



# Dursley

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Running Club



## ***Pitts at ITU Sprint distance Worlds***

Richer Pitts one of DRCs most meticulously prepared DRC athletes was competing in the the ITU Sprint Distance Duathlon World Age Group Championship in Fyn, Denmark this weekend and he will be hanging around for the Aquathlon event later in the week. He declared himself pleased with his performance, an overall time of 01:09:13, he completed the 5k run in 21:07, quickly through transition in 01:40, he completed the 20km course in 34:06, T2 was 2:24 and he finished the 2.5K run in an impressive 09:56, all the speed sessions clearly paying off. Richard placed 26<sup>th</sup> in his age group, 7<sup>th</sup> GB and was 199<sup>th</sup> out of 363 athletes!



Good luck  
in the Aquathlon on  
Thursday Richard!

## ***Frampton 10K 2018***



Another super turn out of athletes and supporters. DRC were led home by Neil Hodgson with Jonny Marks and Tom Smith in very close attendance. Hodgson was first over the line. Marks, second on gun, managed to pip him by 3 seconds on chip time, running 39:18 crossing the start mat a little behind, with Smith equalling Hodgson's chip time of 39:21 for the same reason. No such doubt with the DRC women, Margaret Johnson was first DRC female home in 44:30, with new member Benjamine Cardinal 2<sup>nd</sup> woman home in 45:04, both doing well in their categories Johnson 4<sup>th</sup> and Cardinal 3<sup>rd</sup>, Kimberley Bird was 3<sup>rd</sup> in for DRC. Alice Lewis was highest DRC in an age category as 2<sup>nd</sup> F55, with Erica Fuller 4<sup>th</sup> F55. The runs by Johnson, Bird and Fuller were particularly impressive as the three had raced the Cotswold Relay in Saturday. There were a host of top 10 category placings for DRC, with a few other Cotswold relay runners back out racing, plus representatives from every level of the club, who were cheered and urged on by a strong support team, with the urging on leading to a number of super sprint finishes,



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## **Cider Frolic**

The organisers describe Cider frolic as “a race for solos, pairs and three and teams of fours. Each lap is 6 Km-ish so seven laps = a marathon. With a Squeaky rubber baton toy again different farm animal this time and a good time camping, eating and boozing. Lapped course so you can run as much or as little as you like’ The DRC team included Sam Hill, Clair Oxley, Julie Froggatt, Imi Testa, Rachel Brown, Kevin Brockway, Lise Hindshaw, Lisa Young and Julie Jaffa Gowing. In the individual event Rachel completed 9 Laps (c. 54km) of the course in 09:41:22, thereby avoiding the need to sit down and watch the football, and I assume the same applied to Kevin completing 7 laps (c. 42Km) in 07:31:28, Julie Froggatt 4, (c. 24km) in 03:48:24 and Lee Masters 2 in 01:37:40. With two teams in the Threes, Team Dursley 3 comprising of Julie Lise, and Lisa managed 8 Laps in 09:45:37 with Team Dursley 2, Sam Hill, Immi Testa and Clair Oxley the same number of laps in 10:44:34. Great fun was had before during and after



## **Charmouth Challenge**

Dave Saunders was back at again on the South Coast, he must be DRCs most regular attendee of the most southerly Fell Race in the UK . He Completed the Charmouth Challenge 8 mile fell race on Saturday.

Dave reported that whilst it is “Normally held in the afternoon, the start was brought forward to 10am this year which made it a bit more bearable. The run is virtually all off road and takes you from sea level to the top of Golden Cap, the highest point on the south coast, and back down again with a few undulations along the way!! I was the only DRC runner amongst 400 entrants and finished in 137th position in a time of 1 hour 24 mins. Unfortunately, there are no age category positions shown in the results. No medal but amazing goody bag and hose down by the fire service at the finish”, a service we could do with a regular basis at the moment!





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## Weymouth Classic

Saw eight DRC-triathletes competing, Dave Halford in the Middle Distance, competing against Mark Histed who was representing Stroud at least on the results if not in his kit!



