



Dursley

more than a
Running Club



Cotswold Way Relay



A massive vote of thanks goes to Mike Crompton who headed up the Cotswold Relay organisation again this year, everything was running relatively smoothly until last weekend when he had to rush to replace a few last minute drop outs and then the race numbers arrived late! However, we got our five teams to the start line and I will let Mike continue... "I'd just like to say thanks to everyone for taking part of what I think is one of the best, if not the best event of the running calendar year. I hope you all enjoyed it despite the very tough conditions. A huge thanks also to Jadie and her team for organising the water station on Leg 6, and Graham and Jane for putting on the extra one on Leg 8 which I am sure was much appreciated. The organisers really appreciate this. Thanks also to those who came out to support along the way, handing out extra water, taking photos and giving general encouragement, all greatly appreciated! In terms of results, Cheetahs (Snr Men) recorded the quickest overall time for DRC for at least 6 years (maybe more, that's as far back as I can find!) finishing 5th out of 118 teams overall, only 10 minutes behind Team Bath which would have been a real scalp for little old Dursley! Dursley Gazelles finished 7th ladies team, and Eagles 11th vets team. Antelopes finished 13th senior men with Springboks 61st mixed team (but this should change if the corrections are made). Loads of good individual performances, including 5 top 10 finishes. Dan Anderson put in the best individual performance for Dursley since the days of Garry Hughes to win Leg 6 and almost break the course record. It was great to have one of our own win in Dursley! Robyn Jackson also finished 10 minutes clear of the 2nd female to win Leg 4,

one of the toughest of the 10. Put 29th June 2019 in your diary for next year! Until then, roll on XC league...!" Wise word indeed from Mike about Cross Country. Great efforts all around and on a brutal day for running I was just glad that we got everyone home safe and sound, as we get closer to the podium there will be time for reflection on where things slipped between cup and & lip, and we can work on our marginal and not so marginal gains for 2019. A super day for the club both in terms of running and the marvellous support all along the Way!

Neil 's Long Goodbye!



As the club gathered for its annual summer BBQ to celebrate the Cotswold Relay effort we also managed to slip in a "big thank you" to Mr Challenge himself, Neil Truelove, after a long wait for the Chair to return from Bath to see how the DRC CWR teams had done we were able to celebrate and reward Neil's years of innovation and support as part of DRC, representing the spirit of "more_than_a_RunningClub" He was so overcome with all the presents he had to sit down, and then realised the bench was also a present!



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The above shows Dave Wood before he took his high speed tumble on leg 7 and before Tim Brittan removed his shoes to finish 3rd at Wotton, apparently he didn't have time to tie up his laces so just ditched them on the final road section! I am shocked to notice that not all the team images had the numbers in ascending order, Neil Truelove will be getting a bit agitated no doubt! The images that follow of legs 7 and 8 when the condition started to worsen and in particular after leg seven the amount of tree cover reduces considerably. At the finish of leg 8 a runner was assisted across the line with extreme heat exhasustion, eventually placed on a saline drip when an ambulance arrived. A salutary lesson to everyone about listening to your body and running to the conditions. Some where I reas if you are not shivering on the strt line raceto finsh not for a time. Guidance has been issued via the club facebook page on running in hot conditons and is well worth a read.



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And finally leg 10 was complete and everyone could out their feet up and rehydrate. Again a massive thanks to everyone out on the course supporting the runners, recording the efforts, Jaffa's gallery is fab, and of course those providing drinks, sponges, spray and water pistols, again Jaffa's images give an indication of how grateful runners were to be squirted by a water pistol.

