



**Dursley**  
more than a  
Running Club

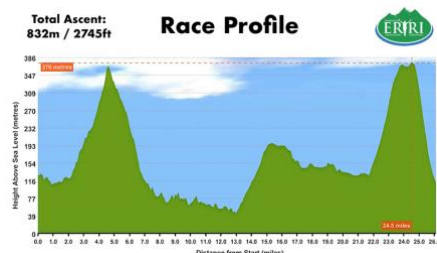


## ***DRC Marathon Mania Continues- Snowdonia and Dublin***

Damo helpfully put all the required images into one post as he prepared for the Dublin Marathon, Rob Hale, Dursley boy born and bred was running with Dunboyne AC and looking to improve on his Berlin outing. It is not known whether there is a Bierkeller in Dublin for post-race recovery! Meanwhile not too far over the Irish sea a further four DRC marathoners, Kate Browning, Dave Halford, Rachel Brown and Quentin Somerset were in Wales for the Snowdonia Marathon. The latter does not take on the mountain but has significant ups and downs over the road course. After the balmy weekend for Stroud the runners were welcomed to Wales with snow on the Friday. Rachel posted the race profile to remind everyone what was ahead on the Saturday. The race times certainly indicate the middle section was a tad easier than the beginning and the end of



the race with all the runners picking up the pace in the middle section. The DRC support was on-line, Rachel commented "Thank you all for your comments and support. Found it hard today with the cold northerly winds". Arctic conditions I believe! Hopefully Rachel will be fully recovered for Cross County next week or maybe not! Kate came to Wales off the back of the Doddle West Marathon, (06:54:00) and came home first of the Dursley runners, in just over four hours, running her 86<sup>th</sup> Marathon, from the oven to the to the freezer for her. Dave was next in and produced a good time given his lack of preparation and a bad back. The wonders of modern medication got him round! He commented that it was "very very hilly but spectacular, will be back next year!" Quentin overhauled Rachel to complete his 85th marathon approximately, how he can't remember exactly EVERY one is beyond me! **Results:** Kate Browning 04:06:11, 688<sup>th</sup> (F45-49 18<sup>th</sup>); Dave Halford 04:16:54, 821<sup>st</sup> (M40-44 145<sup>th</sup>); Quentin Somerset 04:40:07, 1244<sup>th</sup> (M45-49 236<sup>th</sup>) Rachel Brown 04:46:07, 1341<sup>st</sup> (F45-49 66<sup>th</sup>).



Whilst in the fair City of Dublin Damian was running his 23<sup>rd</sup> Marathon and paced the run brilliantly. Damo posted "Number 23 - Dublin Marathon. One of my favourite races of all time and the second year I've run this race, I'm sure to come back for the 40th anniversary next year! Fantastic support all the way around by the Irish fans. The best part was running through Phoenix park. The weather was perfect, nice and cold, but not too cold. I'm really pleased with how I ran, I managed to maintain a consistent pace throughout and ran strong for the last 10 miles. Official time- 3.49.46. Really chuffed to get a marathon PB by 5 mins 19 seconds. 11 mins quicker than last year. BOOM" and he manged some family time as well "Katherine and the boys had a nice time too, yesterday we went to see Shrek the Musical. Now time for a Guinness" A fantastic result for Damo. Rob Hale meanwhile crossed the line in under 3:30 having developed back and glute pains at mile twelve, He did amazingly well to soldier on to the finish line, 14 miles is long way when you are struggling! **Result** Damian Lai, 03:49:46, 5059<sup>th</sup>, (1058<sup>th</sup> M35-39); Rob Hale, 03:29:11, 2645<sup>th</sup>, (432<sup>nd</sup> M45-49)



## ***Original Mountain Marathon***



# Dursley

more than a  
Running Club



Rob Woodward and Andy Kilby headed off to the Black Mountains for this years OMM. They took part in the long score course. The "score" courses are points based: The team that collects the most points across the 2 days wins. The long score obviously involves the biggest distance with the time limit on Day One being 7 hours and Day Two 6 hours. Returning after these times means the team incurs penalties. Rob reported that "Conditions cold with incessant wind. Snow came down for an hour but left a white scene" Andy continued "All went well first day 7hrs 270 points and second day 200 (points). We came 136<sup>th</sup> overall and 40<sup>th</sup> in age group". Watch this space for a full report on their return home.



