



Dursley
more than a
Running Club



What a week/weekend for DRC, struggling to decide what is the headline in this week's club news, before you get to the Sea of Blue at Stroud a couple of amazing individual exploits that show that we are "more than a Running Club"

Older Young Crosses the Channel

On Wednesday the 17th of October Chris Young followed in the steps of his daughter Sophie in swimming the channel. I get the heeby jebbies just getting into a lake and when I see the images posted by Kevin Proctor going for little jaunt into the open sea or this one of Chris swimming the channel as part of a relay team I am just amazed and in awe. Apart from feeling freezing looking at Chris in his skins, the distance between Chris and the White Cliffs is awe inspiring. Having had an abortive trip to start point in the last week or so Chris and the team were resigning themselves to another winter of training before the weather would be good enough to have another go, but a weather window opened and they were off. Sadly, Trish Mansell was unable to make it so 2019 beckons hopefully. Chris said it was the hardest thing he has ever done and that after five hours he got used to the rocking of the boat and stopped throwing up. Apparently, because the boat keeps station with the swimmer it rocks and rolls a great deal making those sat waiting to swim extremely sea sick. Chris was swimming for 3 hours nine minutes and was clearly warming to his task as his pace picked up significantly over the three leg, finishing with a very impressive 1:35 per 100 yards! An awesome achievement by Chris and the team and all in an extremely good cause, the Miscarriage Association.

Leg 1

1 Hour 1 minute
3052 yards
Pace 2:01 per 100 yds

Leg 2

1 Hour 7 minutes
4004 yds
01:40 per 100 yds
Pace

Leg 3

1 hour 1 minute
3887 yds
01:35 per 100 yds



If you want to donate to Chris or direct to the charity here are the relevant links

<https://www.justgiving.com/fundraising/puddlehopperschannelswim>

<https://www.justgiving.com/miscarriage>



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OCR World Championships



Mark Sprigings had a long weekend in Brentwood, apparently near a Nuclear Bunker according to facebook! He posted Friday "Well that's it, all checked in and ready to give it my all tomorrow at the OCR World Championships 2018!! 60 countries gathered today for registration and the whole vibe and atmosphere has been insane. Seeing the course and obstacles has made me both excited and petrified at the same time!" Mark has kindly posted his thoughts on day 1 and day 2 so over to him:

Day 1 OCRWC

"Bleeding, cut bruised, hands shredded and all round battered...over 450 people didn't complete the course. No idea of final results yetI am definitely out of my league here but great to have qualified and be part of the incredible event! I understand now why not many people are doing all 3 days and 4 events! Medal looks good though!"

Day 2 OCR World Champs

15k course with 100 obstacles! The hardest obstacle course the world has ever seen, I wish I had more pictures and videos but by the time I had crossed the line I was completely broken. Managed to beat just over 1000 people and get myself finishing in the top 50% of qualified athletes. I am very happy with that. Seen some off the scale grit and determination that you honestly have to see to believe. One person was even stuck on an obstacle for 5 hours! Another lady spent 3 hours on that same place and crowds of spectators and finished athletes went back to the obstacle known as "skull island" and we all cheered her on, she eventually



finished! Today I have seen big massive ripped as hell men broken, reduced to tears and unable to continue. Broken bones, legs, ankles, arms, noses, ambulances everywhere! But never have I seen so much of a bond between 60 different countries and sharing a deep deep unspoken respect! Day 3 tomorrow"

Day 3 OCR World Champs

"This (involved) team events and were competed against the Pro Elites, I was speed section and finished middle of the pack..and our team finished in top 100 of Pro's..and then at the end we done a 7k charity lap which practically everyone cheated on because we were all destroyed, but was a chance for others to complete the course that hadn't qualified etc..so we walked around and helped and supported others"

Amazing achievement to get there by Mark and it sounds pretty awesome. Our thoughts should go out to Jonny Marks who also qualified but sadly couldn't race having ruptured knee ligaments at the end of the summer. We wish Johnny the speediest recovery possible.



