



Dursley

more than a
Running Club



An Awesome weekend. It saw three events held in or around the Cotswold Way, nice to see race organisers are talking to each other! A bit like having run/walkers streaming northwards whilst the Cotswold Way Relay heads south! There's money in them there hills! And of course Weymouth!

Cotswold Century

A few DRC runners have completed this challenge over the years, Gareth Bradbury, Braddan Johnson, Lazlo Berdan and Kate Browning. This year Dave Wood and Matt Read decided to complete the 100 odd miles from Chipping Campden to Bath Abbey. The organisers description is 'Start in Chipping Campden at the Village Hall, stop in Bath at Bath Abbey, follow the signs marked "Cotswold Way"'. Although we may add occasional markings near check points or where the route has more than 1 option, please plan on the only route markings being the existing Cotswold Way markers (follow the acorn). **THIS MEANS YOU NEED TO BE ABLE TO READ A MAP!** You'll have 30 hours to complete the event, with intermediate cut-offs along the way". Starting on Saturday at Midday they were faced with miserable weather with incessant rain for most of the day and night. Dave Durden caught up with both of them at Painswick Rugby Club checkpoint 4. Both were pretty chipper Dave had taken a fall over a root and was a tad muddy, Matt had done the same but stayed upright. Matt had a had a little wander in the mists around Coopers Hill trying to get on the right track. but both struggling with the ability to concentrate to carry out simple tasks, highlighting the impact of the energy expenditure. Both had a hot meal before heading off towards the next check point a mere 11 miles away at Coaley Peak. Dave decided to put on a dry pair of socks, before heading off. A big decision when you only have so many! Former centurian Gareth Bradbury was out supporting as Dave as he ascended Stinchcombe at around 4am. By 11am Sunday both were making great progress with Dave at Old Sodbury and Matt approaching Hawkesbury. Another two & three quarter hours later Dave was approaching Cold Aston, the start of the last leg of the Cotswold Relay, 10.8 miles to Bath Abbey, Matt was just leaving checkpoint 8 near Hinton. For both the end in sight. At 13:15, just over 25 hours after the start (mind boggling) the tracker had Dave approaching Bath Racecourse with Matt crossing the A46 at Cold Aston, just the last leg to go! Dave ran in to Bath at around 4 O'clock with Matt about an hour behind. Awesome performances by both



DRC Ironman Trio at Weymouth 70.3





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I cannot imagine what the trio of Charley Palmer, Paul Breen & Damian Lai were making of the prospect of swim in a sea whipped up by the incoming storm. I for one was deeply concerned! On the day the organisers shortened the swim to 950m & it was great to see the DRC trio emerge safely from the sea! Paul Breen led the way & looked strong on his run. Damo had a very serious face on as he came out of the sea, this may have turned into frown when he got two punctures, allowing Charley to pass him on the bike course! They were cheered on by another DRC trio of Tony Freer, Tony Ball & Julie Furneaux, fantastic support as ever from the club. Finally the sun came out & Charley finished looking as fresh as a daisy. " Paul Breen provided a race report "It was wet. It was windy. It hurt", thank you Paul succinct to the point! Fred Yearsley who knows a thing or two about competing in triathlons commented Well done Charlotte, Damian and Paul great results in those testing conditions". nuff said!



Walcot Whopper 10k

Rachel Brown reports "Myself and Sam Hill don't normally run 10k races preferring longer distances, however this one sounded interesting- it was off-road and included the Cotswold Way! On the Facebook page the course was described as hilly/undulating 1 lap multi-terrain. When we arrived we also met up with Ellen Efford, taking part in her first trail race. The race started at the Walcot Rugby Club and headed down into the valley towards the village of Langridge. After a bit of up and down we climbed up across fields and stony tracks, joining the Cotswold Way



before heading back across fields to the Rugby Club. Apart from the last few hundred metres there as no flat, it was either up or down! It was a great course and with great support from the marshals. We all enjoyed the race and would definitely recommend it". Fantastic stuff and what a journey for Ellen Efford this year, W2R 2018 PBs galore and now off road racing! Rachel omitted to mention she was on Podium as 3rd F401

Results: Rachel Brown 36th (3rd F40), 01:02:58; Ellen Efford, 60th, (9th F40) 01:17:52; Sam Hill 63rd (11th F40) 01:31:04



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The final Cotswold Way challenge was completed on Saturday by Andy and Michelle Shapland. Andy reported "myself and Michele Shapland competed the Cotswold Challenge 26.4 miles. it started and finished in Birdlip. The weather was not kind to us and the mud and the hills were tough but pleased with our first trail marathon on to the next now". Great to see this pair blossoming in terms of their running, well done both!

