



Dursley

more than a
Running Club



Happy Birthday Jaffa



The Cattle Country Dark Skies

Dave Wood Reports: The Cattle Country Dark Skies 5/10k took place on Thursday November 22nd. A cold damp evening saw over 200 runners arrive at Cattle Country for the mass start at 7-30pm, nineteen representing DRC. The 5km off road course took the runners across numerous fields and rutted tracks on a mainly flat route with some muddy sections around the main farmyard area. The 10km runners ran the circuit twice. A carnival atmosphere met the racers once they ventured outdoors into the cold; leggings, hats and gloves were the order of the day for the majority as well as the compulsory head torch. DRC had a big contingent of runners across both distances. Mike Brown took the race by the scruff of the neck from the off leading both 5/10km runners with Mark Sprigings in close attendance. Father and son combo of Dave and Josh Wood were also in the top 10 runners in the first 5K lap, with the rest of the DRC runners dotted through the field. At 5km Mike Brown was leading with Mark Sprigings not far behind with the runners in the shorter event peeling off into the finish funnel as the 10km runners headed out onto their 2nd lap. A great run by Mike saw him a worthy winner of the 10km race with Mark doing almost as well and finishing 2nd in the 5km race. Darren Smith (cont)





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Cattle Country Dark Skies (cont...)

Darren Smith placed 9th overall in the 5km nipping under 29 minutes. The father and son combo saw the youth of Wood junior win out over the experience of Wood senior with them placing 4th and 5th respectively in the 10km race. In the 10km race there were 121 starters with 119 finishers and DRC runners placed as follows; 1st - Mike Brown - 42-19 (1st SM) 4th - Josh Wood - 46-20 (1st MU16) 5th - Dave Wood - 47-02 (2nd MV50) 19th - Jon Morgan - 54-02 22nd - Rachel Brown 55-05 (1st FV40) 23rd - Andy Hara - 55-35 63rd - Andrew Ferguson - 65-18 79th - Carly Heath - 69-18 80th - Nicola Christopher - 69-22 82nd - Julie Furneaux - 69-52 85th - Ian Roberts - 71-07 87th - Jo Lewis - 71-41 (4th LV50) 99th - Di Gore - 74-16 (2nd FV60)



In the 5km race there were 81 finishers and DRC runners placed as follows; 2nd - Mark Sprigings - 21-56 (1st SM) 9th - Darren Smith - 28-59 (4th SM) 69th - Cara Zoglowek - 42-27 72nd - Sarah Wilcox - 42-42 73rd - Sarah Eden - 42-44 (3rd FV50). Another great turnout, effort and performance from DRC athletes!

Avebury 8 Nine

When he wasn't photo-bombing the Calne Running and Tri Club team photo Darren Carter-Smith was taking part in the Avebury Eight. Marlborough RC describe the race as "9-mile-ish trail race which takes place in the Wiltshire countryside, starting and finishing at Avebury, a World Heritage Site famed for its stone circle. The route follows byways and bridleways and can be wet, muddy, rutted and difficult under foot. The start is in Bray Street, & the end of the race will take runners over the Neolithic 'causewayed enclosure' of Windmill Hill, then back to the village High Street to (the) finish. Always good when the organisers describe the distance in terms of "ish" but then again they clearly have a sense of humour when the



Avebury 8 is around 9 miles! Potentially very confusing for Charley Palmer and Tony Ball (see Staverton 10 2017!).

Darren confirmed that the course was off-road, no bling but pottery "Trail, fields, cycle path and few styles. No medal but a handmade mug" and had no complaints about the distance.

Strava Evidence (result tbc) 9.1 miles 01:31:31- elevation gain 400ft



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Parkrun

A fantastic turn out of 48 DRC athletes, including Rach Goatman returning from her horrendous injury, at Kingsway to celebrate Julie "Jaffa" Gowing's Birthday. There is no zero or five involved so no new age category to give a good seeing to in the coming year! This left just two DRC at Wotton for a change, Nigel Burford taking the opportunity to come home first overall in 20:39, leaving him as the 4th quickest DRC parkrunner, behind Matt Hazell-Livall 18:58, Nigel Sankey 19:44 both at Kingsway (yes its flatter!) and Neil Hodgson 20:25 at Cirencester, There were another 6 DRC runners under 22 minutes, including Zoe Lammerton 21:56 @ Beeston, with an impressive 70% Age Grading to top the DRC women AG for the weekend, and junior Jake Matthews 21:10 at Kingsway to top the DRC age gradings with 75%!

Personal/Course Bests for Jake, Stuart Watts 21:31, Huw Poppy 23:16, Lucy Fairall 25:43, Ellen Efford 30:18, Lila Heath (Junior) 32:41 at Kingsway.

A few tourists Andrew Obourne Severn Bridge, Pete Dunn a bit further away in Street, with a tidy 23:36! The Rugman Strickland quartet made it to Woodhouse Moor, before they ruined their weekend by going to watch Leeds United play ;-) but Garry got to meet a few of his heroes from the 70's! Another super Saturday for DRC at parkrun and more!



DRC- Tri-team help you Plan your Tri season

Zoe Lammerton has posted a date for your diary if your considering giving triathlon a go.

