



**Dursley**  
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Another busy week for Dursley Running Club with the summer sun absent for most of the events bar for the odd ray, this meant that the distance athletes really had to knuckle down and “take their medicine” when you enter a Iron Man, middle distance tri, marathon half etc... you cannot chose what the weather gods are going to do on the day of your race. Months of training mean that athletes have to cope with what they are given, and relax about achieving a PB, it can just become about finishing or survival, and sometimes not even that is possible, but this doesn't take away from the effort a. to get to the start line or b. over the course.

## Titan Middle Distance Tri 2019

Tara Truman reports “It was a tough day out for DRC tri team yesterday. The ‘Titan’ was selected as DRC Tri Teams middle distance team event for 2019. This is not an event for the faint hearted. Set in the stunning Brecon Beacons it includes a 1900m Swim a tough 60 mile bike (with over 4600ft of climbing) finished off with an equally tough 13.1 mile run with nearly 1000ft of climbing. Even so 19 of the team signed up for this and after a few recces and structured sessions by Tony (Freer) we were prepared as we'd ever be and headed into wales on Friday (Sadly Tel Cother had to drop out due to injury). The weather forecast was horrendous and it was announced on Friday that the swim would be shortened to 750m due to the extreme rain and cold (the swim alone would of been manageable but the risk of your core temp dropping and then heading out on your bike onto the moors was too risky so the annoying but right decision was made to shorten it). It was also announced that all competitors must wear a jacket and a high vis on the bike. The rain was coming down on a biblical scale and all normal transition practices of laying kit out was binned, pretty much into bin bags with people using all sorts of bagging in an attempt to keep kit dry. Everyone was nervous about facing what was to come, but the team spirit certainly got me into the water, I can honestly say that without the others I probably wouldn't of started at all, so thanks team Wave one started at 6:30am and wave two at 7am. The swim was cold and chaotic”. Lots of the team reporting congestion and/or weed Karen's nemesis! The cold weather took its toll and even Tra struggled in transition and we all now how important Tara takes the fourth discipline! Tara's Race report continues” T1 for me was awful & my slowest ever, numb hands, messy kit and changing to









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### ***Titan Middle Distance Tri 2019 cont...***



Results	Overall Time	Pos	Cat Pos.	Swim 750m	T1	Bike 60 miles	T2	Run 13.1 miles
Mark Histed	06:10:14	84	(32 <sup>nd</sup> Vet40)	00:14:44	06:43	03:44:57	03:34	02:00:15
Luke Russell	06:22:23	115	(51 <sup>st</sup> Sen)	00:15:27	08:34	03:57:34	04:13	01:56:34
Zoe Lamerton	06:31:34	132	(4 <sup>th</sup> Vet40)	00:15:16	10:21	04:04:25	02:54	01:58:37
Francesca Amigoni	06:39:10	146	(6 <sup>th</sup> Sen)	00:13:43	09:59	04:10:47	05:19	01:59:21
Jennie Marshall	06:44:34	155	(1 <sup>st</sup> SupVet50)	00:15:30	08:39	04:04:30	01:46	02:14:08
Richard Lewis	06:51:03	168	(58 <sup>th</sup> Vet40)	00:13:42	08:37	04:02:17	03:31	02:22:55
Lynette Murray	07:05:00	197	(5 <sup>th</sup> SupVet50)	00:16:55	08:16	04:04:02	03:22	02:32:23
Julian Peachey	07:06:47	201	(20 <sup>th</sup> SupVet50)	00:22:04	12:53	04:15:31	05:40	02:10:38
Joanna Robinson	07:17:45	215	V(13 <sup>th</sup> et40)	00:15:20	10:18	04:26:04	07:28	02:18:34
Tara Truman	07:22:01	221	(14 <sup>th</sup> Vet40)	00:15:01	11:13	04:30:05	01:54	02:23:47
Susan Peachey	07:25:40	227	(16 <sup>th</sup> Vet40)	00:16:17	11:29	04:30:40	05:31	02:21:42
Shane Bond	07:30:16	231	(37 <sup>th</sup> Vet40)	00:15:32	07:53	04:15:12	04:51	02:46:46
Tanya Collin-Histed	07:52:32	252	(7 <sup>th</sup> SupVet50)	00:16:38	07:34	04:39:03	04:16	02:45:00
Sandra Lewis	08:13:35	262	(8 <sup>th</sup> SupVet50)	00:16:52	09:00	04:40:54	03:41	03:03:07
Sarah Willcox	08:47:12	271	(21 <sup>st</sup> Vet40)	00:16:43	08:15	05:00:32	04:05	03:17:36
Karen Eadon	DNF		SupVet50	00:19:41	18:42			
Tony Freer	DNF		SupVet50	00:17:15	07:48	03:34:55		

