



**Dursley**  
more than a  
Running Club



## Congratulations

Cannot think of a better "Front Page" John and Eileen are both such positive individuals, a fantastic couple, amazing athletes and great members of DRC! They celebrated 55 years of marriage with a 7k run on the 7<sup>th</sup> of March, numbers Neil Truelove to get excited over!





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## Grizzly 2019 – Trails of the Unexpected

If it was windy down in the Severn Vale it was bound to be a bit blowy on the South Coast. But what a difference a year makes with the runners in 2018 having the full Grizzly curtailed due to snow, and running in blizzard conditions. Whereas this year you could see all the way to the top of the hills you had to climb! Two DRC trios were to be found one doing the Grizzly the other the cub. Jonathon Tudor entered the main event in a fine vein of form, with Marathon training going well, a good performance at Pittville Cross Country as well as well as putting down some quicker runs on the January Challenge. He nailed his run managing the second quickest DRC Grizzly of recent years behind Gareth Bradury, a quality off road runner, who ran 03:15:43 in 2017. So a fantastic run by Jonathan one of many more to come. Behind Jon, Nigel was treating it as training run, having come down with a cold mid-week. He finished in 03:52 with Caroline Jones producing a great run to finish in 04:07:38, for some reason



Caroline has been missed out of the results, fortunately we have the Strava-evidence. In the Cub Anthony Ball escorted Julie Furneaux around the course, which she thoroughly enjoyed, another fantastic effort by Julie on the back of her Portsmouth Coastal Marathon result. Charley Palmer came home in just under the three hours



2018



2019

**Results Grizzly:** Jon Tudor, 264<sup>th</sup> 03:18:44, Nigel Sankey, 701<sup>st</sup> 03:52:18; Caroline Jones TBC 04:07:38 (strava); **Cub (9 miles)** Antony Ball, 373<sup>rd</sup> 02:08:52; Julie Furneaux, 374<sup>th</sup> 02:09:22; Charley Palmer 585<sup>th</sup> 02:59:13.

## Minchinhampton 10K

Described on the organisers website as "Local, friendly, mildly challenging, welcoming, family atmosphere, efficiently organised race on local roads and lanes with a grand final stretch up the main street. The hill at 6-7k demands respect"

This year the wind was an added ingredient and yes it was windy up on the escarpment, with Jacky Gilmour commenting that "she felt she was running backwards" this did not stop Caz Harper-Easthope recording a course best, the course being a bit up and down for PB! The club was led home by Joe Browning in 47:09, who is still feeling his way back in to racing with Andrew Obourne next to finish. Dave Saunders was third home for DRC and achieved his First category win as an MV70! He said "Not on my schedule of races for this







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## Minchinhampton 10K cont...

year but I was talked into joining his son and fiancé. As soon as we lined up for the start on the common we knew it was going to be very windy and cold. So it proved to be and it meant that times were well down on previous years for most of the runners". DRC female contingent did very well Ruth Cox first woman home for the club and 8<sup>th</sup> in category, with Clare Troy about 90 seconds adrift, placing 11<sup>th</sup> F45. Jacky Gilmour was hard on Clare's heels and placed an excellent 2<sup>nd</sup>. Sam Stevens swept up for DRC finishing in 01:17:54, with Chris Sweet just ahead supporting his wife a round her first 10K, Ian Roberts as ever was a very supportive team mate, running with Caz Easthope helping her to her fine performance. **Results:** Joe Browning , 00:47:05, 47<sup>th</sup> , (21<sup>st</sup> SenM); Andrew Obourne , 00:48:46, 68<sup>th</sup> , (25<sup>th</sup> M40); David Saunders , 00:52:22, 100<sup>th</sup> , (1<sup>st</sup> M70); Ruth Cox, 00:54:56, 146<sup>th</sup> , (8<sup>th</sup> F45); Clare Troy , 00:56:27, 163<sup>rd</sup> , (11<sup>th</sup> F45); Peter Allen , 00:57:01, 173<sup>rd</sup> , (49<sup>th</sup> SenM); Paul Ladle , 00:56:58, 174<sup>th</sup> , (58<sup>th</sup> M40); Jacky Gilmour , 00:57:05, 179<sup>th</sup> , (2<sup>nd</sup> F55); Ian Roberts , 00:59:10, 214<sup>th</sup> , (67<sup>th</sup> M40); Caroline Harper-Easthope, 00:59:11, 215<sup>th</sup> , (18<sup>th</sup> F45); Amanda Hensman , 01:03:46, 284<sup>th</sup> , (tbc); Ellen, Efford , 01:06:32, 313<sup>th</sup> , (37<sup>th</sup> F45); Chris Sweet 01:10:48, 353<sup>rd</sup> , (85<sup>th</sup> M40); Sam Stevens 01:17:54, 399<sup>th</sup> (52<sup>nd</sup> SenW).

