represented DRC in Italia on Sunday the 16<sup>th</sup> awaiting a race report and results to be uploaded! Matt had the image taken “before” so looking very upright!







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## Rudolph's Rampage

Graham Wilkes was at least one DRC runner at the above event, but no other posts and no results so all we have is Graham's race report

"I slipped

I slid

I fell over

I looked an idiot

But I did it 7.1km Rudolph Rampage!!

Thanks to all who supported your legends!!! Paul thanks for giving me the desire to do silly stuff!!!"

Concise and to the point and he's still smiling!



## Parkrun

Lee Masters and Immi Testa are DRCs parkrun "Tourists of the Week" over in the fair City of Berlin

Although I think Immi was recorded as "Unbekannt"?

Google translate please! A select seventeen DRC were at parkrun this weekend in the busy run up to Christmas and other events available.

Two PBs on this Saturday Andy Probert recorded 22:18 at Gloucester City, DRC men's highest Age Grade for the weekend at 66.7% and Kathryn White ran a PB at Wotton of 26:49, no doubt helped by the fact that it cannot have been as tough as the Cross Country the previous week. Alice ambled around Wotton, 2 minutes outside her PB but still notching up the DRC's highest age grading at 77.8. Shona Darley r, Charley Palmer Steve Barnes and Steve Rugman were all out an have notched up over 500 parkruns between them!



Lee Masters

Today at 9:00 AM

### Berlin Hasenheide parkrun

Distance	Pace	Time
4.9 km	5:30 /km	27m 5s



## Social Events

**DRC Does Christmas**  
7pm start  
RSVP

**Boxing Day Run**  
9.30 from Club  
Sarnies mulled wine minced pies Juniors  
welcome (parkrun rules apply)



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### ***DRC Tri News***

The Tri team enjoyed a social night out on the 15<sup>th</sup> and despite this quite a few then ran the Westonbirt House 10K!

Spin session continue on Wednesdays as does the swim session on Sunday.

Check out the DRC Tri web site for the latest top tip

<http://drctri.co.uk/swim-technique-of-the-week/>



### ***GLOUCESTERSHIRE COUNTY ROAD RACE SERIES 2018 AWARDS EVENING***

We have received Congratulations from Glos AAA on the achievements our club members who finished as prize winners in the road race series for 2018. A presentation evening will occur at the Gloucester City Council Civic Suite, North Warehouse, The Docks, Gloucester on Friday 11<sup>th</sup> January 2019 for medals presentations. The evening will also see the presentation of the Gloucestershire AAA Athletic Achievement Award and the Bob Hussey Memorial Award. The guests of honour to make the presentations will be the Mayor and Mayoress of Gloucester.

Medals gained by the club are:

David Durden, 2<sup>nd</sup> equal MV50; David Saunders, 2<sup>nd</sup> MV65; Alice Lewis, 3<sup>rd</sup> LV60,

Another great sporting week despite the cold, wet windy weather. Running on Wednesday and Thursday with some new faces giving running a go. Saturday saw some really nasty weather, but that didn't put off our cross country runners who showed us some great agility and determination when running over obstacles.

Sunday was the Indoor Athletics Sportshall League, hosted by us at Rednock. Just four athletes took part from Dursley, but they did great; bringing the DRC Juniors into the competition for the first year ever. Well done to Bill Smith, George Pitts, Olive Jones and Charlie Jones. Our cake and coffee sale made £40 too which we can add to our development funds. There is a DRC Juniors Committee meeting on Monday where amongst other things we will be reviewing our development plan. If anyone is interested in joining us, or would like to input then you are welcome to. Contact me for details

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**JUNIORS**



***DRC Juniors Cont...***



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We finish for the Christmas break after the Thursday 20th session, back on the 9th January. But if you want to join the Boxing Day DRC family friendly run please do, everyone welcome. Whatever your plans for the Christmas break I wish you a fabulous time, and look forward to training again in the New Year.

**Caroline Jones**



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### **Grand Prix Series 2019**

Go to web site link to see GP details and enter

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

**You can enter now and it doesn't matter if you don't do the required races, there are some great races in the series this year, some real challenges and discussions are occurring about developing training plans to help members complete some of these eg the Ultra and or Humphs Hill Half**

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### **Club Runs**

#### **Tuesday Night 6:15 for 6:30 exit:**

Leaders for Tuesday as follows:-

Kangaroos - Cath Hall

Greyhounds - Cara Zoglonek

Greyhairs - Sarah Willcox

Hares - Nicki Cowle

Foxes - Steve Rugman

Lions - Rachel Brown

Leopards - Caroline Jones

Antelopes - Margaret Johnson

Happy Christmas and happy new year to you all.

Nicki aka the Badgerer Cowle and her Badgerer Assistant Damian Lai

#### **Thursday Night Club Run**

All abilities

Starting at 7.30pm from The Spot car park

1hr session      All abilities

Out and back towards Uley

Don't forget your high viz

Kris Rymer