



Dursley
more than a
Running Club



More than a running Club



Furthest

Starting with the furthest and fastest this week.

Starting at the highest distance raced this week end Graham Wilkes seen above celebrating his completion of the Isle of Wight Ultra. Graham posted "Isle of Wight Ultra Challenge, 54km Overnight 2nd Half Island Challenge An exhilarating route with breath-taking views and I loved it."

12 hours 1 minute 39 seconds. So unlike you runners out there, this falls into the category of more than just a running club. My 3rd Ultra Walking event now and it was tough!! I joined to support a team of 4 walkers when one got into trouble trouble I played a support role but he eventually retired and meant I lost around 40 minutes but I'll take that. The terrain was around 35% road and 65% off road on what can only be described as hard mud that was as tough as concrete. It was a great walking event and I'd recommend to anyone. As for running it, it is more than viable the winner did 106k in 10:25 a course record however there are some very thin overgrown paths to contend with. Thanks all for your support till next time".

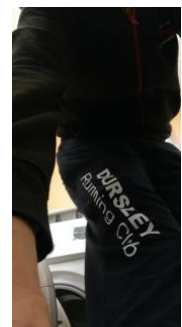
Fastest

Dan Anderson is focusing on the road this season, so unusual I cannot find a picture of him on the road! He has run a PB at 5K so far and travelled to London to take part in the Queen Elizabeth Olympic Park May 10K on Saturday to repeat the feat. He won the event recording a time of 34:50, the fastest 10K a DRC runner has achieved for a number of years, we have to go back to Garry Hughes time with the club for quicker times.



Marathon Mania Continues Awesome Performances

Kate Browning inspired by our London marathoners put herself on the road, they must have been very inspiring for that to happen. Taking herself to the North Dorset Village Marathon finishing in 76th position, 8th woman and first in the F45-49 category, with a time of 03:47:58 she qualified good for age for VLM #BOOM. NB. You are eligible to apply for Good for Age entry into the 2020 event if you are a UK resident and achieved the time listed below for your age category between 1 January 2018 and 6 August 2019. Kate is modelling her "Lucky" DRC track pants! This was marathon c. #95 for Kate, so many she has lost count!





Dursley
more than a
Running Club



Marathon Mania Continues Awesome Performances

Whilst Kate knows the Marathon like the back of her hand the weekend also saw a few breaking their marathon duck as well as a few with a limited number under their belt giving it another go. Southampton saw the Dursley Duo of Deb Peake and David Saunders running the 26.2 miles with Dave Ashford the Half. Deb and Dave were “even-Stevens” at the Halfway mark coming through at 2:12:43 and 02:13:48 respectively. Dave Symonds was slightly quicker finishing the Half (understandably!) finishing in 02:08:23 and not having to worry about another one immediately afterwards! Deb kept ploughing her furrow and raced steadily, experiencing, as most marathoners do, a drop off in pace towards the end, but finished in a great time of 04:39, a super run after what has been a tough few years for Deb and super to see her enjoying the distance! Dave Saunders had a bad day at the office, and struggled after mile 18, the upside was that David, a die hard Southampton FC fan got to run with Matt Le Tissier for a bit. Le Tissier was doing the Half and probably ran more at the event than during his whole footballing career!

Meanwhile over in Wales Nigel Sankey, Simon Jones, Damain Lai and Andrew Eades all had some idea of what was in store, having completed a marathon or two! between them, whilst training partners Louise Biddell and Janet Matthews were waiting to find out. Simon and Nigel led the DRC off and were hitting consistent paces over the first half, the flat nature of the course assisting getting into a groove, this applied to all the DRC runners. As Nigel has commented 26 miles “is a long way” and many things can happen, for Nigel things started to happen at 15 and they weren’t good. A great shame for him as he has put in the training miles and done some great training runs. On the other hand Simon just kept going and whilst his pace dropped back over the last three miles he pushed on and finished very strongly to record an absolutely brilliant road marathon debut of 03:16. He has found running tough over that last seven months but he had kept plugging away and reflecting on this he posted “Today was a good day at Newport Marathon with a 3h 16min time, thank you to all my Kips Chad Staddon Trish Mansell special thanks to Coach KipKitchin Darren Kitchin and Damian Lai for getting me into running (who would of thought) as it’s changed my life”. As well as Simons support team DRC had team