Road Runners

Great Bristol Run

Tony Wooldridge reported "Six Dursley runners braved the elements for the Bristol Half Marathon. It was pretty damp for the early part of the race, but the rain later eased off and reverted to light drizzle. The organization was very slick, yet not pressurized. Apart from running under the iconic suspension bridge twice, we were treated to a magical mystery tour of central Bristol with sections of cobbles to add interest for tired muscles. Mike Brown set a blistering pace to finish 152nd in 1:23:38 – a really good time especially in the conditions



conditions. He shot past me in the first mile and was never seen again! Tony Wooldridge described his run as "competent" 01:34:04, which is probably an understatement as he was first in the 65-69 age category. Andrew Eades paced Julie Jaffa or was it the other way around? Jon Morgan, not quite yet a member joined in finishing in just over 100 minutes. A massive course best for Julie of 13 minutes and a Half Marathon pb of two minutes. She posted "Throwing two hills fairly close together was just mean but attacked them best I could. The last 1/2 mile I dug deep and gave it my all" and in paid off! Ian Cole was running incognito AKA John! (tut tut!) and was very pleased with his time of under 01:46. Andrew ran with a cold and Annette with knee issues so both did well to cope with the distance and foul weather. Mike's run is PB and is just 14 seconds quicker than Severn Bridge, consistency is always a good sign, a great time and also 152nd in a huge field so brilliant again, as was Tony Wooldridge's performance despite his attempt to hide it under a bush!!

Results: Michael Brown 152nd 01:23:38; Tony Wooldridge 680th 01:34:04; Jon Morgan, 1235th 01:40:30; Ian Cole 1881st, 01:45:53; Julie Gowing 4586th 02:06; Andrew Eades 4586th 02:07:05; Ian Roberts 5303rd 02:14:14; Annette Heylings 5733rd 02:20:42

Angels 10K

The re-arranged Angels 10K saw a team of six DRC athletes on the start line. Just over half the 168 entrants made it to the start line the, the foul weather, heavy rain between 7 and 9am, no doubt putting many off. However the weather improved throughout the run, and the runners only had to contend with the one ferocious hill. The initial two miles gently down- hill enticing the athletes to stretch their legs then turning into Drapers Lane they then had a half mile ascent to a brief plateau the course was then rolling all the way back to Ashleworth





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DRC Angels in action

Dave Durden led the DRC team home in just over 43 minutes, with Kris Rymer in shortly after him looking strong, as did Pete Dunn, "not bad for big man" was Pete's reward from another competitor! Andrea and Eileen also finished strongly, Andrea running a personal best and Eileen putting an impressive surge to the line in an attempt to get under 68 minutes, missing it by just three seconds. The good news was although chipped the time were all gun times so Eileen was bound to have been in under 68, and also she walked away with Silver medal for 2nd in category on the day and a rather nice towel as a prize! Regardless Eileen always



is smiling, another DRC legend! Our very own Margaret Badger was marshalling and supporting! **Results:** Dave Durden 30th (5th M50) 43:40; Kris Rymer 40th 45:26 40th (10th M40); Pete Dunn, 62nd (14th M40) 51:25; Andrea Sexton 75th (6th F40) 55:25; Steve Barnes 79th 58:05, (6th M60); Eileen Hieron, 67th (2nd F70) 01:08:03

Parkrun

Saturday saw a celebration of Pete "the towel" Dunn's 50th parkrun at Wotton despite the wet conditions Wotton was the place to be for PBs with Kris Rymer, surprisingly enough (not!), running another PB leading the DRC home at Wotton in 20:34, with Stuart Watts, Huw Poppy and Terry Cother also running course bests, whilst at Chipping Sodbury Sarah Newall ran one!

The DRC Tri Trio (you try saying that!) of Zoe Lammerton, Fran Amigoni and Jennie Marshall warmed up with a bike ride to Stonehouse and then produced some blistering runs, Zoe 20:34, Fran 21:50 and Jennie 22:58. Jennie posted the best AG of the weekend of 75.83 with Kris Rymer highest grading for the men at 66%

The previous week had seen three Sub 20 minute runs, headed by Mark Sprigings 19:21, with Matt Rogers sub 20 at Wotton and Richard Pitts at Kingsway the latter achieving a 74%AG. Parkrun pbs @ Kingsway to Huw Poppy, Matt Davies and @ Wotton Charley Palmer





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RunDisney

"When you beat Steve Cram and Paula Radcliffe what else is there to achieve in life as a runner?"

Neil achieved something I would imagine most of us would not mind doing at the RunDisney Challenge in Paris at the weekend. The challenge involving a 5K, 10K, in which he beat Radcliffe and Cram, and Half Marathon, just Ovett and Coe to go for Neil now!



