



Dursley

more than a
Running Club



Mayhill Massacre 2019 Wooldridge Leads Lady Astray!

Historically one of the key “mudders” in the winter season, the Maytree Massacre is now a weekend bonanza of muddy running, reflecting the growth in running & athletes looking for challenging terrain. The event now has races over the nine-mile distance on both Saturday and Sunday, with a 15-mile option on the Sunday. No doubt Tri-Max though that having marked it out that they might as well get their money’s worth! The format potentially waters down the 9-mile field over the two days reflecting a focus on participation. Tony Wooldridge represented DRC in the 9 miles on the Saturday. He reports that it “was a cracking race which I’d never done before. It runs all over the woods around May Hill and much of it was frozen which made life easier as long as one stayed upright. It was sunny, I was going well, and thinking how well marked the course was. About three-quarters of the way round this all unravelled. I was confronted with two arrows and picked the wrong one - a lovely trip though a wood full of snowdrops - still following arrows, until 3/4 mile later when we re-joined the runners on the correct route! The leading lady had followed me, as had several others - none too pleased!” Tony was 38th at the finish in a time of 01:28:07 he estimated that had he not detoured his time would have been about 01:22:30 and he’d have been in 20th but he would say that wouldn’t he! Tony concluded “I’ll have to go back next year”. We doubled our entry on the Sunday, both in the nine-miler, Kris Rymer and Alice Lewis. The conditions remained good, Chris was very pleased to finish 15th overall for me in 1 hour and 21 minutes. Alice was 1st in the F50 category in 01.36 (provisional) Kris commented about Alice’s result “Impressive going!!” The lovely Charley Palmer was out spectating and supporting great stuff on chilly day, great for racing not so much for watching! Damo accurately commented “that’s three cracking runs in 3 weeks for Alice. She’s on 🔥”



DRC – Tri News

Congratulations to Vicki Thrift who completed the Dubai 70.3 Ironman on Friday, Vicki has completed four Ironman 70.3 before Dubai but this was her first in the DRC blue, and achieved a PB of 06:18 to boot which she was very pleased with. Vicki reports that “it was nice & warm on the bike with a warm breeze/slight head wind on the way out. it seemed to get hotter during the run though and there was no sea breeze, they were handing out cold wet



sponges that we were shoving down our tri suits & squeezing on our heads to try & cool down”, so a bit warmer than dear old blighty then! Well done Vicki! On the training front for DRC-Tri, in slightly cooler conditions Martin Bragg reported on “Great Brick Session at The Pulse” Saturday morning, “Icy conditions meant we had to abandon the road run and run laps of the rec. instead. This worked out really well though and it was actually really nice running in the snow. Everyone worked up a sweat and did really well. Westonbirt here we come!” Jerry Fowler actually got a mop out to ensure all were safe in the spin room so more domestic duties beckon at home now Zoe is



aware of his mop wielding talents! On the spin front Mark Histed posted this week “there’ s still places available on the early & late spin sessions. Sign up quick before they disappear. Remember winter miles for summer smiles”. Conventional wisdom is those winter miles are normally long steady distance rides in the cold and/or wet! A nice warm spin room seems an inviting alternative.



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Club Charity 2019

After a slight delay since the AGM the club can announce that our charity for 2019 is: LINC (Leukaemia & Intensive Chemotherapy). LINC's remit is to improve the care of cancer patients receiving intensive treatment within Gloucestershire Hospitals NHS Foundation Trust.

<https://www.lincfund.org/>

This charity was chosen by Abi Cairns family, (Abi, a club member who died from an aggressive cancer last year.)

The club policy is that percentage of race surpluses go towards the club charity.

Committee have decided that for 2020 we would like club members to nominate charities and the AGM will vote on decide the preferred charity

Walk 2 Run



The benefits of running!..... Okay so I lied it was the other way around. This year's W2R continues with huge enthusiasm being shown for homework runs by all groups. The cold weather not deterring Emma Alesworth and Paul Rainger!

Club Sunday



Dave Halford spotted Kevin Jackson doing a very good impression of "Mother Theresa" on the early Sunday Road outing. Neil Parry squeezed in 21 miles and cheered himself up (even more after Wales lucky victory in Paris) with a 50 mile week, with Marton Bragg completing his first ever 20 miler. Club Sunday is just one of many informal training groups out there at the weekend. Please give people a shout if you are going out with indicators of pace and distance. In training for the Green Man Ultra Dave Halford and Pete Dunn clocked up a tidy 15.6 on a recce of the course, more Snowman than Greenman!



