

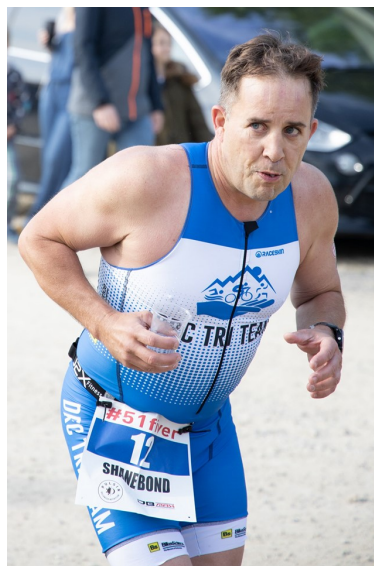


Dursley
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DRC Tri-Team Get Going!

The Tri Season got off to a cracking start with a 14 strong DRC-Tri team at the 51 Fiver at South Cerney and with Mel and Ray Williams competing out in Lazarotte, super images by Mark Histed check out the rest at the DRC Tri facebook page



Chris Young reports that it was a "Brilliant day out at the 51Fiver, some really strong finishes Jennie Marshall with her now customary 1st in age cat (time to step up the worlds??). Andy Kilby just pipping Martin Bragg to second spot in age cat (a dip on the line I am told), and top 10 placings for Sandra Lewis and Tanya Collin-Histed. Lots of other PB's I am sure. A special mention also for Cara cont...



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DRC Tri-Team Get Going!

Zoglowek too taking a massive step out of her comfort zone, from a self-confessed NON-swimmer a year of two ago to her first open water (weed and all!) Tri today and her first (she did say maybe last as she crossed the line but I am sure will reconsider) Standard distance too. This really shows what DRC (Tri) is all about, people pushing themselves and going that extra mile (excuse the pun) and always supported by their fellow team mates. Well done everyone, it was a hot one, and bring on Westonbirt next weekend". Another open water newbie was Hannah Osbourne who struggled with cramp but made it to the finish! The DRC International Section of Mel & Ray Williams completed this year's Sailfish Swim, set on the Lanzarote I/M swim route. Ray Reported "Very,



very rough conditions with strong winds and currents , at times you were flying with the waves lifting you up so high then just dropping you like a stone" Mel raced in the 1.9k completing in a time of 47.46 and Ray the 3.8K completing in 1.19.27 Ray commented that 'both pleased with our results and helps to kick off the tri season". Again Mel is another athlete who has made a big journey in the water, another non front crawler to open water roller coaster!

Name	Overall Time	Pos.	Category	Cat Pos	Swim 1500m	T1	Cycle 40K	T2	Run 10K
Shane Bond	02:38:59	165 th	Vet	51 st	30:27.2	03:38.8	01:10:55	01:43.8	52:14.3
Richard Lewis	02:40:56	186 th	Vet	61 st	29:33.7	02:09.4	01:15:52	01:32.8	51:48.4
Joe Browning	02:41:57	197 th	Sen	79 th	32:41.3	02:38.6	01:20:26	01:36.7	44:34.1
Jennie Marshall	02:42:19	200 th	SupVet	1 st	29:27.8	02:02.0	01:15:38	01:30.5	53:40.5
Andy Kilby	02:47:29	240 th	SupVet60+	2 nd	33:52.7	03:43.3	01:16:27	01:57.9	51:28.2
Martin Bragg	02:47:29	241 st	SupVet60+	3 rd	35:29.9	04:38.5	01:16:01	01:52.5	49:26.9
Chris Young	02:48:36	248 th	Vet	75 th	27:06.8	03:00.7	01:20:02	01:54.7	56:31.0
Nick Fennell	02:57:39	310 th	Sen	110 th	31:45.4	03:42.2	01:16:50	02:15.7	03:05.6
Antony Ball	02:59:24	327 th	SupVet	44 th	37:04.4	04:16.7	01:12:41	02:53.7	02:27.7
Damian Lai	03:01:21	345 th	Vet	95 th	40:50.3	05:05.6	01:16:29	02:47.9	56:07.8
Tanya Collin-Histed	03:09:16	386 th	SupVet	6 th	33:36.3	03:55.7	01:26:48	02:14.1	02:41.6
Sandra Lewis	03:09:51	390 th	SupVet	8 th	33:45.2	03:24.8	01:20:06	02:16.3	10:18.5
Hannah Osborne	03:41:33	449 th	Sen	47 th	46:53.6	06:43.3	01:40:30	02:01.1	05:25.8
Cara Zoglowek	03:59:55	461 st	Vet	53 rd	44:06.1	04:06.1	01:42:40	02:06.8	26:55.2

Remember Club Photo

This Tuesday Celebrating 50 Years of athletic endeavour in Dursley in all its varying guises.

Wear your club kit whether it's a hoodi, DRC-Tri Team kit or a race vest



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Sea of Blue!

Kate Browning approaches 100 Marathons

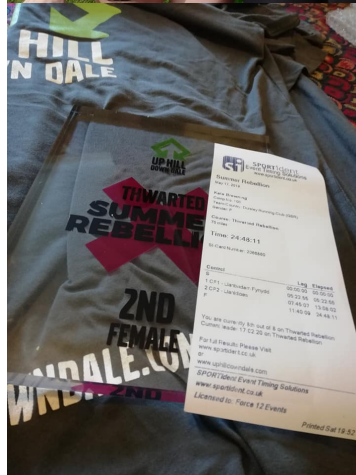
Smiles all round from DRC's running athletes. Kate Browning completed Marathon number 97 just three to go now. Kate completed the what she described as the "Rebellion Park Run done", also know as Thwarted, the Summer Rebellion. Kate started Friday 7pm, and completed 75 miles in 24 hours 48 minutes and 11 seconds she is hoping that it count as Marathon number 97 done on her way to 100. Had her Ultras counted for more than one she'd probably been there long time ago!

