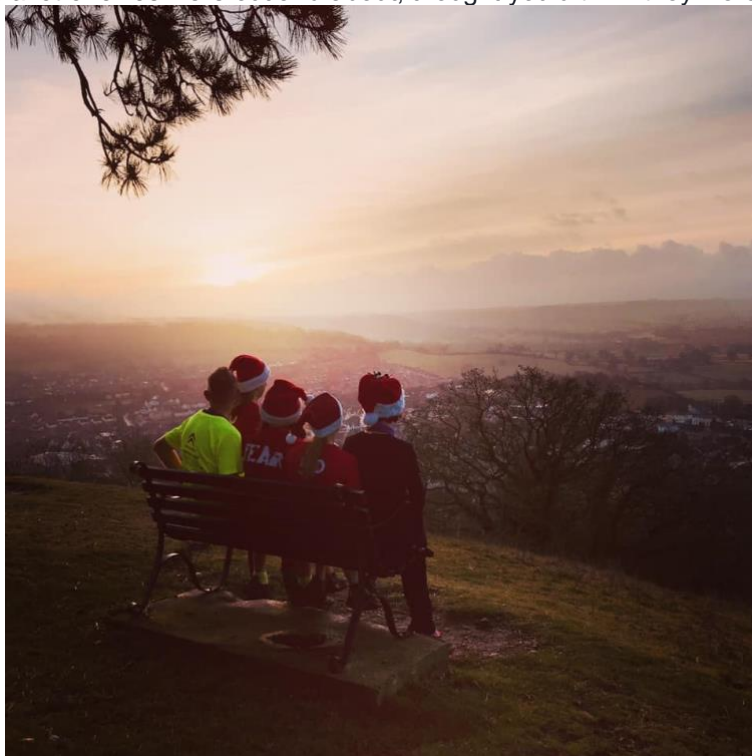




Park Life

The last weekend before Christmas saw 29 Dursley Running Club athletes at parkrun, for those not running a Christmas day event this was the last hurrah before their turkey dinner! A few early risers were at Stinchcombe to run across to Wotton, and were treated to, and shared the treat with us all, a gorgeous sun rise. It being Christmas a lot of elves were out and about, thought you'd think they were needed in Santa's workshop! The runners at Wotton were treated to excellent high fiving courtesy of Jaffa's parkrun support team! Rich Shirley was visiting the shire and it was good to see him again, and in



purple again, sadly not his bespoke purple leopard skin DRC vest! Park runners were scattered around the County with Ellen Efford down in Keynsham, Avon, and Russell Rolls venturing to the Severn Bridge run for the first time. Cara Zoglowek was a very impressive Snow White and as mentioned Jaffa Gowing provided the "little helpers" at Wotton! Three PBs on the Saturday Soos Moss at Chipping Sodbury, with two DRC Juniors: Lila Heath and Ella Christopher ran bests at a very wet Wotton. Jake Matthews sizzled around Kingsway in 21:28 to be fastest DRC parkrunner of the weekend, whilst Lucy Fairall was the fastest DRC woman. Jake posted the highest age grading of 69% whilst Holly Clark the highest AG for the Dursley females of 64%. Well done to all the DRC parkrunners



Cheltenham , Amanda Hensman, 32:00; **Chipping Sodbury**: Suzanne Louise Moss, 29:29; Terry Cother, 33:03; , Karen Eadon, 33:04; , Sarah Willcox, 35:43; **Forest of Dean** , Shona Darley, 26:55; Charley Palmer, 29:05. **Kingsway** , Jake Matthews, 21:28; Lucy Fairall, 26:05; Holly Clark, 27:25; Janet Matthews, 27:31; Joseph Dunn, 27:47; Steve Barnes, 27:49; Paul Dunn, 27:54; Julie Froggatt, 28:29; Darren Smith, 29:16; Kerry Clark, 30:51; Lila Heath, 30:53; Carly Heath, 30:56; Nicki Squire, 30:59; Michael Froggatt, 35:57; Ruby Heath, 39:37; Sophie Christopher, 39:38; Ella Christopher, 39:39; , Nicola Christopher, 39:40. **Severn Bridge** : Russell Rolls, 23:18. **Somerdale Pavilion** nr Keynsham , Ellen Efford, 08:11. **Stonehouse** , Chris Young, 25:27. **Thornbury** , Emily Harding, 39:29.



Portsmouth Coastal Waterside Marathon.

Roving marathon reporter Damo reports: "As far as I know it was only myself and Julie Furneaux running for Dursley Running Club today. It was mega tough race, although the temperature was perfect for running (around 10 degrees) and there was a nice breeze (gale!) in places blowing into the harbourside the terrain was treacherous! The heavy rain causing it to be very slippery in places and some massive puddles but that just added to the fun of it! We skidded in mud, we jumped in muddy puddles, we ran on the sand and shale and there was also some tarmac but what an excellent race.

