



# Dursley

more than a  
Running  
Club



## 50k at 50

The brain child of Damian Lia and Dave Halford the 02<sup>nd</sup> of June saw a host of DRC runners completing five 10k legs of a "Round" of Dursley starting at the Market Square at 8:30 the initial leg was run in warm and humid conditions, after a reasonably dry tour of Wood – chester park log crossing and all this all changed. Martin Bragg posted "well done for all who tackled leg 3, which by all accounts featured some pretty horrible weather conditions! Special congratulations to Damian Lai, Dave Wood & Nigel Sankey who were gamely continuing to have completed the whole 50km - impressive stuff!" Francois Low also managed to squeeze in the full fifty as well The final leg saw club



President Graeme Hawkins joined the intrepid band for the final leg with four out of six of the group having completed the whole "round". All in all a super event, with new and long term members joining into celebrate, finished off with a nice pint or two at the Old Spot perusing the club scapbooks.





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## ***Dursley Peaks 2019***



The athletes were welcomed with proper fell running conditions for Wednesday night's Dursley peaks Race, not exactly "claggy" but moving in that direction. Given the damp and windy conditions not all the entrants made it to the start line, but there was a healthy seventy-five on the start line. It was the first time in four years that a DRC athlete did not cross the line first and the event saw Lee Stopford from Stroud and District finishing very strongly to break Dan Anderson's course record, completing his run in 43:07. I would expect to see Dan back out on 2020 to correct this! Lee was almost 5 minutes ahead of Andy Kirkup from Wotton Runners in second place and in turn Robert Harding of TACH was a minute back. Evita Gonzalez-Szamocki was first female to finish in 52:59, still some way of Liza Barry's course record set in 2015 of 52:11. Amazingly the second and third woman home were Zoe Lammerton and Fran Amigoni who had both raced on Monday at the Westonbirt Triathlon, so bravura runs by both. Another "unrested" athlete was Francois



Low who led the DRC team in he posted "Great home support tonight at the Dursley Peaks Race. Not sure how I did but enjoyed it nonetheless. Thank you everyone that ventured out in this freakish weather. It really helped, trust me. Thank you". Francois was 13<sup>th</sup> overall in a time of 56:00 with John Bourne just 33 seconds behind him, with Zoe 3<sup>rd</sup> home for DRC. There were PBs out on the course, Clair Oxley, Carly Heath and Andrew Eades to name but three, Andrew posted a "Big shout out to the organisers and all the marshals, you did an amazing job. Also, big thanks to Dave, Liz and Pete for the water station. You all helped me to a 4min Pb. Well done to everybody cracking effort all round...". Well said Andrew 70 odd running getting their fix of hills/challenge and/or competition courtesy of DRC, race Director Graeme Hawkins and right hand man Dave Wood, who sorted out marshalling This year running coming from Cardiff to do the event! Its reputation spreads!





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## ***Dursley Peaks 2019***



Clockwise from the left:  
The start, the leaders Lee Stopford and Andy Kirkup, first woman Evita Gonzalez-Szamocki, John Bourne, Zoe Lammerton, Carly Health, Julie Froggatt, Damien Lai and in the centre Stuart Watts (top) and Lise Hindshaw (bottom)



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### **Dursley Peaks DRC Results**