With 6 competing in the Classic, Paul Breen led the team home in just over two and half hours 13<sup>th</sup> in category, with Charley Palmer, Tanya Histed and Sara Willcox all in top 10 of their age categories. As ever lots of support & And a part from a very hot run, fair amount of enjoyment. Well done to Tony

Ball who was suffering with a tight hamstring earlier in the week, pulling out of Frampton, for getting around the course. I assume Sarah had an issue with her chip as she was give just under minus 1 hour 20 in T1, w either that or she is the new Doctor Who!

Standard	Swim 1900	T1	Bike 55.6	T2	Run 13.1	Total Time	Pos	Cat Pos
Mark Histed	37:05	02:41	02:56:41	03:23	02:40:17	06:20:09	75th	26 <sup>th</sup> M40-49
Dave Halford	42:43	03:11	03:10:39	01:13	02:27:41	06:25:28	78th	27 <sup>th</sup> M40-49

Classic	Swim 1500m	T1	Bike 23.4miles	T2	Run 6 miles	Total Time	Pos	Cat. Pos
Paul Breen	28:54	01:49	01:12:39	0:56	51:54	02:35:44	32	13 <sup>th</sup> M30-39
Nick Fennell	32:50	01:58	01:08:56	0:52	01:05:15	02:49:53	57	18 <sup>th</sup> M30-39
Charley Palmer	36:30	02:26	01:22:27	01:16	56:26	02:59:07	68	6 <sup>th</sup> F40-49
Tanya Collin Histed	36:48	02:26	01:25:06	01:37	01:05:55	03:11:54	78	8 <sup>th</sup> F40-49
Antony Ball	39:26	02:56	01:15:34	01:27	01:16:01	03:15:27	83	11 <sup>th</sup> M50-59
Sara Wilcox	01:59:21	-01:20:39	01:19:07			03:15:29	84	9 <sup>th</sup>

## Gloucester 10K

Another superhot day saw seven DRC athletes at the Gloucester 10K. mark Sprigings led the team home in 43 minutes dead, with Annie Harris first DRC woman home in 8<sup>th</sup> place in her category, one of three top 10 age category finishers, that included Steve Barnes and Pete Bennett, disappointingly it was another race where the organisers use 10 year age categories, which is clearly too large a range to be fair to older runners!

Francois Low reported that "it was 23 degrees on arrival at 08:00 this morning and that only seemed to increase exponentially until the race start an hour later. Not expecting a PB in this heat, I set off fast as usual keeping Mark Sprigings in my sights for all of a couple of miles. The twists and turns of the course messed with pacing and I found myself having to accelerate after each turn to maintain pace. It was hot, very hot, but still by half way felt ok.



**Gloucester 10K cont....**



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Tried stepping it up around 7k and managed to hold on the end. Well done to all DRC runners! Support throughout was great, especially around the tourist spots', he commented that the teams results were "A great effort given the conditions", with Clare Troy, Gee Whitlock and Deb MacFarlane all completing the course

Results: Mark Sprigings, 43:00.2, 44<sup>th</sup> (31<sup>st</sup> SenM); Francois Low, 43:43.9, 49<sup>th</sup> (33<sup>rd</sup> SenM); Anne Harris, 51:35.2, 165<sup>th</sup> (8<sup>th</sup> F35-44); Steve Barnes, 58:23.1, 306<sup>th</sup> (6<sup>th</sup> M60-69); Clare Troy, 59:32.5, 325<sup>th</sup> (22<sup>nd</sup> F45-54); Peter Bennetts, 1:04:26.7, 418<sup>th</sup> 7<sup>th</sup> (M60-69); Gee Whitlock, 01:16:37 (75<sup>th</sup> SenF) Deborah McFarland, 1:20:06.8, 644<sup>th</sup> (F 35-44 132<sup>nd</sup>)



## ***DRC - Juniors***

Cheltenham Harriers Midsummer Open saw 4 DRC Juniors and one DRC veteran having a go at the track and field, with all four juniors competing in the 200m, James Durden was fastest in 28.4, less than a second ahead of Tom Smith in their heat, Both Freddie Turner and Jess Smith were pleased with their performances coming in just over 30 seconds. Freddie cleared 1:30m with James at 1:35m in the High Jump. Tom Smith jumped 3.91 in the long Jump and finished with a 15.1 second 100ms. James managed a PB in the Javelin throwing 20.68. Earlier in the evening Dave Durden ran a personal best of just over a second in the mile Thursday continues to be successful with athletes hurdling, developing discus throwing skills and working on form and pacing.



