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## ***DRC Tri's Latest Ironwoman***

Hannah Osborne completed Ironman Staffordshire on Sunday and has posted "Wow what a day!! A tough day but super happy that I completed it in the time!!! There was tears from start before I even got in the lake to down the finish line and a bit round the route also!!

### **Timings:**

1.2 mile swim 52mins

56 mile bike 04:15mins

Half Marathon (13.1) 02:29mins

Add transitions total of 7h 55mins 😊

Thanks for my parents for staying around waiting for me and cheering me along thanks to my PT Jonny Marks for amazingly training me for this, I just kept thinking no breaststroke, no walking up hills on the bike and no walking.... hey I may of done all of those things at some point, Now to rest and eat". Walking or breaststroke regardless what an achievement

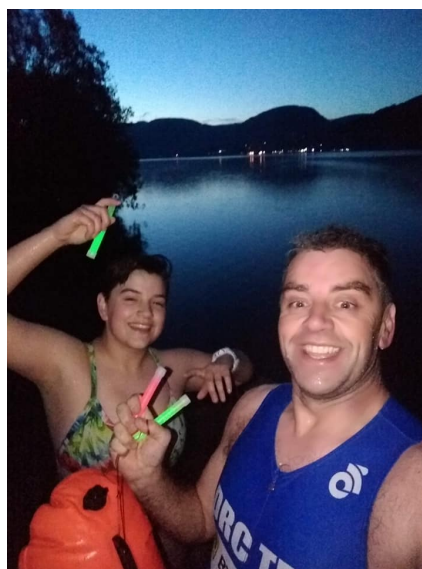


## ***Windermere Great North Swim 2019***

DRC Tri's annual trip to the gorgeous Lake Windermere to compete in The Great North Swim started Thursday, camping, caravanning and The Peacheys arriving in style. We all arrived mid afternoon some of us travelling through extreme weather conditions and motorway closures to set up camp in the sunshine and we had a cracking picnic by a camp fire with toasted marshmallows was had by all, this followed our



traditional night swim, Altho Chris and Sophie did the extreme and swam in the dark after we had all braved the cold and went to bed. The weather reports caused concern with us and the event organisers we had been warned that races could be cut short or even cancelled, wetsuits would be compulsory and they recommended gloves and boots as water temperature was described as cold.



Race day arrived and not a rain drop in sight. We made our way to the event by the lake river boat taxi 0.90 miles across from our amazing camp site, nerves started to build as some of us attempting new distances and new to OW events and Karen had her own challenge WEED!

16 of us swam various distances 2 miler and 5k the water temperature was a high of 14.8 degrees, it's a really excellent organised event and there was a very exciting vibe at this event.



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### **Windermere Great North Swim 2019 cont...**

The following results prove how everyone has braved OW water training over the winter and recent months and the amazing training the coaches have given to us all over the last year to help us achieve what we all achieved. - Thank you

My special mentions go to the following ..... obviously Karen who last year took over 2 hours to complete the 2 mile swimming all BREAST stroke to swim a total of 3 miles this year all front crawl super proud. To Julian Peachey who has only just learnt to swim in the last year amazing swim - his words 'that was cold', m Ray Williams coming back from his bike accident - well done. Everyone was amazing - Well done all

Results: **2 Miler:** Zoe Lamerton 01.10.06; Fred Yearsley 01.16.54; Julian Peachey 01.41.47; Susan Peachey 01.24.47; Nick Addison 01.27.34; Rachel Carter - 1.34.36; Tel Cother 1.34:58

**5K:** Sophie Young 01.34.12; Chris Young 01.37.02; Rob Woodward 01.42.45 Tara Truman 01.46.29 Adam Cook - 1.57.43; Sarah Willcox 2.14.16; Ray Williams - 2.15.20; Karen Eadon 02.29.30

We all swam our hearts out and really enjoyed our swims - some thought it was too cold but Tel Cother reported that the Water was just right. No requirements for 2 hats (squashes a large head) In awe of the many superior swimmers who flew past me as if I was stood still.

A brilliant and worthwhile experience. Chris reported He was 1:37.02 and 10th in cat and Sophie was 1:34.12 and 2nd in cat, and Chris Young swam a 30 minute PB. Everyone reported how they loved this event and will definitely come back next year to push more boundaries. Then the rain arrived we had to make our way back to camp, to discover our tents had flooded Karen and I had to sleep in the "Gypsy Camp" but we were warm and dry, Tel and Nick the sailor boys braved the ocean waves.

So our amazing weekend away was cut short by 1 night for most of us with a few that stayed to brave the horrendous weather we left behind, until we repeat it all again in 2020

sorry if I have missed anyone #tired

Bertie AKA Sarah Willcox

### **Race to the Tower**

Rachel Brown completed the 52.4 mile double marathon through the heart of the idyllic Cotswolds. She posted "It's a tough one with a total ascent of 7476ft. You can run or walk it complete it in one go or stay overnight at base camp. This was my second time taking part in this ultra. The conditions were quite different from last year and trail shoes were definitely needed! It's such a well organised event and the support and scenery are amazing. My aim was to beat last year's time and try and get in under 14 hours. I smashed last year's time by 50 minutes with an official chip time of 13:58:44. Thanks go to Sam, Clair, Liz, Henry and Felix who supported me. It was so great to see them on Cleeve Common at the 30 mile point just when I was beginning to struggle; you guys are awesome".

