



Dursley
more than a
Running Club



Glos AAA Cross Country Championships 2019



A small but determined band of DRC runners made it to the rather delightful environs of Rendcombe School to take part in the County Championships. It was a bitterly cold day and the cold was increased for the U17s and over with two thigh deep river crossings on each lap. Even the U13s had smaller water courses to run though as well as the challenges of sustained adverse camber along narrow sheep tracks and a steep if short hill climb. DRC had just the two runners in the Senior Women's race with Alice Lewis leading the F60s home and first home for the club, with W2R graduate Jo Fearn putting in a great effort to place 10th F40! Just the solitary senior male Dave Durden, ran three large laps, 6 significant water crossings to stop him getting too hot. Coming back from illness he ran a steady race placing 5th in his category., pleased with his pacing and a strong finish. There was some very strong running from the Juniors with Charlie Wosfield placing 3rd on the U13 boys with his brother Joel 7th in the U17s, always a difficult age group. Lucy Holdsworth continued her fine season with a 5th in the girls U13s.

Results: MU13, Charlie Wosfield 3rd 13:42; MU17 Joel Worsfield 7th 19:10; LU13 Lucy Holdsworth 5th 16:22; Senior Women: Alice Lewis 37th (1st F60) 34:17; Jo Fearn 76th (10th F40) 49:03; Senior Men: Dave Durden 62nd (5th M50) 44:22



Last
Glos.
AAA
XC
Fixture
Sunday
Feb.
17th
Pittville
Park
Chelt.



to all DRC members

Not everyone was as determined as the 8 on the right who decided to bring in the New year with a quick 1 mile run, not sure why they ended up in a telephone box?





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Gloucester 10 Miler, or more.....!

Fourteen DRC athletes were at the Gloucester 10 mile event on the 30th of December to finish off their competitive year and for a few, start laying bases for their marathon training for London 2019. Unfortunately, a marshal misdirected some of the earlier runners leading to Matt Hazel Livall and Kevin Jackson having to run an extra 6th of a mile. This didn't stop them coming home respectively first and second for DRC. The Beyond Limitation organisation failing to pick up Kevin's finish and also Jackie Pennington who came in as a late entry! Sadly a week later no amendments posted. As ever great running from DRC in the age categories headed by Eileen Hieron 1st F70 #BOOM! Annette Heylings 4th F60, Di Gore 5th F60. Annette was super pleased with her run three and a half minutes quicker than last year! Matt-Livall managed a top 20 finish despite the misdirection. Steve Barnes placed 11th M60, and received a special thank you on our FB page for keeping another runner company over the ten miles, helping them keep going, and according to Steve "putting the world to rights!" Well done Steve! Not sure 10 miles is long enough though given the state of the world!

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Results (provisional):

Matt Livall, 40th, 1:10:56, (20th M30-39);
 Francesca Amigoni, 85th, 1:16:51, (10th F30-39);
 Paul Breen, 86th, 01:17:06, (31st 30-39);
 Nick Fennell, 286th, 01:36:34, (58th 30-39);
 Jackie Pennington, (Pos. tbc) 01:40, tbc;
 Annette Heylings, 322nd, 1:42:19, (4th F60-69);
 Steve Barnes, 325th, 1:43:20, (11th M60-69);
 Emma Keating, 330th, 1:44:21, (57th F40-49);
 Dominique. Pemberton, 331st, 1:44:28, (41st F30-39);
 Diana Gore, 341st, 1:45:03, (5th F60-69);
 Sarah Newall, 361st, 1:49:12, (67th F40-49);
 Suzanne Moss, 363rd, 1:49:13, (69th F40-49);
 Karen Eadon, 367th, 1:49:27, (33rd F50-59);
 Terry Cother, 370th, 01:49:28, (34th M50-59);
 Eileen Hieron, 374th, 01:50:07, (1st F70).



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Who ate all the pies? Well Biscuits!

New Years Day 5

Nigel Sankey reports "Nine Dursley runners lined up for the New Year's Day Pilot Inn 5 miler organised by Severn AC. A simple out and back, the course would best be described as undulating. Well done to Alice Lewis for coming 1st lady and Alice, Mel Williams and Janet Matthews for picking up first ladies team. Also congratulations to all the other Dursley runners, Mouse Clutterbuck, Ray Williams, Deb Peake, Richard Hensman and Cara Zoglowek". Great to see Deb Peake competing in DRC vest and Ray escorting his better half over the finish line or was it vice versa?

