



Dursley
more than a
Running Club



Mike Brown's Severn Bridge Sonic #BOOM!

A small band of hardy DRC souls made it to the Severn Bridge Half on Sunday, an early start to get across before the Bridge shut for some and wind and rain for all. The poor conditions may have contributed to a number of the 10K race pacers not making it to the event, Mark Sprigings talked Nigel Sankey and Andrew Eades into going all Water Margin and run with a flag attached to their backs! Not only did they enjoy the experience but with Mark pacing 45, Nigel on 50 and Andrew on the hour they all did a fine job! Well done all, great rescue by Nigel and Andrew. This magnanimous gesture was somewhat overshadowed by Mike Brown's superb run in the Half marathon, placing 28th overall in a time of 01:23:52, over a course with a number of hills and drags. As ever DRC did well in the age



Categories, even if they were 10 year categories as opposed to UKA 5 Years. Kevin Jackson a fine 13th M50, Dave Saunders 18th 60, and in the 10K Teresa Walton, came home 5th F60 just under the hour.

Results Half: Michael Brown, 01:23:52, 28th, (21st Sen. Male Junior); Kevin Jackson, 01:35:47, 135th, (13th M50); David Saunders, 01:51:10, 470th, (18th M60); Tony Waye, 01:57:22, 651st, (106th M50).

Results 10K: Mark Sprigings, 00:45:01, 37th, (17th Sen. Male Junior), **PACER**; Nigel Sankey, 00:49:45, 91st, (37th Male Junior), **PACER**; Teresa Walton, 00:59:25, 360th, (5th F60); Andrew Eades, 00:59:39, 370th, (86th Sen. Male Junior), **PACER**.

Portishead Festival

Alice Lewis continued her 60 at 60 with a trip to the Portishead Running Festival, taking part in the 4 races, totalling the Marathon distances over over 24 hours, Saturday afternoon to Sunday morning. Alice had an outstanding two days:

5k 24:16 1st F55.

Half Marathon 01:56:22 2nd F55.

10k 49:58 1st F55.

6.1k 30:11 1st F55.

No results for overall festival yet, however plenty of bling not to mention a few nice bottles of white wine.!

The Long Good Bye

We started saying goodbye to Neil T at the end of June and have managed to string it out until Tuesday when it will be Neil's last regular Club Run. In between times he has continued to shower us with his generosity, lots more challenges including a "family special" Golf Course event!

As a celebration of Mr T.s contribution, (not that he's leaving), Nigel is leading "Tour des Challenges" not all, just some select few/segments!

Be there or be square! Alternatively feel free to run with your normal group!





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Tough Mudder

It was very much a family affair with Sue, Julian, Ashley Peachey, along with Line, Gee, Sally Whitlock plus Mark Brasier at the Tough Mudder South West event. All completed the Half, a 5 mile event with 13

obstacles last weekend. Line posted "So far I have counted 23 bruises and so many cuts everywhere. My legs are one big bruise but to me it shows I threw myself at every obstacle. I think I'm being to get addicted to Obstacles Running" Sue was equally taken by the format "worth every penny plus free bruises".....next up Rat Race Dirty Weekend?



Parkrun

Saturday the 25th saw Garry Strickland "jeffing" it over to Wotton to celebrate his 100th, and he was rewarded with a beautiful day and plenty of support, 33 DRC runners at Wotton and 51 in total completing parkruns, 10 running personal/course bests. Despite his balloon affecting his aerodynamics Garry was not far off his course best with a 21:44 a minute behind Kris Rymer, first DRC home at Wotton. Sam Martin, Huw Poppy, Darren Smith & Sarah Wilcox running bests at Wotton, with Andy Kilby doing so at Wokingham, continuing his run of good form.

Keith Garner led the DRC posse home at Kingsway to a best along with Sarah Newall. The away team of Mike Thomas at Lanhedrock, Neil Truelove, Letchworth (home or away!) and Nigel Sankey, Seaton, again all ran bests. Nigel's run of 19:34 was the quickest of the w/e.



Emma Denton, running 21:51 at Stonehouse, just checking to see if her knee had recovered from injury! Annette Heylings was on the AG podium for DRC women at 73.21% with Graeme Hawkings running an impressive 22:12 at Chipping Sodbury with an AG of 79.43% close enough to give Alice Lewis some competition! The weekend saw a return to the fray for Ray Williams, following his crash & shoulder operation. He ran his first parkrun at Stonehouse, ably supported by Mouse Clutterbuck (who had to run home to get a decent run in!) and Den Evans!



