



**Dursley**  
more than a  
Running Club



## The AGM & Club Awards

These took place on Friday the 28<sup>th</sup> and the winners were....



Eileen Heiron Runners  
Runner & Cath Hall  
Best Newcomer



Caroline Jones  
Club Award



Sam Hill  
Athletic Endeavour



Kris Rymer  
Best Running Buddy



Tara Truman  
Triathlete of the Year



Mike Brown  
Most Improved (M)



Zoe Lammerton  
Most Improved (F)



Nigel Sankey  
Senior XC award (M)



Best supporting  
Member: Darren Kitchin



David Wood  
Best Athlete Over 50

The AGM, which saw a round up of the Club's year from Dave Durden, Tara Truman and Caroline Jones, highlight the growth in activity across Seniors, Tri-Team and Juniors, plus an excellent setting out of the clubs financial position by Treasurer Kevin Jackson. A debate on subs and use of capital reserves took place. The result will be a small increase in subs but in order to align our administration better with England athletic this "year's" subs will become due in January. A key issue is getting more member involved in day to day running of the club. Progress has been made but more need to be made, especially as we want to celebrate the Clubs 50<sup>th</sup> Anniversary in style. The club celebrated an amazing year of athletic achievements, with runners producing amazing performances at all levels, with many raising substantial amounts for charity along the way, something they and the club should be rightly proud of. Minutes and the Chair's address will be forwarded to all members by email ASAP. For those who weren't there to collect next Social!



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## AGM and Club Awards Continued



Margaret Johnson  
Best Marathoner (F)  
and Female Vet.s XC  
award



Stuart Gwilliam Best  
Marathoner (M)



Alice Lewis and Dave Saunders  
DRC AAA Road Race Champions

Fastest female handicap runner: Zoe Lammerton  
Fastest Male handicap runner: Paul Hocking

## The Order of the Woodwose

One of the top performances of the week was by Steve Watson, who after swapping the Great North Run for some speed golf a few week ago was on the start line for the iconic Greenman Ultra, past DRC runners Kate Browning, Rachel Topham and Dave Halford can all testify as to how tough the event is. Not only did Steve Watson complete the event he also provided a Race Report! t

“The Green Man Ultra (approx 46 mile with 3,800 feet ascent) is a full loop of the Community Fores Path, starting and finishing at Ashton Park School, Bristol. All in all a really enjoyable day. The race had been cancelled twice due to snow, ice and general travel problems so the forecast of a chilly start with a promise of an 8-hour sunshine window was welcomed by all. Anyone who has ran marathons and ultra-marathons will know the familiar story - The first half of the run is quite sedate, fun and manageable (dare I say comfortable) then ever so suddenly things (in fact everything) start to hurt and ache and scream at you. Old injuries start to niggle and pull, new tweaks start to develop and the mind wanders on a weird and disturbing journey. Eventually the SEVERE pain and cramps just become normal pain and cramps so you just ignore them.....and you crack on Why the hell you we do it?!?! Well as stated above ‘ Anyone who has ran marathons and ultra marathons will know the familiar story’ It’ s simple and complex all rolled into one. I completed the race in a very respectable 8hrs 59 and finished in the top 50.

The medal is the biggest and heaviest that Ive ever seen and I got a certificate of completion (and a late September tan)”. Official results pushed Steve back to 09:00:26, but still in an impressive 36<sup>th</sup> position

Awesome! A “walk in the park” to a man who can do an Ashpath Marathon ;-)







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## On the bench

He can run, but he cannot hide! Mr Truelove's bench has its first DRC visitor, the lovely Janet Matthews, Looks like this was before their Letchworth parkrun. Apparently, it is mandatory to wear a Dursley top when sitting on the bench, so we expect to see kit sales climbing steadily in the Bedfordshire sales area. Mr T will be pleased to know the AGM ratified his life membership! Other parkrun news is that Nigel Burford was quickest man running 22:53 at Wotton, Catherine Faye quickest woman 25:15 at Thornbury. Clair Searle the highest Age Grading for DRC ladies @ 62.7%,



Nigel had the highest age grading or the men @ 68.5%. Not weekend for parkrun pb.s with just two on the board, both were at Wotton, Jaffa Gowing take full advantage of Shona Darley crèche facilities to run a course best with Jude Rugman following suit

## Barnstaple Marathon

Kris Rymer celebrated his award as "Best Running Buddy" by taking himself down to Barnstaple, on his lonesome for a change. Completing his first ever Marathon Kris completed it in a great time of 03:44:57, 66<sup>th</sup> overall and 21<sup>st</sup> MV40, he said "I think I have earned the beer and chocolates", to be fair I think he needs more than one beer! Super year of running continues for Kris.



## Chiltern 50

Another member deciding to "go long" this weekend was Graham Wilkes who completed the above Ultra 50km event in 11:11:12, just one second of a number that would have made Neil Truelove delirious! Well done Graham



## Brinkworth Bash

Meanwhile Alan Honey was showing all the Old Men how to take a decent selfie down at the Brinkworth Bash 10K off road race.