## The Larmer Tree



White Star running returned to the Wiltshire downs for the Larmer Tree Races. Another multi eventer over a couple of days and one night! The organisers promise "There will be hills and it could well be wet and muddy". Sunday saw the running of the Marathon and Twenty mile distances with Rachel Brown, Immi Testa, Julie Gowing and Quentin Somerset looking to test themselves over the 26.2 miles. Quentin led the DRC team home in 05:24:07 with Rachel and Imi crossing the line together with Rachel's result recorded her as 193<sup>rd</sup> in a time of 05:35:19, but some glitches with the results as two Imis had finishing earlier in 04:45? This might explain why they didn't have Imi's number when she went to collect it at the start. Julie Gowing brought DRC home in 05:55:51 (good number Neil?) and 12<sup>th</sup> F35! Quentin notched marathon no. 91, with just nine to go before he becomes a member of the exclusive "100 Club" a very impressive effort by Quentin, it looks as though 2019 will see two DRC runners reach this incredible goal with Kate Browning well on her way as well. Rachel reported " The course is mostly off-road and There are hills! There were muddy bits! The wind was very blustery which made it hard going but the ource and the views were awesome. Lee Masters was on hand to provide some much-needed support, even though he was dressed as the Grim Reaper". Imi reported that a shot of schnapps was also on hand to keep the runner's spirits up! Despite a lack of training Julie upgraded from the 20 to the full Marathon and reported the wind making it hard to stand at times and the hills to be much hillier than in Dursley. Keeping up with Imi until mile 20 the last 6 to 7 she ran on her own with the last



four a real slog, but great support from the marshals got her to the end. Awesome running by all!  
**Results: (provisional);** Quentin Somerset 162<sup>nd</sup> , (40<sup>th</sup> M45), 05:24:07; , Rachel Brown 193<sup>rd</sup> 05:35:19; Imogen Testa 193<sup>rd</sup> 05:39:19; Julie Gowing 05:55:51 (28<sup>th</sup> (12<sup>th</sup> F35)



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### ***Vitality Big Half***

Shona Darley and Simon Wigg were on the start line of the Vitality Big Half, They were running to raise money for Cornwall Air Ambulance Trust because Shona is from the lovely Cornwall. Shona was pleased to get round as hadn't go the training in she wanted to. And as well all know those last three miles are tough at the best of times! Result: Shona Darley, 01:58:48 (6382<sup>nd</sup>, (258<sup>th</sup> F40)



### ***Fours Seasons Spring***

James Price decided to forgo the pleasure of a 3<sup>rd</sup> marathon in 3 weeks completing the Half event at Margam Park, nr. Part Talbot (Gwent League territory!) in 01:44:45 (Strava time) FYI James completed 106 laps of the Telford Priory School 400m track to post a Marathon time of 03:43:12 – Groundhog Day!

### ***Newport Half Update***

Annette Heyling's result from last week's Admiral Newport Half is now in, Annette finished in 1601<sup>st</sup> with an impressive top ten age category placing (F60 9<sup>th</sup>) Gun Time 02:29:12 and a chip time of 02:26:08

### ***DRC Tri @ Tewkesbury***

Two DRC – Triathletes made it to the second Tewkesbury Aquathlon. An excellent entry level event (one more to go, 7<sup>th</sup> of April) Rich Pitts and Chris Young, both quick in the water completing 400m in 06:49 and 07:13 respectively. Then coping with very windy and wet ground conditions. Rich 14<sup>th</sup> in 31:03 (3<sup>rd</sup> MV50) with Chris Young 22<sup>nd</sup> in 32:57 (6<sup>th</sup> M40), age categories corrected on the basis that Rich Pitts a bit older than the organisers thought! Sadly no team photo!

### ***Parkrun***

Nineteen DRC parkrunners were out on Saturday morning. Tessa Hibbert ran the sole PB of the weekend in only her second parkrun, and the highest DRC female AG of the weekend at 60.3%. Matt Rogers posted the fastest DRC time of 20:53, with an AG of 68.4% just ahead of new member Paul Lee at 68.02. Whilst Nicola Christopher posted the fastest DRC female time again of 25:15 down in Burnham.







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## More Pool Time and time for a Fan Dance?

Get to grips with your swimming! Following the success of our Sunday night coached sessions, DRC Tri have negotiated exclusive use of a lane at The Pulse pool on Monday evenings at 8.15pm. Come along and benefit from some individual coaching. This session is aimed at early improver level swimmers who want to learn the basics of front crawl. Open to all (you don't have to be a triathlete!), simply pay £3.50 to the coach in charge of the session on the night.