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Stroud Half Sea of Blue



Back in 2006 when I ran my first Stroud Half, there were another 11 Dursley and District Athletic Club athletes competing, these included Graeme Hawkins, who also ran today, who, with Trevor Lewis, led me through the first 3 miles at 6 minute mile pace before I eventually blew up at 5 miles. How times have changed, I now run my own race AND we had, at least, 83 finishers as I am sure some entered Stroud before they became DRC members, a small sample is in the picture on the left, with quite a few queuing

to powder their nose or get their bag dropped off. I should of course mention at this point Kevin Jackson and Dave Saunders were also on the start line back in 2006, and Kevin has been on the start line for every running of the Stroud Half! With the race sold out the queues for the bag store and toilets meant a fifteen-minute delay, whilst a welcome relief for those in the queues it gave a chance for the sun to rise bit higher in the clear blue sky. As the runners waited to start in the shade the temperature seemed just right, but once out of the shadows the heat could be felt. At the sharp end DRC had Mike Brown and Matt Rogers who were both going to be well under 85 minutes, with a posse of runners then aiming to get under the 90-minute mark, this included Francois Low, Ben Amigoni, Matt Hazel-Livall, Tim Smith and Dave Durden. I am pretty sure every DRC runner had a personal target, for some doing their first half, Dan Miles and Margaret Badger it was step into the great unknown, and for some it was a step into the all to well-known, some without the requisite miles under their belts. Stroud is a potentially fast course but also tricky, with the initial flat section encouraging fast starts, then the rolling course makes pacing tricky, add in an initially cool start with temperatures rising & there were a whole host of factors to consider in order to get your run spot on!

The support out on the course was super, with a host of club members assisting Stroud AC at the water stations and this was appreciated by the runners as the sun certainly warmed them up as they went along. DRC members positioned themselves at Strategic points on the course to provide support to the runners, with Whitminster Hill a perennial favorite and the shouts coming in at and out of the Industrial Estate are always appreciated. The speedsters set off at a canter, pushing through the 1st



mile in around 06:15 Matt Rogers leading the way with Mike Brown keeping him in sight. Matt Hazel-Livall was third on the Road leading the sub ninety minute contingent, with Tom Smith, Ben Amigoni and Francois Low moving away from Dave Durden and Kevin Jackson over the first mile. Dave settled down to run with the pacer until he realised he was struggling to stay with him on the climbs so decided to push on and await being caught at Whitminster. Behind then Fran Amigoni was leading



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Stroud Half cont...



DRC women. Fran is definitely "Old Skool" she likes to go out hard and hold on, and this is what she did, with a little hiccup as Fran fell at one point; but she got up and pushed on producing a PB of 01:40:04, and this could have been sub eighty minutes but for the fall. Behind Fran, Caroline Jones and Alice Lewis were battling out for DRCs remaining women's podium places, with just over 30 seconds separating them at the end with Caroline second DRC woman home in 01:47:53.

Meanwhile up in front Mike Brown eventually caught Matt Rogers in the Industrial Estate and then pushed on as best he could, burying himself over the last mile in the hope that Matt would not stick with his pace, and it was quite a pace picking it up from 06:30/mile, at the 20K point moving up to 6:15 and then a final flourish at 05:38. As a result of his efforts he produced his third Half Marathon PB of the season with a time of 01:22:35, with Matt a minute and twelve seconds in arrears, producing another strong run for DRC. Behind in the search for sub 90 minutes Matt Hazel-Livall ran comfortably under this target, it was a close run thing for Ben Amigoni who wasn't sure whether he had got under at the end, but did so by 5 seconds, despite the close call he looked very fresh at the finish! Tom Smith has an even closer call squeezing under 90 minutes by one second. This left the other sub-90 aspirants Dave Durden and Francois Low disappointed but philosophical. Despite the warm weather there were plenty of personal bests, Chris Sweet running a 7 minute best of 01:33:56, but was outdone by Leigh Allen who knocked an enormous 12 minutes off her Cardiff Half time! Others producing bests were Matt Rogers, Matt Hazel Livall, Ben Amigoni, Tom Smith, Paul Breen (another massive one), Graham Tudor, Damian Lai (paced by Coach Kitchin!), and Julie "Jaffa" Gowing, paced by Kris Rymer. The first-timers were led in by Dan Miles in an excellent time of 01:37:25, watch this space, Dan can only get quicker! Margaret Badger finished in 02:17:34 and after the pain had subsided was suitably proud. Caz Easthope had been really pensive before the start but was over the moon with her result posting "I can't quite believe what I have just achieved. First ever half in 2hrs 25ish. Dedicating my run to my son Josh. Big thanks to Leigh Allen who ran with me all the way and bagged herself a HM PB. I feel overwhelmed but awesome. I only started running properly again in August due to injury and losing 2 1/2 stone at the same time. DRC more than a running club". There were plenty of DRC athletes running together, providing support and encouragement to fellow runners DRC or not! A big shout out to Louise Beck and Cara Zoglowek who swept up for DRC, both finishing on their own, a long time on their feet and in the increasing heat. Good to see lots of smiles, some took a while to emerge, but everyone deserves a pat on the back for their efforts



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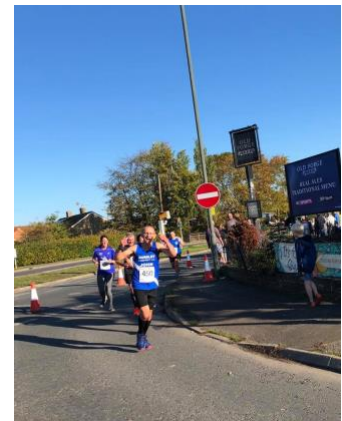
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Stroud Half cont...