Great Race report fantastic effort all round and super support. And For all those broken Matt is coming along to talk to us about injury prevention on Tuesday so get your requests in now! Ben Amigoni is also offering discounted massages for the Triton-ers so he 's is probably going to have sore thumbs by the end of the week!



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## ***Humphs Hilly Half***



A spot the difference image for Neil Truelove. All smiles from the DRC Bourton Half team having finished the revised HHH course. After the journey up to Bourton suggested a wet run, the rain cleared on the walk to the start, but whilst the runners contemplated the "hill start" the heavens opened. Sheltering under some trees gave some brief respite but the 5 metre walk to the start line resulted in being soaked through to the skin. The new Race Director/Bourton RR had come up with the idea of a 10K and Half on the new two lap course taking in the hill start for a second time, plus a Sunday 9am start as opposed to the Saturday evening start of the past. Perhaps this resulted in a smaller than normal field. The new course was vertiginous to put it mildly not just up but also a very steep descent, which was slippery on lap one with rivers running as fast as the athletes. After about half an hour the rain eased and blue sky could be seen, a reasonably strong breeze still blew making the run out of Bourton harder, but kept the runners cool in the sun. Once the race started, trying to ensure the 10K runners didn't drag you along too fast was a challenge, one that Alice struggled with. Dave Durden found it much easier on legs that were quite battered from Wednesday's Summer Sizzler. In fact all the DRC athletes were on the second Road Race Series outing of the week, rest?! Dave Durden led the team home with Alice Lewis first DRC woman to finish, unsurprisingly 1<sup>st</sup> in her category, Dave Saunders was passed by another M70 in the closing mile and miscalculated which age category he was in and was relegated to 2<sup>nd</sup> in category, PPPP Dave! The chairman didn't have to worry about this as the first M50 runner was second overall! Annette Heylings and Steve Barnes came into the finish together, Annette ghosting away from Steve in the last 300 meters. Awesome performance from them both and in fact from all the V60 plus athletes on what was a tough course.



So another strong showing by DRC in the age categories in the County Half Marathon Championship: Gold for Alice, Silver for Annette and Dave Saunders. **Results:** Dave Durden 23<sup>rd</sup> (5<sup>th</sup> M50) 01:36:03; Alice Lewis 47<sup>th</sup> (1<sup>st</sup> F55), 01:52:00; Dave Saunders 54<sup>th</sup> (2<sup>nd</sup> M70) 01:58:15; Annette Heylings 65<sup>th</sup> (2<sup>nd</sup> F65+) 02:27:51; Steve Barnes, 66<sup>th</sup> (6<sup>th</sup> M60) 02:27:58. This leaves Dave Saunders 1<sup>st</sup> M70, Alice Lewis 1<sup>st</sup> F60 Eileen Hieron 2<sup>nd</sup> F75 Annette Heylings and Dave Durden as 3<sup>rd</sup> F65 and M50 respectively in the current Glos AAA Road Race Standings.