Paul Breen is planning another great trip up Pen y fan. Saturday the 6<sup>th</sup> of April. All are welcome including partners and dogs etc.

Check out the DRC Tri members only page for info on both the above

## Sunday Sessions

Dave Wood highlighted the impressive mileage being completed by DRC members at present, many training for marathons. Last week Francois Low notched up an impressive 66 with Matt Livall's Greenman only getting him to second slot with Neil Parry an every present mile machine just behind Matt. Clare Troy, Margaret Johnson and Eileen Hieron notched up over 110 between them. This week the top three Neil Parry, Mark Sprigings and Matt Read ran 160 miles with the top three woman Julie Gowing, Caz Harper-Easthope and Margaret Johnson managing 101. As the image of "Team Sunday" shows long mileage in the company of club mates can be very enjoyable. Don't forget to stretch afterwards!

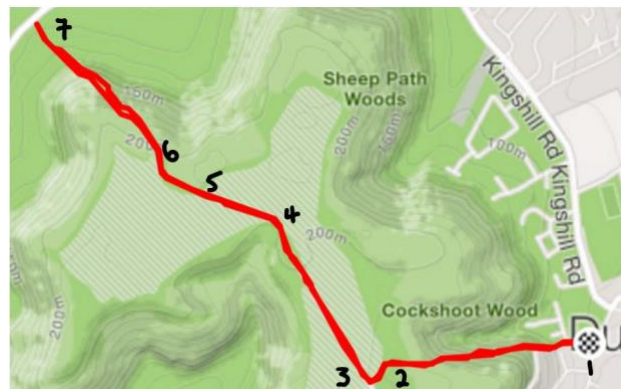


## March challenge

courtesy of everyone's favourite Dave  
Mr Wood

**A new month a new challenge. This month the challenge starts and finishes outside the Old Spot so you can enjoy a post-race refresher.**

1. Start - outside the Old Spot.
2. Go, directly to the top of the hill, via the woods emerging next to the Golf Club House and onto the road.
3. Turn right, and follow the road, past the Public Carpark



4. After the car park you need to veer left, and, WITHOUT annoying the golfers, follow the path to cross the golf course across holes 4 and 13.
  5. You pick up the yellowish path hugging the trees, with the 11th and 12th holes to your left.
  6. Now head down the trail towards the Running Club. . Stop BEFORE Stinchcombe Road - YOU DO NOT NEED TO CROSS THE ROAD!!!!!!!!!!
  7. It's now you versus the beer as you reverse the route back to the Old Spot.
- <https://www.strava.com/segments/19883012> The course is 3 miles in length with 2 ascents and 2 descents. Good luck, run fast, run safe, hydrate



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**Final results from the January- February Mile Descending Challenge. SP prizes to fastest three men and woman, to be collected at next social plus spot prizes.**

1	Richard Hogg	05:15	31	Chad Staddon	06:43	1	Robyn Jackson	05:35	27	Audrey Harris	08:08
2	Matt Hazel-Livall	05:16	32	Graeme Hawkins	06:47	2	Jadie Cotterell	05:58	28	Leigh Allen	08:13
3	Mike Brown	06:03	33	John Delafield	06:48	3	Francesca Amigoni	06:10	29	Vicci Phillips	08:16
4	Mike Crompton	05:26	34	Antony Ball	06:50	4	Catherine Fay	06:19	30	Jo Lewis	08:21
4	Matthew Read	05:26	35	Dave Halford	06:52	5	Kim Bird	06:20	31	Nicki Cowle	08:29
6	Jon Tudor	05:34	36	Andy Hara	06:58	5	Zoe Lamerton	06:20	32	Katrina Fletcher RMR	08:33
7	Jon Morgan	05:42	37	Paul Dunn	06:59	7	Nicola Christopher	06:28	33	Sam Martin	08:36
8	Neil Parry	05:50	38	Gavin Kemmett	07:00	8	Janet Matthews	06:53	34	Jackie Pennington	08:36
9	Steve Watson	05:55	39	Andy Kilby	07:03	9	Clair Oxley	06:55	35	Amanda Hensman	08:42
9	Kris .	05:55	40	Tony Wayne	07:07	10	Lisa Young	07:11	36	Ellen Efford	08:49
9	David Durden	05:55	41	Matt Willetts	07:10	11	Louise Biddell	07:17	37	Jo Fearn	08:56
12	David Wood	05:56	42	Kevin Brockway	07:21	12	Lucy Holder	07:24	38	Sam Stevens	09:01
13	James Everett	05:57	43	Tel Cother	07:22	13	Kate Browning	07:28	39	Lisa Gillooly	09:02
14	John Bourne	06:05	44	Rich Prior	07:26	14	Lucy Fairall	07:30	40	Gillian Durden	09:25
15	Peter Chaffer	06:06	45	Steve Peers	07:29	15	Jaffa Gowing	07:31	41	Emma Hayward	09:29
16	Darren Kitchin	06:07	46	Paul Lee	07:32	16	Sue Peachey	07:37	42	eileen hieron	09:35
17	Martin Bragg	06:09	47	Fraser B	07:34	17	Hannah Osborne	07:41	43	Emma Keating	10:02
17	Paul Gebbett	06:09	48	Matthew Davies	07:35	18	Nicki Squire	07:45	44	Amy Raines-Gardiner	10:04
19	Peter Allen	06:13	49	Tim Vogwell	07:39	19	Clare Troy	07:50	45	Suki Cook	10:14
20	Jamie Wilkins	06:26	50	Charlie Chivers	07:43	20	Carly Heath	07:51	46	Lara Croft	10:14
21	Andy Flaxman	06:32	51	James Prodger	07:45	21	Hannah Butcher	07:54	47	Catherine Hall	10:34
22	Lee Morgan	06:33	52	Julian Peachey	07:50	22	Caz Harper-Easthope	08:00	48	Alicia Stephenson	10:43
23	Damian Lai	06:33	53	Steve Barnes	08:01	23	Margaret Badger	08:01	49	Charlie Taylor	11:42
24	Francois Low	06:33	54	Mark Baldwin	08:05	24	Teresa Walton	08:04	50	Sian Flaxman	11:43