As ever there were plenty of impressive age category results, Alice Lewis was top placed, 1st F60, Eileen Hieron 2nd F70+ Graeme Hawkins, 3rd M70+, Matt Rogers 7th M40, with a host of top twenty category finishers including Tom Smith, Fran Amigoni, Graham Tudor, Annette Heylings, Dave Durden and Pete Brown in the V70 category who could not resist another Stroud Half!



Brienzersee Lauf Half Marathon.

After Stroud Alice Lewis is now on 58 races for the year, in her 60 at 60 (please note Emma Denton!) Last weekend saw her in Austria(?) she reported that it was a "lovely hot sunny day in Brienzi!" made Stroud seem quite cool. As one would expect she was first F60, 12th female overall in a time of 01:51:24. She described it as a 'Beautiful run around the lake if a bit hot with the 1pm start' and although the course was around a lake there was a considerable amount of elevation and descent.

Stroud Half Results:



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Michael Brown, 38th, 01:22:35, (21st 30-39) PB; Matt Rogers, 40th, 01:22:47, (7th 40-49), PB; Matt Hazel Livall, 97th 01:28:06, PB; Ben Amigoni, 120th, 01:29:55; Thomas Smith, 124th, 01:29:59, (20th Sen) PB; David Durden, 138th, 01:30:26, (14th 50-59); Francois Low, 161st, 01:32:01; Chris Sweet, 189th, 01:33:47; PB; Kevin Jackson, 190th, 01:33:51; Louis Rummer-Downing, 229th, 01:35:18; Simon Jones, 237th, 01:35:40; Jonathon Morgan, 268th, 01:37:01; Dan Miles, 288th, 01:37:25, PB; Paul Breen, 329th, 01:39:00, PB; Francesca Amigoni, 357th, 01:40:04, (15th 30-39), PB; Graham Tudor, 446th, 01:43:38, (14th 60-69), PB; Darren kitchin, 457th, 01:43:40; Damian Lai, 459th, 01:43:38, PB; Graeme Hawkins, 540th, 01:45:45, (3rd 70+); Nick Fennell, 555th, 01:45:56; Nigel Sankey, 565th, 01:46:39; David Saunders, 597th, 01:47:54, (21st 60-69); Caroline Jones, 603rd, 01:47:53; Alice Lewis, 618th, 01:48:44, (1st 60-69); Lise Hindshaw, 712th, 01:51:42; Tara Truman, 714th, 01:51:44; James Moss, 718th, 01:51:37, (24th 60-69); Chris Young, 758th, 01:53:19; Jadie Cotterell, 807th, 01:54:32; John Delafield, 845th, 01:55:47; Huw Poppy, 889th, 01:56:29; Marianne Grasty, 895th, 01:57:28; Charley Palmer, 902nd, 01:57:07; Mark Owen, 911th, 01:57:48; Shona Darley, 913th, 01:57:50; Lisa Young, 914th, 01:57:46; Andrew Eades, 920th, 01:57:57; Quentin Somerset, 927th, 01:57:41; Darren Smith, 957th, 01:57:59; Kimberley bird, 1008th, 02:00:27; Erica Fuller, 1009th, 02:00:28; Damien Davis, 1026th, 02:00:40; Hannah Brookes, 1042nd, 02:02:00; Kevin Brockway, 1079th, 02:03:19, PB; Trish Mansell, 1087th, 02:03:47; Neil Baldwin, 1106th, 02:04:02; Suzanne Penny, 1122nd, 02:05:26; Julie Gowing, 1124th, 02:05:46, PB; Kris Rymer, 1125th, 02:05:46; Tony Waye, 1142nd, 02:06:27; Chris Curry, 1194th, 02:07:48; Anne Harris, 1209th, 02:08:39; Rich Barker, 1231st, 02:10:11; David Symonds, 1264th, 02:12:57; Dave Halford, 1304th, 02:13:45; Annette Heylings, 1311th, 02:14:37, (11th 60-69); Liz Halford, 1317th, 02:14:19; Dominique Pemberton, 1353rd, 02:17:07; Emma Keating, 1354th, 02:17:07; Julie Furneaux, 1362nd, 02:17:53; Margaret Badger, 1370th, 02:17:34, PB; Sally Williams, 1376th, 02:18:31; Sarah Newall, 1396th, 02:19:47; Peter Brown, 1465th, 02:23:51; Caroline Whitlock, 1472nd, 02:24:34; Mark Brasier, 1473rd, 02:24:35; Leigh Allen, 1476th, 02:24:48; Caroline Easthope, 1480th, 02:25:03; Nicola Christopher, 1494th, 02:25:45; Carly Heath, 1495th, 02:25:45; Linda Dibley, 1546th, 02:31:11; Becky Whatling, 1579th, 02:34:42; Sarah Willcox, 1581st, 02:35:27; Moira Woodward, 1583rd, 02:35:17; Eileen Hieron, 1584th, 02:35:16, (2nd 70+); Viv Kennedy, 1597th, 02:35:56; Clair Norman, 1632nd, 02:41:15; Nicola Cowle, 1633rd, 02:41:48; Sam Stevens, 1664th, 02:49:35; Louise Beck, 1672nd, 02:55:59; Karen Eadon, 1673rd, 02:56:05; Cara Zoglowek, 1680th, 02:57:43;

