



Dursley
more than a
Running Club



Berkeley 10K 2019



A sunny May evening greeted the runners in the Berkeley 10K with temperatures around 15 degrees it was a little warm but this didn't stop there DRC legend reclaiming their category prizes with Alice Lewis, Dave Saunders and John Hieron respectively picking up F60, M70 and M80 prizes. Whilst Nigel Sankey led DRC home

with a solid run (after his Marathon at Newport) of 40:35, with Dan Lygo just behind him in 40:27 and John Bourne 3rd DRC male in a time of 41:18. Alice Lewis led the DRC women, finishing in 47:49 with Hannah Osbourne second DRC woman and Katrina Fletcher third. At least one PB was run by



Claire Oxley a time of 56:38. The DRC front runners started at a fair lick completing the first mile in a just over 6 minutes, funnily enough they slowed down a bit after that. What seem like gentle inclines to the Salutation and a steeper rise to the Mariners take their toll. However the breeze blew the runners home. At the sharp end of the race Gloucester AC's Steve Millward learnt from last year and ran it as a race and not a time trial. Hanging back, he allowed Richard Dare from Cheltenham some leeway and then hauled him in pushing on to win in 32:55, 35 seconds ahead of Dare, a good time but some way short of Dan Robinson course record of 30:22 from 2002. The first woman home was Victoria Baker in 39:15, almost two minute slower than the 2018 female victor. Cheltenham Harriers walked away with Men's Team prize with Almost Athletes claiming the women's prize. The race was very well organised especially given the issues relating to the highways work on the roundabout, with runners commenting on the well marshalled course and the traffic management. A huge thank you goes out to John Rogers, Dave Wood, Dave Saunders and Alice Lewis the core team, with Graeme Hawkins, Joe Fearn and Tony Ball coordinating various elements on the night. Cont....



Dursley
more than a
Running Club



Berkeley 10K 2019 cont...

DRC races could not occur without the help of the members and it was great to see all the help going into making the race a success, as well as the support out on the roads of Berkeley.

The proceeds of our races go into club development helping to pay for development of run leaders and coaches developing and maintaining the facilities at Stragglers and so is reinvested with the aim of making DRC a better club.

Courtyard Clinic as ever attended providing post-race massages, and collecting donations for the Club Charity CLIC a total of £130 pounds was raised, and as ever a percentage of race profits will go to CLIC at the end of our financial year as well.

Results: Nigel Sankey, 51st, 40:33, (10th SenM), 67.36; Daniel Lygo, 55th, 40:40, (8th M45), 73.17; John Bourne, 65th, 41:15, (tbc), 64.89; David Durden, 68th, 41:25, (8th M50), 74.98
Kevin Jackson, 90th, 43:00, (5th M55), 74.78; Andrew Osborne, 114th, 44:44, (18th M45), 66.46
Russell Rolls, 141st, 46:28, (21st M40), 60.83; Andy Kilby, 142nd, 46:30, (8th M60), 71.6
Graham Tudor, 146th, 46:45, (9th M60), 71.97; John Delafield, 158th, 47:20, (14th M55), 67.21
Alice Lewis, 163rd, 47:49, (1st F60), 82.15; David Saunders, 193rd, 49:49, (1st M70), 72.37
Huw Poppy, 208th, 50:50, (27th M40), 56.05; Paul Lee, 212th, 51:01, (10th M65), 68.33
David Quarterman, 247th, 53:02, (27th M50), 58.44; Hannah Osborne, 256th, 53:29, (14th SenF), 56.73; Katrina Fletcher, 274th, 55:26, (8th F35), 55.08; Clair Oxley, 286th, 56:38, (10th F35), 54.64
Jackie Pennington, 313rd, 59:21, (17th F50), 60.27; Diana Gore, 315th, 59:37, (5th F60), 65.73
Adrian Carter, 317th, 59:58, (20th M60), 54.49; Steve Barnes, 326th, 01:08.7, (21st M60), 54.99
Annette Heylings, 331st, 01:01:26, (6th F60), 66.51; Jo Fearn, 364th, 01:08:10, (29th F45), 47.3;
John Hieron, 374th, 01:10:07, (1st M80), 64.02; Victoria Newman, 378th, 01:11:13, (15th F55), 50.81;
Eileen Hieron, 379th, 12:11.9, (2nd F75), 68.25.