## Gloucester 10K 1/5<sup>th</sup> 3/12ths and a 1/5<sup>th</sup>

Fourteen DRC athletes were on the start line of the Gloucester 10K, just six in the image with Robyn Wait (nee Jackson) representing Gloucestershire in the Inter Counties 10K. As a result of this competition there was a particularly high quality field. Robyn led the team home, working hard when seen approaching three and half miles. Robyn went on to the finish in a time of 38:36, a 25 second personal best, and whilst the temperature was spot on for fast running she had to cope with a strong wind, a long drag before a nasty kicker just after three and a half. So all in all a great performance by Robyn. Behind her Emma Denton ran well to finish 12<sup>th</sup> in the F40 category with the elusive Kevin Jackson also placing 12<sup>th</sup> in his. The best age category performance



category run came from Teresa Walton who posted a season's best (PB?) of 58:50 to place 5<sup>th</sup> F60. Other bests were run by Ellen Efford and Emily Harding, the former a PB and the latter definitely a SB if not a PB  
**Results:** Robyn Wait, 38:36, 67<sup>th</sup>, (12<sup>th</sup> SenW); Emma Denton, 42:51, 130<sup>th</sup>, (12<sup>th</sup> F40); Kevin, Jackson, 43:18, 135<sup>th</sup>, (12<sup>th</sup> M50); Matthew Davies, 57:45, 478<sup>th</sup>, (71<sup>st</sup> M40); Teresa Walton, 58:50, 499<sup>th</sup>, (5<sup>th</sup> F60); Ellen Efford, 01:02:05, 579<sup>th</sup>, (80<sup>th</sup> F40); Sarah Newall, 01:03:08, 600<sup>th</sup>, (84<sup>th</sup> F40); Steve Barnes, 01:03:46, 620<sup>th</sup>, (27<sup>th</sup> M60); Cont...

Dave Ashford, 01:03:53, 625<sup>th</sup>, (84<sup>th</sup> M40); Paula Roberts, 01:06:59, 670<sup>th</sup>, (158<sup>th</sup> SenW); Annie Hidden, 01:08:24, 688<sup>th</sup>, (43<sup>rd</sup> F50); Rachel, Smith, 01:09:54, 717<sup>th</sup>, (169<sup>th</sup> SenW); Tina Dury, 01:15:15, 755<sup>th</sup>, (55<sup>th</sup> F50); Emily, Harding, 01:19:54, 771<sup>st</sup>, (185<sup>th</sup> SenW);

## Parkrun





# Dursley

more than a  
Running Club



Pride of place in terms of parkrun images goes to Di Gore and Jackie Pennington who were conscientiously stretching after their run. Come on DRC let's make this standard operating practice (SOP) to avoid SNAFU ie injury! Not difficult to chat and stretch post run. Warm ups are also good! Fantastic to see Wotton parkrun reach #100, set up with DRC support also great to see lots of DRC members marshalling the Course. Talking of warm ups a hardy band of DRC athletes met



at the carpark on Stinchombe and ran over to Wotton, including "birthday girl" Janet Matthews, who was also celebrating her 50<sup>th</sup> Parkrun, and was provided with a balloon to slow her down on arrival SOP! Another 33 DRC athletes were there helping Janet celebrate. Conditions were beautiful, crisp and cold, with the course slightly rutted, meaning runners having to be careful not to turn an ankle, s especially with bright sun making reading the course also tricky in places. DRC were at Gloucester, City, Kingsway and the Newport parkrun got he thumbs up from the Honey Tourist Massive! The Wotton DRC were led home by Matt



Rogers not showing any hangover from Stroud with an 18:59 run with the highest AG of 75.24%, with Louse Runner-Dowling running his first ever park run just 20 seconds behind! Ben Cardinale, seems to have recovered from Chester Marathon, running 22:34 at Wotton with top AG for DRC women of 67.06. PBs for Debi Jones @ Kingsway Huw Poppy, and Carly Heath @ Wotton. With DRC Juniors Luke Davis & Holly Clark both running personal bests, Luke would have probably gone even faster had he not had to take his hoody off after a lap

not sure who was doing the PB pacing out of Carly and Holly, both pushing it all the way to the finish.



