



Dursley
more than a
Running Club



Glos AAA XC League Finale @ Pittville Hard and fast!



The last event in the Gloucestershire AAA Cross Country Series took place at Pittville Park on the 17th. It was a good turnout for DRC from U11s to the sixty plus runners. Ideal conditions greeted the runners in Cheltenham on Sunday afternoon. Temperatures were in the low teens, a light breeze blew across the course. The rain threatened by the dark clouds over Cleeve Hill failed to materialise. The ground was firm although many took the opportunity to check out the water jump entry and exit. The racing got under way with a quartet of DRC junior girls racing. Starting with the U11s Jessica Foran and Verity Hoskin ran the 2.2km course, with water feature. Both, debuting for DRC, ran measured races placing 34th and 44th. Next up where Lucy Holdsworth hoping to complete a successful XC season with another high placing, and gain 4th overall. She was joined by Emma Foran running her first XC for DRC. Lucy and Emma both ran strongly with Lucy covering the 2.7k in 11:21 to place 7th, with Emma coming home 26th. Last junior to run was Freddie Turner, he currently favours 200m. and High Jump so he pushed his boundaries with a 4.8k run, finishing in 23:46, a good time on a very testing course!



Next up were the seniors with a Bakers Dozen representing DRC. For the seniors a slightly modified Pittville course made the overall distance of the race a little shorter than the previous year while still maintaining the challenging nature of the course. The women were off first. Alice Lewis was into an early lead, with Niocla Christopher looking like she was having a ball at the start. It soon became obvious that Nic meant business as she floated over the first water jump and sprang up the rise like a

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Gazelle. Rachel Brown, Erica Fuller, Andrea Sexton and Julie Gowing were following in close order. Sadly Andrea had to pull out with a calf injury. Up ahead Nic was pushing on, in more than one way, some nifty use of the elbows on the second water crossing saw her get ahead of a Severn AC runner.

Nic opened up a decent lead on Alice and stormed to the finish with some great flying feet to come home 17th Senior-Woman in 32:12. Alice also nimble through the water was 2nd F60 in 34:01. With Rachel, Erica and Julie all working hard and looking good over the final sections. Erica managed to use her daughter Florrie's number causing some confusion, Floorie's leg and lung capacity would have come in handy!

Seven Dursley men were on the start line, a depleted team thanks to injury and illness to some key runners. The pace at the start was fast, so fast that Mike Brown nearly took a flyer at the gun, just about managing to save himself. Unperturbed, Mike took off, with a DRC group consisting of Nigel Sankey, Andrew Truswell, Matt Read Jon Tudor and Dave Durden forming a little way back, with Martin Bragg not too far behind.

Those positions held through the first water crossing, some discussion of best tactics before the race leading to a decision to keep left here, meaning a steep jump in, but then a more shallow ascent out the other side. A number of energy sapping undulations followed, before a long flat section, then another bump to get over before finishing the first lap. Mike Brown slightly increased his lead over his fellow DRC runners on the second lap, with Nigel and Matt pulling clear of Andy and Jon putting some distance between himself and Dave.

Nigel was just in front of Matt through the second water jump – a huge crowd here providing terrific support. On the third and final lap, Matt moved past Nigel, who was having a very good run, with half a lap to go, only to then have Brown in his sights. The gap was just too large at this point of the race however and it was Mike first over the line for Dursley with Matt finishing twelve seconds behind, closely followed by Nigel, Andy. Jon was next over the line after a cracking run from him, having run a brisk 14 on Saturday! Dave followed him in and then came a strong finish from Martin who was best placed in category with a 3rd place cementing his position in the overall V60 placings! As ever there was great support between the racers with people

with people getting there early and staying late to cheer DRC on. And also a number of members who travelled up to support so many thanks to Fran and Ben Amigoni, Kris Rymer and Darren Carter-Smith. Look forward to seeing you running it in 2020