Dursley
more than a
Running Club



Gloucester AAA Track and Field Championships 2019

DRC The Next Generation.....

Five DRC Juniors made it to the Glos Track and Field Champs at Cheltenham (last year it was just the one) and the sun shone upon them all.

Three juniors took part in the 800m, all running well and working hard around the two laps. Charlie pacing himself well over the first lap had to work very hard to win his heat and become County 800m Champion for 2019. Emma ran a PB. Emma Foran (U15G) 02:52.1 Charlie U15(B) 02:21.1 and James (U20M) 02:30.5.

Jess Foran was next up in the U11 80m Sprint. Great sprinting from Jess, lots of power going down to record a time of 13.4 (blurred results image so TBC). Meanwhile Freddie Turner was warming up at the High Jump. Starting at his PB from last year 1.25 Freddie progressed to a new PB of 1.35, a great effort given he has done no flopping this year, just a short session on a freezing cold Saturday morning on the approach! Freddie finished matters off for DRC Juniors with the 200, working super hard into the last 50ms, I could not split him from his competition battling it out for 3rd place.

All our athletes enjoyed their day which is the MOST important thing. Well done to ~Emma and Jess representing DRC on the Track for the first time, they coped really well with the nerves/excitement and adrenaline! One Senior competed, Dave Durden was first and only M55 in the 800 02:34.4 (PB)



DRCs Big (Ultra) Weekend

A glorious sunny, weekend found a contingent of Dursley runners at the Trail Events 10k/Half Marathon/Marathon and Ultra event in the Brecon Beacons at Talybont-on-Usk with DRC represented in the ultra and half marathon distances whilst Matt Read was up in Snowdonia for the 53 Mile Ultra Trail Snowdonia. To quote Matt's Strava "the most epic race I've ever done. Insane and amazing course". 629th in





Dursley

more than a
Running Club



Ultra Weekender cont....

17:09:43, an amazing 16,730 ft or 5100 m of elevation . Rachel Brown was ventured down to the Rushmore Estate on the Wilt-shire/Dorset border to take part in the Ox Frolic. The Frolic can either be run as a solo or in teams of 2, 3 or 4 as a relay. Rachel reports "The idea is you do as many laps as you want to in 12 hours. Each lap was 10.5k. My aim was to run 4 laps to get the marathon; but after the 4th lap I felt ok so ran another lap to take it up to 50k. It was a lovely off-road course with a few ups and downs. As with all the White Star Running events, it was sociable, relaxed & with a fun atmosphere",



On Saturday in Brecon Dave Woods reports that "It was warming in the valley but still cool on the summits when the ultra runners set off at 07-30am. The ultra was approximately 32 miles long with around 6500 feet of ascent and included 5 checkpoint/aid stations along the route. Paul Hocking and Francois Low set off near the front of the ultra field with Dave Wood, Kate Browning and Imi Testa holding a more conservative pace. Running in an anti-clockwise circuit along the south side of the Talybont reservoir the common start split into the 4 race routes at different points as they entered the mountains. After climbing over the Torpantau ridge at the head of the Talybont reservoir the ultra route dipped into the Neuadd valley before climbing sweeping north to climb a ridge towards the summit of Corn Du. A steep descent to the A470 followed and then a stiff climb from the Story Arms back towards the summit of Corn Du for a second time.