Orienteering

Paul Gebbett and Alan Honey were putting their Dursley running skills to use today at Cannock Chase in the final of the national inter-club orienteering competition. Running for BOK Alan was 60th of 151 in the Men's 50-59 class and Paul, affected by injury, was 61st of 95 in the next younger class. Alan reported that "Early runners were slowed by bracken" an occupational hazard for orienteers, but once trodden down, he reported that "the hills were equally steep for all. Alan's course was advertised as 6.5km with 215m of climb, but navigating around obstacles meant he covered 8.4km". All you would-be orienteers NB!!



DRC Juniors

Caroline Jones posted "This week was the last running session on the rugby field for the Wednesday Juniors, just too dark in the evenings now. Future sessions will now be running focussed, still starting from the club house, but out in the local residential areas. Athletes to wear hi-viz (bright clothing with plenty of reflective material) and if you have them lights (Head torch/ankle lights etc.). And just a reminder these sessions are for our yr7+ juniors, sessions led by Dave Durden



DRC Juniors cont...



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Saturday cross country training was foggy but fun. We focussed on core stability with a few strengthening exercises and our extended obstacle course.

Just a reminder; subs are due for juniors (NOT SENIORS) if you haven't got around to it please yet complete the form and make your payment

And finally we are looking to organise some more winter road running sessions for our older juniors (12-20yrs). These sessions would be more like our adult running sessions, and are aimed at supporting juniors who look to build their endurance running and/or transition to the adult sessions (which they can do from the age of 16yrs with coach assessment). We have two options for these sessions; Tuesday evenings alongside the adult sessions or Thursday evenings. Please let me know if you (your junior) would be interested and when you would prefer to run"

Parkrun

A relatively small r turn out for parkrun this weekend, but had a top quality run from Mike Crompton as the fastest run for DRC, Mike posted a PB at Wotton, coming in first overall in a time of 18:17, also scoring DRC highest AG grade of the weekend. Charley Palmer was the quickest DRC female, who along with Matt Rogers was using parkrun as a warm up for Stroud! Di Gore posted the highest AG for DRC women with 58.7 Russell Rolls recorded the only other PB/course best at Wotton, Russell is frequent flyer at Chipping Sodbury, so hopefully a run around Wotton may encourage him to try some Cross Country! The StrickRug Tour continues with a trip to the Eden Project where they highly recommend the parkrun, and they also noted that the parkrunners got free entry to the project.



Tuesday Night is Club Night

The Badger AKA Nicki Cowle posted "Tuesday, believe it or not, is fast approaching, please don't forget NO REFLECTIVE HI VIZ NO RUN and head torches are essential but optional, here are your leaders for Tuesday's club runs:

Kangaroos AU -	Cath Hall	
Greyhounds 🐕 -	Cara Zoglowek and Louise Beck	
Greyhares 🐕 -	Sarah Willcox	
Hares 🐰	Nicki Cowle	
Foxes 🦊	Louise Biddell	
Lions 🦁	Tony Waye	
Leopards 🐆	Caroline Jones	
Pentelopes 🐘	Jon Tudor	Spot2Spot

Thanks guys see you all on Tuesday and just enjoy ur runs
Nicki aka the Badgerer Cowle and Damian Lai the Badgerer Assistant"