		Pos	Time	Age Category	Category Pos.	Gender	Gender Pos.
Francois	Low	13	00:54:38	SenM	8	M	12
John	Bourne	14	00:55:09	SenM	9	M	13
Zoe	Lamerton	18	00:56:33	FV40	1	F	2
Stuart	Watts	21	00:59:01	MV45	5	M	19
Francesca	Amigoni	29	01:03:05	FV35-39	1	F	3
Damian	Lai	36	01:05:42	MV40	3	M	31
Lise	Hindshaw	37	01:05:59	FV45	1	F	6
James	Hosken	39	01:07:57	MV40	4	M	32
Catherine	Pinnock	40	01:08:04	FV35-39	2	F	8
Andrew	Eades	49	01:12:45	MV40	5	M	38
Louise	Biddell	50	01:13:01	FV35-39	3	F	12
Pete	Brown	62	01:18:08	MV70	1	M	42
Julie	Froggatt	63	01:21:02	FV55	1	M	21
Claire	Searle	63	01:21:02	FV55	1	F	22
Andrew	Ferguson	65	01:21:04	MV40	6	M	43
Kevin	Brockway	66	01:21:07	MV50	5	M	44
Clair	Oxley	69	01:22:24	FV35-39	5	F	24
Carly	Heath	69	01:22:24	FV35-39	6	F	25
Amanda	Hensman	74	01:27:00	FV40	8	F	28
Teresa	Walton	74	01:27:00	FV60	2	F	29

### **Pomphrey 5k**



Mark Sprigings reports "In replacement of the Aztec Fast 5k series Bristol & West have trialled a 3 race series that will ultimately turn into the 5-8 race event through the summer same as Aztec did. Same as in previous Aztec Series these races were littered with super-fast runners with the winners often running 15 minutes and below! Race 1 winner was 15:01!! This race was no exception with the winner last night running 15:51 and improving on his 5th place in the first race. The temperature was warm but generally ideal for running and very little wind along the cycle path in which the whole race was run..all results were gun time meaning that there was a congestion of fast

runners trying to get the most accurate results and squeezing together at the front of the field at the start line. 3 DRC lined up amongst the runners and all set off very fast..possibly too fast as we all found ourselves suffering with the pacing in the 2nd and 3rd miles... there was very slight ups and downs thought out the first mile on this out and back course with 2 turn backs before the return for the finish line...elevation was 38ft so a very flat race overall. I went out too fast and paid the price losing time overall due to the poor pacing..Nigel and Richard had set off fast also but maintained neck and neck until around 2k where Richard very unfortunately started to suffer badly with his back injury, but still showed great resilience to finish in a very respectable sub 7min average pace, easily sub 20 was well within him had his back held out! Nigel managed to stay strong and on very little speed training and still not long since his Newport marathon efforts! Not being a regular "race" distance for any of us we all ended up with PB's! (although we've all gone faster on strava!)"

**Results** (Field of 128): Mark Sprigings 43<sup>rd</sup>, 18:18; Nigel Sankey 61<sup>st</sup>, 19:11; Richard Hogg 85<sup>th</sup>, 21:12





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## DRC Tri News

Richard Lewis reported that the “Swansea Triathlon 2019 didn’t disappoint. If you’re wanting to test yourself against some fine athletes this event needs to be in the calendar. Sprint distance with a 750m open water sea swim with jellyfish, 20km flat and fast bike with head wind and 5km flat seaside run. Great result for Sandra Lewis In the top ten for age cat. The samba band (which you swim around) and atmosphere is excellent with one of the finest finishes in the city centre. I was happy to plod over the line in front of some wales rugby internationals such as Gareth Thomas. This would be great to get a sea of blue Dursley athletes next year!! “



## Triple Blue Sprint Tri

Meanwhile Kris Rymer was in Evesham for the Triple Blue. This Involved a 700m swim, 22k bike and 5K run. Despite being in his own words a “naughty boy” he wasn’t disqualified (at least not yet!). Despite coming out of the water in last position, falling over and getting lost on the run. He placed 44<sup>th</sup> with a time of 01:37:11.