Another steep descent followed with runners coming down the ridge above Llyn Cwm Llwhch mountain tarn and following a large loop towards Brecon. The route then swung back to make a final ascent up the brutally steep north ridge to Pen-y-Fan summit. The final 9 miles then hugged technical escarpment edge before a steep descent to the valley and the finish in Talybont. In almost ideal conditions Paul Hocking ran a superb race to finish 5th in 5-23'-17" with Francois Lowe having a great race to finish 16th overall out of 160 finishers. Results: Paul Hocking (5th) – 05:23:17; Francois Lowe (16th) – 06:07:50 ; Dave Wood (26th overall & 3rd male vet) 06:30:03. Kate Browning (5th female vet) 08:08:19; Imi Testa (6th female vet) – 08:19:13.

Starting at 9:30 am Tara Truman ran with Frampton runner Anya Wood completing the shorter but no less challenging half marathon course. With the first 7 miles following the same route as the ultra and marathon courses, the half split at the Torpantau ridge and returned along the north side of the Talybont reservoir to finish back in the village. Although the route didn't reach the highest peaks of the Brecons it was still a challenging and undulating route of around 15.1/2 miles with 314 finishers". Tara Truman brought Anya home in 03:37.01 a huge PB for her. Dave Wood is too modest to report a very good run by himself placing 3rd male vet.



Dursley

more than a
Running Club



Stroud Trails Marathon Half and Quarter

Anyone entering a race of the weekend of the Stroud Trails event of Tewkesbury Half should really put their money on the weather being hot as it seems to be a regular occurrence. Why Steve Watson pulls out his black shirt on days like this is always a wonder, especially considering he is from the North East. DRC's own Gary Player! Thirteen DRC were on the entry sheet with Thomas Farley, Andy Hara Steve Watson and Matt Livall down for the Ultra 40 mile. Jon



Stroud Trails Marathon Half and Quarter cont...

Tudor & Damian Lai down for the marathon, with Catherine Faye Janet Matthews Rich Hensman, and Paul Lewington the half with Luke Russell, Dave Saunders, having a go at the quarter. Dave Saunders posted about the quarter that he was a "Late entrant and a bit dubious but I must admit that I thoroughly enjoyed running the Stroud Trail Quarter Marathon today. Achieved my highest position in a race so far at 13th overall (98 entrants), in front of David Luke Russell placed 2nd and first Senior Male just 2;33 behind the winner Jon Tudor reported his result "26th overall, 6th in my age category" in a time of 05:00:36 "and very warm". A very good run by Jon after his recent outing at the Great Welsh Marathon, Damo was a bit behind enjoying his run in the country with his fourth marathon in as many weeks! Matt Livall led the DRC Ultra team home in a great 5th place overall, with enough time to give Claire Oxley (I think it was Claire) a hug on the way. Matt ran the 40 in an impressive time of 7:23. Thomas Farley was next in an hour behind Matt with Steve and Andy pairing up to finish in just over 9 hours (phew!). A great effort. By all on a hot day.





Dursley

more than a
Running Club



In the Half the DRC woman led the way with Janet and Cath coming home together in just over two and half hours, placing 5th and 6th F35, great running from both but in particular Janet after Newport last weekend! Paul Lewington was top of the age category tree for DRC with first M60 in the half around 30 seconds in arrears of Janet and Cath. In fact a blanket could have been thrown over the DRC half marathoners as Rich Hensman was 3 minutes or so later. **Results Ultra 40;** Matt Livall 5th (4th SenM), 07:23:02; Thomas Farley 18th (9th SenM), 08:20:23; Steve Watson 26th (23rd M40), 09:06:20; Andy Hara, 27th (10th M40), 09:06:20; **Marathon:** Jon Tudor 26th



(22nd SenM), 05:00:36; Damain Lai 52nd (26th M40), 05:57:18. **Half:** Janet Matthews 99th (5th F35), 02:31:19; Catherine Fay 100th (6th F35), 02:31:19; Paul Lewington 104th (1st M60), 02:31:47; Richard Hensman 109th (31st M40), 02:34:15; **Qtr:** Luke Russell 2nd (1st SenM) 55:40; David Saunders 10th (1st M70) 01:05:03