First in the Wiltshire Off Road League Alan may have been getting some early Cross Country Training in for the Glos AAA series! I am currently struggling to find his name on the results sheet but Alan reported "The main event was over a mixture of terrain including fields, farm tracks, roads and a narrow path through a wood. There was a field of around 150 runners and a relaxed friendly atmosphere. I was pleased with my time of around 51 minutes".





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## A Tale of Two "Halves"

At the AGM we spoke about the number of Miles DRC members do each week, Sunday saw another 280 odd miles added by the Half Marathoners at Cheltenham and the Forest of Dean Autumn Trail. Weather conditions, after a warm Saturday were idea for running. Cheltenham saw Francois Low in first for DRC. It was a day for PBs, Francois Low running one and just missing out on a sub 90 minute half, placing an impressive 137<sup>th</sup> out of 2931 runners, Audrey Harris joined him & her good season continues. Tara Truman was first woman home for DRC with a strong run, with Lise Hindshaw next home also running a PB despite a lack of training and a cold!



**Results:** Francois Low, 01:30:10, 137<sup>th</sup>, (31<sup>st</sup> M350); Tara Truman, 01:47:43, 825<sup>th</sup>, (10<sup>th</sup> F45); Audrey Harris , 01:47:52, 837<sup>th</sup>, (24<sup>th</sup> F40) (PB) Chris Williams , 01:48:15, 859, (147<sup>th</sup> M35); Lise Hindshaw, 01:51:37, 1032<sup>nd</sup>, (18<sup>th</sup> F45)(PB); Nick Fennell, 01:54:31, 1187<sup>th</sup>, (322<sup>nd</sup> SenM); Hannah Brookes, 01:58:23, 1452<sup>nd</sup>, (142<sup>nd</sup> SenF); Andrew Ferguson , 02:16:56, 2241<sup>st</sup> , (262<sup>nd</sup> MV35); Steve Barnes, 02:17:23, 2254<sup>th</sup>, (29<sup>th</sup> M60); Lisa Young , 02:52:39, 2819<sup>th</sup>, (153<sup>rd</sup> F45)

## Forest of Dean Autumn Half

12 DRC athletes completed the course, which is like an awesome XC course. A quick downhill start, (if you are unwise) leads to a sustained climb after which a rapid descent means there is only one way home, and it's up! The last three miles being gentle uphill gradient, but feels steeper! Great efforts by all just getting around, and at the sharp end some seriously quick runs Matt Hazell-Livall just over 90 minutes with Ben Amigoni and Simon Jones not far adrift. Simon was really pleased with



his 16<sup>th</sup> position, after a summer of little running this was a great result for Simon . As ever in the age categories DRC delivered, Martin Bragg an excellent 2<sup>nd</sup> M60 in 01:36:54 and Alice Lewis first DRC woman home and 3<sup>rd</sup> F60. Damian Lai, had the benefit of this wingman, Darren Kitchin, who had funnily enough just received the Best Supporting member! With a little bit of help from his friend Damo ran a PB, pretty awesome of this tough course.

**Results:** Matt Hazall-Livall, 01:30:19,, 38<sup>th</sup> , (23<sup>rd</sup> Sen M); Ben Amigoni, 01:32:42, 51<sup>st</sup> , (31<sup>st</sup> Sen M); Simon Jones, 01:33:26, 54<sup>th</sup> , (16<sup>th</sup> M40); Martin Bragg , 01:36:54, 91<sup>st</sup> , (2<sup>nd</sup> M60); Darren Kitchin, 01:46:53, 229<sup>th</sup> , (39<sup>th</sup> M50); Damian Lai , 01:46:53, 230<sup>th</sup> , (69<sup>th</sup> M40) ; Alice Lewis , 01:53:32, 351<sup>st</sup> , (3<sup>rd</sup> F60); Rachel Brown , 01:56:22, 14<sup>th</sup> (14<sup>th</sup> F45; Kevin Brockway , 02:06:01, 599<sup>th</sup> (92<sup>nd</sup> M50); Paul Lewington , 02:06:40, 604<sup>th</sup> 21<sup>st</sup> M60); Claire Troy , 02:17:09, 785<sup>th</sup> (45<sup>th</sup> F45); Annette Heylings , 02:29:15, (898<sup>th</sup> (16<sup>th</sup> F60).





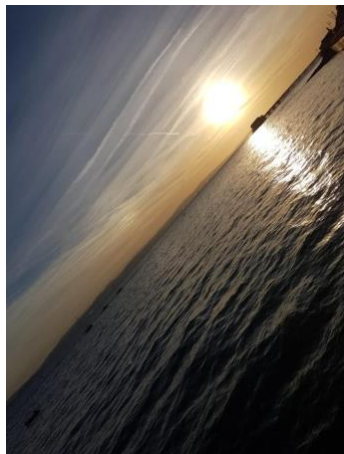
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## ***DRC Tri – The calm after the storm!***

### ***Mumbles Tri***

Tony Ball was over in Wales on Saturday, a total contrast to Weymouth last week (Paul Breen described the swim as a combination of swimming and surfing to me!), the Welsh water was like a millpond. The event covered 750M swim (which was bay the look of the image downhill?), 32K bike and a 5K run. Tony was a Vintage Veteran? And finished in 2:00:16, 125<sup>th</sup> out of 330, closing in a top quartile overall position which is always good, and was an excellent 7<sup>th</sup> in age category!



