



Dursley

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Running Club



Pitts at Middle Speed - ITU Sprint Distance Worlds

Richard Pitts was still in Denmark this week gone and was enjoying both the sightseeing and the sport. He posted "Great day at Aquathlon World Championships at Middelfart Denmark, 1k swim 5k run. It was hot at 2.30 start - 31 degrees. Fairly clean swim apart from jellyfish. Managed to face plant a couple so lots of stings on nose lips and neck! Toiled a bit on the run but got into my stride for last couple of K to overtake a few in my AG. 22nd in AG. Pre and post race photos of the Gloucestershire contingent DRCTRI, Stroud AC, and Cheltenham Tri". Brilliant to see Richard and DRC representing team GB



Bolton Iron Man

Another amazing DRC athlete Damian Lai completed his first FULL ironman, he has of course notched up a couple of 70.3s as you do, along with shedloads of marathons. Just amazing application, developing his swimming, getting the bike miles in and of course keeping on running. He completed the swim on 02:03:52, T1 in 09:26, then on to the bike, a really hard 150.3km, doesn't sound much better in English, 93.9 miles which he completed in 08:17:13! Then onto a marathon, which he knew how to run, on its own, but after 10 plus hours already would he cope? 5 hours 10 minutes later Damo finished, total time of 13:37:49, AWESOME! He finished ahead of Andy Kilby, who was unable to utilise his renowned sprint



finish to full effect. Andy was out of the water in 01:34:30, T1. 08:25, bike 08:07:53, T2 10:28, but could not match Damo over the marathon, finishing the run in 06:23:18 with a total time of 14:41:38. Former Dursley athlete and barman Rich Shirley was also competing finishing in 12:47:09, 143rd in category and 101th overall. Respect is due to all!

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Trail Events Lulworth Cove 2018



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James Everett travelled down to the famous Lulworth Cove and Durdle Door to compete in the Half marathon event. The course profile gives an indication of the challenge the runners faced in terms of elevation, in numbers they gained 2287 feet or 697 meters. James placed second in 01:38:00 beaten by just 8 seconds, by a Vet 50, so there's hope for me yet!



Club Handicap

Another super night's running at Race 2 of the Club Handicap, reasonable conditions, certainly cooler than recently, saw Jeff Pearce first home with Tara Lou Truman finding her running legs to be second home and first woman to finish. Zoe Lamerton was quickest woman in 25: 11, with three men going under 22 minutes Mike Crompton quickest in 21:09, some impressive displays and great efforts by everyone and some great running form on display. As every huge thanks to everyone helping Dave Halford on the key race admin, Annette Keevil and Anthony Matthews on registration and placings, Rob Woodward, Dave Lane, Cara Zoglowek on timings, Ian Cole course set ups and race finish video, Eileen Hieron, Matt Read, Darren Kitchin, Ray Williams, Peter Chaffer, Ben Houghton our marshals (So important for our runners safety) plus our Lead and sweeper bikes in form of Francesca Lane Amigoni and Antony Ball, the latter joining Shona Darley on funnel supervision. Thank you to the athletes, very organised in getting to the start line on time and no tales told re cutting the corners, and very few sprints into the funnel all good! A great course to improve your running and racing ! PS anyone who wishes to help at next race please let me know asap as



we are a bit short at the moment.

Super images via Ben Houghton



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Dursley had 21 runners in top ten of their categories at Thornbury. Matt Read was the first runner home for DRC in 41:49, with Alice Lewis first Dursley woman to finish. FIVE category winners, Kevin Jackson, Tony Wool, Graham Tudor, Alice Lewis and Eileen Hieron, Steve Barnes 2nd M60, Andy Probert, and Annette Heylings third in their Categories. It is a tough course so lots of great efforts, and certainly lots of smiles! Nicki Cowle photo bombing to make sure we saw hers, in fact Nicki was spotted in other clubs start line photos! Veronica Higgins found that 4 hours playing golf speeded her up and ran a PB, she was joined by Julie Jaffa Gowing (02:30 faster) Nicki Cowle a course best (4 min.s, paced by Steve Rugman), Gee Whitlock ran a second 10K PB in 5 days, 3 minutes quicker than the Gloucester 10K. Jon Tudor was very pleased with his 25th overall, he posted "One of my best ever results and performances in a race. A huge thank you to Tony Wooldridge and Nigel Sankey for being brutal with me about my arm movement. It all came together when it counted. Absolutely buzzing!" Well done to Jon we know he's got the potential to run quick, he ran some sizzling 5Ks last year at Aztec so hopefully he will continue to hone that speed! Super support around the course, cheering our athletes on, with the Tri-team on their bikes around the course, the support was much appreciated and commented on via social media!



Upton Tri



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A fantastic turn out of 24- DRC- Team Triathletes travelled to Upton to compete in the standard and sprint Triathlons. Tara posted "The baking hot undulating 10k Run was brutal and we all found it incredibly tough however we all finished and 8 of us under 3 hrs and 9 of us in top 10 of AG." Despite not doing much running Tony Freer posted the fastest run split of 50:37, with Andrew Obourne, who has...

been running some quick parkruns of late just two seconds behind and Paul Breen posted another greats 10k for the second week running with 52:24 mins. Tara who described her running as "pretty pants lately" produced the fastest run split for the ladies with 54:38. Tara continued "Meanwhile in the sprint distance Luke Russell and Zoe Lamerton both won their very tough competitive age groups. Luke's response was 'what! How did that happen, they're all good' and Zoe was 4th lady. Jadie Cotterell had a fantastic race coming 2nd in her Category. A fabulous team event with lots of laughs. Thanks to Zoe Lammerton for organising this team event, was such a fab weekend. Thanks also to our supporters Rachel Brown, Mark Histed, Antony Ball, Charlie Palmer, Mike Brown, Terry Willcox".