Matthews/Biddell/Eades supporting each other around the course. Andrew had competed the race in 2018, but has been struggling with knee condition for sometime, limiting his ability to train. In many ways he was just pleased to get there. Louise had had bronchitis in the run up, but fortunately she had completed most of her training, along with her training buddy Janet, before it hit. The trio were inseparable keeping a steady pace throughout. Andrew said he felt “fine up to 16 miles and then started to suffer from cramp”, without the support of Louise and in particular Janet he felt he would have walked, but they kept him going, Louise found it really tough and said even after all the training she didn’t feel she was prepared for how tough the last few miles were, on the up side she said “Had an amazing day and experience”. Andrew said that “Janetwas amazing and so strong throughout. Non stop encouraging from start to finish. I think myself and Louise would’ve struggled a lot more without (her)”. Great to see DRC team ethic in action yet again. Behind the trio Quentin cont...

Marathon Mania Continues





Dursley

more than a
Running Club



Somerset was doing his best to catch up over the final miles, but he could not get back to them, but he was happy to notch up another marathon on his way to the 100 mark. Nigel in the mean time has come home in 03:42, and showed his mettle in keeping on going despite the fact things were not going his way. He was just ahead of Damo who had run an incredible 3 marathons since the 14th of April, running a course best at Newport, but nothing can really take away from Simon's; fantastic performance, a run to build confidence as well as a physical foundation for future distance running.

Results: North Dorset Village Marathon: Kate Browning , 03:47:58, 76th, (1st F45-49)

Southampton: Deb Peake, 04:39:26, 760th, (67th F40-44); David Saunders , 05:14:26, 938th, (2nd M70).

Newport: Simon Jones , 03:16:32, 216th, (42nd M40-44); Nigel Sankey , 03:42:03, 551st, (100th M35-39); Damian Lai, 03:45:30, 638th, (125th M40-44); Janet Matthews, 04:39:52, 1526th, (67th F40-44); Louise Biddell, 04:39:52, 1528th, (65th F35-39); Andrew Eades , 04:39:54, 1530th, (209th M35-39); Quentin Somerset, 04:40:56, 1547th, (166th M45-49);





Dursley
more than a
Running Club



DRC Tri-Team



The Tri competition season really getting underway, with lots with eyes on Westonbirt at the end of May. Whilst others are building up for longer distance events. Sunday saw the Tri Team with a quintet over at Lydney and a duo at Tewkesbury Sprint Tri.s. Michell Ball reported from Tewkesbury "What a great race today. Very pleased with my times, it was a tough swim with lots of congestion. Bike was a nice route but FREEZING! And the run was tricky as it was mostly long grass which I struggled with on tired legs. I finished in 1:36:25, 3rd in age cat and 14F overall happy with that as it's only my 2nd ever sprint.. Bring on Westonbirt". Sam Martin also had a good event finishing 7th female in 01:26. Whilst Chris Young reported from Lydney. "A tough sprint tri this one, 1400ft of climbing on the bike in just 14 miles and on a cold morning after a quick 400m dip in a nice warm pool it felt pretty tough for the first 5 miles (all uphill as far as I could see!) but some great performances. I have to be honest this is the first time I have woken up on race day and really had second thoughts about getting up, I managed to kick myself out of bed though and half way up that first big hill I was already remembering how much fun this sport is, and great to share it with fellow team members at the end. Once again the ladies shone out, with Leigh Allen first in age group and Louise Saum and Leanna Parry 5th and 6th age group and both top ten overall. Leanna in her first ever triathlon, brilliant all round. Andrew Osborne came was 9th age group, making up a lot of places with a strong bike leg. I was happy to trail in last DRC Tri placing for the day still coming back from long term running injury, (and it showed with my run time!) but still grinning across the finish line. Bring on the next one, and maybe I will even run a bit faster too...."