Whilst at the next standard race distance down Kris Rymer placed an impressive 110th of 631 runners completed the Worcester Half in 01:45:42 placing 34th M35.

Gloucester 10K a team of six DRC athletes took part with Ann Thompson benefiting from her Squirrels structured training ran her second personal best in two weeks, whilst Katrina Fletcher announced herself pleased with her run as well, just forgot her DRC top! Jeff Pearce last years Men's Handicap race winner swept up for the team!

Results: Paul Ladie, 241st, (63rd M40)

54:05; Katrina Fletcher, 264th, (42nd SenF), 55:09; David Quarterman, 278th, (37th M50), 56:07; Annie Hidden, 356th, (17th F50), 01:00:42; Ellen Efford, 418th, (52nd F40), 01:04:02; Jeffrey Pearce, 490th, (57th M60), 01:09:01.





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Parkrun

Annette Heylings (library image!) top of the AG tree this week with a 67.7% grading at Kingsway with Andrew Osborne just behind in 65.8% with a strong run at Wotton of 22:14 making him quickest DRC parkrunner of the weekend, whilst Julie Froggatt was fastest woman, with a run of 28:01 at Kingsway, first in age category as well. Mike Froggatt was around in 24 minutes, a storming run from Mike who is normally walking his parkruns these days!

There were Course Bests for Rach Goatman at Wotton and Jackie Pennington at Hampstead Heath, could Jackie be checking out the National Cross Country Championship Course for 2020?



Dursley Peaks Race

We are fast approaching the 2019 Dursley Peaks Race and we are still short of volunteers for course marshal duties and assistance at the Race HQ. If you are available to assist for 1.1/2 to 2.1/2 hours on Wednesday May 29th 2019 please could you add your name to the attached link volunteer form. It will be the opportunity to cheer on many of your club mates and get out and enjoy the Spring countryside.

Dursley Peaks 2019 Volunteer Form

on 29th May 2019
not start time: 19:30:00
registration open from: 18:00:00
<http://www.dursleyrunningclub.org.uk/dursley-peaks/>

to Director Graeme Hawkins

choose volunteer task(s) below that you are happy to help with.

required

mail address *

your email

name *

your answer

DOCS.GOOGLE.COM

Dursley Peaks 2019 Volunteer Form

Date: 29th May 2019. Event start time: 19:30:00 Registration open from: 18:00:00

<http://www.dursleyrunningclub.org.uk/dursley-peaks/> Race Director Graeme Hawkins Choose volunteer task(s) below that you are happy to help with.



DRC
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Festival





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As part this year's Stinch Fest (formerly known as DRFC Beer Festival), on Saturday the 8th of June, Dursley Running Club are running a "running Festival" which includes orienteering, miles runs and some guided trail running through the wood and trails around Stinchcombe and beyond. The orienteering and mile runs is will be based at the "Stragglers" Stinchcombe where DRC and DRFC are based.

Sprint orienteering will start the day at 11am with A Mazing Run event running from 11:15 until around 12:15

A family Fun Mile run at c.12:20 will start a series of Mile runs around the DRC grass track

Guided Runs will start from 2:30 and three distances on offer 3, 6 and 8 miles

Food is available all day, the Festival bar opens at 1PM, and a re-enactment begins at around 2:30 with live music starting from 3PM. Showers will be open for use so that athletes can freshen up and enjoy the music, food and drink. Entry to Stinch festival is £5 the DRC events are all free to enter.

If you would like to help out either on site or helping support the guided runs let Dave Durden or Nigel Sankey know

Club Handicap

The club handicap run from June through to September, we are just confirming dates with Hamfield Leisure and then we will issue the Series registration form. This year we are pleased to announce the first three races will be chip timed.

Remember 3 races need to be run and best three out of four placings count towards the prizes. If you don't fancy running it always plenty to do to get it up and running. Often a Roo's group will run from the Centre on the night as well tbc

A great event and a chance for all our athletes to rub shoulders (in the funnel) on a Tuesday night!



DURSLEY
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JUNIORS



Another full on week for DRC Juniors with Lots of hurdling and distance running for both the Year 7 plus training group and the Thursdays Athletes. The highlight of the Week was the trip to Blackbridge and the High Jump' "can we have another go please!" always seems the refrain and a 20minute session does not sate the athletes appetite. Some good technique shown by the older athletes who already had some experience and some really impressive jumping for those new to the discipline. !4-21 runing continues on Fridays, nice easy social running group. If interested, please contact Caroline Jones



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Club Runs

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

21/05/2019 Club Photo and Social Night, and a run!

GROUP	Leader	GROUP	Leader
Kangaroos	Kevin Brockway	Greyhounds	Cara Zoglowek/Sara Eden
Greyhares	Sarah Wilcox	Hares	Nicki Cowle
Foxes	Steve Rugman	Lions	Merge with Foxes
Leopards	Caroline Jones	Antelopes	Dave Wood
Penguins	Leader tbc		
Cuckoos	Margaret		
Damian Lai			

Thursday Nights

2 Sessions at the moment.

Structured with Cuckoos – 6:30 Jubilee fields with Margaret, Zoe and Martin –

Thursday evening run meeting old spot 7.15pm prompt start! About 6 miles and all abilities welcome with Amanda Hensman.