Catching up from Last Week:

DRC Tri Results

Tara Truman competed in the Brutal Duathlon with Vicci Phillips, Lisa Gillooly and Anya Eames competing in the duathlon. The Brutal Extreme Triathlons start in the beautiful (and slightly chilly) Lake Padarn. The bike course goes through stunning scenery and over some challenging hills. Finally the run takes you on an undulating trail around the lake and up and down Wales' highest mountain Snowdon. Tara reported that 10 months of training came to an end yesterday with these three lovely ladies.....This was a Very tough race which needed physical and mental strength, well done ladies you are simply awesome and it's been an amazing journey and a pleasure to train with you" Tara's race was the Brutal Triathlon consisted of a 1.9mile Swim, 58 mile bike (including over 5000ft of climbing), then 14 Miles running including a Snowdon summit. Wind, fog and rain on the mountain made it tough. Tara lead the race on the bike and cat and moused with the second lady until they were both overtaken a few miles from the end. Tara finished a third off the bike, losing one more place on the run to hold on to fourth up and down the mountain. Tara commented "Really happy with 8:20 (2nd AG) and one of the hardest races I've ever done" Result: Tara Truman: Swim 38:45; Bike 03:40:42; Run 01:08:24; Snowdon 02:44:51; Total 08:20:42 (4th F).

Key Quotes: Lisa "Thanks girls it's certainly been an experience", Vicci "My legs no longer work". But I did it with my friends Tara, Lisa and Anya" .Anya "Finished hardest race of my life, 5 mile run 58 bike ride (hills) and run up Snowdon. Shattered hurting but I finished in 11 hours and 30 mins. Thanks for everyone that's sponsored me xx". Results: Vicci Phillips: 10:34; Anya Eames: 11:25; Lisa Gillooly: 11; 25.

Langport Triathlon

Langport were celebrating the 25th year of their sprint triathlon. The 400m swim was in the newly refurbished and now covered Huish Episcopi leisure centre, an undulating 22.5km bike around the beautiful Somerset countryside and a 5k part off road, part road, there and back run. Andrew Osborne was the sole DRC Tri member to make the journey, but was really pleased with a new PB of 01:19.

Newent Triathlon

Teresa Walton and Annette Haylings completed the sprint distance triathlon at Newent. Described as a sprint triathlon for all ages. The swim was 26 lengths of the pool (400m). An 18km cycle over a picturesque flat route via Taynton, Highleadon and Malswick. The 4k run generally on the route of Newent Park Run, off roads and within the school grounds run. Both Teresa and Annette completed the event but timings are still awaited. Unfortunately Annette got sent the wrong way on the run and Teresa had an issue with her Tri Watch, but overall a good event. Teresa described the event as good FUN.



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Dart 10k

The dart 10k was the first and is arguably the finest 10k swim in open water and is now in its ninth year. Numbers have grown from 200 to 1600 entrants this year. Described as a journey rather than a race in a unique journey punctuated by classic landmarks from Totnes to Dittisham along the river Dart.

Whilst describing it as not hardcore, Anne Roberts completed the monster Dart 10k open water swim in a very impressive 2hrs 51 minutes.

Serpentine Swim

This weekend Trish Mansell completed the above as she lines up for a possible attempt at the Channel she really sells the event "Consumed more duck shit in the duration of the Serpentine swim than I did vodka in the preceding 24 hrs, threw up, got kicked, punched, swam over and half drowned" returning to cold wet clothes due to a sodden bag she eventually got home. Apparently "it's ok as I have more bling 2 classics down, just the Prudential to go"

Club Handicap

A slight breeze greeted the runners on the fourth and last handicap event at Hamfield Leisure on Tuesday evening, serving to cool the runners down on overcast but warm night. An RTA in Dursley mean a late start as we awaited late comers. With start times calculated prior to the night (!) it was an orderly procession to the start but a couple of runners managed to miss their start time despite being ushered to the line including Mr Tony Wool, (unforgivable!) First home was Caz Harper-Easthope with Emily Harding coming in just behind her, it was then long wait for the 3rd finisher and first male home, Stuart Watts with Jo Lewis cruising home in fourth. Lots of runners working hard on the night, Nicola Christopher having suggested the handicapping was not favouring her added insult to injury with a huge sprint into the funnel to pip Peter Bennetts. Last year's Mens winner Ben Houghton put a big effort in to finish as well. Paul Hocking glided in home in a super-fast time of 20:02 pulling Mike Crompton round to a PB of 20:20, with Simon Jones running his first handicap of the season a tidy 23:38 after some time off running. Zoe Lamerton

was quickest woman home in 24:25 ahead of Alice Lewis 26:52 and Marianne Gresty 27:17. Dave Halford has the secret squirrel spreadsheet somewhere so he will have to inform you on who was quickest over the series later! (hopefully now done). A big shout out to Steve Rugman who looked some pain as he crossed the line as the Lantern Rouge. Apparently put his back out with the effort, all good now though! After a super supper the results were announced....