For those unaware of Severn AC Race Director Terry Hailes history of putting on small, well run and competitive races will also be unaware that Terry was famous for his is "Fair Trade Biscuit" prizes. DRC runners dominated the small field this year with 6 first places in category two seconds and one fourth, so DRC definitely took the biscuit(s)!

Results: Nigel Sankey , 7th , SenM, 2nd, 32:28; Alice Lewis, 15th, F60 , 1st , 37:04; Mouse Clutter

-buck, 16th, M55, 1st , 38:45; Richard Hensman, 20th, M40, 4th , 40:39; Ray Williams, 22nd, M60, 2nd , 42:05; Mel Williams, 23rd, F55, 1st , 42:05; Janet Matthews, 26th, F40, 1st , 44:03; Deb Peake, 27th, F35, 1st , 45:15; Cara Zoglowek, 30th, F45 , 1st , 58:55;



Greed – Severn Sins

Caroline Jones reports that "There were good conditions for the 7 Sins race held on Friday 28th in the Forest of Dean. Soft ground but not too boggy. The route includes seven hills (and some slopes that aren't steep enough to officially count as hills) and two tunnels of icy cold water to wade through. It's a tough course designed to ensure all competitors burn off a good number of festive calories. First in for Dursley was Chris Sweet who made a great time of 1:06 despite having forgotten his trail shoes. He lost a trainer more than once in the muddy stretches and lost time having to retrieve it and was overtaken on some of the slippery downhills. Next year with the right shoes he'll be a definite contender for the coveted 'Sub 1 hour' T-Shirt. Mouse Clutterbuck paced his better half Den around the course coming in with a time of 01:15 Den came in 9th female running for Gloucester AC. Caroline Jones was 12th female overall with a time of 01:19. Rich Prior, (feeling conflicted? Ed.), came in with another strong time of 01:23 running for the Berkeley Harriers (but wearing the DRC vest). The 'sin' this year was 'Greed' represented by the traditional gruesome medal for all finishers.

Bowstones NYE Fell Race

Paul Gebbett was the sole representative at Bowstones Fell race in Lyme Park (oop North) finishing in a time of 56:31, 103rd place, running as a M40,



he was in a veritable host of older runners! Recovering after a cough and cold as most of us are, Paul said "was taking it easy good fun though!".



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Parkrun, bobbling along....



A busy Christmas period saw parkruns pre-Christmas, on Christmas Day, including Cara running Wotton as Snow White! and onwards, no rest for the wicked. Last weekend Pete Chaffer topped the Age grade grades "Opp North" with Northern air also helping Veronica Higgins post the highest female AG. Andy Probert, Caz Harper-Easthope and Stuart Watts all ran PBs. Matt Hazel-Livall quickest DRC male at 20:10 (Wotton) With Caz also the quickest DRC woman with her run of 28:36. Well done Caz! The New Year saw 34 DRC parkrunners out on the fifth, with Neil Parry (Marathon Man) breaking his duck in Queenstown New Zealand with the men's highest AG of the weekend of 67.99, but Jackie Gilmour topped the AG with 72.07% at Kingsway, with Shona Darley quickest woman with a symmetrical 26:26 (a time for Mr Truelove) at Wotton. Mike Crompton sizzled around Wotton in 19:35, just 0.67% behind Neil on AG. Russell Rolls loves Shipping Sodbury and familiarity bought him a PB of 22:22 (would you believe it Mr T!) with Stuart Watts notching up his second PB in a number of weeks at Wotton with a time of 21:17.

Social Events



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A couple of super socials over the Christmas period with the "DRC Does Christmas" Event on the 22nd of December and the Boxing Day run on... well you guessed it! Around 60 members trotted out on Boxing Day, causing a slight shortage on the Bacon Sarnie front, soon remedied in due to our 24/7 society! Huge thanks as ever to our bar and catering volunteers. If you would like to assist in 2019 with social events in 2019 talk to Karen Eadon or Nicki Cowle



DRC Tri News



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Thinking about dipping your toe in to Triathlon or Duathlon?
Then DRC Tri-teams event **Plan your 2019 Tri Season** is for you:

14th of January

7:15 to 9:30

@ The Peak Academy (Drake Lane Dursley)

And don't forget.....