What a way for the amazing Julie Furneaux to pop her marathon cherry. She was absolutely amazing! We hugged when I was at 15 miles as it was an out and back along the seafront following the coast. I was so chuffed to see her! She was #RunningForAlex, a child who lost his battle a year ago to cancer and there was a group of them running in his memory! Tears were shed! It was also great to see the lovely Dominique at the end cheering! That made the finish extra special! I finished in around 4.20 and Julie in less than 6.5 hours which is an absolutely incredible performance straight from the heart. This was my 24th marathon in 2.5 years, definitely my favourite distance and discipline! Very much looking forward to London, Newport and Berlin next year. Oh and I'll do Portsmouth again, missed my wing man Simon who was poorly. Point to note for next year if it's wet wear trail shoes! Official times to follow. Hope everyone had a great weekend. Roll on Christmas and the famous Boxing Day run. #DRC_Rocks #RunForAlex" No surprise that Damo runs another marathon 3 days before Christmas! A massive well done to Julie Furneaux great effort and a great cause! Another DRC athlete who has been on a fantastic athletic journey



DRC Does Christmas

"Morning any sore heads??" Big thank you to the social team for the party, and for all their work over this and previous years. Great live music, Christmas classics plus the "Fastest Milkman in the West" acoustic version! Doesn't get much better than this! The club Raffle raised £215 raised. Boxing Day bacon rolls proceeds will also be donate to the Club Charity see the link below....

https://www.justgiving.com/fundraising/dursley-running-club?fbclid=IwAR2mZMRnc21qyTm3C0AQr_53WQoKLeRF9Bkn49tWvrkhUdBGb-eSWesOdQU

Hair of the Dog?

Boxing Day Run 9.30 from club mulled wine barcon sanies and other goodies (non-runners turn up for 10:15 ish





Coaches Corner

Top Tip for this week:

Sitting a lot causes the back of the hips (gluteal muscles) to become long and weak.

Weak glutes can cause low back pain, (ITB issues) and runner's knee.

One test for weak or inactive glutes: In front of mirror do single leg squat, if your knee going in, your glutes are weak.

Exercise to strengthen glutes: Squats with a band above your knee ensuring you keep tension on band pushing out with feet hip distance apart. You can do without a band and just focus on keeping the knee stable.

Preparation for exercise or "strength and conditioning" as it used to be known is central to ensuring as an athlete you are able to cope with stress and strains of your chosen event. So whatever the stage of your journey time on conditioning is time well spent.



Dursley Dozen Training Public Footpaths ONLY please!

Tony Freer Race Director of the Dozen has posted a reminder about the route and training "I know quite a few of you are doing the dozen and are already recce running all, and parts of the route. Please remember that some parts - specifically through Ashen Plains Wood - the one from the top of Whiteway after passing through the missing gate, we don't follow public footpaths. So at bottom of Ashen Plains the footpath goes off to the right and not straight ahead as the dozen route does and as we have permission to run once a year for the event. I have spoken to the landowner today and he has mentioned this so please stick to the footpath for any runs through this wood otherwise we jeopardise future running of the dozen through there. Regards Tony"

Oh and the ropes aren't there either! We all like a cake after gruelling "mudder" and we at DRC are proud of our spread of cakes sandwiches and other goodies for those who have completed the race so please help us put on a great offering use the link to tell us what you can bring along...

https://docs.google.com/spreadsheets/d/1Jn1k8p_3U5iOFu0iQC7W4mm7JKfLkxajBJMYWca8a29s/edit?fbclid=IwAR2QgOkIxdwSz29SR_AMFku--NoY_jsDLFVZSf7dsDctVoacVuS1vL9Xps4#gid=0

NB For the marshals and sweepers, free tea and cake on production of your "gilet jeune!" No free cake for protestors!



DRC Grandprix 2018

Mike Crompton posted "Hey everyone! A quick reminder that details of the 2019 Grand Prix series can be found via the link to the entry form. **This year there will be a prize draw for all those who complete a full set of 7 races covering all categories.**

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

The first race of the series is the Staverton 10, entries open at 7pm this Sunday and I'm told it sells out quick!" Dave Saunders has posted the link to the race which has gone live on Entry Central

https://www.entrycentral.com/staverton10?fbclid=IwAR0bGaOE_6H_isA5arguqXbZksaKe0yKTlzQ65Bru-gUijsmBCA16RzWp5l



Dursley

more than a
Running Club



DRC Tri News

There may be no swimming this Sunday but that hasn't stopped the latest top tip to come out from the DRCX-Tri dedicated swim coaches

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

So fill that bath up.....



The last runs of the Christmas period took place on Wednesday and Thursday with some relaxed running and the odd carol!

The New year kicks off with Glos AAA County Championship on the 6th of January and of course seniors!

DRC Juniors are invited along to the Boxing Day Run, parkrun rules apply and please consider distance of run i.e. around Golf Course. Includes a walk to the top!



**Happy
Christmas
To all of
DRC**



Time off for good behaviour!

Thank you Nicki Cowle and Damian Damo Lai for all their "badgering" to ensure we are organised throughout the year, Nigel Sankey for organising the run leaders meetings so we sing from the same hymn sheet and a big thank you to all our leaders over the last year who have kept things ticking along. Great job! Also great to see new people picking up the baton to lead groups

For some the Wotton park run on the 25th will replace the usual Tuesday Club run, good luck and enjoy!

We will be back!

8th of January 2019 kicks off with Walk2Run session leaving at 6pm and Club Runs at normal time of 6:30