## DRC Juniors



# Dursley

more than a  
Running Club



Caroline Jones reports that "Outdoor training is definitely getting colder. I recommend a pair of gloves for training sessions. It was just Cross Country Training on this week, but that was a good session, our juniors enjoyed running some Kenyan Hills. Especially once we made them Kenyan Hills with obstacles! Some dates of note coming up:  
-Thursday 1st Nov Junior Section Committee Meeting (if you're interested in helping out at all with the running club you would be more than welcome to join us)  
-Saturday 3rd Nov is the AAA Cross Country Races (so no cross country training)



NB Wednesday 7th Nov is the Sportshall League Taster Session (so no Weds Running Training)."

## Sept Challenge UPDATE

Dave Halford reports "We have ONE week to go. Prizes will be awarded to Fastest Male and Fastest Female OVERALL, as the overall theme of the challenge is to get from Cam High Street to Coaley Church as fast as you can".

Off-road route: <https://www.strava.com/segments/18715509>

Road route: <https://www.strava.com/segments/18772442>

1 Dave Halford 00:31:55 OR	9 Fran Amigoni 00:41:42 R	17 Damian Lai 00:45:02 R
2 Mark Sprigings 00:35:14 R	10 Paul Breen 00:41:44 R	18 Lucy Fairall 00:46:45 R
3 James Price 00:36:12 R	11 Janet Matthews 00:42:54 R	19 Liz Halford 00:47:06 R
4 Richard Hogg 00:36:16 R	12 Jake Matthews 00:43:18 OR	20 Nicki Squire 00:48:21 R
5 Audrey Harris 00:36:30 OR	13 Luke Davis 00:43:23 R	21 Teresa Walton 00:51:35 R
6 Dave Wood 00:36:40 OR	14 Catherine Fay 00:44:42 OR	22 Margaret Badger 00:51:57 R
7 Zoe Lamerton 00:37:50 R	15 Pete Dunn 00:44:45 OR	23 Ian Roberts 00:52:14 R
8 Tony Freer 00:41:21 R	16 Louise Biddell 00:44:56 OR	24 Cara Zoglowek 01:07:01 R

## NOVEMBER CHALLENGE ALERT

The November Challenge will start, as expected, on 1/11/2018, and run for 30 days.

The Route: <https://www.strava.com/segments/19117984>

Start at the top of Cam Peak, run to the top of Cam Long Down, return to the top of Cam Peak

The top of Cam Peak is fairly obvious to find. The top of Long Down is defined as when the stony path runs out. A PDF for photos is available from Dave Halford.

### Prizes will be as follows:

1. Fastest male on the segment
2. Fastest female on the segment
3. Most number of rep's completed in the month
4. Most number of days completing 1 rep\*

There is therefore something for everyone; prizes 1 & 2 for the quickest runners down, up, down, up. Most persistent runners can compete for prizes 3 & 4.\*\*

I will post every Friday requesting weekly updates from runners for Prizes 3 & 4

\* Daily rep's must be run"

NB the challenge will involve running in an uneven surface, walkers and dog walkers are just two of risks runners need to consider. Getting blown off the peak in high winds is another, clearly inclement weather conditions need to be considered as well! Mobile phone to call for assistance key item of equipment.

## Glos AAA Cross Country League





**Dursley**  
more than a  
**Running Club**



For those who enjoy Wotton parkrun, the next XC League event is at Malmsbury next Saturday!

