



**Dursley**  
more than a  
Running Club



## **Gloucestershire Road Race Series Double Header**



### **Gloucester 5K**

Dave Saunders reported that Thursday evening "saw the 8th round of the Glos AAAs Road Race Series take place starting at the Beacon Inn in Haresfield. The course comprises of 1 lap which is flat with a few inclines on scenic country lanes. The field was mainly made up of club runners from across the county all keen to pick up vital points for the series. DRC was well represented with 7 entrants, which should have been 9 but sadly John & Eileen Hieron were stuck in a traffic jam on the M5 for hours and did not arrive in time for the 7:30pm start. Needless to say the conditions

the conditions were very warm and there were one or two hills to test the runners! Everyone from DRC seemed to have a good race though and Mike Brown was first home for Dursley and as usual just flew around the course," Mike was 5<sup>th</sup> Senior Male with a sub-19 run, with Kris Rymer running a 5K PB (measured course), and Alice first DRC woman home, and continues to pull out amazing performances despite the fact she is racing all the time! The race also incorporated the Glos AAA 5km Road Race Championship with Alice Lewis 1st F60 Gold Medal and Dave Saunders 2<sup>nd</sup> M65 Silver Medal. **Results:** Mike Brown, 15<sup>th</sup>, (5<sup>th</sup> SenM) 18:59; Kris Rymer, 34<sup>th</sup>, (12<sup>th</sup> SenM) 21:09; Alice Lewis, 50<sup>th</sup>, (1<sup>st</sup> F60) 22:36; Dave Saunders, 57<sup>th</sup>, (5<sup>th</sup> M60) 23:14; Neil Truelove 59<sup>th</sup>, (9<sup>th</sup> M50) 23:30; Steve Barnes, 74<sup>th</sup>, (7<sup>th</sup> M60) 26:19; Nicki Cowle 80<sup>th</sup> (5<sup>th</sup> F40) 28:00;

### **Bourton One Mile Challenge**

Neil Truelove reported "David Durden was first home in an excellent 5:30 and Alice was breathing down my neck as I crossed the line. John Hieron put in a strong showing to beat Eileen to the finish. It is the most scenic and flattest mile you could ever wish for, even though the Chairman was complaining at the end about how much it hurt. Strongly recommended for any middle-distance runners and it counts for Gloucestershire AAA points". Neil is quite correct very scenic and beautifully flat run, with helpful ¼ mile markers, the start was (and I believe is always) Absolute carnage at the start you have to be brave to pace yourself at the start as this leaves a lot of traffic to get around, but may be preferably to full gas no gas approach! As every great result for DRC with John and Eileen both finishing strongly. Eileen and John has been at the back of the starting grid and had not realised race had started, which is disappointing. It was amazing given this that John was 5<sup>th</sup> M70, and scandalous that no F70 category for Eileen! Sadly not a selfie in sight!

**Results:** Dave Durden, 31<sup>st</sup> (5<sup>th</sup> M50) 05:30; Neil Truelove, 85<sup>th</sup> (5<sup>th</sup> M55) 06:34; Alice Lewis, 88<sup>th</sup> (1<sup>st</sup> F60), 06:37; John Hieron, 145<sup>th</sup> (5<sup>th</sup> M70+), 09:21; Eileen Hieron, 151<sup>st</sup> ((3<sup>rd</sup> F65+), 10:06

### **Current Series Standings**

Dave Saunders reports "Following completion of the Bourton Mile yesterday, the points have now been allocated. With only four more races to go (inc. Stroud Half) things are looking good for DRC, especially in the men's vet categories. The standings so far are: MV50 David Durden 3rd 38pts (5 races); MV55 Neil Truelove 5th 24pts (4 races); MV60 Steve Barnes 4th 22pts (5 races); MV65 David Saunders 1st 53pts (6 races); MV80 John Hieron 2nd 10pts (1 race); LV60 Alice Lewis 3rd 30pts (3 races); LV75 Eileen Hieron 1st 10pts (1 race) The men's teams are also well placed in the County rankings as follows: Men's Open 3rd 1587 pts, Men's Vets 2nd 1546 pts (currently beating Cheltenham Harriers!). Mention should also be made of Mike Brown and Kris Rymer who have taken part in most of the rounds and done extremely well, but they are competing in the toughest age category and it is extremely difficult to pick up individual points. However, they have greatly contributed to the team results as witnessed above.



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### ***DRC Juniors***

The DRC Track & Field Championships saw a small adult turnout with Nicola Christopher, Chris Sweet and Caroline Jones competing for the “grown up” (a new age category) honours.

There were plenty of Juniors enjoying running, jumping, throwing and a BBQ. They put the skills they had learnt or developed over the summer to great effect. Huge thanks goes to Caroline Jones who organised the event & to everyone who helped on the day to make it a success, plenty of parents helping with timing, setting up and clear up. A big thanks to all the coaches who have helped run this summer's programme and the parents who have brought there young athletes along!







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

A trio of DRC Juniors made it to Prince of Wales Stadium for the 3<sup>rd</sup> event in the Midsummer Series. All three enjoying their evening. The trio ran really well in their 200 heats, all keeping really good form over the second 100, Jessica Smith did really well in the 600 with what looked like a well paced run, working hard over the last 300m, with controlled finish. Tom Smith pulled up in the 100 with sore hamstring the result tbc.