Rachel placed 269<sup>th</sup> and 23<sup>rd</sup> F40 Out of 96 in her category! Paul Lee joined Rachel doing the double and completed it in 14:32:36, 123<sup>rd</sup> overall, and 5<sup>th</sup> M60. An amazing run by all the athletes, I ran up



the Cotswold Way to the top of Cleeve Common today and that was hard enough starting from zero miles not in the late twenties or going on to run a marathon. Quentin Somerset do completed the first day Marathon in 05:56:09, placings 32nd overall, and 12 M40. Catherine Fay & Janet Matthews ran the second day Marathon. Janet Matthews: 21<sup>st</sup> overall, 12<sup>th</sup> female (6<sup>th</sup> F40), 06:14:47. Catherine Faye: 22<sup>nd</sup>, 13<sup>th</sup> female (6<sup>th</sup> SenF) 06:14:48.

Experienced off road marathoner Jon Tudor commented "You are both amazing", well said Jon





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## Sharpness 16

Doubling up and competing in the Ultra version of the event Kate Browning bagged Marathon no 98 along the way. She ran a scorching 8:36 minute mile pace along the canal from Gloucester to Sharpness and back, to finish in 04:34 (Strava). This was despite struggling with a headwind, a new pair of trail shoes (breaking them in?) and the heat. Fortunately, she came across a friendly lock



keeper who provided some water. Kate went on to place first woman. Another awesome run from Kate

## DRC Juniors

### Low Key League Event 2

A great day for our ten young athletes at the Prince of Wales. Not for the first time it was commented to me how supportive our athletes are of each other, I know we have really supportive and considerate athletes but always great to hear this from a third party! Anyway great results and lots of smiling faces, sometimes after a little chat to out things into perspective! Well done to Liz, Henry, Jack, Ted, Harry, Tom, Jess, Emma, Frank and Annabel. A host of PBs by our athletes a quite few podiums, but the smiles were more important. ONLY ONE more U14 league event on the 7th of July



Weekly Round Up: Caroline Jones reports that Great athletics sessions this week with Wednesday athletes preparing for the Junior 3K at Cirencester this Wednesday. Thursday saw some new skills for many on Thursday with an introduction to discuss throwing, and some great scissor kicking and hurdling as well. No session at Rednock this Wednesday coming, Thursday and Saturday (9.30) as normal.





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## Wotton Tri 2019



Sarah Willcox posted she "had the pleasure to watch my awesome team mates compete in the Annual and very well organised and friendly inclusive triathlon. We took 13 strong DRCtri members who started in various swim waves in the 20 meter pool so having to swim 20 lengths each - starting with Teresa Walton David Quarterman and Cara Zoglowek and the rest followed, all saying it was a tough choppy swim. Transitions was smooth leading to the bike ride and very hilly bike ride, Altho I am not sure if Rach Goatman-Thomas had her Talc in transition this year? Rach also had a fab event today. Waiting for Mike Brown's swim wave sat there all chilled and ready to go ..... 'oh I have forgot my swim cap' Louise Prinny Saum kindly offered him one and then just about to go 'oh bugger and my Goggles' Louise lent him some very lovely pink pair LOL, not sure Mike had his race prep on the button today - not that it affected his awesome swim time of 5.37 then he continued to complete the rest of the triathlon in swim mode. My special mention today goes to Wayne Bond our newest member, he pulled his hamstring during the first lap of the swim and battled the 19 other lengths to finish his swim, the bike came next and he limped into transition but like a brave warrior he ran out to start the 5 k run - it was definitely the rubbing of his leg from my part that helped him finish the triathlon today. Leigh Allen and Louise Prinny Saum teamed up and produced an excellent team combo - cracking work girls. Everyone completed all 3 disciplines and Natalie decided to go those extra few miles on her bike and ended up at the Yew Tree so clocked 30k but had an excellent run and finished with an amazing time". Sarah collected some thoughts from the team, most mentioning hills, they are all on facebook but Teresa Walton's certainly merit repeating - "Great, friendly, well-organised, low key Triathlon - but not an easy one! Very hilly cycle and run routes. I loved doing this Tri and it meant a lot to me, as Wotton is my home town - the Pool was opened when I was 5 (!) and in my young days the School (today's transition area) wasn't even built.....It was great to see the DRC Tri supporters shouting encouragement en-route and at the finish - thank you! Sarah concluded "A great turnout from DRC". I thoroughly enjoyed watching and supporting you guys today and wasn't envious at all - it's a t



toughie - well done guys. The results tbc. Mike may just get his 2nd podium 1st place this year - fingers crossed" Bertie AKA Sarah Willcox





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## Stroud Beer Race

Jon Tudor reported on Race 1 of the Roger Briers race series. "My first time doing this event. Weather conditions were pleasantly mild with a slight breeze on top of the common. The course was 3 laps with a testing hill section on the outskirts of Amberly. Lap 1 was a battle against the wind. Lap 2 had an additional challenge of cow dodging and lap 3 was relatively uneventful. This was a fairly fast course, ideal for tempo training. Myself, Steve Barnes, Paul Lee, Pete Dunn and Andy Kilby represented DRC. I really enjoyed this event and would recommend it to anyone who likes a nice fast paced run" and hill and a beer! Results: Jonathan Tudor 51:08 20th; Andy Kilby 58:31 68th; Pete Dunn 1:00:18 74th; Steve Barnes 1:09:11 105th



The weekend saw parkrun as per normal result tbc and a small but intrepid band of orienteers at DRC Running Festival at Stinch Fest. The maze proved to be addictive, and eventually run by memory, not really the point, but fun nevertheless! The Sprint orienteering proved more challenging. The orienteering was followed by an enjoyable run through the woods. Thanks to Alan Honey for the Maze etc



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## ***Club Runs***

**Tuesday Night is handicap night**

**Start list issued likely to be corrected!**

**Please get there for 6pm to pick up Bib and Chip**

**Nigel Sankey leading on marshals and volunteers**

**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: <http://www.dursleyrunningclub.org.uk/team-sunday/>**