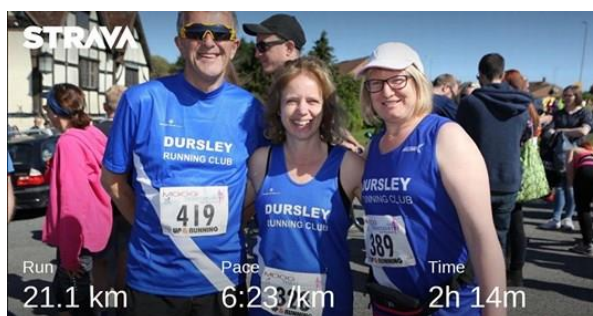
Westonbirt 10K “Run For The Trees”

A team of 10 DRC athletes were wending their way around the trails of Westonbirt. A scenic but not super quick course. Mark Sprigings was first home for DRC in 5th overall, comfortably sub 40, which is decent run considering he is probably still recovering from his marathon in Paris. Catherine Fay was first DRC woman to finish with a good run of just under 50 minutes.

Results: Mark Sprigings 5th 39:20 (4th SenM); Rich Hogg 25th 42:56 (11th SenM); Catherine Fay 102, 49:24; (22nd F) (15th SenW); Lucy Fairall 225th 55:09, (34th FemaleVet); Andrew Fergusson, 273rd 56:34, (88th MaleVet); Katrina Fletcher 274th 56:37 (60th SenW) Nicki Squire 389th 01:00:42 (99th SenW); Jackie Pennington 448th, 01:02:36, (123rd Female Vet); Di Gore 454th 01:02:45 (127th FemaleVet); Veronica Higgins 482nd 01:04:26 (137th FemaleVet);

Tewkesbury Half

A warm day to pound the roads of Tewkesbury for the five DRC athletes. Kris Rymer crossed the line just informed of Jadie Cotterell on gun position but Jadie must have crossed start mat after Kris to record the quicker time, A Nigel Sankey ruse that! Nigel was there supporting our runners. Steve Barnes reported that it was A bit up and down today in more ways than





Dursley

more than a
Running Club



one Started well had a bad spell and fought back. Have a look at the profile. 5th best half on a warm and sunny day". A good effort by Steve. Steve was sandwiched by Clare Troy who looks strong in the images and Deb MacFarlane, who out in a big effort on a hot day.
Results:

Kris Rymer 255th 01:49:31
Jadie Cotterell 256th 01:49:26
Clare Troy 377th 01:56:54
Steve Barnes 621st 02:14:43
Deb Macfarlane 844th 03:08:02



2019 Club Photo

This year we'd like to get all our sections together (weather permitting) on a Tuesday the Juniors DRC Tri and Seniors.

The plan is for the Social Night of Tuesday 21st of May if you can get up to club by 6:15, no notices just an image

Club kit please

Parkrun



There was a big turn out at Wotton for Nicky Squires 40th Birthday celebration with former DRC member Tom Smith making a return to running, with an impressive run of 18:23.

Andrew Obourne was quickest DRC member with a 21:44 at Kingsway, with the battle of the age gradings taking pace between Graeme Hawkins and Alice Leis, 21:44 and 81.5% for Graeme and 22:23 and 86.6% for Alice! PB or course bests were run by Dave Quarterman at Kingsway, Tel Cother, Lucy Fairall, Matt Davies and Carly heath at Wotton and Paul Lee at Stonehouse



Westonbirt kit list

A few have asked Tara what you need to take on race day. Coming up soon! Here is Tara's MUST take list to tick off on race morning

- ✓Bike with tyres pumped to 90-100psi)
- ✓Transition Bag (boxes are no longer



Dursley
more than a
Running Club



Fred Whitton

Tony Freer and Mark Histed completed the iconic Sportive that, is the Fred Whitton.