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### ***Humphs Hilly Half cont....***



### ***Cirencester Summer (Soggy?) Sizzler***

Wednesday saw the most inappropriately named Summer Sizzler event at Cirencester Park, with seven 7 of Dursley Junior athletes braving the elements to take part in the Junior 3K event. After a relatively dry day as soon as the athletes left Dursley the weather deteriorated with quite heavy rain on the way to the event. Fortunately, it eased off and the young athletes were able to run in cool but dry conditions. The name of the game was to control their runs and enjoy the event. As ever the race started at a hectic pace with two young female athletes from Highworth RC pushing hard at the start. DRC juniors were led through lap one by Luke Davis with Bill Smith hard on his heels and Alex Lygo also close in attendance. Alex admitted afterwards his first lap was a bit fast and so he had to ease off before attacking into the finish. Freddie Turner was next through on the first lap with Adam Peak and Ted Smith coming through after Freddie, both running controlled races. Harriet and Tom Sweet were looking after each other in the U9 category. The positions didn't change over the second lap although Bill was closing in on Luke with just 8 seconds separating them on the line. Bill Smith was first U11B, with Alex 2<sup>nd</sup> on the same category and Luke Second in the U15B category.







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### ***Cirencester Summer (Soggy?) Sizzler cont...***

It was great to see the Juniors as a team, and they were all pleased as punch with their efforts afterwards, which is what we want. **Results Junior 3K:** Luke Davis 6<sup>th</sup> (2<sup>nd</sup> U15B) 13:10; Bill Smith 7<sup>th</sup> (1<sup>st</sup> U11B) 13:18; Alex Lygo 14<sup>th</sup> (2<sup>nd</sup> U11B); 14:32; Freddie Turner 30<sup>th</sup>, (4<sup>th</sup> U15B) 16:00; Adam Peake, 37<sup>th</sup> (7<sup>th</sup> U13) 16:28; Ted Smith 49<sup>th</sup> (9<sup>th</sup> U13B), 18:56; Harriet Sweet 60<sup>th</sup> (11<sup>th</sup> U9G), 21:51; Thomas Sweet 61<sup>st</sup> (17<sup>th</sup> U9B), 22:02.



It was then the turn of the seniors and the weather was starting to close in. The variety of Cirencester 10K courses all seem to involve an element of hill climbing, one course including the steep ascent up to the Polo Fields. The current course takes you up the entrance of drive to the house twice, the second time with a small detour to get the 10K distance in. On the starting line were Annette Heylings, Margaret Badger, Nicki Cowle, Alice Lewis, David Saunders, Steve Barnes, Graham Tudor, Andy Kilby, David Quarterman and Dave Durden. Despite trying to start steady Dave was off to a flying start off, an initial look at the watch said 6:30 pace but with the downhill encouraging too quick a pace he went through the first mile at 6:11, not quite a suicidal as his Berkeley first mile but a pace for which he would pay later. Behind Dave Annette Heylings showed how it should be done with a faster second lap and a strong finish to come in under 60 minutes and place 6<sup>th</sup> F65. Dave had finished first for DRC in 41:13, he had found the second climb to the finish a struggle, Graham Tudor was second home for DRC in 47:07, 4<sup>th</sup> M60, whilst Alice Lewis looked really strong at the finish and was third DRC finisher, 1<sup>st</sup> F60 in 48:02, an impressive time on this course. Andy Kilby and Dave Saunders was next home with Andy leading Dave in, by 20 seconds. An impressive run by Andy who had completed standard distance Triathlon in 5:55 on Sunday and run the handicap on Tuesday, all part of his Iron Man Training. He was looking a tad jaded as he came into the finish. Dave Saunders was 1<sup>st</sup> M70, he and Alice notching up some handy points for the Road Race Series. Dave Quarterman was next in, Margaret Badger ran a person best to finish in 59:13, 19 seconds in in front of Annette. Margaret said she said she really enjoyed the run and the course. Steve Barnes was next to finish just over a minute later with Nicki Cowle sweeping up for DRC. Nicki ran a really controlled race, with a good rhythm she was really pleased to run the whole course finishing in 01:08:30.



**Results:** David Durden , 50<sup>th</sup> , (8<sup>th</sup> M50), 41:13; Graham Tudor , 160<sup>th</sup> , (4<sup>th</sup> M60), 47:07; Alice Lewis, 173<sup>rd</sup> , (1<sup>st</sup> F60), 47:50; Andy Kilby, 212<sup>th</sup> , (8<sup>th</sup> M60), 49:12; David Saunders, 213<sup>th</sup> , (1<sup>st</sup> M70), 49:32; David Quarterman , 351<sup>st</sup> , (36<sup>th</sup> M50), 54:10, Margaret Badger , 468<sup>th</sup> , (27<sup>th</sup> F450), 59:13; Annette Heylings , 478<sup>th</sup> , (6<sup>th</sup> F65), 59:32; Steve Barnes , 493<sup>rd</sup> , (23<sup>rd</sup> M60), 01:00:45; Nicki Cowle, 577<sup>th</sup> , (57<sup>th</sup> F40), 01:08:30.