3rd Male Andrew Kilby and Matthew Mathew Shaw 51 Pts. 3rd Female Zoe Lamerton and Ellen Efford 54 points. 2nd Male Chris Curry 41 points. 2nd Female Nicki Cowle 40 points 1st Male Derek Jackson 40 points. Leaving the women's victor Diana Gore to place 1st overall in the series well done!





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Club Handicap Cont...

I don't think Di was keeping score so it was a very pleasant surprise, Silver Plate and Champagne! As ever a huge thank to ALL those who made it happen, a seriously long list, thanks to number crunchers Dave and Liz Halford, Timers Rob Woodward and Dave Lane, the super registration and placing team of Annette Heylings and Anthony Matthews, helped over the series by and Annette Keevil and Deb Macfarlane, and oodles of marshals keeping the runners safe out there: frequent flyers were Dave Wood, Margaret Johnson, Alan Honey, Peter Chaffer, Darren Kitchin, Cara Zoglowek, and Ray Williams. On Funnel lots different assistants here with Shona Darley absent tonight but clearly enjoying ushering people along over the series! Great job by the funnel team tonight. Of course Julie Jaffa Gowing on hand with the iPad to film the finish, key back up! Thanks to Mark Waller for lead and sweeper bike for the last two events, with Ian Cole filling the role earlier the series and setting up and taking the course, with Matt Read doing the latter job tonight.

Who likes tidying up? Top job Matt!

Wine Courtesy of Neil Truelove!

Finally a big thank you to Karen Eadon who organised the social tonight, always a very pleasant end to the four race series before the slightly less pleasant game of Killer in the Skittles Alley, this year won by DRC Junior Oscar Dunn!

Dave Halford will no doubt produce some analysis of the race series once he has had a chance to sweat over the data, as opposed to sweating on a Majorcan beach! Well done to everyone who participated, a real opportunity to run faster and build the mental resilience to run your own race as faster runners pass you by or as I have done you are running at the back and don't see anyone else till the finish! Or indeed a great opportunity for the whole club to get together and have a run and a chin wag

Berlin 2018

Sunday the 16th of September saw Dursley Running Club athletes in Berlin for the 2018 version of the race. Eliud Kipchoge was there also, hoping to break the world record. The DRC runners objectives were more focused on getting round. Neil Parry was running his 23rd marathon, at his best had run under three hours, back in 2013. Dave Durden was running his first. They were joined by Rob Hale, former Dursley junior athlete who now lives in Dublin. A crisp September day greeted the runners with hardly a cloud in the sky with temperatures forecast to rise to about 20 degrees. Hale started on a 3:10 schedule with Neil and Dave matching each other over the first 10k. Huge crowds line the route, with a wall of sound greeting the runners at certain points. Despite the lack of clouds tree lined avenues, the shadows from the buildings and a breeze kept the runners cool, with plenty of water stations along the course. Kipchoge pulverised the marathon record just 99 seconds away from a sub two hour marathon, and the manner in which he crossed the line suggests that incredible benchmark is within reach. As he was finishing the DRC runners were around 16 miles and starting to have to work harder. Parry was running well but found the last two miles the hardest. Dave had realised at 30K that he was not going to be able to sustain his pace for the

Next 12, always a good feeling! Rob and Dave descent into a world of pain had started at around 23 miles both struggling over the final three miles both has been pushing their personal envelopes whereas Parry the more experienced marathoner managed his energy expenditure and pacing better. Despite his struggles Hale was home in 03:15, Parry 03:24:00, with Durden the clubs lanterne rouge in 03:30:17. So far Dave has raised just over £1250 for Macmillan Cancer Care.





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Annual General Meeting

Friday 28th September 2018 at 7:30pm @ Dursley Rugby Club Stinchcombe

AGENDA

**Apologies for Absence
Minutes of Last AGM
Chairman's Address
Treasurer's Report
Election of Officers
Committee Proposals
Any Other Business**

*Following the AGM:
Presentation of Club Awards*

Tuesday night is Club night

Leaders

Kangaroos -	Cath Hall
Greyhounds -	Louise Beck and Cara Zoglowek
Greyhares -	Sarah Willcox
Hares -	Nicki Cowle AWAY STARTING FROM THE SPOT
Foxes -	Tony Waye
Lions -	Richard Hensman
Leopards -	Caroline Jones
Antelopes -	Garry Strickland
Penguins -	Kevin Jackson

Thanks all, have a fab weekend and see you Tuesday. Nicki aka the Badgerer Cowle and Damian Lai Badgerer Assistant.