DRC tri have a 'plan your 2019 tri season' event at peak academy on Monday 14th January 2019 from 7.15pm. Come and chat to the DRC-Tri coaches about what might be involved and pick up a free training plan

For more info on DRC triathlon team fb page join the group and then go to the Announcement and events pages for more info on our team events next

If you want to part of the Sea of Blue that is DRC-Tri please read on....."A few of you are taking interest in triathlon dates for next year. In 2019 we will be promoting the following events as our DRCTRI team events and it would be great to get a few team members to each obviously depending on your chosen race season. Try to pick only one A (main) race for next season whether this is any of the tri distances and don't be tempted to do all our team races but enter those that support your race programme. We have picked our events so that there is a race for all interests. I will set up event pages for all of these some are done already. All info on our events will go into the calendar on the web page too in the coming weeks. If there are other races in the season you are doing can contact Zoe Lammerton as events coordinator. If you can't decide what to do next year come along to the 'plan your tri season' open evening with the coaches in January where you will be able to get a training plan and pick your A race with help and support from them". Tara

DRC-Tri Events 2019

<i>May</i>	<i>June</i>
DBMax 51fiver (OW standard) 19th May	Great north swim, Windermere 7/8/9 June
Westonbirt tri (pool sprint)- 27th May (fb event on tri page- £4 discount enter DRC)	DB max Titan (middle distance)- 15th June - enter DRCTRI for discount.



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DRC-Tri Events 2019

July

LPS Cotswold lake 62- standard open water-
Saturday 10th August

August

Tewkesbury Tri Bredons Hardwick (open water)
Sprint plus camping - date tbc

Sept

LPS super sprint relays- 1st Sept- a team entry will be made for this watch fb for details.

Saundersfoot Sea Sprint tri and Iron Man Wales weekend (13-15 September)

K2 sports North Bristol sprint (pool) - tockington manor school- end of season event. Date tbc but expecting it to be very end of the month.

DRC Juniors

Caroline Jones' Weekly Round Up: Ever decreasing circles on Wednesday made for some great pacing control training, some tough 400m loops. On Saturday cross country training included some more progressive Kenyan Hill with Obstacles training. Great stuff. Olive Jones represented DRC at the Sportshall League. One more Sportshall League event to go this year (date to be confirmed either 9th/16th Dec, to be at Cheltenham Sports Centre).

A good number already signed up for the Indoor Athletics due to start in January, link here to register if interested in this:

<https://drive.google.com/open>



The U21 Winter Running Programme starts next week too, aimed at developing young adult endurance running ability. Follow this RunTogether link to find out more and register for this programme: <https://groups.runtogether.co.uk/.../c0041131-6dda-41c2-b003-...>

Next Saturday is the KLB School Cross Country racing, so no cross country training, but some warm up drills and haring for our older juniors from 9.30am.

Grand Prix Awards and Handicap Recount!

Alice Lewis, Annette Heylings Eileen Hieron and Andy Probert picked up their Grand Prix Awards at the club social, and after a recount the Handicap

Awards were re-presented to

Jo Lewis 1st

Jeff Pearce 2nd

Di Gore 3rd

Jo a 2018 W2R



Graduate said "I'm overwhelmed but so pleased! Dursley Running Club has brought me a long way this year, I've had fantastic support & encouragement. Just brilliant.Thanks." Jeff was similarly surprised and pleased!





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Walk2Run

Walk2Run Leaders and helpers meeting Monday 7:30 at Club, Damian Lai is Chairing and runs a tight ship so will be a quick meeting. If you cannot make the meeting but can assist with leading (LiRFs and Coaches, Coaching Assistants) please contact Damo, and if you want to help gain do the same. Look around on Tuesday night and you will see a lot of faces, some leading groups that have come up through Walk2Run, Mr Awesome Lai, is of course a W2R Graduate. So we know what a **LIFE CHANGING OPPORTUNITY**

This is for many of the participants, so please help us run it, more Leaders reduces the burden on others, once numbers of leaders confirmed Shift pattern will be sent out!



Glos AAA Cross Country Race Wotton Under Edge

We will be hosting the event on Sunday December 9th with John Rogers as the race director for the event. This means we volunteers throughout the day and also the day before setting the course out. It is eminently possible to marshal and to race given the timings

Please use this form:

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

to sign up for specific roles.

*(When you signup, you should get an **automatic email** telling you what you signed up for, so please ensure you enter your **correct email address** as this will be used for all communication.)*

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.

[Link to Xcountry web Page](#)

Dursley Dozen

Thank you to all who have volunteered for the Dozen, great initial response, 50% covered, so those good at maths will realise we still have 60 roles to fill....

An email went out earlier this month via the DRC Running Club account:
"We need about 120 (now 60) 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"

Christmas Social



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DRC Does Christmas

Saturday, December 22, 2018 at 7 PM at the club, family welcome! Normally a high quality raffle on behalf of Club Charity. Sadly Dave Lane is without a band this year so a playlist is required!

DRC – Tri

The Tri-team are having “informal” Christmas drinks at The Ranchers pub (Formerly known as The Kingshill). Saturday the 15th at 8pm. Let Paul Breen know if you are going to attend so we can get an idea of numbers.

Boxing Day Run

Annual event from the Club with mulled wine and sarnies afterwards, DRCC will have their normal boxing day game so the bar is open as well!

Club Runs

Tuesday is fast approaching, please don't forget NO REFLECTIVE HI VIZ NO RUN Safety and respect the order of the Night! Thank you

Leaders as follows:

Kangaroos - Cath Hall
Greyhounds - Louise Beck and Cara Zoglowek
Greyhares - Sarah Willcox
Hares - Nicki Cowle 🦡
Foxes - Steve Rugman
Lions - Richard Hensman
Leopards - Caroline Jones
Penguins - Kevin Jackson

Antelopes - Francesca Lane Amigoni *Starting at the Spot (don't forget money for the pub after)

Thanks everyone.

Nicki aka the Badgerer Cowle and Damian Lai the Badgerer Assistant 🦡

Thursday TBC 7:30 Lead Kris Rymer

And Finally

“Who ate all the Cake?”

That'll be Nigel then!

Happy Birthday to Mr S