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The 11<sup>th</sup> of June saw the first of the Club Handicap Series, ideal conditions for running (save for the wind) not so much for marshalling. Many thanks to Tony Wool course set up Deb Macfarlane and Annette Heylings Registration, Margaret Badger, whipping out of the warm bar, marshals Graham Tudor, Darren Kitchin, Teresa Walton, Mark Sprigings, Rich Prior, Brendan Marrinan, Dave Wood, Dan and Alex Lygo, with Kevin Brockway and Rachel Brown lead and sweeper bikes (brrrr!), Margaret Johnson on Creche and first aid, John Spicer and John Rogers generally assisting. Many thanks to John Rogers who through his good officers got LUSH timing (Lynn and Steve Hudson) to help us with results. everyone could see times very quickly after the finish. The weather had eased off for the start a fine drizzle coming down and the wind would be blowing the runners home. However the rain increased in intensity after the final runners had left and continued to persist for the remainder of the event. With no funnel to worry about there were some furious finishes Nicola Charlotte Christopher, Carly Heath and Paul Dunn come to mind! A really controlled run saw Jeff Pearce come home in first position, a super run by Jeff which will see him starting some way further down the field in Race 2! Frampton Running Group 's Sophie Haines and Sarah Younger where next home with Sofia Weaver first DRC woman to finish just six seconds in front of Natalie Sankey. Darren Smith was first runner home for NBH in 27th position. Mike Crompton was fastest runner on the night in 20:43, with Nigel Sankey, Simon Jones and Jon Tudor not too far apart on time. Zoe Lamerton was quickest woman in 25:26, loosening up for the Titan! Well done to Patrick Champion fastest NBH in 24:09 and Thomas Jones FRG 26:17. Great to see so many turn out to supported event on such a cold day (ideal for running though!). This is a brilliant event with all elements of the club represented and now a couple of our connected clubs/groups, thanks you for your donations NBH and FRG to LINC which we are supporting this year in memory of Abigail Cairns. Top Twenty finishers below. Will work to get all results onto website, and a PDF has ben posed onto facebook earlier on in the week with positions and real(net) run times

Pos.	Runner		Cat/posn	Club
1	Jeffrey	Pearce	MV55/01	Dursley RC
2	Sophie	Haines	SL/01	Frampton Running Group
3	Sarah	Younger	LV40/01	Frampton Running Group
4	Zofia	Weaver	SL/02	Dursley RC
5	Jo	Fear	LV40/02	Frampton Running Group
6	Natalie	Sankey	LV35/01	Dursley RC
7	Julie	Davies	LV55/01	Dursley RC
8	Nicola	Christopher	SL/03	Dursley RC
9	Chris	Young	MV45/01	Dursley RC
10	Erica	Fuller	LV50/01	Dursley RC
11	Lisa	Ind	LV40/03	Dursley RC
12	Steve	Rugman	MV55/02	Dursley RC
13	Rachel	Smith	LV35/02	Dursley RC
14	Chris	Williams	MV35/01	Dursley RC
15	Paul	Dunn	MV45/02	Dursley RC
16	Joanna	Powis	LV45/01	Frampton Running Group
17	Laura	Price	LV50/02	Dursley RC
18	Louise	Saum	LV35/03	Dursley RC
19	Thomas	Jones	SM/01	Frampton Running Group
20	Sara	Eden	LV50/03	Dursley RC

PS if you have not registered and want to run get a move on and register so we can organise the start sheet with LUSH timing

PPS remember to put you bib no. and chip somewhere SAFE but not so safe you forget to bring it to the next event!!!!!!