### **Up and Coming:**

21st July DRC Juniors Summer Championship Event (Adults can enter too!)

28th July start of Mini Athletics programme (5 week programme)

28th July start of Advanced Athletics programme (5 week programme)

8th September 'Try out Tri' Event



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## ***Two Tunnels Half - Return Ticket***

James Price was wanting to bounce back after what he saw as a disappointing Cotswold Relay. Over a Half Marathon distance, a 2 lap out and back format, going through both tunnels four 4 times. It was a 10am start and the temperature was hitting 24 degrees plus. James had set a target of 1.28.00. In his own words "for once I held myself back and just stuck to my own race" unfortunately as he hit the tunnels his GPS went all over the place, "at the 1st turn I had moved up to 6th and only a few seconds from 4th and 5th. The second quarter went well and I managed to move into 4th place at the half way point I was ahead of the target time but worried that I had gone a bit fast so eased back slightly as it turns out I stepped off the gas to much as when I got to the final turn point 5.25km to go I had gone back to 6th and it was 1:10.00 I realised that I wasn't going to be able to hit a sub 90 so instead of trying to force it I carried on at a steady pace to bring it home." This eminently sensible approach allowed James to finish in 01.31.38 6th in his wave and provisionally 13<sup>th</sup> out of 392 . James commented "Although I didn't hit my target time I am happy with the result as felt good at the finish and didn't pick up any other injuries" shockingly there was no water, nor mile markers, the former clearly required on such a hot day. An amazing time on such a hot day from James.

## ***Parkrun***

The 30<sup>th</sup> way a host of DRC athletes at the Cotswold Relay but there was still a healthy turn out at parkrun. Andrew Obourne ran a course best and was both quickest and highest age graded DRC athlete with a time of 21:44,(67.33 AG) at Southwick nr. Trowbridge, with Shona Darley quickest woman, 24:12. Claire Searle achieved the highest Age Grading for a DRC woman at 66%

Not often I get a parkrun report so it be rude not to use one, Nicki Cowle reported from Thornbury "With no Wotton on this week three DRC members travelled to Thornbury, it was a little cooler morning on Saturday on this all grass terrain parkrun with 111 starters' DRC included "newbie Darren Carter-smith coming in first with a fantastic time of 24:27 , then followed by another recently new member Huw Poppy with 27:21 and bringing up the rear Nicki in a course PB and fastest parkrun of the year in 29:05 all very respectful times in a pretty tricky and slightly hilly three lap course. Well done guys #teamhares"



Saturday the 7<sup>th</sup> of July saw the usual suspects running bests, Kris Rymer, 21:21 (a number for Mr T!) at Kingsway and Eileen Efford, 32:34, at Wotton. Matt Rogers was third overall at Wotton in 19:04, with the fastest DRC parkrun time of the weekend and also the highest AG at 74.91, with Diana Gore achieving the woman's highest age grading of 62.87, also at Wotton. Andy Kilby was up in Northumbria running a course best of 23:35, his Frampton Sprint spurring him on!

## ***Thursday Sessions***

Margaret continues to lead the Thursday sessions starting at 7:15 in the Paddock area She will start a 4 week block this week, she has posted

"A quick test to do before Thursday.

1. Record latest 5K time or handicap time on Tues.
2. How many pushups can you do in 60 sec.
3. Hollow Body Hold - How long can you hold.

- Then we will compare again in 4 weeks.

You don't have to post, just keep somewhere"



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***Tuesday Night***

***Club Handicap***

***Event 2***

Due to Dave Halford's Weymouth Triathlon starts sheets will be issued ASAP Monday. An easy run will go from Hamfield Leisure normally leaving around 6:15

Please remember

1. Your number
2. Your pins
3. Hydrate before and after (ie the bar is open!) –read the guidance we have issued on running in the heat
4. Please be there in time to register, if you haven't got a number 6 o clock would be nice otherwise 6:10 to 6:15
5. Write you start time on you wrist or remember it – it is your responsibility to get the start line and start on time
6. Race briefing at 6:25
7. If you are late let the "whip" know you are there so we the know you should be starting and finishing!
8. Leave it all on the road, sprinting over the into a crowded funnel is dangerous
9. Please stay in order of finishing in the funnel