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Dursley Dozen

Marshall Packs

If you have not collected your marshal pack please try and do so Tuesday failing that they will be available from early Sunday AM. Also please remember to come in for your free tea and cake after you have marshalled. Some lovely marshals last year presented their marshal packs back to us in the condition they got it, possible bonus cake for this. Check the weather forecast and dress appropriately, that may mean thermals under or a transparent waterproof poncho over the Grim Reaper outfit for Lee Masters.

Course Marking

The course will be laid out by volunteers on the Saturday ready for the race, with the ropes set out on the precipice!

The Race

The weather forecast is for warmer weather, so the course will be "interesting" after a recent dry spell it is likely to be soggy and possibly with a layer of permafrost still in place, making for slimy conditions! Good luck to all DRC athletes taking part! Like any race you don't win it or run a pb in the first couple of mile of any race, and especially not the Dozen. The advice older members used to give out was don't start racing until you come out on to the Golf Course after Listers Drive, still wise words although the woods section is no more testing that the old course along the road, we can thank Graeme Hawkins for that!

A massive thank you to all the volunteers, in particular Tony Freer, Neil Parry and Margaret Johnson who have got us to this point and to all those who will help us mark out and deliver the race next weekend .AND tidy up afterwards.

Coaches Corner

As we know pacing in races is fundamental to good performance. However understanding your training paces is also vital. Our 3 energy systems are Alactic, Lactic and Aerobic and all 3 systems are working continually. However, for each training pace, one energy system will be the predominant one. The body does not understand distance or repetitions, but it does understand: how hard it is working (Intensity and/or Load) and how long it is working for (Time). And this is what dictates the predominant energy system being stimulated. So as soon as athletes start performing at anything other than "easy pace" they are putting their body and mind under stress with threshold and interval session being the most stressful in slightly different ways. To get fitter and improve running, you need to train all the energy systems but also need to ensure you find the right blend of quality combined with easy (or recovery) running. Jack Daniels the author of the data set out in the table below also has a formula for the amount of quality training you do related to the amount of miles you do. Another key point that Daniels makes is that every run should have a purpose and as an athlete you should know it, run easy, for fun, fartlek, threshold, marathon pace etc... So if you are running a "threshold run" on a Tuesday night and your target pace is 07:42 and you run 07:15 you have not achieved the goal of the session and this can impact following sessions that week and you risk over-training. Running on the right pace means you train the right energy system without over-training and you discipline yourself to running YOUR pace, not someone else's. If you want to improve our running, the first thing to do is get a current 5K time and then get advice on training paces you can start with. We have a bunch of member/coaches who are quite happy to offer advice and help with pacing.

Training Intensities (from Jack Daniels Running Formula, other tables are available!)

5K recent best	Easy Pace	Marathon Pace	Threshold (mile)	Interval (400)	Rep Pace (200)	These paces are for GUIDANCE only different sessions may require different pacing strategies eg longer threshold runs over 4 or 5 miles will be run less fast than a two or three mile tempo session. An athletes condition is also vital, if under the weather or tired this needs to be factored in, feeling good rein it in save it for the race!
30:40	12:40	11:01	10:18	02:22	00:67	
28:21	11:48	10:14	09:33	02:11	00:62	
25:12	10:35	09:08	08:33	01:56	00:54	
22:41	9:37	08:15	07:42	01:46	00:49	
21:02	8:58	07:40	07:10	01:38	00:45	
19:57	08:32	07:17	06:51	01:33	00:43	
18:58	08:09	06:56	06:32	01:30	00:41	
18:05	07:48	06:37	06:15	01:26	00:39	
17:03	07:22	06:14	05:54	01:21	00:37	
16:07	07:00	05:54	05:36	01:17	00:35	



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Parkrun
Parkrun Factoid
Hardly any parkruns this week

Two DRC runners managed to find a parkrun on Saturday Kris Rymer and Garry Strickland scratching their parkrun itch with another 216 runners at Plock Court Kris fastest Garry ahead on Age Grading! FULL results below!