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## Off(a) Road

Catching up with the off-road James Everett ran in a team of four in the EnduranceLife Classic Quarter, a 44-mile Ultra event James ran a 10.4 mile section from Lamorna to Lands End, he completed this in 01:33:22 which included almost 2000ft of elevation! The family based team of James, Christine and Neil Everett plus Helen Roberston completed the 44 miles in 07:44:43, placing 7<sup>th</sup> overall in the relay event and 3<sup>rd</sup> mixed team out of an amazing 72 teams!

Whilst closer to home Kevin Brickway was off to Offa's Dyke 15. Organised by Tempo Events it is now up to its 5th year of its regeneration, and its 29th running. Tempo state 'In case you missed the history first time around, for 25 years between the years 1977 and 2001 it was THE off-road race to do, with runners coming from all over the country (and abroad) to complete this beautiful but challenging race. Foot and mouth caused its cancellation in 2002 and following this the race organisers were unable to get momentum back to re-start this popular race. In 2015 we had the help of David Joyce, the original Race Director to get it relaunched. Whilst

it broadly follows the Offa's Dyke Path, one of the quirks of this unique race is that to reduce the number of stiles runners must navigate, David has once again gained permission of every farmer/land owner to have the race go through their land and open their gates. Kevin made it to 10 miles but unfortunately didn't make the cut off, so he vows to be back next year "to beat the demons" and hope to have some DRC company.



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**JUNIORS**

Shockingly the weather meant Thursdays athletics was washed out, but a small window of dry weather allowed a select group to go up to Blackbridge to practice Long Jump and Hurdles on Saturday. We saw some excellent Long Jump and the athletes are excited to put it into practice at the next U14 League on the 7<sup>th</sup> of July at the Prince of Wales. Next Saturday 2PM @ Blackbridge HJ

Chris Young is a sucker for punishment and is organising the Super sprint relay entry again this year. He posted "it is flying already, so far 23 people have entered. And the geek within me loves this google form of thing. I can tell you that 60.9% of entrants so far are women, no doubt aiming to knock last years' champs of the top of the tree, 47.8% have entered as Fun. Oldest person to enter so far was born 25th November 1958 and the youngest was 11th May 2019???? think that needs checking. Keep the entries coming". It is an excellent and fun event, well worth a go if you can swim ride a bike and run even if you don't think of yourself as a triathlete!







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## Parkrun

Thirty-three DRC Athletes were out at parkrun on the 2 15<sup>th</sup> with a host of DRC at Tetbury Goodsheds, where Jadie Cotterell ran the fastest parkun of the weekend for DRC in 23:14, with John Delafield achieving the quickest time for a DRC male of 24:25. Julia Dawson ran the sole PB at Kingsway of 33:16 in her sixth parkrun. Tony Ball managed course best at Tetbury in his 99<sup>th</sup> parkrun whilst Steve Barnes notched up parkrun 149! Eileen Hieron recorded an AG of 73.1% at Penrose, Paul Lee highest DRC male age grader managed 69.5% at Stonehouse



parkrun	Pos	Athlete	Time	Cat	Age Grade	Parkrun No.
Chippenham	187	Ellen Efford	34:00	VW45-49	47.16%	34
Chipping Sodbury	106	Janet Matthews	24:56	VW40-44	61.36%	61
	107	Kris Rymer	24:56	VM40-44	54.75%	84
	219	Jackie Pennington	29:27	VW50-54	59.88%	90
Cirencester	75	Andy Kilby	25:35	VM60-64	63.78%	22
Kingsway	152	John Spicer	31:49	VM75-79	59.56%	5
	162	Jo Fearn	32:16	VW45-49	49.23%	35
	170	Hollie Dent	32:41	SW25-29	45.28%	9
	176	Julia Dawson PB	33:16	VW65-69	61.87%	6
Llanhydrock	120	Tracey Strickland	37:44	VW55-59	47.97%	113
	121	Garry Strickland	37:45	VM55-59	41.06%	129
Penrose	161	John Hieron	32:59	VM80-84	67.16%	36
	167	Eileen Hieron	33:45	VW75-79	73.14%	78
Rogiet	13	Carl Fivey	24:59	VM40-44	55.04%	91
Stonehouse	24	Paul Lee	24:33	VM65-69	69.59%	96
Tetbury Goods Shed	6	Jadie Cotterell	23:14	SW30-34	63.99%	21
	23	John Delafield	24:25	VM55-59	64.03%	29
	47	Antony Ball CB	26:57	VM50-54	54.73%	99
	51	Darren Smith	27:13	VM35-39	49.05%	60
	55	Huw Poppy	27:42	VM40-44	50.78%	31
	82	Julie Froggatt	30:43	VW55-59	58.17%	98
	83	Claire Searle	30:46	VW55-59	58.07%	67
	89	Steve Barnes	31:17	VM60-64	52.64%	149
	94	Veronica Higgins	32:07	VW55-59	57.91%	66
	96	Amanda Hensman	32:22	VW40-44	48.25%	57
	128	Michael Froggatt	38:20	VM55-59	40.78%	56
	140	David Ashford	43:27	VM45-49	32.64%	43
Wotton	11	Catherine Pinnock	25:15	VW35-39	59.21%	30
	24	Paul Lewington	27:56	VM60-64	58.41%	77
	36	Margaret Badger	30:24	VW45-49	54.50%	53
	41	Rachael Goatman	32:34	VW45-49	49.74%	35
	42	David Quarterman	32:35	VM50-54	46.75%	15
	58	Jude Rugman	49:43	VW55-59	36.41%	109