Cotswold Way challenge

Heading in the opposite direction to the Relay Runners were Andrew Hara, Mark Sprigings and Graham Wilkes. Mark and Andy both completing the 50K event, Mark in 05:52 and Andy 06:37. Graham finished the 100kml have an unofficial time of 32 hours 11 minutes, he said "I wanted to thank all at the running club who assisted with my training especially Damian Lai who turned me from a walker to a w2r graduate. That formulated so much of my training so thanks.....so I may be broken but I loved the experience getting broken!!! Grahams challenges are raising money for Alzhiemers Society, MIND and Macmillan Support





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DRC Tri Team



After the Tri-team 2108 team photo three DRC- tri were in action at the Monmouth Aquathon. Zoe Lammerton reported "Trish Mansell and Darren Kitchin formed a great team relay Trish did a cracking swim in her wetsuit (the water was 22.5 degrees and only just under the wetsuit ban temp!) and Darren then had a great 12km despite recovering from an Achilles injury! Zoe had a good race loving the swim (apart from the weed!) swimming 500metres upstream first before turning back for a fast down stream 1.5km! She continued "I felt good on my swim but wished I pushed myself a little faster... the run was hot but some shade on route which was welcome! 12km along the wye crossing the Biblins bridge at about half way. Results for me were 1:38 overall coming in 4th out of 14 women who did the full upstream challenge. I came 2nd in my age cat. Darren and Trish came 4th in the relay in 1:32 overall. Would recommend this race next year to all!"



Up and Coming events:

Frampton 10K 2nd of July! Hot, Hot, Hot, be careful out there!

Club Handicap 2nd Tuesday in July ie 10th start sheet to be issued asap social runs from Hamfields on the night

Midsummer Series first 4 Wednesday evenings in July Prince of Wales from 6.30pm – entry in advance recommended, see Cheltenham Harriers Website



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Berkeley Castle Dash

The Castle Dash saw a number of DRC athlete trying out the new race. With DRC Juniors Ethan and Jake Mathews and Luke Davis running. There has been much debate in the junior section about guidelines for juniors racing distance with both England Athletic and English Schools discouraging longer distances racing. So the DRC Juniors Jake and Luke were taking it easy over the 10K course, Jake being paced by Mr T. But those he live by the sword die buy it and Jake left Neil in the last two miles setting his own pace to finish as the 10k u13 male winner. Former DRC member Chris Gaze won the 10K in 39:27, with Graham Tudor 10th in 48:46, Luke 23rd 54:29; Steve peers 26th 54:49; Jake 28th 56:04 in the 5K Ethan was 13th 30:58.

DRC Juniors

So many podium paces! We have had a great week in the competitions, so as well as the Castle Dash we had a Junior Team at Cheltenham on another scorcher!
Just some of the results follow:

Liam - Cheltenham U14: 1st shot put, 3rd vortex
Holly - Cheltenham U10: 3rd speed bounce, 3rd long jump, 3rd 600m, 1st hurdles, 2nd vortex
Tom - Cheltenham U14: 2nd high jump, 3rd long jump
Jack B - Cheltenham U14: 1st high jump, 2nd 800m, 1st vortex, 1st 1500m
Jack - Cheltenham U14: 3rd high jump
Harry - Cheltenham U14 Championship: 3rd long jump, 2nd vortex
So all that training has paid off on the day.



This week included the usual Wednesday and Thursday training sessions too. They were hot sessions, but we had some really good skills development on display (and some incredibly high standing hurdle jumps). The Midsummer series starts on Wednesday this week, so for the U13 group upwards more opportunities to test out that training. For more information and to register follow this [link](#).

Coming up:

Summer Championship Event 21st July at Dursley Rugby Club.

Mini Athletics (for 4-7 year olds) at Dursley Rugby Club; 10.00-10.30 on 28/07, 04/08, 11/08, 18/08, 25/08. [Register here >>](#).

Advanced Athletics (for 14-18 year olds) at Dursley Rugby Club; 9.45-10.30 on 28/07, 04/08, 11/08, 18/08, 25/08. [Register here >>](#). (Dave would like to know if there are juniors that would be interested in more athletics sessions on Saturdays outside of this. So please let us know if either you are between 8-14, and/or keen to attend sessions on Saturdays in July).