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Golf Course Challenge



Neil reports that "Zoe Lamerton set a fine pace for the ladies around the golf course challenge on Monday (21:26). Lots of Hares completed it on Tuesday as did Joe Ball who has gone top for the gents (20:42). Margaret Badger walked it "with Devil pooch and Ms B" (1:00:36) on Wednesday. And yesterday Jaffa (27:36) got round 2 minutes and 20 secs ahead of a trio comprising Kat Fletcher Nicki Cowle and Andrew Ferguson. Well done to all of those fine runners. In total 60 people have had a go so far this month at my final challenge. You have one week to go!" Neil finally found his documented results" from the Family Fun 5km last Weekend, "I hadn't packed it after all! So here are the results of the various categories:

1. Overall winners and Father & Son category
1st Dave Wood and Josh (23:44)
2. Mother and Daughter
1st Caroline Jones and Olive (30:18)
3. Father and Daughter (Junior category)
1st Chris Sweet and Harriet (30:52)
4. Father and Two Juniors (short course)
1st Andrew Ferguson with Imogen and William (33:35)
5. Father and Daughter (Senior category)
1st Garry Strickland and Charlie (34:57)
6. Father and Son (Junior)
1st Richard Jones and Charlie (35:45)
7. Wife and Husband (!)
1st Charley Palmer and Simon (36:16)
8. Family of Three
1st Louise Biddell with Scott Thomas and Olly (38:13)
9. Mum and Toddler (short course)
=1st Kate Reynolds and Ruby (42:28)
=1st Sam Evans and Lotty (42:28)
10. Twins (very short course)
=1st Evelyn and George Jaffa Gowing
Congratulations - everyone's a winner!"
Thank you just doesn't do it Neil!



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Flying Monk

Just the one runner the Flying Monk this year in the form of Kris Rymer who ran a chip time of 43;38, placing 30th and 18th sen. Male. Kris was not a million miles away from his personal best at 10K always good sign.

2 Tunnels City Ticket

More results out. Alice Lewis reported "I didn't quite manage to live up to James' win in the return ticket challenge, but more than happy with my 12th place.

22.52 5k,

47.55 10k,

1.58.26 half marathon"

Alice reported that there was an extra 1k after the 13mile marker just for the fun of it. Her races gave her a total time of 3.09.13, another series of great performances from Alice.

On the Road to Recovery and Thank You

Julie Froggatt reported she ran her "slowest parkrun result ever - just under 44 mins but SO happy to walk round with no support boot ... progress after breaking my foot 5 weeks ago. More importantly I want to thank everyone at the club for their incredible support on Club Social night raffle and cake sale raising £126 for Alzheimer's Research and contributing to smashing my fundraising target of £350! Currently not far off £400 now - so overwhelmed by the generosity. Thank you all xx"

Julie has an article in Run Deep about her running and how Running for Dementia gave her something else to run for you can either find it on the Julies Facebook post on the Dursley Running Club Chat facebook page or via RUNDEEPMAG.com



Tri

out

Tri



The taster event will occur on Saturday 8th September. The competition starts at 4pm at the Pulse, Dursley. Please arrive at 3.30pm to allow time for changing and a brief at 3.45pm. This event is for 8-16 year olds who would like to have a go at an introductory triathlon event. Participants must be reasonable swimmers (able to swim a length of the Pulse swimming pool unaided). The cycling will be completed in the Pulse spin room (and participants must be able to reach the pedals of the spin bikes) and then this will be followed by a run around the Dursley Recreational field. This is a timed event but the emphasis is on fun and enjoyment.

Currently we have a 'skeleton crew' to help so JUST enough for each task but we really would like to be able to have more doing swimming timing, spin distance checking and time recorders for the finish line. So two more for each area (so 6) would be ideal.

Please contact Caroline Jones or Tara Truman if you can assist, ASAP



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Tuesday Night is Club Night

Apart from Nigel leading a Penguins/Antelopes/Leopards – “Tour de Challenges” and that Greyhounds are meeting at Modes Hairdressers.....
Everything is apparently normal this week.... Watch fb for post re leaders

Up and coming Events

Final Handicap Race plus awards and social 11th of September

AGM and Annual Prize Giving Friday the 28th of September

The dates for the 2018/19 Cross country season are:

Saturday October 13th 2018	Old Down Country Park	Stroud AC
Saturday November 3rd 2018	Charlton Park	Chippenham
Sunday December 9th 2018	Wotton under Edge	Dursley RC
Sunday February 17th 2019	Pittville Park	Cheltenham H

Entry available via Entry Central