Tony posted " with no walking, on the most glorious sunny day. Third time lucky for me, dry roads and amazing views, oh and did we mention the 114miles 3900m of elevation and 30% gradients up Hardknott Pass - it's not got hard in its name just for fun.

Dont know official times yet but don't really care" another super ride by Tony.

Great North Swim

On the 6-9th June 2019 a group of DRC Tri are going to the Lake District to take part in the Great North swim in lake Windermere.

They are camping from Thursday and coming back on either Sat. or Sunday depending on individual preferences - places are selling out for the swim which range in distance from 250 metres up to 10k

See DRC-Tri facebook page for more detail or speak to Karen Eadon

allowed and bag must be small)

- ✓Helmet
- ✓Bike shoes (if using)
- ✓Trainers with elastic laces
- ✓Goggles
- ✓Race belt
- ✓Drink bottle (put on bike)
- ✓Small towel to put down in transition
- ✓Talcum powder to put in socks (if wearing them!) bike shoes and trainers
- ✓Extra pair of trainers to run down from swim
- ✓Sun glasses

Optional

- ✗Small towel for when you come out of swim to dry feet
- ✗socks (but you don't need these for a sprint and will waste time !)
- ✗nutrition - if needed
- ✗running cap if you run in one

Before you rack bike ensure bike is in the correct gear.

I will be your team leader on race morning, I may not be allowed into transition but will still be able to help with any last min questions

Up and coming events

50K @ 50

To celebrate 50 years of Dursley Running Club this year, a 50km run is being arranged on Sunday 2nd June.

This run is for all abilities and all DRC members past and present, friends and family are welcome. The more the merrier.

The run will consist of a relay with 5 legs approximately 10km each and the option is to take part in as many legs as you like.

Provisional legs and times are as follows:-

Leg 1 (08.30 – 10.00) Dursley Town Hall to Coaley Picnic site

Leg 2 (10.00 – 11.30) Coaley Picnic site around Woodchester park

Leg 3 (11.30 – 13.00) Coaley Picnic site to Uley Bury

Leg 4 (13.00 – 14.30) Uley Bury to Breakheart Quarry – Jurassic run

Leg 5 (14.30 – 16.00) Breakheart Quarry to Nibley to Club

We are looking for leaders and helpers for each leg.

Please express your interest in attending or helping by completing the form - <https://forms.gle/pkUh9tUFXHyPMTLW6>



Dursley
more than a
Running Club



We are looking to arrange a social at the New Inn, Woodmancote early evening from 17.00 or depending on the uptake might do something at the club – To be confirmed. It will be a good excuse for all members past and present to bring their scrapbooks to share DRC achievements over the years.

Stinch Fest

Saturday the Eighth of June the club is looking to organise a Running Festival to link to the events at the club.

Some orienteering events around the club in the morning, after lunch a family fun mile followed by some competitive mile events around the track and finishing with some guided runs through the woods.

If you'd like to help get in touch with Dave Durden, the club will provide a complementary entry to the beer festival for those assisting.

Otherwise it is a chance to bring you family down the club enjoy some fun activities and then have a drink and listen to the bands at the beer festival, £5 entry.

<https://www.dursleyrfc.co.uk/page?id=24>

Club Runs

Tuesday Night 6:15 for 6:30 exit

Thursday Night Club Run

14/05/2019

GROUP	Leader
Kangaroos	Rach Goatman
Greyhounds	Cara Zoglowek/Sara Eden
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Louise Biddell
Lions	Merge with Foxes
Leopards	Caroline Jones
Antelopes	Martin Bragg
Penguins	Fran Amigoni
Cuckoos	Margaret

Berkeley 10K



Dursley
more than a
Running Club



13th of May

**Thank you to all our volunteers and marshals good luck to all DRC athletes
running the event**