



# Dursley

more than a  
Running Club



## Lakeland 50

It must have been tough 'cos there were no jokes about men's bits and pieces, although Lee was clearly VERY excited to be at the event! Supported as ever by Immi Testa. According to the organisers "The Lakeland 50 is one the greatest ultra-running and walking challenges in Europe.... It is run over the second half of the Lakeland 100 Ultra Tour of the Lake District, completing the final 50 miles of the 100 course. The route starts from the Northern end of Ullswater within the grand Dalemmain Estate before following the Eastern shore line as far as Howtown. A quick climb and descent followed by a trek along the banks of Haweswater sees you at Mardale Head. The route from here visits Long Sleddale, Kentmere, Ambleside, Langdale and Tilberthwaite before the final climb and descent to the finish at Conistown. It is a truly amazing route and you will visit places that you never knew existed, places which are ignored by the masses. There are 6 manned checkpoints on the course which are compulsory to visit, food and drink is available at each".

The 50mile event started at 11:30am on Saturday. He hit his first check point at Howtown in 02:25:26 and was then heading for Mardale Head. Lee posted "Soup at Ambleside. 34m in. 2000m of ascent. 12 hours. Thought I'd had it at mile 6. Walk... poles.... metronome" With lots of support being posted back to Lee I he kept tracking on. No official results but Strava shows a distance of 50.95 miles and time of 20:02:08, or in Lee's words "Job done. 3000m of climbing. Just over 20 hours. A few spells of storms and horizontal hail. Off to get some kip" Not bad for an athlete living with MS! In fact awesome!



## Pedal Power

It was a big weekend on for the bike Damian Lai, this year he raised £2600 making that a total of over £6000 in 2 years for the British Lung Foundation, he continued to raise awareness for the by taking part in the Hotchillee London - Paris Bike Ride. 500km over 3 days. Sitting in the HotChillee peloton day one saw Damo compete 107 miles to Folkstone, this was followed by Calais to Amiens, 114 in 7hrs 6 mins. Damo posted "Awesome day cycling through France. Absolutely loved it. It was absolutely scorching out there & then there was a very welcome storm at the end! Time to rest now before the Champagne leg into Paris tomorrow. Je voudrais un grande biere s'il vous plait", finishing his "Tour" with another 107 miles to Paris, another fantastic achievement and experiences for Damo. Meanwhile Mike



Crompton completed the RideLondon100 in a very tidy 05:39:40 averaging 17.6 mph, along with Lisa Gillooly and Julian Peachey. Andy Hara the RideLondon46 in 03:14:45, with the heat wave giving way to high winds and rain. And of course there is Pete Chaffer riding his tandem with Mrs C through Ireland!



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## Summer Challenge

Neil posted the latest on the July Challenge "ANYTHING YOU CAN DO, ZOE CAN DO BETTER!\*\*\*\* Just when I thought Matt Read's 42:01 had given the boys the upper hand Zoe Lamerton ran 38:32 to reclaim top spot for the girls. That's a fabulous run Zoe, well done. C'mon boys...Sunday, Monday and Tuesday to go! Current leaderboard below..."



"Fancied taking on the wind and rain for the second attempt!"

### Results

Zoe Lamerton 38:32; Matthew Read 42:01; Paul Gebbett 42:54; Francesca Amigoni 43:26; Louis Rummer-Downing 43:44; Matt Hazel-Livall 44:24; Kim Bird 44:48; David Wood 45:55; Catherine Fay 45:58; Martin Bragg 47:36; Caroline Jones 47:55; Shona Darley 47:55; Jadie Cotterell 47:59; Francois Low 48:44; Louise Biddell 49:42; Mr Fox 49:51; Rachel Brown 50:12; Audrey Harris 52:46; Becky Court 52:55; Mark Baldwin 53:05; Michele Shapland 53:28; Dave Halford 54:37; Andy Shapland 54:41; Darren Kitchin 56:30; Andrew Eades 56:56; Liz Halford 57:00; Damian Lai 57:02; Pete Dunn 57:03; Teresa Walton 57:10; Darren Smith 57:20; Kevin Brockway 01:01:07 Nicola Christopher 01:02:55; Carly Heath 01:03:51; Leigh Allen 01:06:24; Clare Troy 01:11:2; Hannah Butcher 01:14:18; Julie Jaffa 01:14:52; Jude Wardle 01:15:25; Amanda Hensman 01:16:43; Sam Hill 01:16:46; Cara Zoglowek 01:17:01; Ben Houghton 01:18:41; Neil Truelove 01:19:05; Matthew Davies 01:24:40; Scott Thomas 01:27:47; Catherine Hall 01:31:17; Caz Harper-Easthope 01:34:23;

And as a tribute to Zoe Lamerton, Neil Truelove is dropping Irving Berlin's 1946 Broadway classic (Anything You can Do) and he posted "for the remaining three days I'm renaming July's Challenge after Alicia Keys's 2012 hit "Girl on Fire!" Looking at the list of participants Neil's challenges really are all inclusive and his "battle of the sexes" challenges seem to bring out the best in the club!