Results

Lydney	Swim 400	T1	Bike 27Km	T2	Run 5K	Overall	Pos	G	AG
Louise Saum	9:04	01:20	58:48	01:05	25:42	01:33:59	5 th	5 th	F0-39
Leanna Parry	8:36	01:51	1:02:36	01:29	26:12	01:38:44	7 th	6 th	F0-39
Leigh Allen	9:02	01:38	1:04:12	01:42	33:53	01:48:27	11 th	1 st	F40-49
Andrew Obourne	10:30	01:56	52:44	01:33	24:45	01:29:28	17 th	9 th	M40-49
Chris Young	7:01	02:00	56:19	01:26	27:15	01:32:01	21 st	11 th	M40-49

Tewkesbury

	Swim 400	T1	Bike 24Km	T2	Run 5K	Overall	Pos	G	AG
Sam Martin	8:36	01:08	51:11	01:18	24:02	01:26:17	44 th	7 th	6 th
Michelle Ball	9:58	01:43	57:56	00:50	25:56	01:36:25	72 nd	14 th	3 rd

This plus lots of open water swimming this weekend, Tony Freer and Mike Brown rode 149 miles and 159 miles respectively on Sunday, awesome! Then Tara's Charity Bike ride to top it all on Monday for the British Heart Foundation, saw Sarah Willcox and Julian Peachy do the Century lots of people loads of Miles



Dursley

more than a
Running Club



Great Bristol 10K

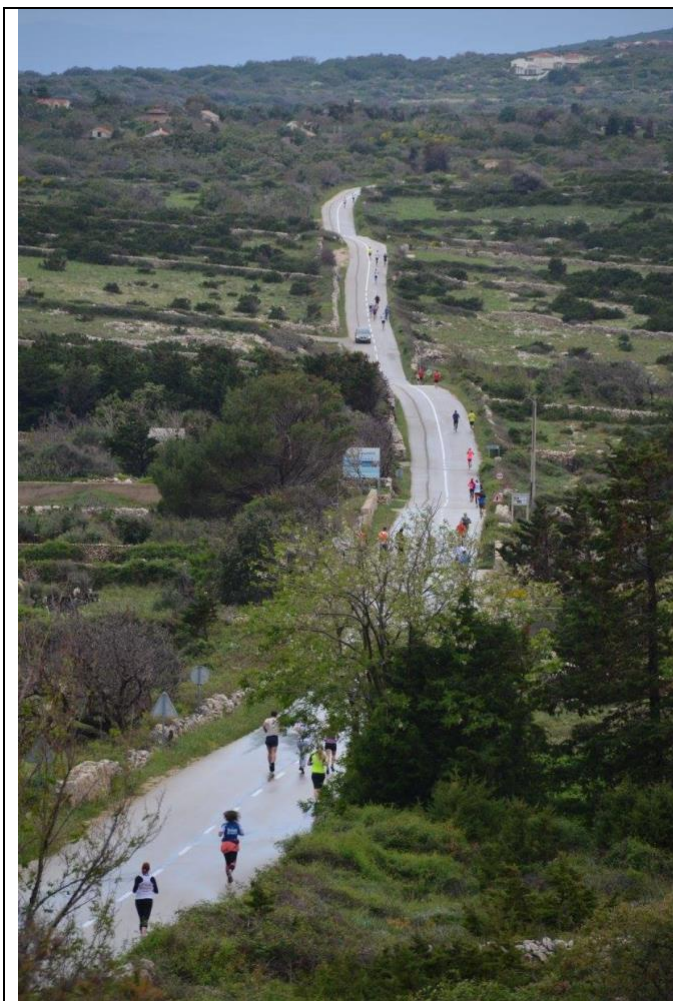
Nine DRC athletes ran the Simply Health Great Bristol 10K with at least 4 personal bests achieved. Despite being fatigued from his recent marathon effort Mark Sprigings managed to bring down his PB at 10k to 38:21, which is heading in the right direction but he has got plenty more in the tank at this distance. Cath Hall and Caroline Easthope were rewarded for the hard work they have put in over the past months, losing loads of weight and getting fitter. Caz ran her 5th person best in a row and Cath managed a 14 minute PB! Annie Hidden clearly benefiting from her structured training with Squirrels ran a 6 minute PB.



