



Dursley
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Running Club



DBMax

Chilly 10K and Duathlon

Nineteen DRC athletes were at the DB Max Chilly event at Castle Coombe on Sunday, with six DRC-Tri team were competing at the Duathlon, with Nigel Burford showing he has got the multi-discipline bug, coming in first for DRC, placing 6th Supvet in just over 52 minutes. Paul Breen was next home obtaining bragging rights (they may be limited) over Fran Amigoni, who was 6th female overall, with a strong ride placing her 5th woman in that discipline and she was 4th senior woman to finish. Teresa Walton was on the podium 3rd in the Supvet60 Category with Annette Heylings 4th. Another great outing for the Tri-Team.

Nigel Sankey led the runners home in a time of 40:13, just 5 seconds ahead of Mark Springs, and more importantly overtaking Stroud AC runner in the final by the looks of it! with Margaret Johnson returning to race on the road for the first time since her injury. No change with Margaret despite the layoff, her pacing was exemplary, Lap 1, 13:11 Lap2, 13.12 and Lap 3 13.12, albeit she was seven-tenths of a second slower on her last lap! Ellen Efford and Jude Rugman also showed exemplary pacing with their efforts, with Ellen knocking around 90 seconds of her personal best

Results: Chilly10K:

Nigel Sankey, 58th, 40:13.6, (43rd Sen);
Mark Springs, 60th, 40:18.1, (45th Sen);
Margaret Johnson, 179th, 44:57.4, (3rd Supvet);
Andrew Eades, 327th, 50:32.5, (133rd Sen);
Tara Truman, 336th, 51:03.5, (29th Vet);
Steve Barnes, 519th, 57:23.9, (23rd Supvet60);
Sarah Newall, 524th, 57:35.6, (61st Vet);
Sue Carter, 525th, 57:42.7, (11th Supvet60);
Adrian Carter, 573rd, 59:30.4, (25th Supvet60);
Ellen Efford, 606th, 1:00:26.9, (84th vet);
Jude Rugman, 726, 1:07:33.2, (36th Supvet);
Steve Rugman, 743, 1:08:38.0, (7th Supvet);
Sam Stevens, 778, 1:13:29.8, (138th Sen).



Duathlon Results	Run 1	T1	Bike	T2	Run 2
Nigel Burford, 33 rd , 52:33 (6 th supvet)	12:24.4	1:05.9	24:43.8	1:07.0	13:12.0
Paul Breen, 62 nd , 55:39, (27 th Sen)	13:13.8	1:24.9	26:27.7	59.8	13:33.4
Francesca Amigoni, 66 th , 56:12, (4 th SenW)	13:30.8	1:16.6	26:39.0	54.0	13:51.5
Andrew Osborne, 74 th , 57:04, (14 th vet)	13:30.7	1:15.3	27:10.2	1:07.5	14:00.5
Shane Bond, 110 th , 59:28, (21 st vet)	14:14.6	2:02.0	25:58.4	1:29.8	15:43.5
Teresa Walton, 225 th , 01:11:34, (3 rd supvet 60)	17:53.1	1:37.8	32:59.0	1:05.3	17:59.1
Annette Heylings, 252 nd , 01:15:24, (4 th supvet60)	18:03.0	1:43.7	34:54.7	1:27.8	19:15.0



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Broadway Marathon and Half

Caroline Jones and Sam Martin heading to the Northern Cotswolds to take part in the Broadway Marathon, Sam's first marathon. They were accompanied by another 11 DRC athletes doing the half. The race starts in Broadway, and the route quickly turns to climb up to Broadway Tower, where runners "enjoy" excellent views of The Vale of Evesham. Then, it crosses to Snowhill and Stanway before reaching half way in Winchcombe. Taking in Sudeley Castle just after the half way mark before taking on the final big hill of the route. After spending a few miles on the escarpment, it's back down the hill to cross the undulating fields from Stanway to Broadway. The half marathon is the top half of the figure-of-eight, so once you reach Stanway, your big hills are all behind you. Sam posted "After not doing as much training as I should of or would of liked to because of a old injury flair up and having limited time I wondered if I could actually do this. At one point I considered pulling out of this event. But after giving myself a good talking to and asking myself did I want to do it? And the answer being yes. I decided I would do what I could to prepare. And would just enjoy it. And guess what I survived!! So to everyone out there who wants to do something or try something , just do it!! Don't let worries stop you, if you want to, you can! And it was fab so so glad I didn't bail on this". Caroline and Sam took a team approach both finishing on 05 hours and 29 minutes (Strava) , both very happy with their efforts and accomplishments as the images show! Well done Sam! The half marathon saw a big turnout with Julie Gowing, Louise Biddell, Janet Matthews, Tony Ball, Dave Halford, Kris Rymer, Annie Harris, Catherine Faye, and Immi Testa all lining up for DRC. Dave Halford commented that 'even the flat bits were Hilly! No results found as yet. Pretty sure that despite the different Strava times that Danner, Jane, Catherine and Louise all ran together, Strava times found: Dave Halford 02:12; Louise Biddell 02:30; Anthony Ball 02:31; Janet Matthews 02:32; TBC Julie Gowing, Catherine Faye, Annie Harris, Kris Rymer and Immi Testa.