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Another successful year for DRC with Alice Lewis (Silver F60) , Margaret Johnson (Bronze F50), Eileen Hieron (Gold F70), Martin Bragg (Bronze M60) and a great first season for Robyn Wait finishing 3rd Senior Woman picking up medals in their categories! Team placings are yet to be announced suffice it to say DRC didn't manage to get into top 3. It has been another good year and we are seeing more members dip their toes into Cross Country. If you want to be a better runner/athlete both physically and mentally XC is a must, Steve Jones Marathoner Steve Ovett 800/1500m are JUST two examples of superb athletes who got out to Cross Country in the winter, roll on 2019-20 season for DRC. By the way it is superb value for money. NB Nationals will be down south in 2020! The season starts in October with events in November and December, a break in January to allow for the County Championships, normally early in the month and then on to the finale in February. This year has seen a 50/50 split between Saturday and Sunday events.

Results: U11 Girls:(2.2km) Jessica Foran, 10:57: 34th; Verity Hoskin, 11:58 44th. **U13 Girls:** (2.7km) 11:21, 7th; Emma Foran, 12:52, 16th. **U15 Boys:** Freddie Turner 23:46, 19th. **Senior Woman:** Nicola Christopher 33:12 70th (17th SenW); Alice Lewis, 34:01, 7th (F60 2nd); Rachel Brown 34:44, 89th (F45 11th); Erica Fuller 35:54, 96th (no cat. result); Julie Gowing, 37:49, 115th (F35 14th). Andrea Sexton (DNF). **Senior Men:** Mike Brown 39:26, 71st (SenM 45th); Matt Read 39:40, 73rd (Sen M 47th) Nigel Sankey 40:14, 87th (54th SenM); Andrew Trusswell 40:53, 95th (SenM 55th); Jon Tudor, 41:00, 96th (SenM 56th); David Durden; 41:28, 103rd (M50 10th); Martin Bragg; 42:58, 122nd (M60 3rd).



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Chilly, on no it isn't!



DBMax's Duathlon and 10k took place on the same Sunday as Cross Country. Certainly not cold for the athletes today, though the wind was a bit stronger than the cyclists would have liked. Held at Castle Combe the cyclist and runners get traffic free roads.

Seven DRC athletes were completing with Mark Sprigings doing his flag to pace a group around the 10k course. Just two DRC runners in the 10K with, new member, Dan Lygo breaking the 40-minute barrier, we said if he joined the club that would have happened, just didn't think it would have happened that fast though! Behind Dan was Joe Browning, who was some way off his best, but is on the long journey back from illness, so well done Joe and keep plugging away. Rich Pitts lead home the multi-disciplinarians, placing 6th in category with a strong run to finish in just over fifty four minutes.

	Time	Overall Pos.	Cat & Pos.	Run 1	T1	Cycle	T2	Run 2
Richard Pitts	54:24.4	59 th	Supvet50 6 th	12:51.2	49.4	26:41.8	52.7	13:09.1
Steve Rugman	01:11:44.7	216 th	Supvet50 28 th	16:45.9	02:21.8	33:36.6	02:44.7	16:15.6
David Quarterman	01:12:48.4	223 rd	Supvet50 29 th	16:49.6	01:19.9	34:40.1	01:20.9	18:37.7
Jude Rugman	01:25:59.8	263 rd	Supvet50 13 th	21:53.0	01:44.4	38:25.6	01:32.6	22:24.0

Club Charity 2019

Following contact with Abi Cairn's family we have selected LINC as our Club Charity for 2019 the charity were in touch with us saying "it was lovely to speak to you last week and thank you again for choosing to support LINC in memory of your friend Abigail" Louise

The Leukaemia & Intensive Chemotherapy Fund
Edward Jenner Unit
Gloucestershire Royal Hospital
www.lincfund.org
@L_I_N_C
www.facebook.com/LINCfund



Greedy for Miles

Kate Browning nipped off for a mid-week marathon. Part of the Seven Sins multi-event event she completed what she described as a 'cheeky mid week marathon, road as well, must be mad' Kate was 3rd in the Glutinous Marathon in 04:08:03.