Results: Mark Sprigings, 38:21, 146th; Nick Pollard, 43:01, 646th; Chad Staddon, 45:48, 1205th; Caroline Easthope, 55:09, 4195th; Sue Carter, 58:05, 5355th; Julie Gowing, 59:47, 6030th; Annie Hidden, 01:02:43, 6969th; Emily Harding, 01:18:53, 9623rd; Catherine Hall, 01:18:53, 9624th

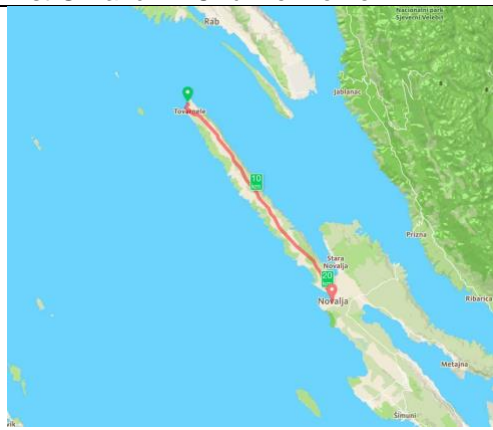


Dursley
more than a
Running Club



4th International Half Marathon Lun-Novalja

Alice Lewis is turning in to a bit of a “Half Marathon” Matt Strezeckli, disappearing off to sunnier climes to get her race fix. This time over to the island of Pag, if my geography is correct it will be in the Adriatic, as it is in Croatia. Alice completed the course in 01:54:27, as she only wear a chronometer, and analogue at that we won't be getting and Strava elevation evidence to tell how hilly the course was, but the picture to the left gives some idea that it was not a pancake flat course! She was 11th overall first GB and DRC runner home!



Parkrun

Parkrun Saturday saw Margaret Badger and Carly Heath celebrate their 50th parkruns at Wotton.



There was a great turn out both running and supporting. 29 ran under the moniker of DRC with the majority at Wotton. At Kingsway it was never mind the quantity feel the quality as former Chair Graeme Hawkins ran the fi fastest parkrun and highest age grading of the weekend, 22:27 and 79% in the M70 category! Jackie Gilmour as a few percentage points off him at 74% as she ran the fastest parkrun for DRC's women of 25:41. Two course best for Tel Cother 28:02 and Junior Lila Heath 31:53, both over the “hills” of Wotton



Dursley
more than a
Running Club



Brewer Games

DRC Juniors had two athletes at the this event on Bank Holiday Monday with a "Master" along for the ride! James Durden opened proceedings with the javelin, only managing two throws before called to his 800 heat with Charlie Wosfold. Results

tbc but it looked as though he was definitely around PB territory which is very positive as he has done little throwing over the winter. Again it was good throwing on cold conditions it was definitely April spring rather than May summer weather. The DRC boys started fast in the 800m, Charles reguar parkrun outinsg paying off aand he ran strongly to win his heat in 02:20.0 with James 02:29.6 two and half seconds quicker than in the same race last



year. After a short recovery jog with James Charlie was next up in the 100, running well in a quick heat to record a time of 14.1. James finished for the Juniors with the 400m, going out hard, he held on to record a PB by 6/10^{ths} of a second, a winter of training a bit of growing helping. It was good outing for both boys coping with g cold and blustery condition a learning experience. With the Juniors finished "coach Durden" showed how not to do it in the 3000, trying to run 90 second 400s not a wise idea in your first track event of the year, and hearing the man on the stop watch telling you you are slowing down is not good for morale, never- theless he hold on to finish in 11:29, 15 seconds faster than the same time last year, so not bad!