Swansea	Swim	T1	Bike	T2	Run	Total		
Richard Lewis	12.45	3.24	37.30	54	24.21	01:18:56	157 <sup>th</sup>	(46 <sup>th</sup> MV)
Sandra Lewis	14.56	4.44	40.46	1.39	33:16	01:35:23	543 <sup>rd</sup>	(7 <sup>th</sup> FVV)
Triple Blue								
Kris Rymer	21:59	3:57	43:59	1:11	26:04	01:37:11	44 <sup>th</sup>	(6 <sup>th</sup> M40)

## Social Events

### Annual Summer BBQ at “DRC More than Running Club” Stinchcombe!

Save the date 29.6.19

BBQ follows on from the Cotswold Way Relay Race - details to follow –

8<sup>th</sup> June DRC Runfest starting @11am (see below)

21<sup>st</sup> July DRC TRI family BBQ and camping

30<sup>th</sup> July Hunter’s Hall social runs



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## Parkrun

30 DRC parkrunners out on Saturday, with a few spread far and wide, Rach Goatman trying the pebbles of Seaton, Rich Pitts Lullingworth, Paul Lewington Kingdom (Sussex), Kath Hudson Wepre (Nr Wrexham), Whilst Steve Rugman went to run off his birthday hangover at Aston Court with Jude. Fastest of the weekend was Charlie Worsfold, DRC Junior at Kingsway, 18:38, whilst Mark Sprigings recovered from his fast 5K on Tuesday with 18:45 at Gloucester City. Alice Lewis was top of the Age gradings with 83.7% at Kingsway whilst Charlie scored 77.8 in the JM 11-14 category! Dan Lygo achieved the solitary parkrun PB of the weekend, well done Dan! Ethan Matthews was pleased to pick up the scalp



Tony Ball at Kingsway. Tony moves on up to his century alongside Julie Froggatt with Alice is on 48!

**Ashton Court:** Steve Rugman, 263<sup>rd</sup>, 28:30; Jude Rugman, 522<sup>nd</sup>, 38:49; **Cirencester:** Andrew Osborne, 35<sup>th</sup>, 23:00; **Gloucester City:** Mark Sprigings, 3<sup>rd</sup>, 18:45; Tara Truman, 54<sup>th</sup>, 25:14; **Kingdom (Sussex):** Paul Lewington, 32<sup>nd</sup>, 29:06; **Kingsway:** Charlie Worsfold, 4<sup>th</sup>, 18:38; Joseph Ball, 31<sup>st</sup>, 21:59; Alice Lewis, 46<sup>th</sup>, 23:10; Catherine Pinnock, 65<sup>t</sup>, 24:14; Darren Smith, 78<sup>th</sup>, 25:19; Ethan Matthews, 95<sup>th</sup>, 26:01; Janet Matthews, 97<sup>th</sup>, 26:09; Antony Ball, 100<sup>th</sup>, 26:16; Steve Barnes, 207<sup>th</sup>, 31:53; Mike Hanman, 208<sup>th</sup>, 31:54; John Spicer, 217<sup>th</sup>, 32:16; Jo Fearn, 272<sup>nd</sup>, 37:47. **Lullingstone Nr Dartford Kent:** Richard Pitts, 7<sup>th</sup>, 22:32; **Seaton:** Rachael Goatman, 164<sup>th</sup>, 32:02; **Stonehouse:** Daniel Lygo, 17<sup>th</sup>, 22:16; Andy Kilby, 34<sup>th</sup>, 24:04; **Wepre Nr Wrexham:** Kath Hudson, 84<sup>th</sup>, 31:52; **Wotton:** Matt Rogers, 5<sup>th</sup>, 20:08; Clair Norman, 63<sup>rd</sup>, 28:27; Julie Gowing, 71<sup>st</sup>, 28:57; Julie Froggatt, 88<sup>th</sup>, 31:09; Victoria Newman, 103<sup>rd</sup>, 32:43; Michael Froggatt, 120<sup>th</sup>, 36:42.

## DRC Running Festival Saturday 8<sup>th</sup> of June

### Please pre-register

As part of this year's Stinch Fest, on Saturday the 8th of June, Dursley Running Club are running a mini "running Festival" which includes orienteering, miles runs and some guided trail running through the wood and trails around Stinchcombe and beyond. The orienteering and mile runs will be based at the "Stragglers" Stinchcombe where DRC and DRFC are based. Sprint orienteering will start the day at 11am. Food is available all day, the Festival bar opens at 1PM, and re-enactment begins at around 2:30 and live music starts from 3PM. Entry to Stinch festival is £5, the DRC events are ALL free to enter.