	Pos	Time	Cat	Age Grade	G.	G. Pos	Club	PB	Parkrun total
Kris Rymer	31	23:16	VM40-44	58.67 %	M	28	Dursley Running Club	First Timer!	71
Garry Strickland	49	24:18	VM55-59	63.79 %	M	41	Dursley Running Club	First Timer!	118

DRC Double Header
You decide
Glos AAA Cross County @ Pittville Park
or
Another Dozen
17.12.19

Rearrangement of the Glos AA Series finale means a clash with our traditional opportunity to allow those helping out to run the Dozen Course.

Karen Eadon has invited members of to Another Dozen but take-up is low at present so the run WILL go ahead but it will be the pub afterwards rather than any organised social event. Gain if interested please contact Karen via facebook or the DRC Social email ASAP ie by close of play Wednesday the 6th.

socialdursleyrunningclub@gmail.com

For those desperate to give XC a go and see what it is like, or those who need to gin some extra points to improve their placing in the series all the details are available on the Glos AAA website

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

Pittville Park is actually a reasonably challenging course with plenty of changes in direction and elevation plus a water jump, it's also GREAT value for money! Junior to Seniors start time and distances on the website from c.2K for U11s up to c. 9.9k for senior men

Challenge Update

No change in the top two in the newly extended January Challenge, we now all have an extra month to knock Matt- Livall (5:23) and Robyn Waite (5:48) of their perches!

The Walk to Runners have the chance to get their efforts in, nice and gentle please!



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Training was curtailed this week for the Juniors will only 50% of the sessions happening.

Wednesday saw a good turn out of the year 7 plus group who ran a 400m parlauf session around the Crapen. One for seniors who are looking to improve times!

Coaches outnumbered Juniors on Thursday for the 14-21 run with cold weather putting most off strange that? The snow arrived and Rednock indoor session was called off as was KLB so no racing for haring for our Juniors!

Ironically enough it was in the Forest of Dean that 2 DRC Juniors managed a run. Liz Hill and Olivia Springs completed their first FOD Junior Parkrun. Sam Hill reports "they both did fantastic running in the snow. Have to say this is one of the best junior parkruns we have been to. Great 2 lap course, with lots of support all the way round. The marshals were brilliant and gave lots of high fives, it was a really fun atmosphere for all the kids. The hot chocolate at the start and cakes at the finish also a big hit. Will definitely be returning soon.

Result

Liz Hill 14:51

Olivia Springs 14:52



Club Runs

Many members run up to club reducing their carbon footprint. If you come by car please try and car share, less fumes for us all to breath in. and don't forget to park in the rear carpark. Yes it is the like the dark side of the moon! We will get lights on Tuesday and a working a party with DRFC will be coming up soon to sort the potholes out!

Tuesday Night 6:15 for 6:30 exit

Please remember no REFLECTIVE HI VIZ NO RUN , headtorches optional but essential and please be aware of pedestrians, cyclists, dog walkers who maybe out and be respectful, also please stop at roads as we aren't invincible cars own the road not us, so please stop at junctions and give way, thank you xx

Cont..

Tuesday Night cont...



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For future ref Leaders will be posted on website with a link provided via facebook and notices

<http://www.dursleyrunningclub.org.uk/members-area/club-sessions/?fbclid=IwAR38Bsj9pX8OPfQ5C2dB4GZHUFBEINRTej2Om-bezyL2MzmtmDRZN2vOcVs>

Tuesday leaders are as follows:

GROUP	Leader
Kangaroos	John Spicer
Greyhounds	Cara
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	John Delafield
Lions	Rachael Brown
Leopards	Richard Hensman
Antelopes/Penguins	Fran
Magpies Speed	Caroline 7pm at club – 6x400
Magpies Tempo	Margaret- 6:45 Tesco 2 miles easy 3 miles @ ST Paces (7:04, 7:14, 7:35, 7:44, 8:04) 2 miles easy

Nicki aka the Badgerer Cowle and Damian Lai her able assistant xx

Thursday Night Club Run

Take Away-Night

All abilities Meet at **Asda Kingsway** at 7.15pm for 7.30 start – Kris Rymer lead

High viz and head torches if you have one.

It will be a 30 min run round Waterwells followed by a park run on the winter course.

Should only take about 1hr.

Refreshment at the Rose Tree Farm After

Glos AAA Road Series

Last but not least

Angel 10K Open – friendly race nice location NOT a PB course good prep for Berkeley 10K

Enter via and were the DRC vest with pride

<https://www.entrycentral.com>