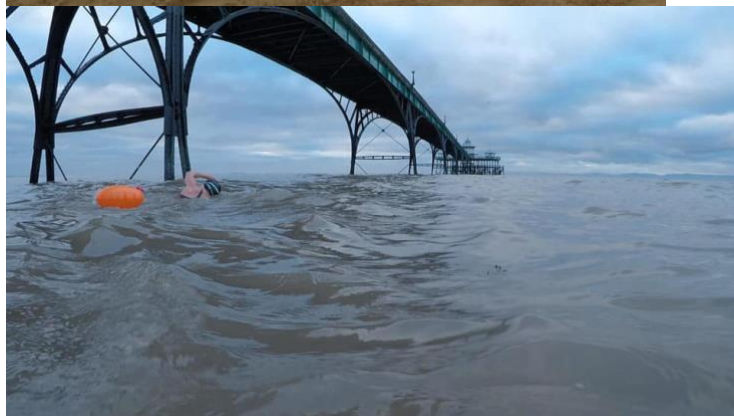
<http://drctri.co.uk/swim-technique-of-the-week/>



And just to prove the open water swimming season never ends Chris Young invited the Tri Team down to what he described as a "balmy Barry" for a post Christmas swim, and a small band of "balmy" swimmers joined him.

Whilst in the New Year Trish Mansell was out Swimming around Clevedon Pier in, no duck poo this time, but Trish was swimming in "skins" ie no wetsuit, so reasonably bracing. Hot chocolate afterwards but Trish commented " Spilt more hot chocolate from shaking than made it into my mouth"

I am sure Kevin Proctor will have had a dip as well!



And of course the cyclists

Tony Freer, Martin Bragg, Mike Brown, Dave Halford showed Shane Bond the delights of a "round the block " bike ride, that Dursley to Dursley via the Forest a mere 74 miles.

Sadly for Shane he got the A48 as opposed to the scenic Wye Valley route, save that for the summer!

Club Challenges..... Out with Old in with the New



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Dave Halford has provided the December Challenge Final Update “Well done to all who participated. Between you 1,145 miles were covered in the pursuit of literally no prizes. The prize was in the taking part (and not having to diet so hard in January). To put this into context if you travelled this distance in a straight line from Royal Dursley you could get as far as, Morocco, Algeria, Tunisia, Romania, Sweden and Norway, just to name a few places”, those competing the full challenge were as follows:

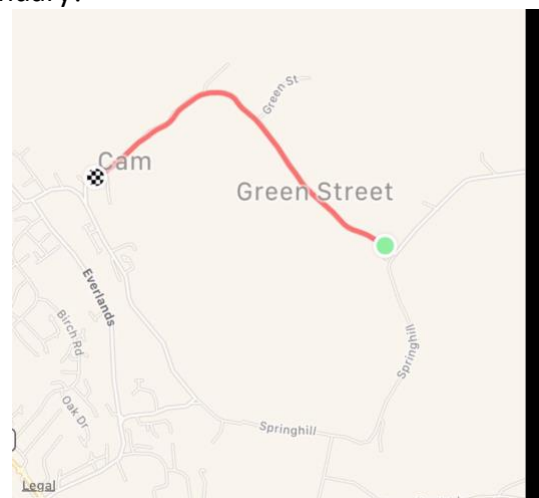
Imperial (78 miles) Sam Hill, James Price, Cath Pinnock, Nic Christopher, Racheal Brown and Caroline Jones;

Metric (77km) version Teresa Walton, Annette Heylings and Jo Fearn.

Joining in were Margaret Johnson, Carly Health, Pete Dunn, Matt Read, Audrey Harris, Louise Biddell, Kevin Brockway, Andy Shapland, Caz Harper-Easthope, Ray Williams and Nic Osborne, with Ray Williams trying to take it into January!

After the 12 Dave’s of Christmas pushed the envelope in term of distance for those taking part Dave Halford has opted for some downhill (free) speed in the January Challenge. “The fast and the furious” Challenge is simple: set off from the top of Upthorpe/Cam Green and absolutely leg it for 1 mile DOWNHILL. It will be fast and furious and you will finish just after the chicane, but before you hit Hopton Road.

The bonus is that completion of this challenge will unlock the July 19 challenge too. Run fast, run safe.