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## **Club Socials**

### **Tuesday 18<sup>th</sup> Social + Injury Prevention Seminar**

Damo has organised Matt from Courtyard to do a talk on Injury prevention from 20:15, at next Tuesday's social, June 18th, he will also pick up on some top tips for older runners. Getting better as an athlete is founded upon not getting injured and having time out, so Matt's experience of treating common injuries and advice how best not to get there is well worth listening to. If there is any specific advice you would like then please let us know by replying to the email we have sent or commenting on this post. Matt can then prepare beforehand as it may be useful to the whole group.



## **Annual Summer BBQ**

As usual on the 29th June after the Cotswold Way Relay we are holding our annual club BBQ to celebrate the day's event, and the runners that have represented us, and also all of our achievements throughout the year. All are welcome, the bar will be open and hopefully the weather will be kind - bring the family along. Any veggies can bring their own food to be cooked separately on the bbq, alternatively it is £5 per adult and £2.50 per child. We normally ask for people to bring a side dish and we are open to offers with regards to this. We need to know numbers so that I can order the meat and if you could confirm your attendance via face book the event

<https://www.facebook.com/events/358010181522171/>

Please advise number of adults and children.



Athletes selected for the Cotswold Relay need to get around to paying the £20 entry fee ASAP please- If you pay by BACS please reference as CWR entry and Name.

Sort code: 30 98 29, Account No: 02213663. Ref: CWRteam Initial-Surname e.g XSmith  
Substitutes are a bit thin on the ground following a few withdrawals due to injury. So if you fancy running a leg please contact Mike Crompton message on facebook or via the DRC email account [dursleyrunningclub@gmail.com](mailto:dursleyrunningclub@gmail.com)





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## **Club Runs**

<http://www.dursleyrunningclub.org.uk/members-area/club-sessions/>

### **18.06. 2019 Social Night, and Injury Prevention Seminar and Challenge Prizes Catch up!**

GROUP	Leader
Kangaroos	Tbc
Greyhounds	Cara Zoglowek / Sara Eden
Greyhares	Sarah Wilcox
Hares	Nicki Cowle
Foxes	Steve Rugman
Lions	Dave Durden or Merge with Foxes & Leopards depending on number
Leopards	Caroline Jones
Antelopes	Dave Wood
Penguins	Jon Tudor

### **Thursday Nights**

Structured Sessions – 6:30 Jubilee fields with Maragret, Zoe and Martin –

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

All info. on web see link above

## ***And Finally The 2019 Club Survey***

We have now had 78 responses to the survey having sent it out on a club email on the 3<sup>rd</sup> of June. The survey should take just 2 to 3 minutes to fill in, ideally we would like to get more than 50% responses to be representative of the club members' views so we have a way to go to reach this target.

Please take some time to complete the survey, please check your email for the form if you haven't received it please contact the club via [dursleyrunningclub@gmail.com](mailto:dursleyrunningclub@gmail.com)