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25	Huw Poppy	06:34	55	Andrew Ferguson	08:09	25	Dominique Pemberton	08:05	51	Catherine Cox	12:13
26	Richard Hensman	06:35	56	Ben Houghton	08:38	26	Marina Stanley-South	08:07			
27	Grahame Fairall	06:38	57	Andrew Eades	08:46						
28	Derek Jackson	06:38	58	Ian Roberts	08:46						
29	Stuart Watts	06:39	59	John Hieron	08:48						
30	Pete Dunn	06:42	60	Nick Miles	08:52						
			61	Rich Lewis	09:07						
			62	Mark Sprigings	26:38						

Another busy week for DRC Juniors, with years 7 pushing themselves on 200m reps. Whilst another great indoor session saw the Juniors working on their throws, Saturday saw a Muddy running session that took in "the Precipice".



The Saturday session are currently focused on chatty running, getting reading for the shift to athletics after Easter. A range of events have now be posted in the Junior Calendar with the U14 league at the Prince of Wales being a great opportunity for athletes to have a go at a variety of disciplines at a great venue, but all very relaxed.

Charlie Wosfield came 42<sup>nd</sup> at the Inter-Counties Cross Country championships, held on Saturday, he was just 20 seconds off a top ten placing, and was running with an injury, that was discovered after the event, so a great effort.

Sadly Lucy Holdsworth a third DRC athlete who qualified to take part broke her wrist and could not make the race a big disappointment after a great seasons running

## ***DRC Kit with Gloucester Sports***

The club is really pleased to announce that we have a online shop with Gloucester Sport. All the Club clothing stock is now being sold via Gloucester Sport with hi-viz being the only kit we will routinely sell at the club

The initial items can be found via the Club Website

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

Some junior kit is still held but will be heading to Gloucester Sports soon, if you need Junior kit see Dave Durden at a Wednesday, Friday or Saturday session before Easter.



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## Tuesday Night

Tuesday night is our main club night, we meet at Dursley Rugby Club, otherwise known as The Stragglers, at 6.15pm aiming to leave at around 6.30pm.

**12/3/2019**

GROUP	Leader
Kangaroos	John Spicer
Greyhounds	Cara Zoglowek
Greyhares	Sarah Wilcox
Hares	Julie Jaffa and Margaret Badger
Foxes	Tony Waye
Lions	Catherine Fay
Leopards	tbc
Antelopes/Penguins	Running with Magpies
Magpies Speed	No session
Magpies Tempo	Margaret- 6:30 Club 1 mile warm up Lon 10 miles @ MP Man 8 miles @MP (7:49, 8, 8:23, 8:35, 8:57) 1 mile cool down

Please remember in the winter; 'no hi-viz, no run', this rule is as much for other runners' safety as your own, a car swerving to avoid an unseen runner creates dangers for others. We also recommend head torches in the winter. You can buy hi-viz from club, see here: [Kit Web Page](#).

Each group has a run leader to lead the run and also communicate route and regroup points. If a quicker runner steps down a group or two because of injury, illness, fatigue or a desire to meet new friends, they are asked to respect that group's pace.