A great chance to use the down hill to improve your leg turnover and develop a quicker cadence, and of course always good to warm up before going “full gas”

As ever if running at night please ensure you are suitably kitted out hi-viz head torch and be aware of both pedestrians and cars, plenty of drives on both sides of road to consider





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Grand Prix Series 2019 Has been announced please sign up rules are on the website

Go to web site link to see GP details and enter

<http://www.dursleyrunningclub.org.uk/club-grand-prix/>

DURSLEY RUNNING CLUB JUNIORS

Happy New Year! I hope everyone had a fabulous Christmas, perhaps a few new pairs of running shoes were unwrapped, or some sporty shorts and maybe someone was lucky enough to receive a smart watch. Well the new sports season is about to begin, so just a few reminders of the current DRC Juniors offerings:

Wednesday evenings 6.15-7.15pm **Yr7+ Run Based Training** from the Rugby Club.

Thursday evenings 6.30-7.30pm **U21 Winter Running Programme** from the Rugby Club.

Friday evenings 5.00-6.00pm **Indoor Athletics** at Rednock Sportshall – please register [here](#) as numbers are limited.

Saturday mornings 9.30-10.30am **Muddy Running** from the Rugby Club at present – still a little more cross country training to go, but we will aim to organise some trail running and orienteering events before Easter.

All sessions commence from 9th Jan onwards. Please remember to dress for the weather, hats and gloves recommended for those colder sessions. Please check out our website for more information: www.dursleyrunningclub.org.uk/drc-juniors/

Regards,
Caroline Jones

Walk2Run 2019

Many thanks to Damo for organising the evaluation day this Saturday just gone, plus everyone who got involved in giving this year's participants a warm welcome to DRC. Cakes were lovely as well! Thanks you to everyone who has stepped up to lead or help with the groups. Key messages are "we want chatty running" and "getting fit can be fun", as Damo has shown DRC is the start of a long journey so we don't need to rush anything!

Glos AAA Road Race Series

For those interested in this series on 2019 please check out the following web link

Email copy to: dursleyrunningclub results

dursleyrunningclubresults@gmail.com



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<https://www.athletics4u.co.uk/road-running/>

Not all the races are "sell outs" although Linda Franks and Guy Fawkes are! Courses tend to be "sporting" ie not flat. Taking part in a series is a great way of improving your running, as you get to know who you want to be beat!

The organisers have highlighted an issue with the Age Categories this year, so please have a read and if it applies to you do the necessary!

We have just completed processing the age category tables for 2019 and notice that quite a few runners in Glos will be changing age categories when they reach their birthday. For those of you who have birth dates early in the year, you may wish to opt for moving into the next age category for the remainder of the competition. Please remember, any points gained in the events in the age category at as Jan 1st 2019 cannot be passed onto your next age category.

As an example, let us say your birthday was in February and you were a Vet 40 as at Jan 1st 2019. You can chose to run as a vet 40 for the whole 2019 competition - this is what we shall consider as the default age category. Alternatively, you can opt to belong to the vet 45 competition once your birthday is reached. This would mean, however, any points gained in the Linda Franks 5 would not be carried forward for you as a 45 year old.

*We do ask that any runners who wish to take this option get in touch with us, if not straight away, then at least around the time of their birthday.
All the best for the New Year and here's looking forward to a rewarding 2019,
Steve & Lynn Hudson*

Club Runs

Tuesday Night 6:15 for 6:30 exit

Walk to Run Starts this week so please be aware that they will be exiting c. 6pm

Happy New year my Badgerer buddies, hope you all had a fab festive season, I really enjoyed the time off I have to say. Tuesday is fast approaching please don't forget NO REFLECTIVE HI VIZ NO RUN, head torches are essential but optional. Please also be aware of pedestrians dog walkers and cyclists around you on a Tuesday Eve and be respectful to them. Also please be aware of crossing the roads at junctions, please STOP to give way.

Leaders are as follows

Kangaroos - John Spicer

Greyhounds - Cara Zoglonek

Greyhairs - Sarah Willcox

Hares - Julie Jaffa Gowing

Foxes - Steve Rugman

Lions - Rachel Brown

Leopards - Richard Hensman

Antelopes - Jonathan Tudor

Thanks all , have a fab weekend and see you all on Tuesday. Nicki C

Thursday Night Club Run

Segment Challenge "the Fast and Furious" Leaving from Old Spot

Get there early 7:15 for a 7:30 start

All abilities High viz compulsory Head torch recommended