### ***K2 Tri and Exmoor Open Water Swim***

Zoe Lammeron and Jo Robinson ventured to the K2 sports North Bristol sprint tri at Tockington Manor on Sunday. Zoe reported "A lovely low key friendly event. Wave times were spread out over morning so we were both in the 11:00 wave. A slightly hectic swim with them setting us off at 5 second intervals, a quick transition for me (no wetsuit) and off out on the bike. A short 300 metres climb up onto the A38 took us on two 6 mile loops with a downhill bit after each loop. The run was twice round the rugby pitch field and an out and back on a road and farm track (one sneaky climb too). Really enjoyed it DRC Tri must do this next year!!" Zoe finished in 1:11:36 and 2<sup>nd</sup> in age category, Jo Robinson completed in 1:22:35 Zoe said "thanks [Sarah Willcox](#) for coming to cheer us on" Anne Roberts ventured further so South to the Exmoor Open Water swim at Wimbleball Reservoir today, completing eth \$km suim in 01:24:59, 2 minutes by 100m!

### ***DRCtri Gala Awards Evening***

After Friday night's AGM and running club awards I wanted to remind you that although this is event has been organised by the Tri section, we are one club and it is the opportunity for us all to get out of our Lycra, dress up and celebrate everything DRC

In 2019 to celebrate the clubs 50th birthday we will be holding one big awards gala so why not use this years as a warm up and come along for a great night  
Still places available £36 a head for a three course dinner and entertainment

Really hope you can make it. Tara





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## ***DRC-Juniors***

So much happening with the Junior Section as Caroline Jones' update on the Junior Section illustrates: "Athletics on Wednesday and Thursday were good sessions with warm evening weather making them very enjoyable. It is rapidly getting very dark towards the end of those sessions though, so please note the last two **Thursday athletics** sessions have been moved to an **earlier time of 6-7pm**."

Saturday's cross country training was also good fun, with an extended obstacle course to run around, all good for endurance and agility.

The club AGM was on Friday. It was a great opportunity for me to share some of our successes with the rest of the club, and I felt very proud to do so. I also spoke about all the hard work that goes into delivering the programmes and activities we put on, and importantly thanked all those that help. I highlighted that without this help we just cannot deliver the programmes and events that our Juniors love so much. I talked about our plans for 2018-19: to continue delivering the excellent programmes and events that we delivered this year, train two new coaching assistants and our aspiration to buy a high jump mat to enable us to include high jump training at the club. In order to do these things we proposed to increase the **annual fee to £20** this was accepted. ([My slides here](#), formal AGM notes to follow). We also desperately **need more help** with the organising and admin of the section. So please if you can spare any time at all, we need your help.



### **Planning Ahead**

So I will apologise for the constant pinging today if you have your phone etc. set to alert with every junior section Facebook entry because I have been busy setting up our future programmes. For those not on Facebook the junior section Google calendar, viewable on our website pages, has also been updated. You will see that I have set up events for the **AAA Cross Country Series** ([more info here](#)), and I have also set up the **Indoor Athletics Programme** ([more info here](#)).

### **Subs Due**

So as mentioned above the annual subscription fee is now due.

Please could all juniors (parents/carers) complete the **registration/renewal form** ([available here](#)), this contains details of how to pay. We agreed that our subscription year would run from 1<sup>st</sup> September – 31<sup>st</sup> August, but we acknowledge that there are always a lot of payment pressure on parents at this time of year, so if you are at all concerned please contact us and we can work out how to best help you. Our overriding aim is to provide accessible, enjoyable, safe sporting opportunities for our children".

Another fantastic weekend of sporting activity for DRC and now on to next week!



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### ***Tuesday Night is Club Night***

Tuesday is fast approaching remember NO REFLECTIVE HI VIZ NO RUN!!!!!! See picture right- it shows the reason that reflective hi viz is so important as Fran is NOT reflective, Be like Pete not Fran



#### **Leaders as follows:**

Kangaroos - Cath Hall

Greyhounds - Louise Beck and Cara Zoglowek

Greyhares - Sarah Willcox

Hares - Nicki Cowle AWAY STARTING AT THE SPOT - For Sally's leaving and birthday drink

Foxes - Steve Rugman

Lions - Richard Hensman

Leopards - Caroline Jones

Antelopes - Jon Tudor

Penguins - Peter Chaffer

Thanks all, please stay safe 🍷 🍷

Nicki aka the Badgerer Cowle and Damian Lai the Badgerer Assistant

**For More info. about club events the website has plenty of information and obviously lots via Facebook**

**<http://www.dursleyrunningclub.org.uk>**