## Glos AAA Cross Country League

Provisional dates for 2018-19 series now out, get them in your diary, best value for money running you can find! If you want to be stronger and faster on the road then this is for you! Juniors to Seniors

Dates	Location	Host Club	
Sat. Oct. 13th	Old Down Country Park	Stroud AC	Great course
Sat. Nov. 3rd	Charlton Park	Chippenham Harriers	Great Course
Sun. Dec 9 <sup>th</sup>	Wotton Parc Wotton-U-Edge	Dursley RC THAT'S US	Park run Plus!
Sun. Feb. 17th 2019	Pittville Park	Cheltenham Harriers	Taxing course with water jump



All in all a pretty good series and of course the County XC Champs, 05<sup>th</sup> of January Rendcombe College, a new venue and the National Cross Country Championships will take place at Harewood House, nr Leeds towards the end of February.

## Midsummer Series 2018

Dave Durden was the sole DRC representative at the last Midsummer event, he could not avail himself of the benefits of two excellent pacemakers in the 5K and ran just over 19 minutes in his heat.



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## ***DRC Tri- Lake 62 Standard Triathlon***

Luke Russell and Will Steel were action at Lake 62 Luke placing 3<sup>rd</sup> in Category 49<sup>th</sup> overall with a time of 02:37:21, Will 13<sup>th</sup> in category, 75<sup>th</sup> overall with a time of 02:45:57

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## ***Parkrun***

A fair turnout of 35 DRC Athletes hit parkrun across the Country. Mike Crompton showed a return to form and was quickest DRC male over the weekend, with 18:18 at Basingstoke, Alice Lewis quickest woman in 22:49 at Wotton, taking the age category pole as well with 83.86%. In the male age grading it was a close-run thing with John Hieron M80-84 on 67.84%, but he was just pipped by Jake Matthews MJ11-14 on 67.88%. Oddlesof PBs/CBs including: Andy Kilby, Mike Crompton, David Symonds, Kris Rymer, Kevin Brockway, Keith Garner, Margaret Badger, Leigh Allen, Lisa Hindshaw, Michael Froggatt, and of course Ellen Efford! Who runs PBs almost as often as Kris Rymer!

## ***Hands up***



The club depends on our members to do the all-important leg work that makes it successful, that's what makes us more than a running club. Committee have identified a number of areas we need to find more helping hands. We are making strides with a new kit team at work, an intrepid band of white liners keeping the track marked out and substantially increased Club Handicap event team, as well as teams that have been delivering for some time, our race/events and social teams. However, we have a number of areas which we believe are critical to the clubs continued development.

The most important area being Membership as our current secretary Carolyn Thraves is stepping down, Committee is keen to get more than one person involved in this area, ideally members with a connection to the Juniors and Tri section as well as the Seniors. So if you are well organised happy working with IT and spreadsheets then this is a key role where you can help the club as part of a team.

Other key areas are:

**60<sup>th</sup> Anniversary event planning team.** We are starting to form a group to organise an event to celebrate this anniversary in 2019

**Liaison with the Rugby club on existing facilities** (buildings, storage etc..)

**Fundraising and Projects** e.g. 3G Surface

**Media and Comm.s**

If you are interested in any of the above or think that you have skills that can benefit the club speak to Dave Durden, Nigel Sankey, Margaret Johnson, Carolyn Thraves, Tara Truman, Caroline Jones, Kevin Jackson, Mouse Clutterbuck. Committee feel that it is vital that more members get involved in running of the club order to share the load. Many members are working, have families and other commitments as well as training for events, so organising the club so many people give a small amount of time seems to be a sensible way forward.





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## **DRC Juniors**

Mini Athletics had a great start, despite the wind and slightly colder weather we had a good turn out and as always the game of Sinking Ships resulted in a group of cheerful children, who unbeknownst to them were practicing their sprint start and agility skills. 'Try Out Tri' registration has opened and planning for this continues. DRC members have been given the first chance to sign up, this goes out to the general public for registration soon, so sign up quick; we have more than 20 registered already.



[https://docs.google.com/forms/d/10wsPMBJcf1\\_rHsms\\_QxnueOcyKvZj22jxL6lpetL2A/edit](https://docs.google.com/forms/d/10wsPMBJcf1_rHsms_QxnueOcyKvZj22jxL6lpetL2A/edit)

The celebratory looks like it may be put back to September. Our Junior athletes have done so well this year though so we're keen to get something organised.

We have a couple of positions on the Junior committee we would like to fill; membership secretary and social officer. Membership secretary would help look after the membership admin - checking people have paid and completed the membership forms, completing the EA membership when required. The social officer will work with the main club social committee and DRFC social committee this is a new role and will hopefully help us to secure our bookings. So if you have time you can give to support the Junior section and you think you could do one of these roles, or any other role, please let me know.

## **Tuesday Night is Club Night**

Tuesday is fast approaching leaders are as follows....

Kangaroos - Sara Eden

Squirrels - Cath Hall

Greyhounds - Louise Beck and Cara Zoglowek

Greyhares - Sarah Willcox

Hares – Nicki Cowle

Foxes - Richard Hensman

Lions and leopards - Caroline Jones

Antelopes - Tony Wooldridge AWAY AT WOODCHESTER

Penguins - Kevin Jackson

Nicki aka the Badgerer Cowle and her assistant Damian Lai (the legend Lai) xx

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## **Handicap Race 3**

If you can help at the next handicap please let Dave Durden or Rob Woodward know, we are short of around 3-4 helpers

**Results:** Please send results and race reports to: [dursleyrunningclubresults@gmail.com](mailto:dursleyrunningclubresults@gmail.com)