Junior Sessions

Another busy week with javelin (pull) throwing, shot putt (push), hurdling, sprints and distance running coached across the groups. Year7plus will be at Rednock again next week from 6:15, with Thursday at the Club form 6:30. Saturday session will be a Blackbridge from 2PM (nr the Crypt School Glos.) which gives us access to long jump and high jump facilities for the next two weeks. NB Glos AAA Track and Field Champs also this weekend most events of interest on Sunday. Competition events are in the calendar.



Adults and Juniors can enter on day or you can email you entry over to Mick Morris in advance and pay on the day. Details of event on the AAA website

<https://www.athletics4u.co.uk/track-and-field/>



Dursley

more than a
Running Club



Coaching Corner

Running is a long-term journey, yes we need to have short term specific goals and measures but overall we need to think long term. We shouldn't expect a PB at every event we do but when you do achieve a PB, we should celebrate with our club mates and friends!! Its good to experiment, take risks and try different things and see what works and doesn't. We all have days when things don't go well but that's good as that

as that then helps us really appreciate the days when everything comes together. And its good to take time out if needed and then reset everything.



And its ok to run slow on easy days, for 3 important reasons:

- Easy running increases the amount of capillaries around muscle fibers
- Easy running increases recruitment of Type I Slow-Twitch muscle fibers
- Easy running keeps you healthier, fast running puts stresses on your body.

"Easy days can't be too slow for most runners, but they can be too fast. Run slow now, and you may run faster later."

The Cuckoos

This week is Week 6 of 8 for the Cuckoos who have been working hard on technique, speed and pacing and also strength work. We are excited by the improvements we are seeing already. Recently they have been experimenting with pacing, being patient at the beginning holding back and finishing stronger. There was some exquisite pacing at Wotton on Sat by Jackie Pennington and Diane Gore, plus a negative split 10K by Annie Hidden where she surprised herself at Bristol by controlled pacing, she achieved a PB by 6 mins.

Margaret, Zoe and Martin

April Challenge

Dave Wood reports: "Well April was indeed a busy month but a good number of you still had a shot at the April Challenge. John Bourne's run of April 16th 2019 was very strong but Nigel "The Voice" Sankey wrested the crown from him two days later and ended the month with the fastest time. Neil Parry ran a good time to finish 3rd male overall.

Likewise with the ladies Catherine Faye took the crown on April 2nd with Nicola Christopher just 1 second behind and it remained in the balance for the whole month. Catherine kept her hands on the crown for the next 28 days and finished the month fastest lady with Audrey Harris was just 16 seconds adrift of Nicola. There were fine runs by Nigel Burford and Martin Bragg who both dipped under 45 minutes for the gents and for Claire Troy and Katrina Fletcher who both dipped under the hour for the ladies. Well done to everyone who had an attempt at the challenge.

The top three times for men and women were as follows;

Men:	Ladies:
Nigel Sankey - 41'-48"	Catherine Faye - 52'-58"
John Bourne - 42'-36"	Nicola Christopher - 52'-59"
Neil Parry - 44'-13"	Audrey Harris - 53'-15"

With two club events this month and the summer handicap runs due to start there are no challenges planned for May and June but should be back later in the summer.

Happy Running"



Dursley
more than a
Running Club



Club Runs

Tuesday Night 6:15 for 6:30 exit

Summers well and truly 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. Thanks

Information can be found on the website:

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

GROUP	Leader
Kangaroos	Leader Required
Greyhounds	Cara Zoglowek/Sara Eden
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Steve Rugman
Lions	Merge with Foxes
Leopards	Richard Hensman / Caroline Jones
Antelopes	Merge with Penguins
Penguins	Jon Tudor
Cuckoos	Margaret Magpies (speed work) - Caroline Jones

Thursday Night Club Run

2 Sessions at the moment.

Structured with Cuckoos – 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.