Register for the events you'd like to take part in via our google form

<https://forms.gle/S9ZM8McLrfuHAQBv6>





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## ***RunFestRun 2019***

Carline Jones reports on the first ever RunFestRun event that started on Friday 31<sup>st</sup> May with a 'Sunset Shuffle' 5k run. Sam Martin, Jacky Gilmour, Richard Jones, Charlie Jones, Olive Jones and Caroline Jones enjoyed a relaxed introduction to the beautiful grounds of the Bowood Estate. Later that evening Pete Dunn and Mark Waller took on the LightUUup night time run, making quick work of a woody 5k track in the dark. Timed races followed on Saturday. It was a hot day, and even the first race, the half marathon starting a little after 9am, was hot work. Each race finishing with an uphill 200m to the finish line in front of the festival stage. Mark, Caroline and Pete took on the trail half marathon and achieved decent times: 2:00:45, 2:06:27 and 2:15:44 respectively. It was a beautiful run, reminiscent of the Cotswold Way in places; it consisted of two different 5k loops and then a third 10k loop and back to the finish. A quick turn around then for the 5k race, starting at 11.30am. The Jones family, Sam, Annette Keevil and Jacky Gilmour took part. Sam was the only DRC entrant to the 10k race, but achieved a respectable 57:37 in by now incredibly hot conditions. The highlight of this race being Sam overtaking Paula Radcliffe (who was running with her daughter).

The last race of the day for the DRC competitors was the exciting Running Club Relay. 46 teams took to the start line, batons in hand, including some of our neighbouring clubs (Thornbury RC and Avon Valley Runners). Four 1.2k laps. First up for DRC was Caroline, with tired legs and in even hotter conditions a first lap was run. Hand over was to Jacky and it was a good clean baton pass, then to Annette and finally Sam. The all ladies team held their own and achieved another respectable result 24:47 total time, 24<sup>th</sup> position. Sunday was about gaining RunFestRun team points, Sam and Jacky ran for team Butterfly and the Jones's ran for team Bee. This run was more about fun than run, a great time was had – but in the end team Dragonfly won.



### ***Club Handicap***

***Register NOW for race One***

***11<sup>th</sup> of June 19***

***CHIP TIMED***

***Registration for race 1 closes Friday 6PM***

***<https://forms.gle/QuzKvPRY3qF4S1Dv5>***

***Because it is chip timed we need registration complete this week so we can  
allocat bib numbers and then get chips attached which means keeping your  
numbers SAFE***

***Three Races to qualify for the Points series  
Best three races to count***



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## **Club Runs**

### **Tuesday Night 6:15 for 6:30 exit**

Summers here so just being visible is the key. Please be aware of livestock in the fields. Brightly coloured running kit can freak livestock out, so be aware of their behaviour, if necessary walk or use another route. Please ensure gates are shut after you. Thank you

Information can be found on the website:

<http://www.dursleyrunningclub.org.uk/members-area/club-sessions/>

**04/06/2019**

GROUP	Leader
Kangaroos	No Leader
Greyhounds	Cara Zoglowek
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Steve Rugman
Lions	Fran Amigoni
Leopards	Damo / Rich Hensman
Antelopes	Matt Read
Penguins	TBC
Cuckoos	Margaret

*Damian Lai*

### **Thursday Nights**

2 Sessions at the moment.

Structured Sessions – 6:30 Jubilee fields with Maragret, Zoe and Martin – Click on Link to find out more.

Thursday evening run meeting old spot 7.15pm prompt start! About 6 miles and all abilities welcome with Amanda Hensman

### **Sunday Runs**

Sunday runs are informal and planned each week and normally communicated using this “Team Sunday” web page or via the DRC Facebook pages. See Team Sunday Web Page Here

**Check out “Members area” for online info.**

<http://www.dursleyrunningclub.org.uk/members-area/>