11:00 Under 11 Boys	11:15 U11 Girls	1 small lap (2.4 km)
11:30 Under 13 Boys	11:50 U13 Girls	1 large lap (3.2km)
12:10 Under 15 Men		2 small loops 4.8km
12:35 Under 15 Girls		2 small loops 4.8km
13:00 U17/U20 Men		2 large loops 6.4km
13:40 U17/U20/Senior/Vet Ladies and Over 65 Men		2 large loops 6.4km
14:30 Senior/Vet Men		2 large loops 6.4km 3 large loops 9.6km

For more information see

<https://www.athletics4u.co.uk/cross-country/>

Wotton XC fixture in Sunday 9<sup>th</sup> December watch out for volunteering form, we will need marshal and car parking assistance.

### ***VLM London Club Ballot NOW***

We have brought the ballot forward to allow members who are unsuccessful in the is ballot to apply for charity places. We have had our 4 places confirmed by VLM

Last date for entering London Marathon Club Ballot is Monday 5 Nov

1. Need to email to DRC with proof of this year's rejection
2. Must have been club member for a year
3. Must have not had club ballot place last year

Please remember that last year due to the number of good for age entries we had our allocation reduced. As they have changed good for entry times (not good news for those who had to deal with this earlier in year) we are hopeful this won't be an issue this year. However, we will ensure we record the names coming out of the "hat" in order they are drawn, in case there is any repeat of last year's change of allocation!

### ***Invite from Honiton RC***

We have received the following invite

"Apparently this sort of solo or team event would be right up your street. Please could you maybe circulate this to members if you think it would be of interest

[www.eastdevonround.com](http://www.eastdevonround.com)

It is an individual or pairs (relay) or teams of 4 or 6 (relay) event. Its an ultra trail marathon based from Offwell village hall consisting of - 62 miles, 8,000 feet, 24 hrs, 9 aid stations, 2 areas of outstanding natural beauty, 4th May 2019, 6.00am.

Event HQ - Offwell village hall EX14 9SE (Just outside Honiton)

Weekend camping, pizza, beer, race t shirt, race snood, race medal all included. Prizes and spot prizes all on offer. It's to be a low key, well organised event, supported by loads of local companies with the prizes being donated by local food producers we pass on the route.

It is a not for profit event raising money for Offwell Village Primary School and Combe Raleigh's playgroup".

***Tuesday Night is club night***



# Dursley

more than a  
Running Club



## NO REFLECTIVE HI VIZ NO RUN

Please be more safety conscious and aware of your surroundings when running in the dark, please look out for pedestrians, dog walkers, cyclists and of course cars and be respectful to all of these people.

### Leaders as follows:

Kangaroos	- Cath Hall
Greyhounds	- Louise Beck and Cara Zoglonek
Greyhares	- Sarah Willcox
Hares	- Nicki Cowle *Starting at the Spot
Foxes	- Steve Rugman
Lions	- Richard Hensman
Leopards	- Kris Rymer and Caroline Jones
Antelopes	- Margaret Johnson
Penguins	- Kevin Jackson

Thanks everyone.

Nicki aka the Badgerer Cowle and Damian Lai the Badgerer Assistant 🐾🐾 xx

### Safety Reminder:

A couple of important points to remind everyone:

1. It is important to be visible when running but not dazzle drivers, so please wear brightly coloured clothes with plenty of reflective material. It's a good idea to wear a head torch particularly if you run along quieter lanes but try not to shine these directly at drivers as cars pass.
2. When running in a group keep together as much as possible, run on pavements when present and always run on only one side of the road when you do have to run in the road. The group leader decides which side of the road is most appropriate and everyone else follows.
3. If you have an injury/illness let your run leader know, you may still be OK to run but at least your run leader will know if you do start to struggle and will be able to respond. Run leaders should carry a mobile phone with them and if the worst happens they will be able to call for help.
4. To reduce the likelihood of injury, to improve running performance and to feel better whilst running; warm up before a run. And when you've finished your route make sure you cool down.
5. And finally be considerate to others, walkers, cyclists and drivers. A few seconds delay to a run will not make much difference to your average pace but will help to present DRC in a good light in our community.

Thank you

Caroline Jones DRC Safeguarding Lead