### **Results:**

200: Tom Smith, 29.9;; Freddie Turner 29.8; Jess Smith 30.7. 600m, Jess Smith 02:00.8. 00



## ***Parkrun***

36 DRC parkrunners were at Wotton to celebrate Lise Hindshaw's 50<sup>th</sup> parkrun, and lots of celebrating in terms of PBs, I think the balloon may have slowed Lise down! Her slightly stooped running form is because she is about to high five some young supporters. PBs including Jake Matthews first home for DRC in 21:40, along with Damian Davis, Catherine Fay (AKA Pinnock), Andrew Eades, Kevin Brockway, Julie Gowing, Richard Baker, Sally Williams and Amanda Hensman all recording bests at Wotton. Elsewhere Sarah Newell, Debi Jones, Ellen Efford (Kingsway) Russell Rolls (Stonehouse) Tania Honey (Worcester) all recorded bests.

Fastest run of the weekend was Nigel Sankey at Brighouse with 19:06, with also the highest age grading of 69.9% just ahead of Jake, with Catherine Faye the fastest female, and Rachel Brown the highest female AG of 64.46%



## ***Trails with Hucclecote***



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A return trip to Hucclecote Harriers saw the DRC tourist treated to some fantastic views of Gloucestershire,



Nigel reported "good company and cake", what more could you want, thanks to Nigel for liaising with the Harriers and organising.

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## ***Tuesday Night is.....***

### ***Mouse's magical mystery 2018***

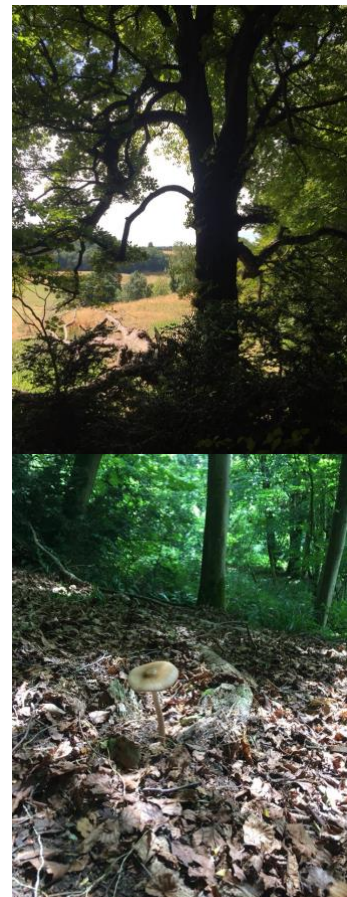
Mouse's magical mystery tours from Hunters Hall return this Tuesday instead of club runs - three courses for all abilities and as always no drop policy in place - no one will get left behind - off-road so wear appropriate footwear.

Meeting at 6.15 to group and runs leaving at 6.30. Please car share where you can otherwise please park against the back wall at Hunters Hall - the landlady's request.

Definitely need suncream or a hat and please make sure you are well hydrated as next week is going to be a scorcher!

New routes have been checked for horseflies and other insects and are improved on this point, but please be safe and use repellent. Afterwards grab a pint and/or something to eat and spend some time chilling with mates!

Great location and beautiful scenery for running, Enjoy!





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### ***Hands Up who wants to help.***



The club depends on our members to do the all-important leg work that makes it successful, that's what makes us more than a running club. Committee have identified a number of areas we need to find more helping hands. We are making strides with a new kit team at work, an intrepid band of white liners keeping the track marked out and substantially increased Club Handicap event team, as well as teams that have been delivering for some time, our race/events and social teams. However, we have a number of areas which we believe are critical to the clubs continued development.

The most important area being Membership as our current secretary Carolyn Thraves is stepping down, Committee is keen to get more than one person involved in this area, ideally members with a connection to the Juniors and Tri section as well as the Seniors. So if you are well organised happy working with IT and spreadsheets then this is a key role where you can help the club as part of a team.

Other key areas are:

**60<sup>th</sup> Anniversary event planning team.** We are starting to form a group to organise an event to celebrate this anniversary in 2019

**Liaison with the Rugby club on existing facilities** (buildings, storage etc..)

**Fundraising and Projects** e.g. 3G Surface

**Media and Comm.s**

If you are interested in any of the above or think that you have skills that can benefit the club speak to Dave Durden, Nigel Sankey, Margaret Johnson, Carolyn Thraves, Tara Truman, Caroline Jones, Kevin Jackson, Mouse Clutterbuck. Committee feel that it is vital that more members get involved in running of the club order to share the load. Many members are working, have families and other commitments as well as training for events, so organising the club so many people give a small amount of time seems to be a sensible way forward.

### ***Summer Challenges***





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In the July Challenge, as of the 18<sup>th</sup> of July the Women have a 3 nil lead, Neil Truelove explains 'The first 5 women have a faster average time than the first 5 men (1 pt) The next 5 women have a faster average time than the next 5 men (1 pt) The women have another complete set of 5, but the men don't (1 pt)

Current podium placings:

1	Zoe Lamerton	42:02:00
2	Louis Rummer Downing	43:44:00
3	Dave Wood	45:55:00

Meanwhile the Tri-team were running cycling and running on the first official day of the Summer Challenge Segment No.4- a 1 mile run, followed by a 7 mile ride and another 1 mile run. This Segment will go on from today until 14th August, so plenty of time to "give it a Tri! Video on the Tri facebook page showing you how to complete a lightning fast transition by Tara, very impressive!

### ***Dates for your diary***

05<sup>th</sup> of August Sodbury Sportive

**14<sup>th</sup> August Race 3 Club Handicap Series**

**11<sup>th</sup> of September Final Handicap Race and Social**

**28th July start of Mini Athletics programme (5 week programme)**

**8th September 'Try out Tri' Event**

**Gloucester Open Road Relay**

5k 4 men, 3 women NEW DATE Saturday 1st September 2018. Incorporates the Gloucestershire AAA Road Relay Championships

**DRC Annual General Meeting and Awards 28<sup>th</sup> September**