For those interested the 7in7 format means the possibility of a marathon every day over that period. Kate opted for just the one, which is getting her up to the 90 marathon mark if we are keeping up! Surprisingly the marathon men Damian Lai and Quentin Somerset missed out on the opportunity to get some miles in! Damian probably resting up after his Dozen performance!



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Coaches Corner

Do you want to be a faster stronger runner, if yes read on....

Target and individualised specific Training targeting B10K and Westonbirt Tri will start beginning of April – specifically targeting B10K and Westonbirt Tri.

Speed work on Thursdays will start on April 4th in Jubilee Park @ 6:30

Tempo taster session on Tuesday commencing April 2nd

Suitable for all abilities.

A sign-up form will be provided in advance and will need you to submit some information.

So 2 things you need to do now....

1. Get your weekly mileage up to 15
2. Sometime towards the end of March, test yourself on a 5K flat route or park run. (We have a segment)

Zoe L and Margaret J

DRC Tri News



DRC Tri continue to most of their training indoors with Swim and Spin session still going well at the pulse, but some cannot wait to get outside, Chris Young ventured out for his first open water swim of the year and commented 'I know it sounds cold, and I am not going to lie, it is cold, but the buzz you get is worth it. Now don't get me wrong, I am not nutty enough to go skins. I was clad head to toe in neoprene but it was pretty exhilarating", whilst Sarah Wilcox continued with her al fresco swimming, it does look lovely, from the warmth of my desk!

Don't forget the Westonbirt Training Day @ westonbirt, SAT, MAR 23 AT 8:45 AM, Westonbirt Leisure Centre & Golf Course.



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Parkrun

DRC had 20 parkrunners out on Saturday with Dave Quarterman warming up for his Duathlon with a cheeky PB at Kingsway. Meanwhile Kris Rymer ran the fastest parkrun of 22 minutes dead, just over the Severn at Rogiet. Whilst Shona Darley topped the age grading's for DRC and was fastest DRC woman of the weekend with a time of 25:16 and AG of 62.27% just .22 higher than Kris! Pete Allen ran his first ever parkrun!



Another exciting week for the DRC Juniors. Wednesday included an 'Out and Back' session where our athletes had to maintain the same or faster pacing on the 'back' as they had on the 'out'. Thursday included some of the best all round great training that runners can do; hill reps.



Friday's indoor athletics was extra exciting as we had our first chance to try out our brand new Reverse Boards. These boards allow our athletes to practice their maximum velocity running (sprints) and they work really well for Relay Races which is what we did. Even the coaches and some of the parents joined in for an exciting final.

Sunday saw some great performances from our DRC Juniors in the final AAA Cross Country race at Pitville Park. Well done!

U11 Girls: Jessica Foran (10:57, 34th), Verity Hoskin (11:58, 44th)

U13 Girls: Lucy Holdsworth (11:21, 7th), Emma Foran (12:52, 16th)

U15 Boys: Freddie Turner (23:46, 19th)

It is half term next week and so there are no Weds/Thur/Fri sessions but we are hoping to do a Muddy Running trail run on Saturday. Parents welcome to join us check out the calendars for more details.

Club Runs

Tuesday Night 6:15 for 6:30 exit

Social on Tuesday, we have a special one for fellow hare Dominique Sarah Pemberton who is running for CLIC Sargent at the London marathon, she is selling cakes, Beanies £5, raffle tickets for amazing prizes and drc drawstring bags £5 and also massages by fellow hare Nicki squire for £5 for 15 mins anyone with cake contributions please let Nicki Cowle know ASAP

Tuesday leaders as per link

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

2019 Sub Due:

Please pay your Sub.s and complete Membership update form ASAP