Results. Standard: Tony Freer 2:31:15, 33rd (2nd V50-54); Tara Truman 2:38:24, 57th (1st V45-50, 4th lady); Paul Breen 2:40:40, 64th (11th Sen 35-39); Adam Cook 2:47, 102nd (15th Sen 35-39); Andrew Osborne 2:50:38 112th (23rd V45-49); Richard Lewis 2:51:00, 113th (18th Sen35-39); Jennie Marshall 2:51:16, 115th (2nd V50-54); Fran Amigoni 2:57:48, 145th (4th Sen 35-39); Susan Peachey 3:03:34, 157th (6th V45-49); Zoe Fowler 3:07:03, 164th (9th V40-44); Jo Robinson 3:12:11, 180th (10th V40-44); Sarah Willcox 3:19:02, 200th (8th V45-49); Rachel Cook 3:23:00, 205th (10th Sen 35-39); Ian Fendt 3:33:42, 217th (35th V45-49). **Sprint:** Luke Russell 1:23:13, 27th (1st Sen 30-34); Zoe Lamerton 1:24:35 30th (1st V40-44, 4th lady); Bruce Caldwell 1:33:23, 68th (6th V45-49); Jadie Cotterell 1:36:10, 88th (2nd Sen30-33); Chris Young 1:36:30, 90th (10th V45-49); Kevin Brockway 1:41:39, 106th (13th); Jerry Fowler 1:46:10, 122nd (10th); Leigh Allen 1:47: 11, 125th (4th V40-44); Sandra Lewis 1:48:56, (4th V50-54); Cara Zoglowek 1:57:48, 152nd (7th V45-49).

Thanks to Tara for a great write up and well down to everyone, so many fantastic achievements out there.



As ever loads of great images on the DRC- Tri facebook page



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Welsh Long Course Weekend

Shona Darley was off to Tenby for the which started on Friday evening, the Long Course athletes have “The Wales Swim” to complete – a 2.4 mile swim that takes place on Tenby’s north beach. The long course continues with the “The Wales Sportive”, 112 miles of undulating Welsh countryside finishing the weekend with the 26.2 miles of The Wales Marathon. Shona competed the 66 mile Sportive in 05:32:36 and the half marathon in 02:18:19, and “absolutely loved it”



Running Somewhere Else

Tuesday 24.07.2018

Planning continues for the annual Hunters Hall social run organised by Mouse Clutterbuck. Plenty of research has gone into finding routes that free from Horse flies and other nasty bugs, if concerned about this speak to Mouse or Caroline who have been out planning fly free routes. Lovey scenery and nice pint afterwards

Thursday Sessions

Trails with Hucclecote Harriers

July 19th

7PM

Brockworth

<https://www.facebook.com/events/670078466673855/>

Nigel Sankey is the DRC coordinator if you are interested



DRC - Juniors

Another fairly quiet week with some great performances at the Midsummer Open, although owing to the football perhaps, lower attendance this week than the week before. James Durden achieved PBs at both 400 64.8 and 800 02:27.3 (a 4 second improvement), with Jess Smith jumping well clearing 1:25 (High Jump) and almost getting over 1:30 and then contesting the 200m well 3rd in heat in a time of 31.2. Super jumping from Jess who never high jumped before this season! Thursday athletics included some less well practised events; discus and triple jump to mention a couple.



DRC – Juniors cont...



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Mini Athletics is well subscribed and we have plans for delivery of that. We think we will need some more adult help though, so if you are available to help at any of these sessions please let me know. Advanced Athletics looks like it may move, as a few have stated a preference for Sundays. Dave is liaising directly on this programme though so please speak to Dave if you have thoughts on this.

Meanwhile Caroline is busy planning ahead, see dates below and also Indoor Athletics hopefully in January, plus more Yate sessions (on their new track) for the summer of 2019!

Just a reminder if you need dates, location or registration details for any of our events or programmes I keep our website calendar updated and links to our various forms are there too.

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

Parkrun

Claire Searle sneaked her 50th parkrun in at Wotton and managed a PB to double the celebration. Claire is definitively my nomination for DRC clubman/woman, the criteria is someone who consistently represents the club despite not winning prizes or categories) and she has been doing this for quite a few years. This year has seen her return to running after a niggling injury, so fantastic to see her reach this milestone and to do it with a performance as well! Also celebrating was Robyn Jackson whose chose to run a park run PB of 18:38 on her birthday with an Age Grade of 79.43! It was a good morning for Personal bests with Keith Garner, Matthew Davies, Huw Poppy, Tel Cother and Amanda Hensman joining Clair and Robyn with PBs. It being holiday seasons a few tourists around the Rugmans off to Dunstable, Ian Roberts in Weymouth and Steve Barnes and Margaret Badger first timers at Gloucester City. Highest male age grade result went to Jake Mathews (Junior) with 68.25%. Heads up next half century will go to Joe Ball currently at 46 not out!



Tuesday Night is Social Night

Track session being run by Andrea Sexton: 400m reps but at varied paces so you get used to the feel of your race pace and paces a bit quicker and slower than that. Suitable for all. You just need to come armed with knowledge of your race pace.

Rest of Tuesday nights run leaders will be posted asap, if you are wondering what is planned s check out the programme

https://docs.google.com/spreadsheets/d/1hyLcL2byL3y5RoL1S-0oONzm-7hVxFe_P1t9X2KPac/edit#gid=1311314016