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Newent Nine

No results posted by Newent Runners and no one has owned up to going so I await an email with a race report or a post with same!

parkrun

Twenty-Seven DRC athletes were out at parkrun in Saturday with a number of members helping ensure Wotton had an enough volunteers on the day!

Regardless of whether a PB was run an early morning 5k is doing these athletes the world of good. Plenty of tourists near and far, Darren Carter popped down to Severn Bridge with Nicola Christopher for a new course, Alan and Tania Honey were up at Newby Bridge, Veronica Higgins , Wythenshaw, Julie Froggatt, Panshanger in Hertfordshire but Carl Fivey achieved the most exotic location with a parkrun at Mudjimba Beach in Sunshine Coast near Melbourne Aus!



Four athletes achieved PBs/Course bests, Charlie Palmer with 24:51 at Kingsway, Tania Honey, 37:37, Julie Froggatt, 28:39 and Veronica Higgins 30:16. Matt Hazell Livall ran the quickest of the weekend at Wotton, 20 minutes dead on, just seven seconds ahead of new dad Louis Rummer-Downing. Nigel Burford warming up for his duathlon posted the highest men's Age Grade of 78.52%. Shona Darley just pipped Alice Lewis for the quickest parkrun for the DRC women, with 24:20 at Kingsway, with Alice running 24:22 at Wotton, walking away with the highest age grading of 78.52%

DRC Juniors

Caroline Jones

Another great week, including a 200m rep. session on Wednesday for our yr7+ juniors, followed by a fun session on Saturday with our Cross Country Training Group. As the weather is due to get even colder I would definitely recommend a pair of gloves next week for these sessions. Coming up our U21 running group. Due to go ahead on Tuesdays 6.30pm, alongside the adult's sessions. We have secured coaches for these sessions now, so a sign up form will be coming out. Two more Sportshall League competition events to come, looking forward to putting some teams together for those. January will see the return of our indoor athletics.



Glos AAA Cross Country Race Wotton Under Edge

John Rogers has gone through the volunteer list and we still need a few more course and car marshals.

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

Glos AAA Cross Country Race cont...



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And just in case you have forgotten what you volunteered for: [Volunteer List so far here....](#)
[Link to Xcountry web Page](#)

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

Dursley Dozen

We need about 120 volunteers to run the Dursley Dozen on 10th February 2019.

Please use the following form: [Dursley Dozen Volunteer Form](#) to volunteer for tasks, there are before, during and after event tasks.

This [link to map](#) shows all the marshal points and matches the points on the form so you know where they all are.

Myself and Neil Parry are organising the marshals for 2019 so any questions, reply to email or email Neil Parry (copied) or me.

Regards, Margaret

Club Running

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

Whilst the Badger is away jollyng it in NY let us the badgerers assistant will play.
Don't forget it's the famous social this week so don't forget your pennies.

Following Mike Crompton producing the final results for the 2018 Grand Prix points mean prizes on Tuesday Night. For the final results go to <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!

After a stewards enquiry we will be re-awarding the Handicap winners plates, champagne and wine!

As Tuesday is fast approaching here are your Run Leaders for this week.

Kangaroos - Cath Hall

Greyhounds - Louise Beck & Cara Zoglowek

Greyhairs - Sarah Wilcox

Hares - Julie Jaffa Gowing

Foxes- Steve Rugman

Lions - Rachel Brown

Leopards - Kris Rymer

Antelopes - Margaret Johnson

Thursday Night Club Run @ The Spot

Please be at the Spot car park for 7.20 so we can start at 7.30

Out and back

1hr session for all abilities

Session length 1hr, Starting at the spot car park at 7.30pm,

Committee Meeting Monday the 19th,



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It will be discussing amongst other things Club Development. Recruitment is still key to release Committee members to work on key club development activities. So if you want to help with 50th Birthday Celebrations (speak to Tara) Running Festival June 2019 (Nigel) Comm.s and Marketing and Fundraising (Dave D), Socials (Karen), anything else you can think of Margaret!